

# Aqua-Exercise

**9/8 - 12/19**

| Monday                      | Tuesday                    | Wednesday                 | Thursday                         | Friday                    | <b>1 Week of Free Trial Classes!</b><br>To sign up, call 717-845-2631 or visit the front desk.<br><br>Check with the lifeguard about extra lap swim times during the day.<br><br>The YWCA is closed at 4 pm on Nov 25 <sup>th</sup> and all day on Nov 26 <sup>th</sup> , 27 <sup>th</sup> , and 28 <sup>th</sup> |
|-----------------------------|----------------------------|---------------------------|----------------------------------|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lap Swim<br>6 - 9 am        | Lap Swim<br>6 - 8:30 am    | Lap Swim<br>6 - 9 am      | Lap Swim<br>6 - 8:30 am          | Lap Swim<br>6 - 9 am      |                                                                                                                                                                                                                                                                                                                   |
| Golden Waves<br>9 - 10 am   | Aqua Fit<br>8:30 - 9:30 am | Golden Waves<br>9 - 10 am | Aqua Fit<br>8:30 - 9:30 am       | Golden Waves<br>9 - 10 am |                                                                                                                                                                                                                                                                                                                   |
| Wet N Wild<br>10 - 11 am    | Lap Swim<br>12 - 1 pm      | Deep Water<br>10 - 11 am  | 20-20-20<br>9:30 - 10:30 am      | Lap Swim<br>12 - 1 pm     |                                                                                                                                                                                                                                                                                                                   |
| Deep Water<br>11 am - 12 pm | Mindful Waves<br>2 - 3 pm  | Lap Swim<br>12 - 1 pm     | Mindful Waves<br>10:30 - 11:30am | Lap Swim<br>8 - 9 pm      |                                                                                                                                                                                                                                                                                                                   |
| Lap Swim<br>12 - 1 pm       | Swim Strong<br>8 - 9 pm    | Lap Swim<br>8 - 9 pm      | Lap Swim<br>12 - 1 pm            |                           |                                                                                                                                                                                                                                                                                                                   |
| 20-20-20<br>2 - 3 pm        |                            |                           | 20-20-20<br>1 - 2 pm             |                           |                                                                                                                                                                                                                                                                                                                   |

## 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 gentle stretching 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

9/8 - 12/19

| Group Classes                                                                         | Monday                   | Tuesday                                | Wednesday                  | Thursday        | Friday  | Saturday         |
|---------------------------------------------------------------------------------------|--------------------------|----------------------------------------|----------------------------|-----------------|---------|------------------|
| Parent & Tot                                                                          |                          | 9:30 am                                |                            |                 | 6:30 pm |                  |
| 3-Year-Old                                                                            | Call for Available Times |                                        |                            |                 |         |                  |
| Level 1: Intro to Water Skills (4 & up)                                               | 1 pm                     | 10 am<br>1 pm<br>5 pm (8+ yrs)<br>6 pm | 5:30 pm                    |                 | 5:30 pm | 9:30 am<br>11 am |
| Level 2: Fundamental Aquatic Skills                                                   | 1:30 pm                  | 10 am<br>1 pm<br>5:30 pm               | 6 pm                       |                 | 6 pm    | 9 am<br>10:30 am |
| Level 2 ½: Instructor Approval Required                                               |                          | 10:30 am<br>6:30 pm                    | 6 pm<br>6:30 pm            |                 | 6 pm    | 10 am            |
| Level 3: Stroke Development                                                           |                          | 7 pm                                   | 5 pm<br>5:30 pm<br>6:30 pm |                 | 4:30 pm | 11:30 am         |
| Level 4: Stroke Improvement                                                           |                          | 7:30 pm                                | 4:30 pm<br>6:30 pm<br>7 pm |                 | 5:30 pm | 12 pm            |
| Level 5: Stroke Refinement                                                            |                          | 7:30 pm                                | 5 pm<br>7 pm               |                 |         |                  |
| Level 6: Swimming & Skill Proficiency                                                 |                          | 8 pm                                   | 7 pm                       |                 | 5 pm    |                  |
| Beginner Synchronized Swim                                                            |                          | 5:30 pm                                |                            |                 |         |                  |
| Adult Swim Lessons:<br>B = beginner<br>I = Intermediate<br>S = Swim Strong / Advanced |                          | 1:30 pm (B)<br>8 pm (S)                | 7:30 pm<br>(B/I)           | 11:30 am<br>(I) |         |                  |

## Family Swim!

- Friday 7 - 8 pm
- Saturday 12:30 - 1:30 pm

See guidelines on page 3

## 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:** \$188.50 / 13 weeks | \$203 / 14 weeks (Monday classes)

**Makeups:** Week of December 14<sup>th</sup> | If you miss more than 1 class, we do not offer extra makeup classes, credits, or refunds.

**YWCA York is closed** on Nov 25<sup>th</sup> @ 4pm and all day on Nov 26<sup>th</sup>, 27<sup>th</sup>, and 28<sup>th</sup>.

**Free Parking** 320 E Market St, York, PA 17403 | **Questions?** Call 717-845-2631 or email Kathy at [kwarnery@ywcayork.org](mailto:kwarnery@ywcayork.org)

Join a class today!  
[ywcayork.org](http://ywcayork.org) | 717-845-2631



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York

# Yoga Classes | Family Swim

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## 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 guided journey of self-discovery through asana (postures & poses). Each class is a meditation in motion where participants are encouraged to listen to their bodies and foster their inner experience through the vehicle of the breath. Students have described their experience as a flower bud slowly unfolding its petals to the light. The asanas are appropriate for every body, all people regardless of their flexibility, age, background or yoga experience. If you are a person who values time to breathe, enjoys mindful movement, and seeks to deepen the mind-body-spirit connection, then “Yoga from the Inside Out” will be a wonderful hour in your week.

### 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 [kwarnar@ywcayork.org](mailto:kwarnar@ywcayork.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 1<sup>st</sup> floor | men & boys on the 2<sup>nd</sup> floor
- Exit the locker room and exit the building through the back door.

Join a class today!  
[ywcayork.org](http://ywcayork.org) | 717-845-2631



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