

Come See Y So Much More!



Staycation at the Corning Y

Join us at the Y February 20-24 as we help you get fit and moving in time for Spring.

THIS WEEK ONLY! Try a few of our Corning “sampler” classes at no cost to you. These classes are designed to provide a taste of some of the many programs that we offer to your family and/or children.



From beginner to advanced yoga, Family REFIT, Zumba, and more, bring the family and see the many various levels and programs in our Group Ex Classes.



Our Aquatics Department offers a wide variety of swim lessons to social and active water sports like Water Polo. Come splash around in our indoor aquatics center.



Sample Youth Sports Programs and Leagues will also be featured during the Sampler Week. A variety of our league sports for ages 3-5 years old will be offered.



Fun Club will be offered all week from 1:00-3:00 PM featuring programs and activities for school aged children, while you try out one or more of our Sampler Classes. Cost is \$5.00 per child.