

**Winter
Aquatics
GUIDE**

eliminating racism
empowering women
ywca

York



Aqua-Exercise

1/2 - 3/9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 6:00 - 9:00 am	Lap Swim 6:00 - 8:30 am	Lap Swim 6:00 - 9:00 am	Lap Swim 6:00 - 8:30 am	Lap Swim 6:00 - 9:00 am	Family Swim 12:30 - 1:30 pm
Golden Waves 9:00 - 10:00 am	Aqua Fit 8:30 - 9:30 am	Golden Waves 9:00 - 10:00 am	Aqua Fit 8:30 - 9:30 am	Golden Waves 9:00 - 10:00 am	
Wet N Wild 10:00 - 11:00 am	Lap Swim 12:00 - 1:00 pm	Deep Water 10:00 - 11:00 am	20-20-20 9:30 - 10:30 am	Lap Swim 12:00 - 1:00 pm	
Deep Water 11:00 am - 12:00 pm	Mindful Waves 2:00 - 3:00 pm	Lap Swim 12:00 - 1:00 pm	Mindful Waves 10:30 - 11:30 am	Family Swim 7:00 - 8:00 pm	
Lap Swim 12:00 - 1:00 pm	Swim Strong 8:00 - 9:00pm	Lap Swim 8:00 - 9:00 pm	Lap Swim 12:00 - 1:00 pm	Lap Swim 8:00 - 9:00 pm	
20-20-20 2:00 - 3:00 pm			20-20-20 1:00 - 2:00 pm		
*Check with the lifeguard about extra lap swim times during the day.					<p>1 WEEK OF FREE TRIAL CLASSES!</p> <p>To sign up, call 717-845-2631 or visit the front desk.</p>

ABOUT OUR AQUA-EXERCISE CLASSES

- 20-20-20:** A total body workout with 20 minute segments of cardiovascular, strength, and stretch routines.
- Aqua Fit:** High energy class with music. Cardio variety combined with exercise for overall muscle conditioning.
- Deep Water:** Exercise in the deep water using floatation belts and water bells with no stress on the joints.
- Golden Waves:** Follows the Arthritis Foundation’s guidelines. Gentle moves to improve flexibility, strength, and coordination.
- Mindful Waves:** Flow through Yoga, Pilates and Thai-Chi moves in a relaxing atmosphere using the resistance of water.
- Swim Strong:** Lap swimmers join a group workout to improve conditioning and stroke efficiency. Great for triathlon athletes.
- Wet N Wild:** Shallow water total body workout for adults of all abilities.
- Zoom Yoga:** Relax, build strength & increase flexibility with this virtual series, suitable for beginners or those with experience.

AQUA-EXERCISE & YOGA PRICING

- UNLIMITED Monthly Membership:** \$31
- Additional Monthly Family Membership:** \$20
- 10 Aqua-Exercise & Yoga Classes Punch Card:** \$75
- Seniors 62+:** \$25/month
- Lap Swim:** Free with membership
- 20 Lap Swim Punch Card:** \$75

*Wellness Insurance Plans Accepted include Silver Sneakers, Healthways, Silver & Fit, and Forever Fit. Electronic Fund Transfers available for your convenience.



Learn to Swim

AMERICAN RED
CROSS CERTIFIED
INSTRUCTORS



1/2 - 3/9

Register online at www.ywcayork.org

GROUP CLASSES	MON.	TUES.	WED.	THURS.	FRI.	SAT.
Parent & Tot		9:30 am			6:30 pm	9:00 am
3 Year Old Classes		9:30 am 10:00 am	5:30 pm 6:00 pm 6:30 pm 7:00 pm	11:00 am		
Level 1: Intro to Water Skills* (4 and up)	1:00 pm	10:30 am 1:00 pm 5:00 pm 6:00 pm	5:30 pm		10:00 am 5:30 pm	9:30 am
Level 2: Fundamental Aquatic Skills	1:00 pm	10:30 am 1:30 pm 5:30 pm	6:00 pm		10:30 am 6:00 pm	10:00 am
Level 2 ½ (Instructor approval required)		10:00 am 1:00 pm 6:30 pm	6:00 pm 6:30 pm		6:30 pm	9:00 am 10:30 am
Level 3: Stroke Development	1:30 pm	6:30 pm 7:00 pm	5:00 pm 5:30 pm 6:30 pm		6:00 pm	11:00 am 11:30 am
Level 4: Stroke Improvement		7:00 pm	6:30 pm 7:00 pm			11:00 am 11:30 am
Level 5: Stroke Refinement	1:30 pm	7:30 pm	5:00 pm 7:00 pm			12:00 pm
Level 6: Swimming & Skill Proficiency		7:30 pm	7:00 pm			12:00 pm
Adult Swim Lessons: Beginner		1:30 pm	7:30 pm			
Adult Swim Lessons: Intermediate			7:30 pm	11:30 am		
Beginner Synchronized Swim	TBD					

LEARN TO SWIM PRICING

Registration Fees: \$25/one family member, \$40/all family members (Price will not exceed \$40/family and is paid annually.)

Monday Swimmers: \$112/8 weeks (YWCA York will be closed Mondays January 1 and January 15)

All classes are semi-private (4 students per instructor): \$140/10 weeks (Make up lessons held week of March 11)

To find additional swim times, or learn more about our new safety and sanitation guidelines, check our website at www.ywcayork.org or email Kathy Warner at kwarnerywcayork.org.

MISSED SWIM LESSON POLICY

- We offer 1 extra week at the end of the term for a make-up class.
- If you miss more than 1 class we do not offer extra make up lessons, credits or refunds.

JOIN A CLASS TODAY! www.ywcayork.org

320 E. Market Street, York *Free parking nearby



@ywcayork

Pool Information

FOR FAMILY SWIMS AND LAP SWIMMERS

Please check the current program guide for Lap Swim and Family Swim times.

FAMILY SWIM:

- Everyone must purchase a punch card before arriving to swim.
- Punch cards are not available to purchase from the lifeguard.
- You may purchase a punch card at the YWCA front desk Mon-Thurs 7am-6pm.
- Punch cards will expire 2 years from date of purchase.
- No refunds or new card for lost or damaged cards.
- Family Swim punch card fee \$10/5 visits.
- You may purchase 1 card for your family to share. The lifeguard will punch once for each swimmer attending.
- All children under 18 must be accompanied by an adult over 18.
- Adult must get in the pool and supervise children.
- Maximum number of swimmers at each family swim is 35. Once we have 35 swimmers, no more are admitted.
- Please adhere to all pool safety rules posted on the pool wall.

Equipment available for family swims:

- Water noodles in the shallow end only.
- Diving rings and toys that are kept in closet.
- Please ask the lifeguard for assistance retrieving these items.

Equipment not available for family swims:

- Flippers, black kick boards, deep water belts or barbells.
- Sliding board and Blue mat will not be used during family swim.
- These items are used for swim lessons only.

What to expect when you arrive:

- Swimmers enter the building through the back door.
- Enter code (emailed prior to first class.)
- Come dressed for swimming.
- Lifeguard will punch your card.
- After swimming, exit through gender-appropriate lock room. Women & girls on 1st floor; men & boys on 2nd floor.
- Remember to bring your pre-purchased punch card. No punch cards will be for sale at the door.
- After swimming, exit through the appropriate locker room and out the back doors.



LAP SWIMMING

- Lap swimming is included in your Fitness membership and Insurance membership.
- Lap swim punch card fee \$75/20 punches.
- Lap swimming is typically for adults. Youth may swim laps but may not play in the pool.

Equipment available for Lap swimmers:

- Flippers, black kick boards, pull float, swim noodles, deep water belts, barbells.
- Please ask lifeguard for assistance.

Contact Kathy Warner, Aquatic Director, if you have any questions at 717-434-1767 or kwarnerywca.org.

JOIN A CLASS TODAY! www.ywca.org

320 E. Market Street, York *Free parking nearby



Winter Yoga & Lifeguard Classes

ONE HEART YOGA STUDIO

Included in YWCA York Membership or punch card

YOGA FROM THE INSIDE OUT WITH BETHANY

Wednesdays, 5:30-6:30pm in-person class at YWCA York

Yoga from the Inside Out is a sequence of yoga poses that liken themselves to a slow unfolding, a journey of self-discovery into the personal and universal connections between mind, body and spirit. These community building classes welcome all people regardless of their flexibility, age, background or yoga experience.

GENTLE YOGA WITH JANE

Mondays, 5:30-6:15pm Virtual Only

Invite relaxation, build strength & increase flexibility by connecting basic postures, breath, and thoughtful movement. This Gentle Yoga series is suitable for beginners or those with experience.

Included in YWCA York Membership or punch card.

LIFEGUARD CLASSES

March 22 - 24, April 26 - 28, May 24 - 26, May 31 - June 2

Fridays 6:45pm-9pm

Saturdays 7:45am-8pm

Sundays 7:45am-6pm

We are offering 4 different full lifeguard classes this spring. All lifeguard participants must complete a 10 hour course online before taking the weekend in-person classes.

RENEWAL LIFEGUARD COURSES

March 17, April 21, May 27

Sunday 7:45am-6pm

Renewal courses are held for one day only. Participants must hold a current Red Cross Lifeguard certification.

Please contact Kathy Warner for more information and registration at kwarner@ywcayork.org or call 717.434-1767.



PUNCH CARD FOR 10 CLASSES \$75 FOR ANY COMBINATION OF CLASSES.

Registration for yoga classes may be found on our website at www.ywcayork.org and listed on our Facebook page under events. A Zoom link will be sent in the registration confirmation email for virtual classes.

MERMAID FUN SWIM

Get your mermaid tail or flippers ready and learn some new mermaid skills with our Aquatics leaders!

Saturdays: Jan. 27th & Feb. 24th

1:30-2:30 PM | \$5/person

Contact Aquatics Director, Kathy Warner, at kwarner@ywcayork.org for more information or to register.

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