

eliminating racism
empowering women
ywca

Fitness & Aquatics Program Guide Winter 2012

Holiday Special

Purchase a 3-Month
Fitness Membership and receive:

- Free fitness assessment
- Personalized workout program
- 1 One hour personal training session
- 5 Half hour learn to swim lessons

Price: \$99

(price includes basic membership for 3 months)

Special ends 12/31/11



When

Tuesdays & Thursdays
7:30pm - 8:30pm

*Known as the Zumba "pool party",
Aqua Zumba® gives new meaning to
the idea of an invigorating workout.*

Activate Your Life in Only One Hour!

Feeling fitter, stronger and more alive has never been more achievable or enjoyable!

Preview Date: Tuesday, December 27, 2011
9:00 am & 5:30 pm

Classes Held: Monday & Wednesdays starting in January
10:15 - 11:15 am & 5:15 - 6:15 pm



Incorporate all elements of fitness:

Cardio Fitness— Utilize a 4" STEP platform to increase your heart rate. Work on a walking pace so movements are very easy to follow.

Increase Strength— You'll utilize adjustable dumbbells to perform simple basic exercises starting with a weight that you are comfortable & adding more as you get stronger.

Improve Balance— Gain a better sense of body awareness & coordination with dynamic and static movements.

Flexibility— Stretch and move in ways that your body will appreciate & feel refreshed.

February Swim Clinics

Held at YWCA York

When: February 5, 12, 19, & 26 from 1:00 pm - 2:00 pm
Fee: \$40 for all 4 clinics (YWCA annual membership not required)

Discount for Y-Tri Participants

Y-Tri participants can purchase a 3-month fitness membership for \$75 at the time of registration for the Y-Tri only.
Basic YWCA membership included in cost for 3-months.

Taekwondo Self-Defense Class!

Wednesdays, 6:15 - 7:15 pm
Classes begin January 4, 2011.

FIRST CLASS FREE*
with Master Micheal Koons

Basic YWCA Membership Required
10 Classes for \$75
5 Classes for \$40

Open to Adults & Children Ages 5+
All fitness and skill levels welcomed!

Students will be taught traditional Korean Taekwondo, a dynamic martial art that focuses on kicking techniques to defend and attack.

Classes include: - Self-defense patterns (forms)
- Sparring
- Unarmed defense (Hapkido)

Practicing the art of Taekwondo delivers a variety of benefits. In addition to learning self-defense techniques and committing to regular exercise, students acquire increased focus and discipline, and respect for others.



* Free Class for New Students Only.

8th Annual Ladies Sprint Triathlon Sunday, June 24, 2012

Join our clinics to gain confidence to participate or improve your times!

All clinics presented by coaches and triathletes.

SWIM CLINIC - Saturday, January 14, 1:30 - 4:00 pm
Location: YWCA (bring bathing suite, goggles, & towel)

RUN CLINIC - Sunday, March 25, 9:00 - 11:30 am
Location: York College Grumbacher Sports & Fitness Center (bring running shoes and appropriate clothes)

BIKE CLINIC - Saturday, May 5, 1:00 - 3:30 pm
Location: York College Grumbacher Sports & Fitness Center (bring bike, water, and appropriate biking gear)

OPEN SWIM - Sunday, June 10, Noon - 3:00 pm
Location: York College Grumbacher Sports & Fitness Center

Clinic Fee: \$15 per clinic or \$35 for all 3 clinics (must register for all 3 at the same time)

Open Swim Fee: \$5 for Y-Tri participants only

Don't Forget! Pool rentals are available for special occasions! Contact Kathy at 717-845-2631, ext. 114 or kwarnerywca.org

aqua-aerobic classes (free with fitness membership)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
Splashin' to the Oldies 10:00 - 11:00 am	Adult Synchro 2:30 - 3:30	Deep Water Exercise 11:00 - Noon	Splashin' to the Oldies 9:30 - 10:30 am	Punch card for classes only is \$50 for 10 punches with basic membership.
Deep Water Exercise 11:00 - Noon	Aqua Zumba 7:30 - 8:30 pm		Aqua Yo-Chi-Lates 10:45 - 11:30 am	
	Don't Miss Out on Our Exciting New Classes!		20! 20! 20! A Complete Water Workout 1:00 - 2:00 pm	
			Aqua Zumba 7:30 - 8:30 pm	

20! 20! 20! A Complete Water Workout: 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.

Aqua Yo-Chi-Lates: Fuse the mind, body, and spirit in a gentle workout that blend Yoga, Tai-Chi, and Pilates movements.

Aqua Zumba: Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blend it all together into a safe, challenging workout!

Deep Water Exercise: Exercise in the deep water using floatation belts and water bells with no stress on the joints.

Golden Waves: Follows the Arthritis Foundation's class guidelines. Gentle exercises to help improve flexibility, strength, and coordination.

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

lap swim and family swim (free with fitness membership)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap: 6:00 - 9:00 am	Lap: 6:00 - 8:30 am	Lap: 6:00 - 9:00 am	Lap: 6:00 - 8:30 am	Lap: 6:00 - 9:00 am	Family: 12:30 - 1:30 pm
Lap: Noon - 1:00 pm	Lap: Noon - 1:00 pm	Lap: Noon - 1:00 pm	Lap: Noon - 1:00 pm	Lap: Noon - 1:00 pm	Family Swim Basic Members \$1 Non-Member \$2 Free with fitness membership
Lap: 8:30 - 9:30 pm		Lap: 8:30 - 9:30 pm		Family: 7:30 - 8:30 pm	
Lap Swim \$2.50 for Basic Members (Punch Cards Available); Free with Fitness Membership Times don't fit your schedule? Call Kathy Warner at 717-845-2631, ext. 114 for additional times for a single lane.				Lap: 8:30 - 9:30 pm	

Learn to Swim Classes

January 3, 2012 — March 10, 2012

\$60 Regular Group Class: Levels 1, 2, & 2 1/2 are limited to 6 per class; all others are limited to 8 per class

\$80 Semi-Private Class: Must be scheduled with the aquatics director (limit of 4 per class; must be at least 3 yrs old)

Classes must be paid for prior to the first class. Classes last 30 minutes each.

Registration begins December 12, 2011.

Level 1 (Must at least be 4 years old) Mon. 1 pm Tue. 10:30 am Wed. 7 pm Fri. 11 am Sat. 5:30 pm Fri. 6 pm Sat. 10 am Noon	6 pm Fri. 5:30 pm Sat. 9:30 am Level 3 Mon. 1 pm Tue. 9:30 am Wed. 5:30 pm Fri. 6 pm Sat. 10 am	Sat. 11 am Level 6 Fri. 7 pm Sat. 11 am Adult Swim Class Wed. 10 am 1:30 pm 8 pm Parent & Tot Class (6 mo - 3 yr) Tue. 10 am 6:30 pm Beginner Synchro Class (1/2 price if taking swim lesson) Synchronized swimming combines ballet and gymnastic moves. Interested in the team? Sign up for the synchro class. Sat. 9:15 am (45 min)	Times Don't Work? Call for Semi-Private swim times! We will make it happen! Contact Kathy Warner at 717-845-2631, ext. 114 kwarner@ywca.org
Level 2 Tue. 10:30 am 5:30 pm Wed. 6 pm Fri. 6:30 pm Sat. 10:30 am Level 2 1/2 Tue. 10 am Wed. 1 pm	Level 4 Mon. 1:00 pm Tue. 9:30am 6:30 pm Fri. 5:30 pm Sat. 10:30 am Level 5 Tue. 7 pm Fri. 7 pm		

fitness classes (free with fitness membership)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Indoor Cycling 6:00 - 6:45 am	Strong for Life 6:00 - 6:45 am	Indoor Cycling 6:00 - 6:45 am	Circuit Training 6:00 - 6:45 am	Early Morning Stretch 6:00 - 6:45 am	
Strong for Life 8:00 - 8:45 am		Strong for Life 8:00 - 8:45 am			
	 9:00 - 10:00 am	Young at Heart & Indoor Cycling 9:00-10:00 am	 9:00 - 10:00 am	Mat Pilates 9:00 - 10:00 am	 8:45 - 9:45 am
Young at Heart 9:00 - 10:00am	Chair Yoga 9:15 - 10:15 am	Chair Yoga 9:15 - 10:15 am			
 10:15 - 11:15 am	On the Ball 10:15 - 11:15 am	 10:15 - 11:15 am	On the Ball 10:15 - 11:15 am		Zumba® 10:15 - 11:15 am
Light and Lively 10:30 - 11:15 am		Light and Lively 10:30 - 11:15 am			
Core Conditioning 12:15 - 12:45 pm	Strength Training & Mat Pilates 12:15 - 12:45 pm	Core Conditioning 12:15 - 12:45 pm	Strength Training 12:15 - 12:45 pm	Indoor Cycling 12:15 - 12:45 pm	
	Indoor Cycling 4:45 - 5:30 pm		Indoor Cycling 4:45 - 5:30 pm	<p align="center">Personal Training Available!!</p> <p align="center">For more information and rates, contact Julie Shilke at 845-2631, ext. 123 or jshilke@ywcayork.org.</p>	
 5:15 - 6:15 pm		 5:15 - 6:15 pm			
Yoga 5:30 - 6:30 pm	 5:30 - 6:30 pm	Yoga 5:30 - 6:30 pm	 5:30 - 6:30 pm		
Zumba® 6:30 - 7:30 pm		Zumba® & Mat Pilates 6:30 - 7:30 pm			

- Chair Yoga:** All the benefits of yoga with the assistance of a chair. Designed for beginners or those who are unable to execute yoga on the floor.
- Circuit Training:** Conditioning exercises combine resistance training and cardiovascular exercise with cardio equipment, weight machines & more.
- Core Conditioning:** Powerful exercises designed to target and strengthen the core area of the body (abdominal and back muscles).
- Early Morning Stretch:** Start your day with movements to limber joints and circulate energy through the body.
- XPOWER:** Whole body weight training class choreographed to motivating music. Barbells with adjustable weights are used. Activate your life in only one hour! Incorporate all elements of fitness: cardio, strength, balance, and flexibility
- Indoor Cycling:** Increase energy levels and burn calories as you climb hills, travel on flats, and sprint across the finish line.
- Light & Lively:** Light-impact dance aerobics designed for the active mature adult.
- Mat Pilates:** A unique exercise system focused on improving flexibility, strength, and correct spinal alignment. Appropriate for all levels.
- On the Ball:** Learn safe and effective exercises to challenge postural stabilization and core strength while training the body using a stability ball.
- Strength Training:** Build a better body with strength exercises for all muscle groups utilizing medicine balls, free weights, and more!
- Strong for Life:** Weight training techniques taught for the beginner or older adult utilizing chairs, handheld weights, bands, and stability ball.

Teen Time

Individualized fitness programs, fitness classes, and use of fitness center for boys and girls ages 13 - 18. Cost is \$33 for a 3-month fitness membership. (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 at 845-2631, ext. 131.

Fitness Hours

Monday	5:30 am - 8:00 pm
Tuesday	5:30 am - 8:00 pm
Wednesday	5:30 am - 8:00 pm
Thursday	5:30 am - 8:00 pm
Friday	5:30 am - 7:00 pm
Saturday	8:00 am - 12:00 pm
Sunday	CLOSED

Aquatics Hours

Vary depending on programs held each evening.
Check swim times as a guide.

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York, PA
Permit #639

320 East Market Street
York, PA 17403
717-845-2631
info@ywca.york.org

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

Winter Aquatics Term: January 3 – March 10, 2012

Swim Registration Begins: December 12, 2011

Please register early to ensure a spot in your class!

Group Active is here! Check out a class today!

Fitness Membership (13+)

(Annual Membership Included When Enrolled)

Fitness Membership includes unlimited use of weight and cardio room, unlimited fitness classes, unlimited aqua-aerobic classes, unlimited lap swims, and unlimited family swims for the member.

New!

12-Month Fitness Membership

First Member in Household: **\$348**
Add-On to Household: **\$120** per person added

Now Co-Ed!

Monthly Fitness Membership

First Member in Household: **\$29**
Add-On to Household: **\$10** per person added

(Monthly memberships required to automatically come out of bank account or charge to credit card. Terms & conditions apply.)

Annual Membership

Adults \$35 • Seniors (62+) \$30 • Children (under 12) \$25

Other Fitness Options

(Annual Membership Required for Options Below)

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**
Taekwondo class only. **\$75**

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 Youth

Experience a 3-month fitness membership. **\$33**

Non-Member Drop-In Fee

Don't want to buy a membership? Experience the benefits of a fitness membership for **\$10 per day**

***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.**

****Fitness & aquatics scholarships are available based on financial need. Inquire at front desk.**