

Spring Aquatics GUIDE

eliminating racism
empowering women
ywca



Aqua-Exercise

3/12-6/4

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	
Aqua Jog 10:00 - 11:00 am	Lap Swim 12:00 - 1:00 pm	Deep Water 10:00 - 11:00 am	Aqua Jog 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.
- 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 

3/12-6/4

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, 6:00, 6:30, 7:00 pm	11:00 am 11:30 am		10:30 am	
Level 1: Intro to Water Skills* (4 and up)	1:30 pm	10:00 am 5:00 pm 6:00 pm	5:30 pm		5:30 pm	10:00 am
Level 2: Fundamental Aquatic Skills	1:30 pm	10:30 am 5:30 pm	6:00 pm		10:00 am 6:00 pm	10:30 am
Level 2 ½ (Instructor approval required)	1:00 pm	10:00 am 6:30 pm	6:00 pm 6:30 pm			9:00 am 11:30 am 12:00 pm
Level 3: Stroke Development		9:30 am 1:00 pm 6:30 pm	5:30 pm 6:30 pm		5:00 pm 6:00 pm	11:00 am 11:30 am
Level 4: Stroke Improvement	1:00 pm	7:00 pm	7:00 pm			11:00 am 12:00 pm
Level 5: Stroke Refinement		1:00 pm 7:00 pm 7:30 pm	7:00 pm			9:30 am
Level 6: Swimming & Skill Proficiency		7:30 pm				9:30 am
Adult Swim Lessons: Beginner		1:30 pm	7:30 pm	11:30 am		
Adult Swim Lessons: Intermediate		1:00 pm	7:30 pm			
Beginner Synchronized Swim Class						9:00 am

LEARN TO SWIM PRICING

All classes are semi-private (4 students per instructor): \$168.00/12 weeks (Make up lessons held week of June 6-11)

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.

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Spring Yoga Classes

YOGA FROM THE INSIDE OUT WITH BETHANY

Wednesdays, 5:30-6:30pm

March 9, 16, 23, 30

April 6, 13, 20, 27

May 4, 11, 18, 25

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. **Masks required*

One Heart Yoga Studio (In Person Only)

Included in YWCA York Membership

\$32 for the March series

\$32 for the April series

\$32 for the May series

GENTLE YOGA WITH JANE

Mondays, 5:30-6:15pm

April 4, 11, 18, 25

May 2, 9, 16, 23

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.

Virtual Only

Included in YWCA York Membership

\$32 for the April series

\$32 for the May series

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

April 12, May 10

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.

Virtual Only 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.

JOIN US APRIL 24-30, 2022

Support our core mission to eliminate racism by running or walking a distance of 5K or 3.1 miles! Routes, music, and fundraising details can be found at www.ywcayork.org



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