### Aqua-Exercise

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap Swim 6:00 - 9:00 am</td>
<td>Lap Swim 6:00 - 8:30 am</td>
<td>Lap Swim 6:00 - 9:00 am</td>
<td>Lap Swim 6:00 - 8:30 am</td>
<td>Lap Swim 6:00 - 9:00 am</td>
<td>Check with the lifeguard about extra lap swim times during the day.</td>
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<tr>
<td>Golden Waves 9:00 - 10:00 am</td>
<td>Aqua Fit 8:30 - 9:30 am</td>
<td>Golden Waves 9:00 - 10:00 am</td>
<td>Aqua Fit 8:30 - 9:30 am</td>
<td>Golden Waves 9:00 - 10:00 am</td>
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</tr>
<tr>
<td>Aqua Jog 10:00 - 11:00 am</td>
<td>Lap Swim 12:00 - 1:00 pm</td>
<td>Deep Water 10:00 - 11:00 am</td>
<td>Aqua Jog 9:30 - 10:30 am</td>
<td>Aqua Jog 9:00 - 10:00 am</td>
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<tr>
<td>Deep Water 11:00 am - 12:00 pm</td>
<td>Mindful Waves 2:30 - 3:30 pm</td>
<td>Mindful Waves 10:30 - 11:30 am</td>
<td>Mindful Waves 10:30 - 11:30 am</td>
<td>Mindful Waves 10:30 - 11:30 am</td>
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</tr>
<tr>
<td>Lap Swim 12:00 - 1:00 pm</td>
<td>Swim Strong 8:15 - 9:00pm</td>
<td>Lap Swim 12:00 - 1:00 pm</td>
<td>Lap Swim 12:00 - 1:00 pm</td>
<td>Lap Swim 12:00 - 1:00 pm</td>
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<tr>
<td>20-20-20 2:30 - 3:30 pm</td>
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<td></td>
<td>20-20-20 1:00 - 2:00 pm</td>
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***PLEASE NOTE: FAMILY SWIM IS CANCELLED FOR SPRING.***

### 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.
- **Aqua Jog:** Stay tuned for updated description (Class currently being revamped to allow for social distancing).
- **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.
- **Zoom Yoga:** Relax, build strength & increase flexibility with this virtual series, suitable for beginners or those with experience.

### AQUA-EXERCISE 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 Class:** $10
- **10 Aqua-Exercise Class Punch Card:** $75
- **Lap Swim:** Free with membership
- **20 Lap Swim 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**

**Register online at www.ywcayork.org**

<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>
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<tbody>
<tr>
<td>Parent &amp; Tot</td>
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<td></td>
<td>11:30 am</td>
<td>9:00 am</td>
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<tr>
<td><strong>Level 1: Introduction to Water Skills</strong></td>
<td>1:00 pm</td>
<td>9:30 am</td>
<td>1:00 pm</td>
<td>5:30 pm</td>
<td>5:30 pm</td>
<td>10:30 am</td>
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<tr>
<td><strong>Level 2: Fundamental Aquatic Skills</strong></td>
<td>1:00 pm</td>
<td>10:15 am</td>
<td>1:00 pm</td>
<td>11:15 am</td>
<td>6:15 pm</td>
<td>9:00 am</td>
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<tr>
<td><strong>Level 2 ½ (Instructor approval required)</strong></td>
<td>1:45 pm</td>
<td>10:15 am</td>
<td>6:15 pm</td>
<td>5:00 pm</td>
<td>12:45 pm</td>
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<tr>
<td><strong>Level 3: Stroke Development</strong></td>
<td>1:45 pm</td>
<td>7:00 pm</td>
<td>5:30 pm</td>
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<td>12:00 pm</td>
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<tr>
<td><strong>Level 4: Stroke Improvement</strong></td>
<td>7:45 pm</td>
<td>7:00 pm</td>
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<td>7:00 pm</td>
<td>9:45 am</td>
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<tr>
<td><strong>Level 5: Stroke Refinement</strong></td>
<td>7:45 pm</td>
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<td>7:45 pm</td>
<td>9:45 am</td>
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<tr>
<td><strong>Level 6: Swimming &amp; Skill Proficiency</strong></td>
<td>7:45 pm</td>
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<td>9:45 am</td>
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<tr>
<td>Adult Swim Lessons</td>
<td>1:45 pm</td>
<td>7:45 pm</td>
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### LEARN TO SWIM PRICING

All classes are semi-private (4 students per instructor):
$120.25 (Make up lessons held week of June 1-6)

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.

### HEALTH AND SAFETY GUIDELINES

YWCA York may cancel classes at any time if there are mandated closings or other health concerns. Swim members would receive a credit or refund. Thank you for your understanding during these unprecedented times!

- Pool and balcony area will be sanitized between every class.
- Class size will be no more than 4 students per instructor
- Only 1 adult per swimmer (no groups/families on the balcony)
- Please arrive no more than 10 minutes early (no space to wait)
- Showers off limits. Locker rooms open for quick changing only.
- Swimmers are encouraged to come with swim suit on and only change into dry clothing after swimming.

### JOIN A CLASS TODAY!

www.ywcayork.org

320 E. Market Street, York  *Free parking nearby
Check our website at www.ywcayork.org for FREE VIRTUAL YOGA class offerings!

**Slow Flow Yoga with Heather**
*Mondays - March 15, 22, 29*
5:30-6:30 pm **(FREE)**

The fast-paced nature of modern life can have us speeding through days at such a speed that we may barely notice time is passing at all. Slow Flow Yoga with Heather invites you to consciously slow things down and notice what comes up for you when you give business a back seat.

**Gentle Yoga with Jane**
*Mondays - April 5, 12, 19, 26*
5:30-6:30 pm **(FREE)**

Invite relaxation, build strength & increase flexibility by connecting basic postures, breath, and thoughtful movement. This virtual yoga class series, taught by longtime YWCA York instructor, Jane, will be suitable for beginners or those with experience.

**Wednesday Evening Wind Down with Brigid**
*Last Wednesday of each month (3/31, 4/28, 5/26)*
7:00 - 8:00 pm **(FREE)**

Join us on the last Wednesday of each month for our “Wednesday Wind Down Yoga Series” from 7-8p. Each month, you’ll experience a relaxing 45 minute yoga practice blending restorative, yin and gentle hatha yoga, ending with 15 minutes of guided relaxation to leave you feeling calm and rejuvenated.

**Essential Care for Essential Workers**
*Each Tuesday in May (4, 11, 18, 25)*
12:00 - 1:00 pm **(FREE)**

We know that essential work comes in many forms and folks working in these various fields have been holding things together for all of us during these extraordinary times. We would like to show our appreciation to all you amazing caregivers out there! Please join us during this four week yoga and mindfulness series to take good care of YOU.

*Due to required COVID-19 restrictions, we will not be holding in-person yoga classes during the spring months. Yoga members may freeze their monthly payments by contacting Rexann Richardson rrichardson@ywcaYork.org.

*Yoga and wellness class offerings are held virtually via Zoom. Registration is necessary to receive the event link.*

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**THANK YOU TO OUR SUPPORTERS**

**SAVE THE DATE**

**AUGUST 15 at 7:30am**
LAKE REDMAN
Register at ywcayork.org

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**JOIN A CLASS TODAY!** www.ywcayork.org
320 E. Market Street, York  *Free parking nearby*
RACE AGAINST RACISM

15 YEARS RUNNING!

WE BELIEVE OUR MISSION MUST GO ON! RUNNERS AND WALKERS WILL PARTICIPATE IN THE VIRTUAL RACE AGAINST RACISM BY RUNNING OR WALKING A DISTANCE OF 5K OR 3.1 MILES BETWEEN APRIL 17 AND APRIL 24. THIS CAN BE DONE WHEREVER YOU ARE—ON A TREADMILL, ON A RAIL TRAIL PATH, AROUND A TRACK, OR IN YOUR NEIGHBORHOOD!

THEN, PARTICIPANTS WILL SHARE HOW THEY SUPPORT OUR MISSION OF PEACE, JUSTICE, FREEDOM, AND DIGNITY FOR ALL BY POSTING A PHOTO ON FACEBOOK, INSTAGRAM, OR TWITTER, TAGGING YWCA YORK AND USING THE HASHTAG #YORKRAR.

PRESENTING SPONSOR:

GIANT


ENTRY FEES:

- AGES 5 & UNDER: FREE!
- AGES 6-21: $10
- AGES 21-64: $25
- AGES 65+: $15

**T-SHIRTS: $10**
(YOUTH S-L, ADULT S-3X)

TO REGISTER:

To register, visit www.ywcayork.org. For questions, call 717-845-2631.