

the



YOU'VE GOT  
THE REASON;  
WE'VE GOT  
THE Y!



# REIMAGINE THE Y

Cortland County Family YMCA  
Fall 2021 Program Guide



COMMUNITY  
STARTS  
HERE



WHAT WILL  
YOU ACCOMPLISH  
TODAY?



At the Y, we value what everyone brings to the table. We work to ensure that all segments of our communities are welcome at the Y, and have equal opportunities to become connected to other participants, members, staff and volunteers at all levels of the organization. We make it a priority to educate and empower staff and volunteers to intentionally think, act and communicate with a diverse, inclusive and global approach to serving all.

The Y is a nonprofit like no other. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise but deliver positive change.



## Nationwide Membership

Travel the country, and visit the YMCA wherever you go! Your Cortland YMCA membership means that you're welcome in any YMCA across the nation that participates in the Nationwide Membership program (which is almost all of them). Stop by the front desk or call us at (607) 756-2893 for more information.



## American Red Cross Certifications

Get certified at the Y!

We offer American Red Cross certifications in Lifeguarding, CPR and First Aid, Babysitter Training, Basic Life Support, and more! Watch our website for class announcements or email Maddy at [aquatics@cortlandymca.org](mailto:aquatics@cortlandymca.org) for to inquire about upcoming offerings.

 **Cortland County  
Family YMCA  
Membership Savings**

**Bring in this coupon  
and get one month free  
when you sign up and  
pay for at least three  
months of membership.**

**Expires 10/31/2021**

## YMCA Community Baby Shower Sponsored by Molina Healthcare

**Saturday, October 16th, 1-3 PM  
Rotary Pavilion at Suggett Park**

**Free to all, raffle prizes for pregnant women and families with children under one year old. Registration is strongly suggested but not required. Contact [events@cortlandymca.org](mailto:events@cortlandymca.org) for more information.**



## **Race for a Cause with the BorgWarner/Cortland YMCA 5k Race Series**

Join the Cortland YMCA for our annual 5k Race Series, sponsored by BorgWarner and other local businesses. All proceeds benefit our Annual Support Campaign.

Chiro 5k- September 18th

Run for All 5k- October 24th

Turkey Trot 5k- November 25th

Register online at:  
[cortlandymca.org/raceseries](http://cortlandymca.org/raceseries)



## **FREE Fitness Center Orientations**

New to the Y? Work with a certified fitness expert to learn how to get the most out of our YMCA fitness equipment, and have a fitness routine customized for your needs during our free fitness center orientation, open to all new Cortland YMCA members.

Contact Jamie for more info or to sign up for your free orientation:  
[jamie@cortlandymca.org](mailto:jamie@cortlandymca.org)

## **Walk With Ease**

The Arthritis Foundation's six-week program that is proven to reduce the pain of arthritis and improve your overall health.

Fall Session Dates: Sept. 13- Oct. 22 (M, W, F)

Location: Yaman Park 9:00am-9:45am

## **Blood Pressure Self-Monitoring**

NEW at the Y! Lower and manage your blood pressure with personalized support from a Healthy Heart Ambassador.

Coming Fall 2021!

## **Fitness Classes**

**Barre-** A fun mix of Pilates, Yoga, strength with light weight exercises and dance.

**Chair Yoga-** Incorporate basic yoga poses while utilizing a chair to aid in comfort-ability.

**Cycle-** This music-driven indoor cycling class is designed for all fitness levels.

**Deep Water Aerobics-** An interval exercise class in the deep end of the pool designed with zero impact on knees, hips, or back.

**Vertical Pilates-** An innovative approach to Pilates. This technique works your entire body as it enhances precise control of each muscle through balance and coordination.

**Water Aerobics-** A low impact, energizing workout that is appropriate for all ages and fitness levels. Class is held in the shallow end of the pool- no swimming required.

**Yoga-** Decrease stress through well-rounded yoga practice. Appropriate for all levels of fitness. Mat and mask required. Please reserve your space in advance.

# Become a Y Member

Why should you join the Cortland County Family YMCA? Because we're so much more than just fitness center! We offer programs for every fitness level, and we have great family-friendly opportunities, including seasonal sports programming for both adults and children. Check out some of the great things you'll find at the Y!

Membership	Annual Rate	Monthly Rate
Youth (1-18)	\$228.00	\$20
Young Adult (19-29)	\$342.00	\$30
Adults (30+)	\$478.40	\$42
Household	\$763.00	\$67
Couple	\$649.80	\$57
One Adult Household	\$592.80	\$52
Health Club Locker Rental	\$285.00	\$25
Basic Locker Rental	\$114.00	\$10

New! Sign up for a 3-month membership online! Just scan the QR code to get started. Enjoy the full benefits of a Y membership instantly!



## WE OFFER FINANCIAL AID!

As part of our commitment to support health and wellness in Cortland County, we offer income-based membership and program fees to those who qualify. If you need help paying for a program or membership, please stop by the front desk or email us at [ymca@cortlandymca.org](mailto:ymca@cortlandymca.org) and ask about our Membership for All program.

## For Active Older Adults

If you are enrolled in a Medicare supplement program, you could be eligible for a free or reduced Cortland YMCA membership. We offer the following programs: Silver and Fit, Silver Sneakers, Renew Active, and Prime Tivity. To learn more, please call your insurance provider or contact us at (607) 756-2893.

## Covid-19 Info

For the health and safety of our members, visitors, and staff, the Cortland YMCA will continue to follow the guidelines put forth by NYS, the CDC, and our local health department. Please watch our website and Facebook page for the most recent information.

## ChildWatch at the Cortland YMCA

Returning this fall! Members can enjoy complimentary childcare while they work out! All ages are welcome. 24-hour advance signup for our Child Watch service is required.

Hours: 9-11 AM Mon - Fri  
5-7 PM Mon - Thurs

