



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SPRING/SUMMER 2024 PROGRAM GUIDE

## Greater Johnstown Community YMCA

Spring Session - April 14 thru May 25

Summer Session I - June 2 thru June 29

Summer Session II - July 7 thru August 17

Greater Johnstown Community YMCA

100 Haynes Street  
Johnstown, PA 15901

814.535.8381

[www.johnstownpaymca.org](http://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 included.

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 and pickleball drop-in play.



# WELCOME TO THE Y!

## Welcome to the Spring & Summer Seasons at the YMCA!

As you read through this program guide, please note that we have broken many of our programs into 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.

### SPRING SESSION

Spring I runs the weeks of April 14 thru May 25 (6 weeks)



### SUMMER SESSION I

Summer I runs the weeks of June 2 thru June 29 (4 weeks)

### SUMMER SESSION II

Summer II runs the weeks of July 7 thru August 17 (6 weeks)

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](http://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!



# SCHOOL IS CLOSED THE Y IS OPEN

## College Student Short Term Memberships

Perfect for when you're home for summer break

\$26/month for young adults age 18 - 30

Show your student ID and we'll waive the joiner fee!



## 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.



Spring only

### Tiny Ninjas (3 to 6 years old)

**Day/Time:** Saturdays,

10:15 to 11 a.m. OR 11:15 A.M. to Noon

**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.

Spring only

**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.



Spring only

**Kids (7 to 12 years old)**

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

**High School (13 to 17 years old)**

*Day/Time:* Mondays, 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.

## BIDDY SOCCER\*

Introducing the love for soccer 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 soccer balls and water bottles.

Spring only

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

**Ages:** 3 to 6 years old

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

**Location:** ACRP Gym, Brownstown



## BASKETBALL SKILLS & DRILLS

Our skills & drills basketball sessions are for ages K through grade 8. The goals of the sessions are to improve skills, build fundamentals, increase confidence, promote sportsmanship, and teach life lessons while having fun.

Spring & Summer I

**Ages:** Grades K - 2

**Day/Time:** Tuesdays, 6 to 6:50 p.m.

**Ages:** Grades 3 to 5

**Day/Time:** Tuesdays, 6 to 7 p.m.

**Ages:** Grades 6 to 8

**Day/Time:** Thursdays, 6 to 7 p.m.

**Location:** YMCA Gymnasium



**Cost Spring (6 weeks):**

\$50/Members; \$65/Non-members

**Cost Summer I (4 weeks):**

\$35/Members; \$45/Non-members

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



# YOUTH PROGRAMS

## LEARN TO PLAY HOCKEY \*

Designed to introduce beginner players to the game of hockey. In Beginner Dek Hockey, players will learn the basics of passing, shooting, and stick handling. In Intermediate Roller Hockey, players will add skating into their fundamentals. As their skills progress, coaches will place more emphasis on game situation learning. Players must be able to skate forward without assistance for Intermediate Roller Hockey class.



Spring only

Spring only

### **Beginner Dek Hockey**

**Day/Time:** Sundays, 4 to 5 p.m.

**Ages:** 5 to 12 years old

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

**Location:** YMCA Gymnasium/Roxbury Park

### **Intermediate Roller Hockey**

**Day/Time:** Sundays, 5 to 6 p.m.

**Ages:** 11 to 14 years old

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

**Location:** YMCA Gymnasium/Roxbury Park

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

## JR. NBA/WNBA

This six-week league will emphasize community play is great for beginners to intermediate players. Coaches will emphasize learning fundamentals and having fun while following the curriculum of the Jr.NBA.



League play will begin on the week of April 20, 2024.

All players must register individually and they will be drafted to a Jr. NBA or WNBA team.

The league will consist of 6 weeks of play plus a Jr. NBA Skills and Drills challenge.

Cost includes Jr. NBA or Jr. WNBA youth game jersey.

**The deadline to register is April 10, 2024.**

**Day/Time:** Saturdays, beginning at 9 a.m. on April 20

**Ages:** Grades 3 to 6

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

**Location:** YMCA Gymnasium

**Clinic to create teams:**  
Sat., April 13 - 9 a.m. to Noon





# HEALTHY KIDS DAY<sup>®</sup>

Sat., April 20 | Free to the Public  
Noon to 2 p.m.

- Little Ninjas
- Face Painting
- Door Prizes
- Inflatable Obstacle Course
- Imagination Station by the Learning Lamp
- Don't forget your swim suit - stay to swim, 2 to 3 p.m.
- First 200 kids get a free bag!

» FIND YOUR JOY.  
FIND YOUR Y.

GREATER JOHNSTOWN  
COMMUNITY YMCA  
[WWW.JOHNSTOWNPAYMCA.ORG](http://WWW.JOHNSTOWNPAYMCA.ORG)



National Sponsor  
**PEANUTS**  
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For a better us.<sup>®</sup>



# THE Y WITHOUT WALLS @ ROXBURY PARK



Summer Leagues begin soon!

## BASKETBALL

Introducing our new summer basketball league at Roxbury! This league is for boys & girls grades 3 to 6. The league is scheduled to begin May 20 and may place twice a week. Each team will play eight games. There will be no post season. Individuals are welcome to sign-up.

**Registration deadline: April 30.**

**Dates:** May 20 - June 21

**Day/Time:** Days TBD, 6 to 8 p.m.

**Ages:** Grades 3 to 6

**Cost:** \$25/Members; \$35/Non-members

**Location:** Roxbury Park

# DEK HOCKEY LEAGUE

The YMCA is excited to provide a fun, relaxed environment to enjoy hockey without the complexity of ice skates or rollerblades. Whether it is your first time or you've played hockey for years, Dek Hockey is a unique combination of running and stick skills to have fun and be healthy as the weather warms. Join us for a mixed-ages program where parents are encouraged to foster their kids' love of hockey by playing alongside them.

Equipment required: Sticks, gloves, helmets, shinguards, running shoes & water bottle

**Registration deadline: May 28**

**Dates:** June 2- July 28

**Day/Time:** Sundays, 5 to 9 p.m.

**Ages:** 7 to 14 years old

**Cost:** \$75/Members; \$90/Non-members

**Location:** Roxbury Park/YMCA gym

# ROLLER HOCKEY LEAGUE

Our new hockey league will be played at Roxbury Park which is a great way to get the youth playing outside. Players must be at least 14 years of age and know how to rollerblade to participate. Players register individually or by team. Game jerseys will be provided and goalies will play for free.

Equipment required: helmet, shin pads, gloves, skates, stick.

**Registration deadline: May 16**

**Dates:** June 4 - July 25

**Day/Time:** Tuesday, Wednesday & Thursday evenings, 6 p.m.

**Ages:** 14 to 17

**Cost:** \$75/Members; \$90/Non-members

**Location:** Roxbury Park



# GREAT SUMMERS START AT THE Y!

**RESERVE YOUR SPOT TODAY**

## YMCA Day Camp | 2024

Summer is a time for kids to be kids!  
And Y Day Camp is the place to make every precious summer day a great one!



Y Day Camp begins June 10 through August 16 and will be offered in 10 weekly sessions for kids entering grades K-6.

### June 10 - Let's Get Groovy!

This summer is going to be so totally groovy! We will dive to the past with far-out activities and tie dye crafts.

### June 17 - World Traveler

We will travel to 5 different countries and explore their culture through food, crafts, activities and games. We will make a passport for our travels and will include Monet paintings, hand fans and a ndebele hut.

### June 24 - Super Rad Science

We will learn the value of character and kindness while gaining an understanding of growing flowers, fruits and vegetables. We will dye flowers, make a sunography print and slime!

### July 1 - Space Cadets - We're Grooving Through the Stars

It's time to explore the wide world web and the outer space through the power of technology.

**For a better us. | [www.johnstownpaymca.org](http://www.johnstownpaymca.org)**

Financial assistance is available for families who need it to ensure that all kids can have enriching summer experiences. Scholarship applications are available at the Welcome Desk and should be completed before registration.

\*Please allow up to 2 weeks for approval.



### July 8 – Wide World of Sports

Down. Set. Hut! It's sports week! Get ready to participate in all different sports this week while learning about teamwork and the value of sportsmanship.

### July 15 – Where the "Y-ild" Things Are

We will be tapping into our senses and exploring the outside and all that it has to offer. We will head to Stackhouse Park for a scavenger hunt and do some leaf painting.

### July 22 – The Farm is Fun, Man!

MOO! We are headed to the farm! We will learn all about farm animals and how some of our favorite items make it to our homes from the farm.

### July 29 – Boogie on Down to the Y

All of the magic and joy of your favorite holidays but in the summer.

### August 5 – Bloom Where You Are Planted

We will channel our inner scientist and learn valuable STEM skills through experiments and special guests.

### August 12 – Summer Camps Got Talent

It's time to show your talents and have some fun! This week features our annual Summer Camp Talent Show!

### Cost:

Member:

\$140/weekly

Non-Member:

\$176/weekly



Children **MUST** be registered and paid by the Thursday before the start of their camp week.

There will be \$30 late fee for registrations submitted after Friday for the following weekly camp.

### CAMP LOCATION INFO:

**GREATER JOHNSTOWN COMMUNITY YMCA**  
100 Haynes Street  
Johnstown, PA 15901

814.535.8381  
[www.johnstownpaymca.org](http://www.johnstownpaymca.org)



# Y DROWN?

Keep Your Head Above Water

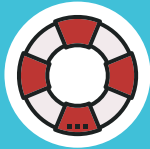


Saturday, May 18  
2 to 5 p.m.

at the  
GREATER JOHNSTOWN COMMUNITY YMCA



+ Drowning is the leading cause of death for toddlers 1 to 4 years old +



This is a **FREE** event, but registration is required as there is limited space! Children ages 4 - 12 welcome and must be accompanied by an adult. Bring a swimsuit and towel to go into the pool. Must register by **Monday, May 13!**

- Safety Around Water Lessons
- Overturned Kayak Demo
- Make & Take Throw Bag
- PA Fish & Boat Commission activities
- Raffles
- Photo booth
- CPR instruction
- Snacks & more!

SAVE THE DATE! Registration will be live on our website on April 3, 2024!  
Visit [www.johnstownpaymca.org/programs](http://www.johnstownpaymca.org/programs) to register.





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# Greater Johnstown YMCA Open Pickleball Tournament

## Saturday, April 27, 2024

**Groups:** Men's/Women's Doubles and Mixed Doubles

2.5, 3.0, 3.5, 4.0, and 4.5

**Age Groups:** 49 and under, 50–65, 66 and over

Skill levels may be grouped together if needed.

May change 3.0 – 3.5 within age groups. 48 team max.

Round Robin; Minimum 6 game guarantee per event

**Cost:** \$30 per person for the tournament,  
\$10 per event

Registration begins  
at 7:30 a.m.

Games begin  
at 8 a.m.



**Call the YMCA to register or visit our website!**

- Free t-shirt if you register by April 13
- \$100 sponsorship gets your company's name on the shirt
- Concessions available



All games will be played with the Onix Fuse Indoor ORANGE Pickleball. Please do NOT wear any orange clothing.

Greater Johnstown Community YMCA  
100 Haynes St. Johnstown, PA 15901

814.535.8381  
[www.johnstownpaymca.org](http://www.johnstownpaymca.org)



# Rent-a-Guard

## For At Home pool parties



Have peace of mind this summer during your at home pool party! Our lifeguards are trained through the Red Cross and ASHI to provide the safest environment possible. Cost includes two hours of lifeguard coverage. Additional hours available.

See website for more details.

Cost: \$100/Members; \$175/Non-members

Additional per hour rate: \$50 /Members; \$75/Non-members

## DAY PASSES AVAILABLE



**Get back to fitness with no commitment!**

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

### Daily Rates:

**Youth (2- 18): \$5**

**Adult (19 - 61): \$10**

**Senior (62 & over): \$7**

**Families: \$20**





# Pickleball



## Classes & Drop-In Play

### Classes: Learn to Play & Novice Strategy 101

Wednesdays, 5 to 6 p.m. – Must have at least 4 participants; sign up on Interest Form on our website and you will be contacted to schedule.

Members: \$5; Non-members: \$10



### Drop-in Social Play

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

Wednesdays, 6 to 9 p.m.

Fridays, 6 to 8 a.m.

Members: FREE; Non-members: \$10



Download the TeamReach App to check player availability.

Use code: YMCAAll-Johnstown

### Summer League

Coming Soon! Sign up on our website or at the Welcome Desk for more information!

# BIRTHDAY PARTIES

*celebrate*

Saturdays, 1 to 3 p.m. or 4 to 6 p.m.

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 up to 20 participants

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**



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



- ✔ 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](http://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:**

- April 15
- May 13
- June 17
- July 15
- August 19

**TIMES:** 6 to 8 p.m.

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



### 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.

**FOR MORE INFORMATION:**

Amy Swick

Program Director: Aquatics & Fitness

P: 814.535.8381 Ext. 222

Aswick@johnstownpaymca.org



# AQUATICS



## ARE YOU WHISTLE WORTHY?

Participants seeking to become lifeguards are required to attend ALL classes. This training includes deep water certification. Those seeking Re-certification only attend April 14 in the schedule listed below:

**April 12: 6 to 8 p.m.**

**April 13: 9 a.m. to 5 p.m.**

**April 14: 9 a.m. to 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!

**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 (4-week Summer Session, 11 a.m. to 12:30 p.m.) See page 3 for details.



# AQUATICS

## 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

**Days:** Mondays OR Wednesdays

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

#### Stage B

**Days:** Mondays OR Wednesdays

**Times:** 5:30 to 6 p.m.

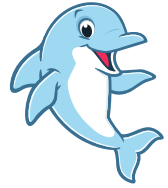


\* Follows a 6-week schedule for Spring and Summer II.  
See website for Summer I days/times.



# 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 6 weeks; 30 minute class

**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.

### NEW! Lessons twice a week for three week sessions!

Check website for specific start dates.

#### Stage 1

**Days/Times:**

Tuesdays & Thursday

5 p.m.

#### Stage 2

**Days/Times:**

Tuesdays & Thursdays

5:35 p.m.

#### Stage 3

**Days/Times:**

Tuesdays & Thursdays

6:10 p.m.

\* Follows a 6-week schedule for Spring and Summer II. See website for Summer I days/times.





# AQUATICS



## 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 6 weeks; 40 minute class

**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.

### NEW! Lessons twice a week for three week sessions!

Check website for specific start dates.

#### Stage 1

**Days/Times:**

Tuesdays & Thursday

5 p.m.

#### Stage 2

**Days/Times:**

Tuesdays & Thursdays

5:45 p.m.

#### Stage 3

**Days/Times:**

Tuesdays & Thursdays

6:30 p.m.

\* Follows a 6-week schedule for Spring and Summer II. See website for Summer I days/times.





# 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:**

Mondays, 6:10 p.m.

#### Stage 5

**Days/Times:**

Mondays, 6:45 p.m.

#### Stage 6

**Days/Times:**

Wednesdays, 6:45 p.m.



\* Follows a 6-week schedule for Spring and Summer II.  
See website for Summer I days/times.





# AQUATICS

## ONE ON ONE IN THE WATER

### 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



## CELEBRATE NATIONAL SELFIE DAY

Update your photo at the Y  
Welcome Desk during the  
week of June 17 - 23 for a fun  
prize!





# FLOAT & FLIX @ THE YMCA AQUA THEATER

Tuesdays  
April 9 & May 28  
6 p.m.

Bring your swimsuit, towel, and your favorite pool noddle 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 Members: FREE; Non-Members: \$5



## 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
- Drop-In Pickleball
- 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!**





# GREATER JOHNSTOWN YOUTH SUMMER 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.

## **SUMMER SWIM TEAM** **May 13 through July 20**

### **8-under**

Mondays -Thursdays, 5 to 6p.m.

### **10-12 yrs.**

Mondays - Fridays, 5 to 6:30pm

### **13 yrs. & up**

Mondays - Fridays, 5 to 7p.m.

**Cost: \$200**

**Sibling Discount: \$170**

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](mailto:glennmgiles@gmail.com) | [gjyswimming.com](http://gjyswimming.com)

# Personal Training



## Education | Motivation | Inspiration

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



**By appointment only.**

**Pricing & packaging available on our website.**

# Join Our Team!



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CTC and EVC are Equal Opportunity Employers, M/F/Vet/Disabled.



### 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!!!

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! Start at anytime (ongoing enrollment); Any stroke or water walking acceptable

**Members only: \$25**



**SPECIALISTS IN WATER SYSTEM INFRASTRUCTURE SOLUTIONS**



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SCAN ME



GJCYMCA



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Greater Johnstown Community YMCA



# GROUP EXERCISE

## New Classes!

### Flex & Flow

Formerly called Latin Heat, this is a fun and vibrant dance class that incorporates upbeat music of all genres that helps gym goers burn calories at a light to moderate intensity! New Instructor: Amber



**Tuesdays & Thursdays. 5 to 5:45 p.m. in the MPR**

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### Water Weight Lifting

Our new Water Weightlifting class gives you a good cardiovascular workout, gently increasing your pulse and breathing rate, great for improving your heart health! The resistance of the water means that opposing muscle groups are worked in each movement as you push against the water, building strength and muscle tone. The support of the water greatly reduces the risk of muscle and joint injuries.

**Thursdays  
11:15 to 11:45 a.m.  
YMCA Pool**

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### Transform

We are bringing back this class, now with our new instructor Amber. This workout will improve muscle tone, flexibility and strength when done consistently. This minimal to no equipment workout is designed to sculpt your entire body.



**Wednesdays. 6:30 to 7:30 p.m. in the MPR**

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### Fluid Moves

This fun class is for those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine. New instructor: Amber

**Saturdays. 8 to 8:45 a.m. in the Pool**



# 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/](http://www.johnstownpaymca.org/y-communications/)
- Check our website often for the latest program information: [www.johnstownpaymca.org](http://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