

Aqua-Exercise

6/8 - 8/14

Monday	Tuesday	Wednesday	Thursday	Friday*
Lap Swim 6 - 9 am	Lap Swim 6 - 8:30 am	Lap Swim 6 - 9 am	Lap Swim 6 - 8:30 am	Lap Swim 6 - 9 am
Golden Waves 9 - 10 am	Aqua Fit 8:30 - 9:30 am	Golden Waves 9 - 10 am	Aqua Fit 8:30 - 9:30 am	Lap Swim 12 - 1 pm
Wet N Wild 10 - 11 am	Lap Swim 12 - 1 pm	Deep Water 10 - 11 am	20-20-20 9:30 - 10:30 am	Lap Swim 8 - 9 pm
Deep Water 11 am - 12 pm	Mindful Waves 2 - 3 pm	Lap Swim 12 - 1 pm	Mindful Waves 10:30 - 11:30am	
Lap Swim 12 - 1 pm	Swim Strong 8 - 9 pm		Lap Swim 12 - 1 pm	
20-20-20 2 - 3 pm			20-20-20 1 - 2 pm	

1 Week of Free Trial Classes!

To sign up, call 717-845-2631 or visit the front desk.

Check with the lifeguard about extra lap swim times during the day.

*The YWCA is closed on June 19 and July 3.

*Family Swims will resume in Fall 2026.

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 belts 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 triathletes.

Wet N Wild: Shallow water total body workout for adults of all abilities.

Zoom Yoga: Relax, build strength, and increase flexibility with this virtual series, suitable for all abilities.

Aqua-Exercise & Yoga Pricing

Unlimited Monthly Membership: \$31

Additional Monthly Family Membership: \$25

10 Aqua-Exercise & Yoga Classes Card: \$75

Seniors 62+: \$25/month

Lap Swim: Free with membership **OR** 20 Lap Swim Card: \$75

- Wellness Insurance Plans accepted include Silver Sneakers, Healthways, Silver & Fit, and Forever Fit.
- Electronic Fund Transfers available.
- Free parking nearby at 320 E Market St, York, PA
- **Questions?** 717-845-2631 | kwarner@ywcayork.org.

Learn to Swim

6/8 - 8/14

Group Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent & Tot		9:30 am			6:30 pm	<i>Friday Family Swims & Saturday Lessons will resume in Fall 2026.</i>
3-Year-Old	Call for Available Times					
Level 1: Intro to Water Skills (4 & up)	11 am	10am 1 pm 5 pm (8+ yrs) 6 pm	5:30 pm 5:30 pm (8+ yrs)		4:30 pm	
Level 2: Fundamental Aquatic Skills	11:30 am	10:30 am 1 pm 5:30 pm	6:30 pm		5 pm	
Level 2 ½: Instructor Approval Required		11 am 6:30 pm	6:30 pm		6 pm	
Level 3: Stroke Development		11 am 6:30 pm 7pm	5 pm 7pm			
Level 4: Stroke Improvement		11:30 am 7 pm	4:30 pm 7 pm		5:30 pm	
Level 5: Stroke Refinement		11:30 am 7:30 pm	5 pm 7:30 pm			
Level 6: Swimming & Skill Proficiency		7:30 pm	7:30 pm			
Beginner Synchronized Swim		5:30 pm				
Adult Swim Lessons: B = beginner I = Intermediate S = Swim Strong / Advanced		1:30 pm (B) 8 pm (S)		11:30 am	7 pm (B) 7:30 pm (I)	

Learn to Swim Pricing

Registration Fee: \$25 / one family member | \$40 / all family members | Price will not exceed \$40 / family and is paid yearly.

Term Fee: \$145 / 10 weeks | Friday classes miss 2 days: \$116 / 8 weeks

Makeups: Week of August 17th | If you miss more than 1 class, we do not offer extra makeup classes, credits, or refunds.

YWCA York is closed on June 19 and July 3, 2026 | **Free Parking Nearby** 320 E Market St, York, PA 17403

Questions? Call 717-845-2631 or email Kathy at kwarner@ywca.org.

Join a class today!
ywca.org | 717-845-2631



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 York

Yoga Classes | Family Swim

6/8 - 8/14

One Heart Yoga Studio

Included in YWCA York Membership or punch card

Yoga from the Inside Out with Bethany

Wednesdays | 5:30 - 6:30 pm | in person 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 people regardless of their flexibility, age, background, or yoga experience.

Gentle Yoga with Jane

Mondays | 5:30 - 6:15 | Virtual Only

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



Yoga Pricing & Registration

Punch Card for 10 Classes: \$75 for any combination of classes.

Questions? Call 717-845-2631 or email Kathy at kwarnerywca.org.



Family Swim

- Purchase a punch card at the YWCA front desk during business hours on Monday - Friday.
- Price: \$10 / 5 visits | Your family may share 1 punch card. | The lifeguard will punch the card once for each family member swimming.
- Everyone must purchase a card before arriving to swim.
- Punch cards are not available for purchase from the lifeguards.
- Punch cards expire after 2 years.
- No refunds or new cards when lost or damaged.
- All children under 18 must be accompanied by an adult over 18. | Adult must get in the pool to supervise children.
- 35 = Maximum number of swimmers at each family swim | We will not admit more swimmers after we reach 35.
- Adhere to all pool safety rules posted on the pool wall.
- **Equipment available:** water noodles in the shallow end only | diving rings and toys
- Equipment **not** available: flippers, kick boards, deep water belts, barbells, sliding board / blue mat

What to Expect When You Arrive

- Enter the building through the back door by entering the code emailed to you prior to the first class.
- Come dressed for swimming.
- Lifeguard will punch your card. Remember no punch cards are for sale from the lifeguards.
- After swimming, exit through the locker room: women & girls on the 1st floor | men & boys on the 2nd floor
- Exit the locker room and exit the building through the back door.

Join a class today!
ywca.org | 717-845-2631



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