

eliminating racism
empowering women
ywca

6/10 - 8/17

Aquatics & Yoga GUIDE

LET'S BE
MINDFUL

**WANT TO FEEL TRULY RELAXED...
AT PEACE... IN CONTROL?**

Join our mindfulness revolution.

Bring a mindfulness training program to your organization. Or try a yoga class that is designed to make everyone feel welcome. Enjoy an aqua-exercise class in our warm-water pool and feel the stress melt away.

Stay tuned for more great aquatics/ yoga/ mindfulness classes this fall. In the meantime, what would you like to see? Send us your ideas at info@ywcayork.org

GENTLE YOGA CLASSES FOR ALL LEVELS

Check out these special summer sessions led by our awesome team of certified instructors where *everyone is welcome*.

Yoga for EveryBODY Tues 6/25 & Mon 8/5 6:00-7:00pm

No need to be flexible, or know anything about yoga to begin. At this workshop, Dr. Monea welcomes you to come as you are, and practice in a way that feels right for you.

Yoga for the Beginner Mon 7/1 6:00-7:00pm

Have you ever wanted to try yoga but felt too intimidated or unsure? This is yoga 101. Learn more about yoga, including the benefits of a personal practice and experience a gentle introductory class.

Yoga by Candlelight Tues 7/16 & 8/13 7:00-8:00pm

Dr. Monea will lead this soothing yoga practice in a peaceful candlelight setting. Renew and restore!

Yoga for Healing Tues 7/30 5:30-6:45pm

This trauma-informed class with Jane is suitable for caregivers, first-responders, teachers— those with high stress jobs, or others who are seeking a practice to support mind/body wellness.

Yoga for Better Sleep Wed 8/7 6:00-7:00pm

Did you know that yoga can help you fall asleep quicker, get a better night's sleep, and improve your quality of sleep overall? Come to this class with Christen and experience a restful practice to support you in getting better sleep.

*Jane Riese, Christen Coscia, Bethany Rodriguez,
Monea Abdul-Majeed (Chris Brocious not pictured)*



HOURS OF OPERATION:

M: 6:00am - 9:30pm W: 6:00am - 9:00pm F: 6:00am - 9:00pm
T: 6:00am - 9:00pm Th: 6:00am - 8:30pm S: 8:30am - 1:30pm

320 E. Market Street, York *Closed Sunday *Free parking nearby.



@ywcayork

Aqua-Exercise & Yoga

6/10-8/17

Pool closed 8/19 - 9/2 for cleaning.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 6:00 - 9:00 am	Lap Swim 6:00 - 8:30 am	Lap Swim 6:00 - 9:00 am	Lap Swim 6:00 - 8:30 am	Lap Swim 6:00 - 9:00 am	Family Swim 12:30 - 1:30 pm
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	
Chair Yoga 9:15 - 10:00 am	Lap Swim 12:00 - 1:00 pm	Chair Yoga 9:15 - 10:00 am	Wave Aerobics 9:30 - 10:30 am	Shallow Synchro Swimming 10:00 - 11:00 am	
Wave Aerobics 10:00 - 11:00 am	Mindful Waves 2:00 - 3:00 pm	Deep Water 10:30 - 11:30 am	Mindful Waves 10:30 - 11:30 am	Lap Swim 12:00 - 1:00 pm	*Call Kathy Warner at 717-845-2631 for additional single lane and lap swim times.
Deep Water 11:00 am - 12:00 pm	Swim Strong 8:00 - 9:00 pm	Lap Swim 12:00 - 1:00 pm	Lap Swim 12:00 - 1:00 pm	Family Swim 7:00 - 8:00 pm	
Lap Swim 12:00 - 1:00 pm		Yoga from the Inside Out 5:30 - 6:30 pm	20-20-20 1:00 - 2:00 pm	Lap Swim 8:00 - 9:00 pm	<div style="border: 1px dashed black; padding: 5px;"> <p>1 WEEK OF FREE TRIAL CLASSES!</p> <p>To sign up, call 717-845-2631 or visit the front desk.</p> </div>
Prenatal Yoga April 15-June 10 (pre-registration required) 4:30-5:30pm		Lap Swim 8:00 - 9:00 pm	Slow Flow Yoga 5:30 - 6:30 pm		
Gentle Yoga 5:30 - 6:30 pm					
Lap Swim 8:30 - 9:30 pm					

■ =Yoga Class ■ = Aquatics Class ■ = Family & Lap Swim

Yoga increases balance, strength and flexibility, while managing pain, stress, 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 a trauma-informed environment by connecting basic postures, breath & movement.
- Yoga from the Inside Out:** A series of seated, standing, and balancing poses for all levels to increase flexibility and strength.
- Slow Flow Yoga:** Stretch muscles, increase range of motion and reduce stress in this slower-paced flow class.
- 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 Waves:** 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.

CLASS	MON.	TUES.	WED.	THURS.	FRI.	SAT.
Parent & Tot (6 month – 3 years)		10:00 am 6:30 pm				9:30 am
Level 1: Introduction to Water Skills (ages 4+ for group classes)	11:00 am	9:30 am 1:00 pm 6:00 pm	5:30 pm		5:30 pm	10:00 am
Level 2: Fundamental Aquatic Skills	11:30 am	10:00 am 1:30 pm 5:30 pm	6:00 pm		6:00 pm	10:30 am
Level 2 ½ (Instructor approval required)		10:00 am 1:30 pm 5:30 pm	6:00 pm 6:30 pm			
Level 3: Stroke Development		9:30 am 1:00 pm 6:00 pm	5:30 pm			11:00 am
Level 4: Stroke Improvement		10:30 am 6:30 pm	6:30 pm		6:30 pm	11:30 pm
Level 5: Stroke Refinement		10:30 am 7:00 pm				9:00 am
Level 6: Swimming & Skill Proficiency		10:30 am 7:30 pm				9:00 am
Beginner Adult Swim Lessons	2:00 pm	11:00 am	7:00 pm			
Advanced Adult Swim Lessons	2:30 pm	11:30 am	7:30 pm			
Teen Beginner Class			7:00 pm	2:00 pm		
Beginner Synchro (45-minute class)						

LEARN TO SWIM PRICING

Group Lessons: \$83.25 **Semi-private:** \$126.00 (9-week session)

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 kwarnar@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-Class Punch Card for Aquatics and Yoga: \$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.

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Congratulations to the 66th Purdon Smith Whiteley Award Winners



1st Place: Marlyse Rexroth, 2nd Place (tie): Heather
Faw and Maci Newcomer, 3rd Place: Reena Mace

The competition consisted of swimmers in grades
6-12 who were rated in areas of aquatic and personal
performance. Pictured right to left: Heather, Maci,
Marlyse, Reena

YORK SYNCHRO TEAM WATER SHOW

Disney
THE

LION KING

SAVE THE DATE:

OCTOBER 12 & 13

YWCA York
Aquatics Center



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