

Fall 2010

www.ywcayork.org

Fitness & Aquatics Program Guide

youth fitness has arrived!

The YWCA is offering two hours of fitness fun for children from 8 to 12 years of age on Saturdays during the last four weeks of October. The class will feature dance, stretch, and swim in order to promote a healthy lifestyle. Both boys and girls are welcome to participate in the classes. To register, contact the front desk.

Class schedule:

- Zumba 11:30 am - 12 pm
- Yoga 12 pm - 12:30 pm
- Swim 12:30 pm - 1:30 pm (Open Family Swim time; no personal instruction)

When: Saturdays, October 9 to October 30th (4 weeks)

Time: 11:30 am - 1:30 pm

Fee: \$35 for all 4 weeks (plus basic annual membership required)

y-tri thank you!

Congratulations to the 262 participants of the 6th Annual Ladies' Sprint Triathlon held on June 27th! A special thanks to our sponsor, Smart Magazine, and all the supporters and volunteers who help to make this event a huge success. The winners were:

- | | | |
|------------------------|--------------------|---------|
| • Overall Athlete | Kara Shiffer | 1:19:51 |
| • Masters | Lisa Peterson | 1:27:13 |
| • 1st Place Relay Team | The Breakfast Club | 1:29:08 |

it's party time!

The YWCA pool and fitness center are now available for party rental. Why not throw a yoga, pilates, or zumba party and promote a healthy, fun alternative to the traditional celebration or girls day out? For more information, contact Kathy at ext. 114 or Tara at ext. 131.

free synchro clinic

A free synchro clinic will be held for any girl interested in learning basic synchronized swimming. It is recommended that girls are a level 4 swimmer or higher. The clinic will be held on Saturday, October 9th from 1pm to 4pm. For more information or to register, contact the front desk.

insurance memberships

The YWCA is a provider for the following insurance programs:

- Healthways Silver and Fit
- American Health Specialty Forever Fit

For more information, contact Tara Neff at 845-2631, ext. 131.

**eliminating racism
empowering women**
ywca



September 7, 2010 — December 18, 2010

Term Prices: \$90 regular group classes (level 1 & 2 are limit 6 per class; all others are limit 8 per class)
\$120 semi-private — Semi-private lessons are available on a limited basis and must be scheduled with the aquatics director (limit of 4 per class; must be 3 years old)

Classes must be paid for prior to the first class. Registration begins August 16, 2010.

Level 1 (Must be 4 years old)

Mon.	1 pm	Donna
Tue.	7 pm	Ann
Wed.	11:30 am	Donna
	5:30 pm	Kathi
Thur.	10:30 am	Donna
Fri.	7 pm	Thelred
Sat.	10 am	Renee
	12 pm	Renee

Level 2

Mon.	1 pm	Kathy
Tue.	5:30 pm	Sue
Wed.	10:30 am	Donna
	1 pm	Donna
	6 pm	Karen
Fri.	6:30 pm	Thelred
Sat.	10:30 am	Renee

Level 2 1/2

Mon.	1:30 pm	Donna
Tue.	10 am	Donna
Wed.	6 pm	Ann
Fri.	5:30 pm	Kathi
Sat.	9:30 am	Renee

Level 3

Mon.	1:30 pm	Kathy
Tue.	6 pm	Sue
Wed.	10 am	Donna
	5:30 pm	Karen
Fri.	6 pm	Kathi
Sat.	10am	Ann

Level 4

Mon.	2 pm	Donna
Tue.	9:30am	Donna
	7 pm	Sue
Fri.	5:30 pm	Thelred
Sat.	10:30 am	Ann

Level 5

Fri.	6 pm	Thelred
Sat.	11 am	Ann

Level 6

Fri.	6 pm	Thelred
Sat.	11 am	Ann

Adult Swim Class

Wed.	1:30 pm	Donna
	8 pm	Karen W.

Parent & Tot Class (6 mo - 3 yr)

Tue.	10 am	Robin
	6:30 pm	Ann
Wed.	11 am	Donna

Synchro Class (45 min)

Beginner

Synchronized swimming combines ballet and gymnastic moves. Girls interested in the team should sign up for the synchro class.

Sat.	9:15 am	Bekah
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Adult Lap Swimming

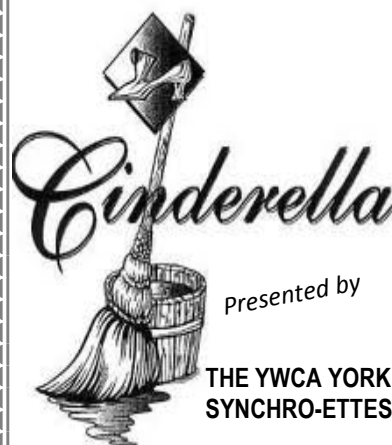
\$2.50 (adult members only)

M - W - F	6 am - 9 am
T - Th	6 am - 8:30 am
M - T - W - Th - F	12 pm - 1 pm
M - W - F	8:30 pm - 9:30 pm

Open Family Swim

Member \$1 & Guest \$2

Tue. & Fri.	7:30 pm - 8:30 pm
Thur.	7:00 pm - 8:00 pm
Sat.	12:30 pm - 1:30 pm



Cinderella
presented by
THE YWCA YORK SYNCHRO-ETTES

October 2 at 1:30, 4:00 & 6:30
October 3 at 1:00, 3:30, & 6:00

Donation: \$5
Held at York YWCA Pool
For tickets, contact Kathy Warner at 845-2631, ext. 114.

Golden Waves

This class follows the Arthritis Foundation class guidelines. Gentle exercises to help improve flexibility, strength and coordination.

M - W - F 9 am - 10 am

Aqua Fit

High energy class with music. Cardio variety combined with exercise for overall muscle conditioning.

T - Th 8:30 am - 9:30 am

Splashin' to the Oldies

Shallow water walk and exercise to the sounds of your favorite oldies. Work at your own pace. No swimming skills required.

M	10am - 11am
Th	9:30 am - 10:30 am & 1 pm - 2 pm

Deep Water Exercise

Get a great workout with no stress on the joints. Exercise in the deep water using floatation belts and water bells. A good opportunity for rehabilitating injuries to lower extremities.

M - W 11 am - Noon

Aqua Yoga

Water yoga links the body and mind through proper breathing. By practicing in the water, it enables people suffering with physical limitations from injury to arthritis, fibromyalgia, even MS to practice safely and virtually pain free. Bar floats and other floatation devices are used to assist in suspended posture and relaxation, enabling a greater range of motion and flexibility.

T 11:15 am - Noon

Workout Swim for Adults

Improve your strokes and condition your body for more efficient swimming. The class is designed to give you more confidence in your swimming style and improve your endurance and conditioning with workouts. The instructor will design individual workouts for each participant.

T 8:30 pm - 9:15 pm

Call Kathy Warner to learn more about swimming rates & schedules. 845-2631, ext. 114

30-minute workouts

Core Conditioning — Powerful exercises designed to target and strengthen the core area of the body (abdominal and back muscles).

Monday & Wednesday 12:15 pm — 12:45 pm

Boot Camp — High energy workout for the entire body that involves calisthenics, push-ups, jumping jacks, crunches, and body weight exercises. Guaranteed to burn calories!!!

Tuesday & Thursday 12:15 pm — 12:45 pm

Indoor Cycling — Increase energy levels and burn calories as you climb hills, travel on flats, and sprint across the finish line.

Friday (45-minute class option offered) 12:15 pm — 12:45 pm

45-minute workouts

Indoor Cycling — Increase energy levels and burn calories as you climb hills, travel on flats, and sprint across the finish line.

Tuesday & Thursday 6am — 6:45 am & 4:45 pm — 5:30 pm

Early Morning Stretch — Start your day with movements to limber joints and circulate energy through the body.

Friday 6 am — 6:45 am

Chair Yoga — Designed for those who find regular classes too challenging. Enjoy all of the benefits of yoga including warm-up and proper breathing while being guided through standing, seated, and balance postures with the assistance of a chair.

Tuesday & Wednesday 9:30 am — 10:15 am

Strong for Life — Weight training benefits people of all ages. This class is ideal for beginners. Proper training techniques will be taught with specific goals in mind for the older adult. Learn 10 bone-building and muscle-strengthening exercises utilizing chairs, hand-held weights, and bands. Flexibility, balance, and core strength are also targeted.

Tuesday & Friday 10:15 am — 11 am

1-hour workouts

Power Pump — High-intensity, whole-body workout combines repetitive weight training choreographed to motivating music. Step and adjustable barbells with selection of weights are used.

Tuesday & Thursday 5:30 pm — 6:30 pm

On the Ball — Learn safe and effective exercises to challenge postural stabilization and core strength while training the upper and lower body utilizing the stability ball.

Tuesday & Thursday 10 am — 11 am

Mat Pilates — A unique exercise system focused on improving flexibility, strength, and correct spinal alignment. Appropriate for all levels, modifications provided.

Tuesday & Thursday 5:45 pm — 6:45 pm
Friday 9 am — 10 am

Zumba® — Latin-inspired dance class incorporates salsa, samba, mambo, and rumba for a dance fitness workout that is fun and easy.

Monday & Wednesday 6 pm — 7pm
Saturday 10:15 am — 11:15 am

Yoga — A series of seated, standing, and balancing poses designed for all levels of fitness to increase flexibility and strength. Modifications are provided for beginners as well as suggestions for those who want to challenge themselves.

Monday & Wednesday 5:30 pm — 6:30 pm

senior fitness

Light & Lively — Light-impact dance aerobics designed for the active mature adult.

Monday & Wednesday 10:30 am — 11:30 am

Young at Heart — Low-impact aerobics and step aerobics combined with exercises for strength.

Monday & Wednesday 9:15 am — 10:15 am

other fitness programs

Fitness Center — Fully equipped with cardio equipment, weight machines, pulley machine, and free weights. All new members receive a personal fitness assessment and program designed to meet individual needs. Weight and cardio room is female only. Fitness classes are co-ed.

Teen Time for Girls — Individualized fitness programs, fitness classes, and use of fitness center for young girls ages 13 - 18. Cost: \$33 for a 3-month Fitness Ticket. (Annual membership required.)

YWCA Pilates Studio — Fully equipped studio offering complete reformer, tower, and chair sessions in a private, non-competitive setting. Tara Neff is a Pilates Trainer certified through the Physical Mind Institute and the National Exercise Training Association. All sessions are tailored to each individual's specific needs and level of fitness allowing clients to progress at their own pace.

For more information and rates on adult fitness programs and Personal Training Sessions call Tara Neff, Fitness Director at 845-2631, ext. 131.

The Magic of Zumba Gold®!

Zumba Gold® takes all the excitement from the original Zumba Fitness® class and introduces it to the beginner Zumba Fitness® participant and the active older adult.

This explosive new program is designed so that everyone can do it!

With its Merengue, Salsa, Cha Cha, Belly Dance, Flamenco, Tango, and Rock & Roll rhythms, Zumba Gold® is about much more than a total body workout. This dance "fitness party" experience of Zumba Gold® is a celebration; it take life, distills it, multiplies it, wraps it in a bow, and gives it to you! It is pure joy!!!

Wednesday 5:00 pm — 5:45 pm





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320 East Market Street
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717-845-2631
info@ywca.org

REMINDER: Swim lessons must be paid prior to the first class in order to participate.

Fall Aquatics Term: September 7 - December 18, 2010
Swim Registration Begins: August 16, 2010

Please register early to ensure a spot in your class!

ywca membership & fitness fees

A basic membership is required for ALL YWCA services.
This annual non-refundable fee helps to support the mission of the YWCA.

Adults
\$35

Seniors (62+)
\$30

Children (under 12)
\$25

12-Month Fitness Ticket — Unlimited fitness & aquatics classes, lap swim, and use of weight & cardio room. **\$310** for 12 months.
— EFT fitness ticket available for one year agreement. **\$99** now, then **\$29** per month. (EFT only).

3-Month Fitness Ticket — Unlimited fitness & aquatics classes, lap swim, and use of weight & cardio room. **\$110** for 3 months.

Ten Punch Card — For fitness & aquatics classes only. Not for use in weight or cardio room. **\$50**
— Aquatics lap swim only. Not for use in weight or cardio room. **\$25**

Twenty Punch Card — Noon time (1/2 hour) fitness class. Not for use in weight or cardio room. **\$50**
— Aquatics lap swim only. Not for use in weight or cardio room. **\$50**

Teen Time for Girls — Experience the 3-month fitness ticket at a reduced rate. Valid for girls ages 13-18. **\$33** for 3 months.

Non-member Drop-In — One-day pass for fitness & aquatics classes, lap swim, and use of weight & cardio room. **\$10** per day.

Purchase of annual YWCA membership required. No refunds will be given.

ywca general information

Fitness Center Fall Hours

Mon - Thurs 5:30 am - 8:00 pm
Friday 5:30 am - 7:00 pm
Saturday 8:00 am - Noon
Sunday CLOSED

Parking for YWCA Members

Daytime parking throughout the week is available in the YWCA/Asbury parking lot located behind the building at the far end of Reinecke Place.

The parking lot between the YWCA and Asbury Church is available to members on weeknights beginning at 5pm and during YWCA Saturday business hours.

Insurance Memberships

The YWCA is a provider for the following insurance programs: Healthways - Silver and Fit and American Health Specialty - Forever Fit. For more information, contact Tara Neff at 845-2631, ext. 131.