



# Cortland County Family YMCA

*We build Strong Kids, Strong Families, Strong Communities*

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October 10, 2008

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Cortland County Family YMCA  
22 Tompkins Street  
Cortland, New York 13045  
(607) 756-2893

*For Immediate Release*

## Fall into YMCA programming

The Cortland County Family YMCA invites you to stop on in and enjoy some of our great session 2 fall programming.

Our fall programs include:

### CHILDCARE:

- Drop in Childcare- for children 6 months to 12 years. Let us watch your children as you work out! Monday-Friday 8:30 a.m. to 11:00 a.m. and Monday and Wednesday nights from 5:30 to 7:00 p.m.
- YMCA WrapAround Childcare – for children 3-5. Program runs from 7:30-9:00 am and 12:00-5:30 pm.

### AQUATICS:

- Progressive Swim Lessons – for children 4 and up. Offered on Tuesdays and Thursdays from 3:30-5:00 pm. Classes are grouped by ability level.
- YMCA Stingers Swim Team – for youths 5-18. Develop a life-long skill and swim competitively against local and national YMCAs and at additional USA

Swimming sanctioned events. Practices are held Monday through Thursday evenings and Saturday morning.

- YMCA Masters Swim Team – a recreational/competitive program for adults. A great way to network and stay in shape! Takes place Wednesday evenings from 5:00-6:30. Many of our Master's swimmers win gold each year at the Empire State games.
- Water Aerobics – an invigorating, yet low intensity aerobic workout for adult/senior members. Offered Monday and Wednesday and Friday mornings from 10:00-11:00 a.m.
- Adult Learn-to-Swim Private Lessons – It's never too late to conquer your fear of the water! Lessons are available by appointment.

#### PROGRAMS:

- Koei-Kan Karate – for youths and/or adults. Try your first two classes FREE! Offered by Sensei Gary Busby on Tuesdays and Thursdays from 6:30-7:30 pm (ages 7-12) and 7:30-9:00 pm (ages 12+).
- YMCA Progressive Gymnastics – Progressive gymnastic classes are held at the J M McDonald Sports Complex. Call 758-8630 after 4 p.m. for more info.
- Gym Kids – beginner gymnastic classes for preschoolers. Call for details.
- YMCA Comets Gymnastics Team and Pre-Team – A competitive team where skills acquired through progressive lessons are put to the test! Offered on Tuesdays, Thursdays and Saturdays. Call 758-8630 after 4 p.m. for times.
- YMCA Personal Training – Certified trainers guide and motivate participants to achieve their personal fitness goals and improve overall health. Call for information and pricing.

- YMCA Fitness – Weekday and weekend classes offered at various times. Offerings include Toning, Interval Training, Kickboxing, Pilates, Yoga, Body Stretching and Sculpting, Step Aerobics, Yogalates and Water Aerobics.
- Indoor Cycling – AM and PM classes offered throughout the week and Saturday. Music driven rides focus on increasing strength and endurance.
- YMCA Family Fun Nights – (Oct. 17, Nov. 21, Dec 12.) Bring the family and enjoy our gym, climbing wall and pool!
- Masters and Open League Basketball – Masters League (35+); Open League available to all post-high school participants. League is playing now!
- Coming in January 2009...Mass Meltdown IV – a program to get fit and STAY fit.

The Cortland County Family YMCA has been proudly serving the Cortland community for the past 140 years. We strive to build strong kids, strong families and strong communities. Check us out online at [www.cortlandymca.org](http://www.cortlandymca.org) to see how your family can fall into the Y!

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**YMCA MISSION:**  
To put Christian  
principles into practice  
through programs that  
build healthy body,  
mind and spirit for all

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