

**Winter
Aquatics
GUIDE**

eliminating racism
empowering women
ywca



Aqua-Exercise

1/3 - 3/11

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	
Wet N Wild 10:00 - 11:00 am	Lap Swim 12:00 - 1:00 pm	Deep Water 10:00 - 11:00 am	20-20-20 9:30 - 10:30 am	Lap Swim 12:00 - 1:00 pm	
Deep Water 11:00 am - 12:00 pm	Mindful Waves 2:00 - 3:00 pm	Lap Swim 12:00 - 1:00 pm	Mindful Waves 10:30 - 11:30 am	Family Swim 7:00 - 8:00 pm	
Lap Swim 12:00 - 1:00 pm	Swim Strong 8:00 - 9:00pm	Lap Swim 8:00 - 9:00 pm	Lap Swim 12:00 - 1:00 pm	Lap Swim 8:00 - 9:00 pm	
20-20-20 2:00 - 3:00 pm			20-20-20 1:00 - 2:00 pm		

**1 WEEK OF
FREE TRIAL
CLASSES!**

To sign up,
call 717-845-2631
or visit the
front desk.

**Check with the lifeguard about extra lap swim times during the day.*

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 bells 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 Yoga, Pilates and Thai-Chi moves 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 triathlon athletes.
- Wet N Wild:** Description coming soon...
- Zoom Yoga:** Relax, build strength & increase flexibility with this virtual series, suitable for beginners or those with experience.

AQUA-EXERCISE & YOGA PRICING

- UNLIMITED Monthly Membership: \$31
- Lap Swim: Free with membership
- Additional Monthly Family Membership: \$20
- 20 Lap Swim Punch Card: \$75
- 10 Aqua-Exercise & Yoga Classes Punch Card: \$75

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



Learn to Swim

AMERICAN RED
CROSS CERTIFIED
INSTRUCTORS

1/3 -3/11

Register online at www.ywcayork.org

GROUP CLASSES	MON.	TUES.	WED.	THURS.	FRI.	SAT.
Parent & Tot		9:30 am			10:00 am 6:30 pm	9:00 am
3 Year Old Classes		9:30 am 5:30 pm 10:00 am 6:00 pm 6:30 pm 7:00 pm	11:00 am 11:30 am		10:30 am	
Level 1: Intro to Water Skills* (4 and up)	1:00 pm	10:30 pm 6:00 pm	5:30 pm		5:30 pm	9:30 am
Level 2: Fundamental Aquatic Skills	1:00 pm	10:30 am 5:00 pm 1:30 pm 5:30 pm 4:30 pm	6:00 pm		10:00 am 6:00 pm	10:00 am
Level 2 ½ (Instructor approval required)		10:00 am 10:30 am 1:00 pm 6:30 pm	6:00 pm 6:30 pm		6:30 pm	9:00 am 10:30 am
Level 3: Stroke Development	1:30 pm	10:00 am 7:00 pm	5:30 pm 6:30 pm		6:00 pm	10:30 am 11:00 am
Level 4: Stroke Improvement		1:00 pm 7:00 pm	6:30 pm 7:00 pm		5:00 pm	11:00 am 11:30 am
Level 5: Stroke Refinement	1:30 pm	7:30 pm	5:00 pm 7:00 pm			11:30 pm
Level 6: Swimming & Skill Proficiency		7:30 pm	7:00 pm			12:00 pm
Post Level 6: Advanced Swimming						12:00 pm
Adult Swim Lessons: Beginner		1:30 pm	7:30 pm	11:30 am		
Adult Swim Lessons: Intermediate			7:30 pm			
Beginner Synchronized Swim						9:00 am

LEARN TO SWIM PRICING

All classes are semi-private (4 students per instructor): **\$140/10 weeks** (Make up lessons held week of March 13)

To find additional swim times, or learn more about our new safety and sanitation guidelines, check our website at www.ywcayork.org or e-mail Kathy Warner at kwarner@ywcayork.org.

MISSED CLASS POLICY

- We offer 1 extra week at the end of the term for a make-up class.
- If you miss more than 1 class we do not offer extra make up lessons, credits or refunds.

JOIN A CLASS TODAY! www.ywcayork.org

320 E. Market Street, York *Free parking nearby



@ywcayork

Pool Information

FOR FAMILY SWIMS AND LAP SWIMMERS

Please check the current program guide for Lap Swim and Family Swim times.

FAMILY SWIM:

- Everyone must purchase a punch card before arriving to swim.
- Punch cards are not available to purchase from the lifeguard.
- You may purchase a punch card at the YWCA front desk Mon-Thurs 7am-6pm.
- Punch cards will expire 2 years from date of purchase.
- No refunds or new card for lost or damaged cards.
- Family Swim punch card fee \$10/5 visits.
- You may purchase 1 card for your family to share. The lifeguard will punch once for each swimmer attending.
- All children under 18 must be accompanied by an adult over 18.
- Adult must get in the pool and supervise children.
- Maximum number of swimmers at each family swim is 35. Once we have 35 swimmers, no more are admitted.
- Please adhere to all pool safety rules posted on the pool wall.

Equipment available for family swims:

- Water noodles in the shallow end only.
- Diving rings and toys that are kept in closet.
- Please ask the lifeguard for assistance retrieving these items.

Equipment not available for family swims:

- Flippers, black kick boards, deep water belts or barbells.
- Sliding board and Blue mat will not be used during family swim.
- These items are used for swim lessons only.

What to expect when you arrive:

- Swimmers enter the building through the back door.
- Enter code (emailed prior to first class.)
- Come dressed for swimming.
- Lifeguard will punch your card.
- After swimming, exit through gender-appropriate lock room. Women & girls on 1st floor; men & boys on 2nd floor.
- Remember to bring your pre-purchased punch card. No punch cards will be for sale at the door.
- After swimming, exit through the appropriate locker room and out the back doors.



LAP SWIMMING

- Lap swimming is included in your Fitness membership and Insurance membership.
- Lap swim punch card fee \$75/20 punches.
- Lap swimming is typically for adults. Youth may swim laps but may not play in the pool.

Equipment available for Lap swimmers:

- Flippers, black kick boards, pull float, swim noodles, deep water belts, barbells.
- Please ask lifeguard for assistance.

Contact Kathy Warner, Aquatic Director, if you have any questions at 717-434-1767 or kwarnerywca.org.

JOIN A CLASS TODAY! www.ywcayork.org

320 E. Market Street, York *Free parking nearby



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Winter Yoga Classes

One Heart Yoga Studio

**Included in YWCA York Membership
or with your punch card**

YOGA FROM THE INSIDE OUT WITH BETHANY

Wednesdays, 5:30-6:30pm *in-person class at YWCA York*
January 4-March 15

Yoga from the Inside Out is a sequence of yoga poses that liken themselves to a slow unfolding, a journey of self-discovery into the personal and universal connections between mind, body and spirit. These community building classes welcome all people regardless of their flexibility, age, background or yoga experience.

GENTLE YOGA WITH JANE

Mondays, 5:30-6:15pm *Virtual only*
January 9, 16, 23, 30, February 6, 20, 27
March 6, 13

Invite relaxation, build strength & increase flexibility by connecting basic postures, breath, and thoughtful movement. This Gentle Yoga series is suitable for beginners or those with experience.

Included in YWCA York Membership or punch card.

YIN YOGA WITH CHRIS *Tuesdays, 6-7pm Virtual only*

January 10, February 7, March 14

Yin Yoga is a meditative deep stretch practice of long-held postures (mostly seated or laying down). It is appropriate for beginners and seasoned yogis alike.

FREE to all! Donations appreciated.

YOGA NIDRA WITH BRIGID

Thursdays, 7-8 pm *Virtual only*
January 26, February 23, March 30

Yoga Nidra is a gentle practice that helps to turn on the body's relaxation response. This restful style of yoga can help you slow down, reduce feelings of stress while increasing feelings of calm and overall well-being.

FREE to all! Donations appreciated.



**PUNCH CARD FOR 10 CLASSES \$75
FOR ANY COMBINATION OF CLASSES.**

Registration for yoga classes may be found on our website at www.ywcayork.org and listed on our Facebook page under events. A Zoom link will be sent in the registration confirmation email for virtual classes.

MERMAID FUN SWIM

Saturdays: Jan. 28, Feb. 25, Mar. 18 • 1:30-2:30pm

Bring your mermaid tail or borrow mermaid flippers from us and come dive for treasure, practice flips, and learn some new mermaid skills.

Call Kathy Warner, Aquatics Director, at 717.434.1767 for more info or to register. \$5 per person Level 3 or higher (Level 2 with adult)



    @ywcayork

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