Join us for the 16th Annual Y-Tri

JUNE 28
at 7:30am
LAKE REDMAN

Register today at
www.ywcayork.org

Are you ready for a challenge? We think you are! YWCA York’s Y-Tri will test your endurance in a 500-yard open water lake swim, 15-mile bike course and a 5K run. This is a competition for individuals (female and male), relay teams, company teams, and more on a one-of-a-kind course at Lake Redman.

Not ready to do all 3 events? Create a team! It’s a great way to connect with family, friends and co-workers while having fun!

To register, visit www.ywcayork.org. For more information contact Molly Aungst, YWCA York’s event coordinator, at 717-845-2631 or maungst@ywcayork.org.

Be one of our 6,700 followers on social media! Stay up-to-date on news, events and fun stuff.
# Aqua-Exercise & Yoga

**MONDAY**
- Lap Swim: 6:00 - 9:00 am
- Golden Waves: 9:00 - 10:00 am
- Chair Yoga: 9:15 - 10:00 am
- Wave Aerobics: 10:00 - 11:00 am
- Deep Water: 11:00 am - 12:00 pm
- Lap Swim: 12:00 - 1:00 pm
- 20-20-20: 2:00 - 3:00 pm
- Gentle Yoga: 5:30 - 6:30 pm
- Lap Swim: 8:30 - 9:30 pm

**TUESDAY**
- Lap Swim: 6:00 - 8:30 am
- Aqua Fit: 8:30 - 9:30 am
- Lap Swim: 12:00 - 1:00 pm
- Swim Strong: 8:00 - 9:00 pm

**WEDNESDAY**
- Lap Swim: 6:00 - 9:00 am
- Golden Waves: 9:00 - 10:00 am
- Chair Yoga: 9:15 - 10:00 am
- Deep Water: 10:30 - 11:30 am
- Lap Swim: 12:00 - 1:00 pm
- Yoga from the Inside Out: 5:30 - 6:30 pm
- Lap Swim: 8:00 - 9:00 pm

**THURSDAY**
- Lap Swim: 6:00 - 8:30 am
- Aqua Fit: 8:30 - 9:30 am
- Chair Yoga: 9:15 - 10:00 am
- Mindful Moments: 10:30 - 11:30 am
- Lap Swim: 12:00 - 1:00 pm
- 20-20-20: 1:00 - 2:00 pm
- Lap Swim & Exercise on Your Own: 2:00 - 3:00 pm

**FRIDAY**
- Lap Swim: 6:00 - 9:00 am
- Golden Waves: 9:00 - 10:00 am
- Wave Aerobics: 9:30 - 10:30 am
- Mindful Moments: 10:30 - 11:30 am
- Lap Swim: 12:00 - 1:00 pm
- Family Swim: 7:00 - 8:00 pm
- Lap Swim: 8:00 - 9:00 pm

**SATURDAY**
- Family Swim: 12:30 - 1:30 pm
- Intro to Yoga: Sat. 3/14 Only 11am - 12:30pm
- Yoga for Justice: Sat. 5/16 Only 11am - 12:30pm Free to all!

A security guard will be available to accompany you to your vehicle from 5 to 9pm, November through April. Stop by the front desk for info.

Yoga increases balance, strength and flexibility, and may support the management of pain, anxiety, and trauma. Our certified instructors create a safe, accepting environment for all levels. Private sessions available (additional fee).

---

**ABOUT OUR AQUA-EXERCISE & YOGA CLASSES**

**Chair Yoga:** Develop a strong foundation, build strength and flexibility, and learn mindful breathing and movement from a chair.

**Gentle Yoga:** Build strength & flexibility in an accepting environment by connecting basic postures, breath & thoughtful movement.

**Yoga from the Inside Out:** A series of seated, standing, and balancing poses for all levels to increase flexibility and strength.

**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 exercises to improve flexibility, strength, and coordination.

**Mindful Moments:** Flow through Yoga, Pilates and Thai-Chi moves in a relaxing atmosphere using the gentle resistance of water.

**Shallow Synchro:** No need to get your face wet in this adult class that teaches basic synchro skills to make fun patterns in the pool.

**Swim Strong:** Lap swimmers join a group workout to improve conditioning and stroke efficiency.

**Wave Aerobics:** Low-level aerobics class with cardiovascular conditioning, resistance training and balance work for one fun workout.

---

JOIN A CLASS TODAY! CALL 717-845-2631.
<table>
<thead>
<tr>
<th>GROUP CLASSES</th>
<th>MON.</th>
<th>TUES.</th>
<th>WED.</th>
<th>THURS.</th>
<th>FRI.</th>
<th>SAT.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent &amp; Tot (6 month – 3 years)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:30 am</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:00 pm</td>
</tr>
<tr>
<td>Level 1: Introduction to Water Skills (ages 4+ for group classes, 3+ for semi-private)</td>
<td>1:00 pm</td>
<td>10:30 am</td>
<td>5:30 pm</td>
<td>5:30 pm</td>
<td>10:00 am</td>
<td>10:30 am</td>
</tr>
<tr>
<td></td>
<td>6:00 pm</td>
<td>6:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 2: Fundamental Aquatic Skills</td>
<td>1:30 pm</td>
<td>10:30 am</td>
<td>5:30 pm</td>
<td>6:00 pm</td>
<td>10:00 am</td>
<td>10:30 am</td>
</tr>
<tr>
<td></td>
<td>6:00 pm</td>
<td>6:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 2 ½ (Instructor approval required)</td>
<td>1:30 pm</td>
<td>10:00 am</td>
<td>6:00 pm</td>
<td></td>
<td></td>
<td>11:00 am</td>
</tr>
<tr>
<td></td>
<td>5:30 pm</td>
<td></td>
<td>6:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 3: Stroke Development</td>
<td>1:00 pm</td>
<td>9:30 am</td>
<td>5:30 pm</td>
<td>6:00 pm</td>
<td></td>
<td>11:00 am</td>
</tr>
<tr>
<td></td>
<td>6:00 pm</td>
<td>7:00 pm</td>
<td>6:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 4: Stroke Improvement</td>
<td>1:00 pm</td>
<td>6:30 pm</td>
<td>6:30 pm</td>
<td></td>
<td></td>
<td>11:30 pm</td>
</tr>
<tr>
<td>Level 5: Stroke Refinement</td>
<td></td>
<td>7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td>9:00 am</td>
</tr>
<tr>
<td>Level 6: Swimming &amp; Skill Proficiency</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7:30 pm</td>
<td>9:00 am</td>
</tr>
<tr>
<td>Beginner Adult and Teen Lessons</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1:30 pm</td>
<td>7:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11:30 am</td>
<td>11:30 pm</td>
</tr>
<tr>
<td>Advanced Adult Swim Lessons</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1:00 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7:30 pm</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Beginner Synchro (45-minute class)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:15 am</td>
</tr>
</tbody>
</table>

**LEARN TO SWIM PRICING** *(Registration Begins 2/24/2020)*

**Group Lessons:** $120.25  **Semi-private:** $182.00 *(14-week session)*  **Contact Kathy about semi-private. See info below.**

Children must be 4 years and up to participate in group classes. Semi-private available for children 3 years and up, and 6 months to 3 years old for Parent & Tot.  **To find additional swim times or to register, call 717-845-2631 or e-mail Kathy Warner at kwarnere@ywcayork.org.**

**AQUA-EXERCISE & YOGA PRICING**

**UNLIMITED Monthly Membership:** $31

**Additional Monthly Family Membership:** $20

**Corporate Membership:** $25 *(Ask your HR rep to contact us about becoming a Corporate Member!)*

**Single Aqua-Exercise and Yoga Class:** $10

**10 Aqua-Exercise and Yoga Class Punch Card:** $75

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

**Family Swim:** $2 per person, $1 per current swim lesson participant, free with membership

**Lap Swim:** $4 per person, free with membership

**20 Lap Swim Punch Card:** $75

**Pool Rental:** $150 *(includes lifeguard)*

*Includes an hour in the pool and an hour of party time on the mezzanine. Ideal for kid’s birthday parties! Contact Kathy at kwarnere@ywcayork.org.*

JOIN A CLASS TODAY! CALL 717-845-2631.
FREE EVENTS!

Global Sisterhood Day
Saturday, March 28, 1pm - 3pm
A mindful gathering of women looking to enhance their overall well being. We'll connect through yoga and breathing activities. Light refreshments. Wear loose comfortable clothing.

Yoga for Justice
Saturday, May 30, 11am - Noon
Let's envision a world that is just FOR ALL through this gentle yoga practice. Build a deeper connection to self and community.

CAMP CANN-EDI-ON IS CELEBRATING 90 YEARS OF CAMPING FUN!

You can rent camp for family reunions, youth groups, company retreats and weddings. Camp rental info at www.ywcayork.org.

JOIN A CLASS TODAY! CALL 717-845-2631.