



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WINTER 2024 PROGRAM GUIDE

Greater Johnstown Community YMCA

Winter Session I – Jan. 7 thru Feb. 17
Winter Session II – Feb. 25 thru April 6

Greater Johnstown Community YMCA
100 Haynes Street
Johnstown, PA 15901

814.535.8381
www.johnstownpaymca.org



WELCOME TO THE Y!

Welcome to the Greater Johnstown Community YMCA! We look forward to meeting you and supporting you on your journey to a healthy lifestyle! Please check our website for program registration open dates.

Hours of Operation:

Monday thru Thursday – 5:30 a.m. to 9 p.m.

Friday – 5:30 a.m. to 8 p.m.

Saturday – 7 a.m. to 6 p.m.

Sunday – 10 a.m. to 4 p.m.

MEMBERSHIP

We offer a variety of memberships to fit you and your family's unique needs. Choose the one that's right for you:



Single Adult – \$43/month

Family (2 adults & dependent children) – \$66.50/month

Household (3 adults & dependent children) – \$72/month

Senior Citizen (age 62 & older) – \$34.25/month

Senior Citizen Family – \$54/month

Single Parent Family – \$57.75/month

Young Adult (ages 18–30) – \$26/month

Youth (ages 14 to 17) – \$16/month

NON-MEMBERS

Not ready to enjoy the unlimited benefits of full facility membership? Select programs have the option to register as a Non-Member. Look for our non-member pricing for programs and classes throughout this guide.

Day Passes – For a small fee, you can enjoy many of the things the Y has to offer including our Nautilus & Weight Room, Group Exercise classes and use of the gym during open gym times. The pool is not included at this time.

My Y Fitness Pass – Only interested in our Group Exercise Classes? Learn how you can get a My Y Fitness Pass – our punch-card allows access to group exercise classes only.



WELCOME TO THE Y!

Welcome to the Fall Season at the YMCA!

As you read through this program guide, please note that we have broken many of our programs into two 6-week sessions. A "*" indicates programs that follow the session dates listed below. Under each program description, you will find the days and/or times listed when these programs take place. Remember that these programs start and end as described during the dates below.

WINTER SESSION I

Winter I runs the weeks of Jan. 7 thru Feb. 17

WINTER SESSION II

Fall II runs the weeks of Feb. 25 thru April 6



Please note that not all programs follow these sessions dates. Some are ongoing, while others are one-time events or classes. Some programs also allow for drop-in options – a great option to give a program a try or to only attend on occasion.

REGISTERING FOR PROGRAMS

Registering to attend any program or class is easy! Simply go to our website at www.johnstownpaymca.org/programs. There you will find full descriptions of every program, class, or event that requires pre-registration. If you prefer, you can also give us a call at 814.535.8381 or stop by our Welcome Desk to register as well!



GIFT CERTIFICATES

Holiday Fun for Everyone!

GET A FREE \$10

BONUS GIFT CERTIFICATE

when you give \$50+ in YMCA gift certificates.

**Gift certificates can be used towards
memberships, programs or classes!**

**Purchase at our Welcome Desk
now through Dec. 24, 2022**

100 Haynes Street, Johnstown, PA 15901
814.535.8381 | www.johnstownpaymca.org



**GREATER JOHNSTOWN
COMMUNITY YMCA**

New Members: No Joiner Fee!

New member must join
between January 2 - 31
in person at our
Welcome Desk to have
join fee waived.

COMMIT to FIT!

**JANUARY
2024**

Existing Members: Get a friend to commit and receive a free month of membership!

Existing member must
be with present with
new member when
they join in order to
receive credit.



LITTLE NINJAS *

Let the little ones run, jump, climb and tumble through our ninja course. This class is non-stop, energy-burning fun! Tennis shoes/sneakers are required.



Winter Session I & II

Tiny Ninjas (3 to 6 years old)

Day/Time: Saturdays, 10:15 to 11 a.m.

Basic Training (7 to 10 years old)

Day/Time: Saturdays, 11:15 to 12 p.m.

6-Week Program: \$50/Members; \$75/Non-members

Drop-In: \$10/Members; \$15/Non-members

Location: YMCA Multipurpose Room, 2nd floor

* BIDDY BASKETBALL

Introducing the love for basketball to our littlest players with loosely structured play to help kids develop basic motor & socialization skills. Tennis shoes/sneakers are required. Participants are encouraged to bring their own basketball and water bottles.

Winter Session I & II

Day/Time: Fridays, 5:15 to 6 p.m.

Cost: \$45/Members; \$60/Non-members

Ages: Preschoolers, 3 to 6 years old

Location: YMCA Gymnasium



* Follows a 6-week schedule. See page 3 for details.

DEVELOPMENTAL VOLLEYBALL *

This six week, co-ed clinic will teach the fundamental skills and technique development focused on passing, setting, serving and hitting all while having fun! Bring a volleyball and water bottle. Sneakers are required.



Winter Session I & II

Kids (7 to 12 years old)

Day/Time: Mondays OR Wednesdays, 6 to 7 p.m.

High School (13 to 17 years old)

Day/Time: Mondays OR Wednesdays, 7 to 8 p.m.

Cost: \$50/Members; \$75/Non-members

Location: ACRP Gym, Brownstown

MOBILITY. AGILITY. STABILITY. STRENGTH – M.A.S.S.

Catering primarily to youth athletes, this program welcomes anyone ages 13 and up. The object is to encourage and develop MASS keeping in mind that all physical endeavor is connected to the central nervous system and the brain. Training in all of these areas will result in improvement on the field, ice, court and in the pool.

Day/Time: Fridays, 1 to 2 p.m.

Cost:

- **5 session bundle:**
 - \$45/Members; \$67.50/Non-members
- **10 session bundle:**
 - \$80/Members; \$120/Non-members

Location: Multipurpose Room & Weight Room



* Follows a 6-week schedule. See page 3 for details.



YOUTH PROGRAMS

DEVELOPMENTAL SOCCER*

This six week, co-ed clinic will teach the fundamental skills and technique development focused on footwork, passing, teamwork and game rules all while having fun! Sneakers are required.

Winter Session I & II

Day/Time: Saturdays, Time TBD

Ages: 5th to 8th graders

Cost: \$45/Members; \$60/Non-members

Location: YMCA Gymnasium



* Follows a 6-week schedule. See page 3 for details.

DAY PASSES AVAILABLE



Get back to fitness with no commitment!

Children between the ages of 2 - 13 must have adult supervision. Day Passes do NOT include pool, Esport Room, or any programs or classes where registration is required. Day pass users must register at our front desk and have a picture on file.

Daily Rates:

Youth (2- 18): \$5
Adult (19 - 61): \$10
Senior (62 & over): \$7
Families: \$20



Family **FUN** Night!

Monthly
themed
crafts &
games

Little
Ninjas!

Minute
to Win it
Games

Saturdays
December 30
January 27
February 24
March 23
6 to 8 p.m.

Family
Swim &
games in
the pool!

YMCA Members: FREE!!!

Non-members: \$20/family of 5 + \$2 each additional child



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



K – 2nd Grade 3rd & 4th Grade Basketball League



The Greater Johnstown Community YMCA is holding basketball leagues for boys and girls in K-2 (co-ed) and 3rd & 4th boys and girls! This 8-week league is perfect for existing teams or individual players to join and play!



All players must register individually. Players will be placed on their respective teams. If players do not have a team, they will be placed on a YMCA team with a volunteer coach. Spaces for YMCA teams are limited, please register early to reserve your spot.

K-2nd grade
Games Saturday afternoons
beginning Jan.6

**3rd & 4th Grade
Boy's League**
Games Saturday mornings
beginning Jan. 6

**3rd & 4th Grade
Girl's League**
Games Sunday mornings
beginning Jan. 7

**Deadline to register
is Dec. 20!**
\$35/Member;
\$45/Non-Member

For more information, contact Crystal Andrews
814.535.8381 ext 223
candrews@johnstownpaymca.org

Register here





20



24

YMCA cheer



Lil Pom Pom Y Cheer

This program teaches basic cheers, chants, jumps, dance routines and YMCA Character Values. Y Cheer corresponds with youth basketball season so practice will occur on Fridays and girls will cheer at the games on Saturday mornings Jan. 5 – end of February.

Girls, grades 3 – 5

Day: Fridays, Jan. 5 – Feb. 9

Time: 5 to 6 p.m.

Cost: \$45/Members; \$60/Non-members

Location: YMCA Multipurpose Room



Lil Pom Pom Cheer Clinic

This 2-hour clinic will teach basic cheer, chants, jumps, mini-dance routines and YMCA Character values.

Girls, grades K–2

Day: Sundays, Jan. 7 & Feb. 4

Time: Noon to 1 p.m.

Cost: \$15/Members; \$25/Non-members

Location: YMCA Multipurpose Room

Junior High After School

FREE

**Mondays – Thursdays, 3 to 6 p.m.
Fridays, 1 to 6 p.m.
Must register to attend!**

Join us afterschool everyday for fun!

- Physical Activity
- Career Development
- Language Learning
- Meals and snacks
- Homework Help
- Team Building
- Creators Space

**Join us &
bring a friend!**

Safe Place Nights

Every Friday, 6 to 9 p.m.
Even more fun and free pizza!

Stop in to pre-register at the front desk!



Greater Johnstown Community YMCA
100 Haynes Street
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814.535.8381 www.johnstownpaymca.org





Pickleball



Classes & Drop-In Play

Learn to Play

First three Wednesdays of each month, 5 to 6 p.m.*

For those who have never played before to learn the rules of the game; includes staying to play during open gym immediately following lesson

Cost: \$5/members; \$10/Non-members

Strategy 101 for Novice Players

Last Wednesday of each month, 5 to 6 p.m.*

For novice players who have been actively playing for three months or more; must know the rules and are ready to learn strategy to become more competitive; includes staying to play during open gym immediately following lesson

Cost: \$5/members; \$10/Non-members

Drop-In Play

Tuesdays & Thursdays, 11 a.m. to 2 p.m.

Wednesdays, 6 to 9 p.m.*

See website for costs and registration

***Pre-registration required in order to attend!**



BIRTHDAY PARTIES

celebrate

Saturdays or Sunday: 1 to 3 p.m.

Choose your activity:

Swimming or Ninja Room!

Rental includes one-hour activity and one-hour party room rental and all paper products for 10 kids + 10 adults

Members: \$200; Non-members: \$260

Mega Party now available! One-hour pool, one-hour ninja and up to 20 participants - Members: \$300; Non-members: \$350





MEMBER POTLUCK

Wednesday, Dec 13

@ 11am

Located in the cafe.

Sign-up at the welcome desk.

The difference is **rewards** **today and tomorrow**



1ST PERKS

powered by

- ✓ ID Theft Aid
- ✓ Cell Phone Protection
- ✓ Roadside Assistance
- ✓ BaZing Local Savings
- ✓ Billshark
- ✓ Health Savings



**Special
options for
students!**



Discover the money-saving benefits of a 1ST PERKS Checking Account.



1ST SUMMIT BANK

Experience the Difference.

1stsummit.bank

Member FDIC



CHILD WATCH New Hours!

**Monday - Friday
5 to 8 p.m.**

**Members only:
FREE!**

**Saturdays & Sundays
10 a.m. to 2 p.m.**

**Members: FREE
Non-members:
\$5/child**

- Kids 6 months to 10 yrs.
- Walk-ins accepted
- 90-minute time limits
- Pre-register online



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CPR & FIRST AID COURSE

GREATER JOHNSTOWN COMMUNITY YMCA

The YMCA is offering American Health & Safety Institute (ASHI) Community CPR and First Aid Courses. Basic First Aid participants will learn to recognize the signs and symptoms of injuries and sudden illness. This class teaches crucial information about how to deal with emergencies like bleeding, shock, burns, strains, fractures, allergic reactions, diabetic emergencies, and seizures. This class is a blended class with online e-learning completed before the in-person date and in-person skills training. Pre-registration and payment are required two weeks before start of class.

AGES: 15+

DATES:

- December 18
- January 15
- February 12
- March 11

TIMES: 6 to 8 p.m.

COST: Members: \$60
Non-Members: \$80



FOR MORE INFORMATION:

Amy Swick

Program Director: Aquatics & Fitness

P: 814.535.8381 Ext. 222

Aswick@johnstownpaymca.org

Private Group Training Available

Perfect for organizations who would like to train multiple staff members, teachers, coaches, etc. Up to 6 participants can be trained during a session. Please call Amy Swick to schedule a private training or for more information and group rates.



AQUATICS



ARE YOU WHISTLE WORTHY?

Participants seeking to become lifeguards are required to attend ALL classes. Those seeking Re-certification only attend March 17 in the schedule listed below:

March 15: 6 to 8 p.m.

March 16: 9 a.m. - 5 p.m.

March 17: 9 a.m. - 5 p.m.

- CPR, First Aid, and AED certifications are included
- New Lifeguards: Members: \$190; Non-members: \$280
- Re-Certification: Members: \$95; Non-members: \$125

**THE WORLD
IS 71% WATER**

**ARE YOUR CHILDREN
100% PREPARED?**

* Safety Around Water

Safety Around Water introduces children to water safety to make responsible choices around water. Children will learn what safe behavior means in, on, and around water. Through engaging videos and fun activities children will learn skills including wearing a life jacket, staying close to a lifeguard, and many more. Upon completion of all lessons in this class, children will earn 1 free session of swim lessons!

Winter Session I & II

Ages: 5 to 12 years old

Day: Saturdays

Time: 11 a.m. to 12 p.m.

Cost for 6-week program: FREE

Location: YMCA Pool



* Follows a 6-week schedule. See page 3 for details.

YOUTH SWIM LESSONS*

Building confident kids – that's what our comprehensive swim program does for kids of all ages. When kids learn to swim, it gives them a sense of security in the water and brings parents peace of mind. Our aquatics program develops kids love for the water from infancy through their teen years with levels to keep them swimming through their entire childhood.

Swim Starters, 6 to 36 months

Stage A – Water Discovery: Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Parents will learn different holds to get their child used to being in the water, encourages early muscle memory and reflexes, an early bonding experience for parents and their baby, and parents learn about infant water safety.

Stage B – Water Exploration: In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Class: Parent/Child Class – Stages A & B

When: Meets once a week for 30 minutes

Cost: Members \$25; Non-members \$115

Stage A & B

Days: Mondays OR Wednesdays

Times: 5 p.m. to 5:30 p.m.



* Follows a 6-week schedule. See page 3 for details.



AQUATICS

YOUTH SWIM LESSONS*



Swim Basics, 3 to 5 years old

Stage 1 – Water Acclimation: Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in learning to swimming. Children will learn to swim in a horizontal position while encouraging early breathing techniques, pool and water safety, and learn how to rest in the water safely.

Stage 2 – Water Movement: In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Children will learn to swim in a horizontal position while encouraging early breathing techniques, pool and water safety, and learn how to rest in the water safely.

Stage 3 – Water Stamina: In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Class: Swim Basics, Stages 1 – 3

When: Meets once a week for 30 minutes

Cost: Members \$25; Non-members \$115

Stage 1

Days/Times:

Mondays, 5 p.m. OR

Wednesdays, 5 p.m. OR

Saturdays, 9 a.m.

Stage 2

Days/Times:

Mondays, 5:35p.m. OR

Wednesdays, 5:35p.m. OR

Saturdays, 9:35 a.m.

Stage 3

Days/Times:

Mondays, 6:10 p.m. OR

Wednesdays, 6:10 p.m. OR

Saturdays, 10:10 a.m.



* Follows a 6-week schedule. See page 3 for details.

YOUTH SWIM LESSONS*

Swim Basics, 6+ years old

Stage 1 - Water Acclimation: Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in learning to swimming. Encourages different breathing techniques and progression of muscle memory for basic survival skills.

Stage 2 - Water Movement: In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. More in-depth and progression from Stage 1, learning how to recognize swimming fatigue and teaches in water resting techniques

Stage 3 - Water Stamina: In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Class: Swim Basics, Stages 1 - 3

When: Meets once a week for 40 minutes

Cost: Members \$25; Non-members \$115

Stage 1

Days/Times:

Mondays, 5 p.m. OR

Wednesdays, 5 p.m. OR

Saturdays, 9 a.m.

Stage 2

Days/Times:

Mondays, 5:45 p.m. OR

Wednesdays, 5:45 p.m. OR

Saturdays, 9:45 a.m.

Stage 3

Days/Times:

Mondays, 6:30 p.m. OR

Wednesdays, 6:30 p.m. OR

Saturdays, 10:30 a.m.



* Follows a 6-week schedule. See page 3 for details.



AQUATICS

YOUTH SWIM LESSONS*

Swim Strokes, 6+ years old

Stage 4 – Stroke Introduction: Students in stage 4 develop swim stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Stage 5 – Stroke Development: Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Stage 6 – Stroke Mechanics: In stage 6, students refine their stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. Students learn the different types of swimming events and introduction on Streamline and transitions between swim strokes.

Class: Swim Strokes, Stages 4 – 6

When: Meets once a week for 40 minutes

Cost: Members \$25; Non-members \$115

Stage 4

Days/Times:

Tuesdays, 5 p.m. OR

Thursdays, 5 p.m.

Stage 5

Days/Times:

Tuesdays, 5:45 p.m. OR

Thursdays, 5:45 p.m.

Stage 6

Days/Times:

Tuesdays, 6:30 p.m. OR

Thursdays, 6:30 p.m.



* Follows a 6-week schedule. See page 3 for details.



AQUATICS

ONE ON ONE **WATER** IN THE **Private Swim Lessons**

These lessons are designed to give participants individualized attention to improve or master their swimming skills. Together, the instructor, participant and/or parent determine the goals for the session and the curriculum is customized in order to meet these goals. Private lessons are 30 minutes in length and are available for any age – child through adult.



1 lesson: Members \$30; Non-members \$60
3 lessons: members \$85; Non-members \$170
7 lessons: Members \$185; Non-members: \$370



GJCYMCA



@johnstownpaymca



Greater Johnstown
Community YMCA



**FOLLOW
US!**

Sat., December 16 6 p.m.



Bring your swimsuit, towel, and your favorite pool float* to sit back and relax while watching a water themed movie!
Children ages 13 and under **MUST** be accompanied by a parent or guardian. Space is limited, register today!

YMCA Mebers: FREE

Non-Members: \$5

*Pool floats must be approved by lifeguards.

**Special
visit from
The Grinch!**



FLOAT & FLIX

@ THE YMCA AQUA THEATER



GREATER JOHNSTOWN YOUTH SWIM TEAM

GJY Swimming has a long history of successful swimming and has grown to be one of the most competitive YMCA swim teams in Western Pennsylvania. We are committed to helping each swimmer meet his or her competitive potential. We emphasize enjoying swimming and doing one's best. We emphasize the character traits of caring, honesty, respect & responsibility and the YMCA Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Want to join the swim team?

- Must be 5 to 18 years of age
- Must be a full-year privileged member of the Johnstown YMCA
- Swim team fees are due in full or with a monthly bank draft on file.
- Sign-up at the YMCA Welcome Desk!



Team Uniform

GJY swimsuit/cap and t-shirt is an additional fee.

Meet Schedule

GJY Swimming competes in the Western PA YMCA Swim League.

GJY/USA Swimming

GJY Swimmers may join the GJY/USA Team for an additional fee and must meet all GJY Membership requirements.

Parent's Club

Parents are expected to organize and help at swim meets and participate in fundraisers.

Note for high school swimmers:

At a reduced rate, swimmers may start and end the season with GJY, but when their school's team starts practice, they will practice with their home team. The swimmer may practice with GJY on any school canceled days and are able to compete in all GJY swim meets including districts, states, and nationals.



GREATER JOHNSTOWN YOUTH SWIM TEAM

Age Groups/Practice Schedule

*Novice: Ages 8 & Under ---> Mon. & Wed., 5 to 6 p.m. – YMCA
Tues. & Fri., 5 to 6 p.m. – UPJ

Cadet: Ages 9 – 10 ---> Mon., Wed., & Thurs., 5 to 6:30 p.m. – YMCA
Tues. & Fri., 5 to 7 p.m. – UPJ

Prep: Ages 11 – 12 ---> Mon., Wed., & Thurs., 5 to 6:30 p.m. – YMCA
Tues. & Fri., 5 to 7 p.m. – UPJ

Junior: Ages 13 – 14 ---> Mon., Wed., & Thurs., 6:30 to 8:30 p.m. – YMCA
Tues. & Fri., 5 to 7 p.m. – UPJ

Senior: Ages 15 – 18 ---> Mon., Wed., & Thurs., 6:30 to 8:30 p.m. – YMCA
Tues. & Fri., 5 to 7 p.m. – UPJ

*Novice swimmers are highly encouraged to register for Thursday swim lessons through the YMCA.

Cost:

Novice, Cadet & Prep: \$200

Juniors & Seniors: \$350

High School Team Swimmers: \$200

Sibling Discount: \$35 off second swimmer

All swimmers must be a member of the Greater Johnstown Community YMCA. Member options:

- Swim Team Members only \$16/month
- Family Memberships: \$66.50/month
- Single Parent Family Membership \$57.50/month
- Senior Citizen Family Membership \$54/month
- Household Membership \$72/month



Contact Information: Head Coach Glenn Giles

814.535.8381 Ext. 243 | glennmgiles@gmail.com | gjjswimming.com

BLOOD PRESSURE SELF MONITORING

This four-month program, is for adults 18+ who have been diagnosed with high blood pressure, are on blood pressure medicine and have NOT had a cardiac episode, atrial fibrillation or any arrhythmias in the last 12 months.

Participants must :

- take and record their BP twice a month
- attend a monthly nutrition education seminar
- attend 2 consultations per month with our Heart Healthy Ambassador

For more info contact Linda Bradley, Wellness Coordinator
wellness@johnstownpaymca.org;
814.535.8381 Ext. 244



SHAMROCK SHAKE

5K RUN & WALK



To Support the Greater Johnstown Community YMCA

**SATURDAY
MARCH 2**

ONLINE REGISTRATION IS
REQUIRED. PLEASE VISIT:
www.johnstownpaymca.org

FOR MORE INFORMATION
PLEASE CALL OR EMAIL:

814-535-8381
gmichaux@johnstownpaymca.org



In the Galleria Mall
8:00am-10:00am





March 23, 2023
6 to 8 p.m.

GREATER JOHNSTOWN COMMUNITY YMCA



Become a part of the first annual
RELEASE THE QUACKIN'
fundraiser benefiting the
Greater Johnstown Community YMCA

Become a sponsor and join the fun!

Sponsorship opportunities available for businesses of all sizes. Have your business recognized at the event, on media, and more! Plus, get your own ducks to get released into our pool for prizes.

Buy a duck, a dozen ducks or a whole flock!

Purchase a duck (or more!) in the YMCA lobby or at our Welcome Desk! Join us on March 23 to release your duck in the pool for a swim. We'll pull ducks for prizes every 10 minutes beginning at 6:00. Enjoy food, crafts for the kids, face painting and more. Can't make it to the event? We'll release your duck for you!

Get a free duck for you donation!

Donate a package of socks or underwear in any size for the Johnstown School District and receive a free rubber duck!

**More info and
sponsorship
opportunities
coming soon!**

Purchase a duck in our lobby or at our Welcome Desk!

Individual duck = \$5

Quack Pack (6 ducks) = \$25

Quackers Dozen (12 ducks) = \$50

Flock of Ducks (24 ducks) = \$100

GREATER JOHNSTOWN COMMUNITY YMCA

814.535.8381 | www.johnstownpaymca.org | 100 Haynes Street, Johnstown, PA 15901

Personal Training



Education | Motivation | Inspiration

Build a personalized wellness plan with an instructor that Inspires you! Private & semi-private appointments available.



Personal Trainers: Zing, Wuanyai, Cathy and Nelson
By appointment only.

Pricing & packaging available on our website.



*Concurrent
Technologies
Corporation*



Proud Supporter of the YMCA and Our Community

Join Our Team!

Concurrent Technologies Corporation (CTC) is looking for people to fill rewarding positions in engineering, information technologies, and more—from college interns to senior levels. We offer generous medical, paid leave, financial, and insurance benefits in a technology-based atmosphere where we treat each other like family.

Visit our website to apply:

www.ctc.com



Email: careers@ctc.com

CTC is an equal opportunity employer. M/F/Vet/Disabled.



- Start at anytime (ongoing enrollment)
- Any stroke or water walking acceptable
- Log your miles in your tracking sheet after every swim at the Y
- Only miles swam at the Greater Johnstown Community YMCA can be logged.
- Ranger beads available to track your laps in the water
- Upon completion of all 100 miles, participants will receive a nameplate on the wall in recognition of their accomplishment!
- Winners announced every quarter and given a shoutout on our Facebook page!

What's YOUR Strategy?

2 miles per week = 100 miles in 50 weeks

3 miles per week = 100 miles in 33 weeks

1 mile/5 days a week = 100 miles in 20 weeks

1 lap = the length of the pool down and back

1 mile = 32 laps

100 miles = 3200 laps!!!

Members only: \$25

Sign-up on our website or at the front desk today!

www.johnstownpaymca.org/programs | 814.535.8381



FITNESS CHALLENGES



100 MILE WINTER WALKING CLUB January 2 – April 15

Beat the winter blues and join us inside to keep moving all season long! Whether its walking on our indoor track or using a treadmill or elliptical, its simply putting one foot in front of the other. Track your miles to hit 100 by April 15 and we'll have a cozy little gift just for you!

Registration opens Dec. 16 – Members only: \$25



MY Y FITNESS PASS Group Exercise Classes

Not a Y member? You can still join any of our group exercise classes with the My Y Fitness Pass!

- Bootcamp
- Strength & Tone
- Tai-Chi
- Adult Aqua Fit
- Dance & Burn
- Step
- Circuit
- And more!



Each punchcard is \$50 and is good for 10 classes. Must be used within 90 days of purchase; cannot be used towards purchase of membership or any other services. Cannot be replaced if lost or stolen.

Available now at our Welcome Desk!





GROUP EXERCISE

New Classes!

G.R.I.T

GRIT workouts are made up of 3 series, which are GRIT Cardio, GRIT Athletic, and GRIT Strength. Each one is a HIIT workout and designed to target and improve key areas of the body. These workouts will push you to train like an athlete as they increase your cardiovascular fitness, build lean muscles and burn that unwanted fat rapidly. GRIT is definitely not for the weak, it is designed to make you perform like an athlete. This workout often use step exercises, body weight exercises, and multi-dimensional sports conditioning training to increase your overall athletic performance strength, agility, speed, and power.



**See schedule for
days/times!
Multipurpose Room**



**Wednesdays
11 a.m. to Noon
Multipurpose Room**

Contrast Training

Strength and conditioning is a great way to transform your body and get huge results, whether you're an athlete or amateur; expert, or just starting out. It encompasses so much more than just lifting weights and focuses on a variety of tools to improve movement, health, and physical performance. Develop muscle durability and mobility with carefully designed movement and stretch-training. By stimulating muscles and joints and encouraging blood flow through gentle and intentional stretching, you set the stage for greater strength and conditioning gains.



GROUP EXERCISE

New Classes!

Women on Weights

Strength and muscle training is finally getting the attention it deserves as a beneficial, safe, and effective exercise for women. Women are learning that strength training not only enhances muscle tone but also boosts metabolism, augments fat oxidation, and reduces injury risk. We start off with building up stamina for the muscles, help increase lean body mass, and burn calories more efficiently.



Monday – Friday
10 to 11 a.m.
Weight Room

Strength & Balance

This Barre-based balance class will incorporate postures from ballet, Pilates, and yoga. Specific moves are used to balance while doing exercises that focus on isometric strength training while combining with high repetitions of smaller range of motion movements. Benefits of this class are improved posture, muscle definition, increased flexibility, and strengthening the core through the entire class. This is for ALL fitness levels.



Wednesdays
9 to 9:45 a.m.
Multipurpose Room



Scholarship Assistance

Am I Eligible?

Eligibility is based upon many factors that consider household size, income, household expenses and personal circumstances. All applications are confidential. We encourage everyone to apply.

How to Apply

You can download a confidential scholarship application on our website or stop by our Welcome Desk to pick one up.

What you need

You'll need your most recent year's Federal Income Tax (1040 first two pages), (4) recent pay stubs, proof of child support and/or social security benefits (if applicable), or cash assistance determination letter (if applicable) and a written paragraph explaining your personal circumstances.

Return your completed application and required documentation to the YMCA. A membership services coordinator will be in touch within 2-3 days to discuss your application.

YMCAs are vital charitable organizations that want all people to feel welcome regardless of their personal circumstances. Perhaps its job loss, an extended illness, divorce- or any number of unforeseen situations – that cause an individual or a family to re-evaluate their involvement at the Y. It's in these most stressful times that the Y can be most helpful in filling the gaps until they are back on their feet.

The Y provides financial assistance for Y membership and program fees to ensure that all people have equal access to Y programs and services regardless of ability to pay.

We are able to provide this financial assistance through the generous donations of our members and friends of the Y through our annual campaign. If fees prove to be an obstacle to your Y participation, please inquire to see if you may be eligible.

Help us to ensure
scholarship dollars
are available to those
who need them!



Donate Today!



DON'T MISS A SINGLE THING!

Stay in the know of new programs and classes being added all the time!

- Make sure we have your email address on file to receive our two monthly newsletters: THIS is Y and In the Y Loop. Stop at the Welcome Desk to give us your email or go online to www.johnstownpaymca.org/y-communications/
- Check our website often for the latest program information: www.johnstownpaymca.org
- Opt-in for text messaging to stay update. Choose one or multiple groups by texting the keyword, exactly as it appears, to the number below OR scan the QR code with your phone's camera app and touch the box that appears.

814-484-9622

YMCA



For general member information like alerts, news, closures, etc.

PICKLEBALL



For updates regarding our pickleball program

GROUPX



For updates regarding all of our group exercise classes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Greater Johnstown Community YMCA

**STRONG
COMMUNITY**

Annual Support Campaign

BE SOMEBODY'S HERO



YOU DON'T NEED
SUPERPOWERS
TO MAKE A DIFFERENCE IN
SOMEONE'S LIFE!

BE A HERO AND MAKE A GIFT TO THE
STRONG COMMUNITY CAMPAIGN.



GREATER JOHNSTOWN COMMUNITY YMCA • www.johnstownpaymca.org