

eliminating racism
empowering women

ywca

320 E. Market St, York PA 17403

AQUATICS & YOGA GUIDE

September 2 - December 29

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	*Call Kathy Warner at 717-434-1767 for additional single lane and lap swim times.
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	Yo-Chi-Lates 2:00 - 3:00 pm	Deep Water 10:30 - 11:30 am	Yo-Chi-Lates 10:30 - 11:30 am	Lap Swim 12:00 - 1:00 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>
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 1:30 - 2:30 pm	
Lap Swim 12:00 - 1:00 pm		Yoga 5:30 - 6:30 pm	20-20-20 1:00 - 2:00 pm	Family Swim 7:00 - 8:00 pm	
20-20-20 2:00 - 3:00 pm		Lap Swim 8:00 - 9:00 pm	Deep Water 2:00 - 3:00 pm	Lap Swim 8:00 - 9:00 pm	
Yoga 5:30 - 6:30 pm					
Lap Swim 8:30 - 9:30 pm					

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

A security guard will be available to accompany you to your vehicle from 5pm to 9pm, November through April. Stop by the front desk and we can call the guard to walk with you to your vehicle.

AQUATICS & YOGA PRICING

Yearly Membership: Monthly EFT - \$31, Yearly - \$372
Additional Family Member: Monthly EFT - \$20, Yearly - \$240
Corporate Membership: Monthly EFT - \$25, Yearly - \$300
Senior Membership: \$350
3-Month Membership: \$120
Single Yoga Class: \$10

Family Swim: Basic Members \$1, Non-Members \$2
Free with membership

Lap Swim: \$3.50 for Basic Members
Free with membership

20-Punch Lap Swim Card*: \$65

An additional YWCA Basic Membership charge of \$25/child, \$35/adult and \$30/senior will be applied.

HOURS OF OPERATION:

M: 5:30am - 9:00pm Th: 5:30am - 8:30pm
T: 5:30am - 8:30pm F: 5:30am - 9:00pm
W: 5:30am - 9:00pm S: 8:00am - 1:30pm
*Closed Sunday *Free parking near building

To find a list of classes, schedules and descriptions, please visit www.ywcayork.org

Become a member today! Call 717-845-2631.



AMERICAN
RED CROSS
CERTIFIED

LEARN TO SWIM CLASSES

September 4 - December 15

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, 3+ for semi-private)	1:00 pm	10:30 am 6:00 pm	10:00 am 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		6:00 pm	10:30 am
Level 2 ½ (Instructor approval required)		10:00 am	6:00 pm			
Level 3: Stroke Development	1:00 pm	9:30 am 6:00 pm	5:30 pm		6:30 pm	11:00 am
Level 4: Stroke Improvement	1:30 pm	6:30 pm	6:30 pm			11:30 pm
Level 5: Stroke Refinement	1:30 pm	7:00 pm				9:00 am
Level 6: Swimming & Skill Proficiency		7:30 pm				9:00 am
Beginner Adult Swim Lessons		1:00 pm	7:00 pm	11:30 am		
Advanced Adult Swim Lessons		1:30 pm	7:30 pm			
Beginner Synchro (45-minute class)						9:15 am

LEARN TO SWIM PRICING

Group Lessons*: \$120 **Semi-private***: \$187.50 (15-week session)

*An additional YWCA Basic Membership charge of \$25/child, \$35/adult, \$30/senior will be applied.

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, e-mail kwarner@ywcayork.org or call 717-845-2631.**