



# Cortland County Family YMCA

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**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

March 4, 2011

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*For Immediate Release*

## Put a little “spring” into your step with the Y

The Cortland County Family YMCA invites the Cortland Community to come and enjoy some of our Session 5 programming, starting March 14.

The Y has many different program options from our traditional Gymnastics, Karate and Swim Lessons, to new offerings such as Cross Training Football and Pee Wee Champs and Synchronized Swim. Sign up now!

Our programming this session includes:

### CHILDCARE:

- Drop in Childcare- for children 6 weeks to 12 years. Let us watch your children as you work out! Monday-Friday 9 a.m. to 11:00 a.m., Tuesday, Wednesday and Thursday nights from 5:00 to 7:00 p.m., and Saturday from 8:30 a.m. to 10:30 a.m.
- YMCA Active Kids!- Active Kids! Is a non-traditional childcare experience for kids in grades K-6. Your children will be engaged in heart-pumping physical activity on a daily basis. Busing is available for the Cortland School District. Visit us online for more details and pricing. [www.cortlandymca.org](http://www.cortlandymca.org)

### AQUATICS:

- Progressive Swim Lessons – for children 4 and up. Offered on Mondays and Wednesdays from 3:30-5:00 pm. Classes are grouped by ability level.
- YMCA Stingers Swim Team – for youths 5-18. Develop a life-long skill and swim competitively against local and national YMCAs and at additional USA Swimming sanctioned events. Practices are held Monday through Thursday evenings and Saturday morning. Try your first week FREE!
- YMCA Masters Swim Team – a recreational/competitive program for adults. A great way to network and stay in shape! Takes place Wednesday evenings from 5:00-6:30.
- Water Aerobics – an invigorating, yet low intensity aerobic workout for adult/senior members. Offered Monday and Wednesday and Friday mornings from 10:00-11:00 a.m.
- Private Lessons – Available for any age interested in learning how to swim with an instructor one on one. Lessons are available by appointment.
- Water Babies- Classes held Saturday mornings from 10:00 to 10:30 a.m. for babies and toddlers ages 6 months to 4 years old. The class is free to members and nominal for community members. Please call the Y for more information.
- Synchronized Swimming, for any swimmer with demonstrated swimming ability, Sunday's starting January 29, 2-3 p.m. Please call for more details and pricing information.

#### PROGRAMS:

- Koei-Kan Karate – for youths and/or adults. Try your first two classes the first week for FREE! Offered by Sensei Gary Busby on Tuesdays and Thursdays from 6:30-7:30 pm (ages 7-12) and 7:30-9:00 pm (ages 13+).

- YMCA Progressive Gymnastics – Beginner through advanced level gymnastics held at the J M McDonald Sports Complex. Call 758-8630 after 4 p.m. for more info.
- Gym Kids – beginner gymnastic classes for preschoolers. Boys and girls!
- YMCA Comets Gymnastics Team and Pre-Team – A competitive team where skills acquired through progressive lessons are put to the test! Classes vary Monday through Thursdays. Call 758-8630 after 4 p.m. for times.
- YMCA Personal Training –Fitness coaches will guide and motivate participants to achieve their personal fitness goals and improve overall health. Call for information and pricing.
- YMCA Fitness – Weekday and weekend classes offered at various times. Offerings include Toning, Interval Training, Kickboxing, Cardio Boxing, Step, Crystal'ates (a mixture of yoga and pilates techniques), Water Aerobics and ZUMBA! All classes are free to YMCA members. Community members can try their first class for free!
- Indoor Cycling – AM and PM classes offered throughout the week and on the weekend. Music driven rides focus on increasing strength and endurance. Call today to set up an orientation. Orientation and first ride are free to anyone!
- YMCA Family Fun Nights – Bring the family and enjoy our gym, climbing wall and pool February 18<sup>th</sup>, and March 18<sup>th</sup> 6:30- 8:30 p.m. will be the fun nights coming up. No cost for Y members and a nominal fee for community members.
- Tween Nights—for kids in grades 4-6, the Y will host a supervised dance (with a DJ) and snacks, every other Saturday. Games will take place in the Y

gymnasium as well. The next two Tween Nights will be February 26, and March 12, 6:30-9:30 p.m. For grades 4-6.

- Cross Training Football—An offseason sport for the football athlete or any young man looking to have a fun time and be active at the Y. Time spent with coaches will provide opportunities for both life skill and athletic skill development as we look to incorporate character building values into the Ultimate Football game.
- Pee Wee Soccer—Starting March 16. We will teach skill building through drills and games. Child must have shin guards. Wednesdays 4-4:45 (ages 4-6) 5-5:45 p.m. (ages 6 and 7). Discounted rate for YMCA members.
- Rock Climbing Classes—Learn proper techniques of climbing on our great Rock Wall! Thursday classes start March 7. Call for details.

Call the Y for more details on upcoming programming options!

The Cortland County Family YMCA has been proudly serving the Cortland community for the past 143 years. Check us out online at [www.cortlandymca.org](http://www.cortlandymca.org).

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