



**THERE'S NO
PLACE LIKE
THE Y!**



Greater Johnstown Community YMCA

Fall 2025

October - November - December



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.

MEMBERSHIP

We offer a variety of memberships to fit you and your family's unique needs. One-time joiner fee based on type of membership. 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? Some 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 Fitness Center & 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 only.



WELCOME TO THE Y!

Welcome to the Fall Season at the YMCA!

Our Fall Program Guide includes classes, programs, and one time events occurring between October 1 and December 31. Please be sure to see dates of availability of each class as not all classes or programs are offered every month.

OCTOBER

Sunday, October 5 though Saturday, October 25

NOVEMBER

Sunday, November 2 through Saturday, November 22

DECEMBER

Monday, Dec. 1 through Sunday, December 21

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!

HOLIDAY HOURS & CLOSURES

Please note that we will have special hours during the holiday season:

- Thurs., Nov. 27: Thanksgiving – CLOSED
- Wed., Dec. 24: Christmas Eve – closes at 2:30 p.m.
- Thurs., Dec. 25: Christmas Day – CLOSED
- Wed., Dec. 31: New Year's Eve – closes at 2:30 p.m.
- Thurs., Jan. 1: New Year's Day – CLOSED




YOUR FALL COMEBACK

October 1 – 31

Join the Y any time during the month of October
and Pay the Day for your Membership Fee.

Join Oct. 1 = \$1

Join Oct. 31 = \$31



**Save up
to \$71!**

Joiner fee based on membership type applies. Savings based on membership type and the date in October on which membership is activated.

The sooner you join, the more you SAVE!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER JOHNSTOWN COMMUNITY YMCA



BRING A FRIEND BUILD A COMMUNITY

Refer, Reward, Repeat!

Working out at the Y just got better!

Working out with a friend can make reaching your goals easier! Invite a guest to join the Y and we'll reward you both! Visit the Welcome Desk to complete a referral card. Make sure you are with your friend when they sign-up.



Current member refers a friend or family member and they stay for 3 months, the referring member will get a month of membership for free.



The joining member will get their join fee waived during sign-up.



 **REFER A FRIEND**
ENJOY REWARDS

Member Name: _____

Referral's Name: _____

Date of Referral: _____

Date Redeemed: _____

Expiration Date: _____

Offer valid at the Greater Johnstown Community YMCA only. Both referring members and joining members must both be at this same location. Offer runs until 12/31/25.



YOUTH PROGRAMS

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. This class is Thursdays & Saturdays for three weeks.



Ages: Preschoolers, 3 to 6 years old

Location: YMCA Multipurpose Room, 2nd floor

October 9 - 25

November 6 - 22

Day/Time:

- Thursdays, 4:30 to 5:15 p.m.
- Saturdays, 11:15 A.M. to Noon

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

Drop-In (Saturdays only): \$10/Members; \$15/Non-members

Please note: a minimum of 6 participants is required to hold the class.



BIDDY BASKETBALL

Introducing the love for basketball to our littlest players with loosely structured play to help kids develop basic motor & socialization skills. Teaches fundamental basketball skills like shooting, passing, defense & dribbling using fun drills and games. Tennis shoes/sneakers are required. Participants are encouraged to bring their own basketball and water bottles. This class is two days per week for three weeks with new sessions starting each month.

Dec. 1 - 19

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

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

Ages: Preschoolers, 3 to 6 years old

Location: YMCA Gymnasium

Please note: a minimum of 8 participants is required to hold the class.





YOUTH PROGRAMS

BIDDY SPORTS SAMPLER

Introducing a variety of sports for kids to be active with no commitment to one sport. Each class will focus on the basics of a different sport or games including an introduction to exercise and sports along with soccer, kickball, tee ball, hockey and more!

Nov. 3 – 21

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

Ages: 3 to 6 years old

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

Location: YMCA Gymnasium

Please note: a minimum of 8 participants is required to hold the class.



WHEN SCHOOL IS OUT, **THE Y IS IN!**



Grades K – 6th grade

The kids are off school, but the Y is open! We are ready to keep them entertained and engaged throughout the day with crafts, pool time, games, and more! Parents should provide the lunch, and we'll provide the fun!

Full Day 7:30 a.m. to 5:30 p.m.

Y Members: \$25

Non-members: \$50

**PER DAY
PER CHILD**

November

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



5th & 6th Grade Basketball League



The Greater Johnstown Community YMCA is holding basketball leagues for boys and girls in 5th & 6th grades! This 8-week league is perfect for existing teams or individual players to join and play!



\$35/Member; \$45/Non-Member

Girls' League Games on Sundays

10/12 – 11/30

Must register by Sept. 27

Boys' League Games on Saturdays

10/25 – 12/13

Must register by Oct. 10

All players must register individually and they will be placed on their respective teams. Players registering without a team will be placed on a YMCA team with a volunteer coach and receive a team shirt for gameplay.

For more information, contact Jolie Carey
814.535.8381 ext. 240
jcarey@johnstownpaymca.org

Register here





FAMILY FUN NIGHT!

Friday
October 24
5 to 8 p.m.

Join us for:

- Trick or Treating
- Swimming
- Food & Crafts
- Info Tables
- Costume Dance Party
w/ DJ Zay Brick

Members & Non-Members:
\$20/family of 5;
\$5 each additional person

Made possible through
the Safe Spaces Grant
from 1889 Foundation

Y WHIZ KIDZ



Y Whiz Kidz are students in grades K- 12 who achieve specific milestones throughout the school year. The program is designed to motivate and reward students for academic achievement, positive behavior and good attendance. By offering a variety of valuable assistance throughout the academic year such as mentorship/leadership activities, financial literacy programs, etc., we aim to foster a culture of excellence, responsibility, and engagement among our youth community members. Students must register and will be rewarded for the following:

**3.0+
GPA**

**Perfect
Attendance**

**Positive
Behavior**

**Honor
Roll**

Grade Titles

Emerging Achievers: K- 4

Junior Achievers: 5 - 8

Distinguished Achievers: 9 - 10

Future Leaders: 11 - 12

2025-2026 Meeting Dates:

- November 5
- February 24
- April 7
- June 5



This program is FREE and open to students in any of the surrounding school districts. Registration is required!



THE MIX



Media, Music & Mindset



with DJ Zay Brick

DJ Zay Brick is teaching a class focused on creative freedom in music and arts. Learn how to DJ, produce beats, record vocals for songs or podcasting, and filming and editing content!

Youth ages 12 to 16 years old

Tuesdays & Thursdays, 6 to 8 p.m.

Classes will be held:

- October 7 - 23
- November 4 - 20
- December 2 - 18

Members: \$10

Non-members: \$20

Please note: Space is limited. A maximum of 10 participants will be accepted.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Friday Night Safe Spaces

Every Friday, 6 to 8:00 p.m.



The Y's Safe Spaces Night is for middle schoolers in 5th to 8th grade. Join other teens from the area and bring a friend!

Free event! Play Games! Swim! Eat Food! HAVE FUN!



A parent must pre-register the student. Stop in at our Welcome Desk or register on our website. Check our schedule for location dates.



FROSTY FUN WINTER CAMP

Four Days of Fun over the Winter Break

Kids Kindergarten – 6th grade

Sports | Crafts | Swimming | Games | FUN!



Dec. 22, 23, 29 & 30
9 a.m. to 4 p.m.

 **Drop off – 7:30 to 9 a.m.**  **Pick-up 4 to 5:30 p.m.**

Kids will spend their day with trained camp staff participating in a variety of activities each day. Be sure to bring a healthy lunch, water bottle, swim suit & towel. Camp is broken down by weeks. Sign up for one week or two!

Week 1 – Dec. 22 & 23

Week 2 – Dec. 29 & 30

Y Members: \$50/week

Non-members: \$86/week

Please note: a minimum of 7 participants is required to hold the class. Registration will close three days before the week starts. Please do not wait to sign-up!



SENIOR ACTIVITIES

Senior Lunch & Learn

Join us in the Y Space!



Thursday, October 9

11:15 a.m. – 12:30 p.m.

Stay Safe, Stay Smart: Cybersecurity for Seniors

Matt Hoffman, CIO, Penn Highlands Community College

Join us for an essential cybersecurity presentation designed specifically for senior citizens, where we'll cover practical strategies to protect yourself from common online scams, secure your personal information, and safely navigate the digital world. This interactive session will provide easy-to-understand tips for password security, recognizing phishing attempts, and using technology confidently while staying protected from cyber threats.

Thursday, November 13

11:15 a.m. – 12:30 p.m.

Fall Prevention

Amanda Ferrante, PA-C (certified geriatric care professional)

Falls are the #1 cause of trauma in individuals over the age of 65. Participants will be educated on the importance of fall prevention and learn valuable tips on how to avoid fall-related injuries and maintain their independence.

Sponsored by:



Y members only: These program are free but space is limited so don't wait to register!



BYOB
Food
50/50
Pull Tabs
FUN!

Friday
November 7
5:30 p.m.

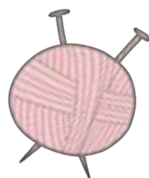


A fundraiser for the Greater Johnstown Community YMCA



ADULT CRAFT DAYS

Wed., Oct. 15
11 a.m. to 1 p.m.



Wooden Mosaic
Tile Coasters



Bring a dish to share for lunch!

Registration is required and space is limited. Please sign up at least two weeks in advance to be sure we have enough supplies.

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

Please note: a minimum of 4 participants is required to hold the class.





MEMBER POTLUCK

**Monday, October 27
11 a.m.**



MEMBER POTLUCK

**Monday, December 15
11 a.m.**



GROW WITH US



Planting the Seeds of Service

Why Volunteer?

- Build Friendships
- Give back to your community
- Support the Y
- Learn new skills
- Be part of something bigger

Volunteer Opportunities

- Membership Services
- Wellness
- Special Events
- Aquatics
- Youth & Family
- Sports
- Special Projects



Volunteer Frequency

- Weekly
- Monthly
- One-Time Projects
- As needed

Ready to Dig in?

- Review volunteer opportunities and choose one or more you may be interested in
- Fill out an application and schedule an interview
- Once approved, obtain volunteer clearances and begin giving back to your community!

Special Skills?

Be sure to let us know on your application if you have any special skills or hobbies like carpentry, landscaping, etc.

Got questions? Email Karen Hoffman at khoffman@johnstownpaymca.org or call 814.535.8381x237

Learn more:



Look for updated Group Exercise & Pool Schedules every week!

Our schedules don't change much each week, but they do account for instructor vacations, special events, and location changes that do occur on occasion. Pick up weekly schedules in our lobby. Schedules can also be found on our website at www.johnstownpaymca.org.

GROUP EXERCISE SCHEDULE: JUNE 2 – 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boatcamp with Jay 5:45 - 6:45 am NPS	Boatcamp with Jay 5:45 - 6:45 am NPS	Boatcamp with Jay 5:45 - 6:45 am NPS	Boatcamp with Jay 5:45 - 6:45 am NPS	Boatcamp with Jay 5:45 - 6:45 am NPS	Triathlon/Crossfit with Zing 7 - 8 am Pool
STEP with Cathy 7:30-8:30 am NPS	Full Body Circuit with Cathy 8:00 - 8:30 am NPS	Full Body Strength with Cathy 7:30-8:30 am NPS		Morning Workout with Cathy 8:15 - 8:45 am NPS	Pump & Tone with Jan 7:45 - 8:45 am Pool
Morning Workout with Cathy 9 - 10 am NPS	Chair Yoga with Cathy 9 - 10 am Studio		Chair Yoga with Cathy 9 - 10 am Studio		Pink & Script with Joanne 9-10 am NPS
Silver Sneakers with Miss Dee 10 - 10:45 am NPS	Silver Sneakers with Miss Dee 10 - 10:45 am NPS	Silver Sneakers with Miss Dee 10 - 10:45 am NPS	Silver Sneakers with Miss Dee 10 - 10:45 am NPS	Silver Sneakers with Miss Dee 10 - 10:45 am NPS	Sunday Morning Walking with Joanne 7 - 2:30 pm Pool
Silver Sneakers Water Aerobics with Joanne 10 - 11 am Pool	Silver Sneakers with Elena 10 - 11 am NPS	Silver Sneakers Water Aerobics with Joanne 10 - 11 am Pool	Silver Sneakers with Elena 10 - 11 am NPS	Silver Sneakers Water Aerobics with Joanne 10 - 11 am Pool	
	*Beginner Tai Chi with Gary & Patti 11 am - Noon NPS	Triathlon/Crossfit with Zing 11:00am - 12:00pm NPS	*Beginner Tai Chi with Gary & Patti 11 am - Noon NPS	Triathlon/Crossfit with Zing 11:00am - 12:00pm NPS	Location Color Key Multi-Purpose Room Pool Gym Studio Racquetball Court Roxbury Bandshell
Pump & Tone with Jan 5:15 - 6:15 pm NPS	Hydro Work with Zing 10:00am - 12:00pm NPS	Pump & Tone with Jan 5:15 - 6:15 pm NPS	Hydro Work with Zing 10:00am - 12:00pm NPS		
	Advanced Tai Chi with Gary & Patti Noon - 1 pm NPS	Private Floor with Rich 6:30 - 7:30 pm NPS	Advanced Tai Chi with Gary & Patti Noon - 1 pm NPS		
Flow Yoga with Gwen 6:30 - 7:30 pm Roxbury Bandshell					
Dance & Burn with Joyce 6 - 7 pm NPS			Dance & Burn with Joyce 6 - 7 pm NPS		
Adult Aqua Fit with Elena 6:45 - 7:45 pm Pool	Adult Aqua Fit with Elena 6:45 - 7:45 pm NPS	Adult Aqua Fit with Elena 6:45 - 7:45 pm NPS			

* While this class remains free to attend, you must pre-register as space is limited



GROUP EXERCISE SCHEDULE



POOL SCHEDULE



GYM SCHEDULE

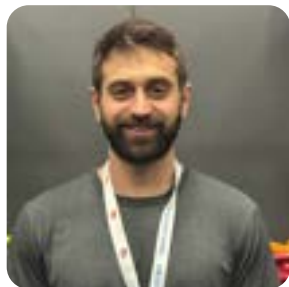


POOL SCHEDULE: SEPT 1-5				
Swimmer	Swimmer	Swimmer	Swimmer	Swimmer
 1. 10:00-10:30 AM 2. 10:30-11:00 AM 3. 11:00-11:30 AM 4. 11:30-12:00 PM 5. 12:00-12:30 PM 6. 12:30-1:00 PM 7. 1:00-1:30 PM 8. 1:30-2:00 PM 9. 2:00-2:30 PM 10. 2:30-3:00 PM 11. 3:00-3:30 PM 12. 3:30-4:00 PM 13. 4:00-4:30 PM 14. 4:30-5:00 PM 15. 5:00-5:30 PM 16. 5:30-6:00 PM 17. 6:00-6:30 PM 18. 6:30-7:00 PM 19. 7:00-7:30 PM 20. 7:30-8:00 PM 21. 8:00-8:30 PM 22. 8:30-9:00 PM 23. 9:00-9:30 PM 24. 9:30-10:00 PM 25. 10:00-10:30 PM 26. 10:30-11:00 PM 27. 11:00-11:30 PM 28. 11:30-12:00 AM 29. 12:00-12:30 AM 30. 12:30-1:00 AM 31. 1:00-1:30 AM 32. 1:30-2:00 AM 33. 2:00-2:30 AM 34. 2:30-3:00 AM 35. 3:00-3:30 AM 36. 3:30-4:00 AM 37. 4:00-4:30 AM 38. 4:30-5:00 AM 39. 5:00-5:30 AM 40. 5:30-6:00 AM 41. 6:00-6:30 AM 42. 6:30-7:00 AM 43. 7:00-7:30 AM 44. 7:30-8:00 AM 45. 8:00-8:30 AM 46. 8:30-9:00 AM 47. 9:00-9:30 AM 48. 9:30-10:00 AM 49. 10:00-10:30 AM 50. 10:30-11:00 AM 51. 11:00-11:30 AM 52. 11:30-12:00 PM 53. 12:00-12:30 PM 54. 12:30-1:00 PM 55. 1:00-1:30 PM 56. 1:30-2:00 PM 57. 2:00-2:30 PM 58. 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PM 115. 7:00-7:30 PM 116. 7:30-8:00 PM 117. 8:00-8:30 PM 118. 8:30-9:00 PM 119. 9:00-9:30 PM 120. 9:30-10:00 PM 121. 10:00-10:30 PM 122. 10:30-11:00 PM 123. 11:00-11:30 PM 124. 11:30-12:00 AM 125. 12:00-12:30 AM 126. 12:30-1:00 AM 127. 1:00-1:30 AM 128. 1:30-2:00 AM 129. 2:00-2:30 AM 130. 2:30-3:00 AM 131. 3:00-3:30 AM 132. 3:30-4:00 AM 133. 4:00-4:30 AM 134. 4:30-5:00 AM 135. 5:00-5:30 AM 136. 5:30-6:00 AM 137. 6:00-6:30 AM 138. 6:30-7:00 PM 139. 7:00-7:30 PM 140. 7:30-8:00 PM 141. 8:00-8:30 PM 142. 8:30-9:00 PM 143. 9:00-9:30 PM 144. 9:30-10:00 PM 145. 10:00-10:30 PM 146. 10:30-11:00 PM 147. 11:00-11:30 PM 148. 11:30-12:00 AM 149. 12:00-12:30 AM 150. 12:30-1:00 AM 151. 1:00-1:30 AM 152. 1:30-2:00 AM 153. 2:00-2:30 AM 154. 2:30-3:00 AM 155. 3:00-3:30 PM 156. 3:30-4:00 PM 157. 4:00-4:30 PM 158. 4:30-5:00 PM 159. 5:00-5:30 PM 160. 5:30-6:00 PM 161. 6:00-6:30 PM 162. 6:30-7:00 PM 163. 7:00-7:30 PM 164. 7:30-8:00 PM 165. 8:00-8:30 PM 166. 8:30-9:00 PM 167. 9:00-9:30 PM 168. 9:30-10:00 PM 169. 10:00-10:30 PM 170. 10:30-11:00 PM 171. 11:00-11:30 PM 172. 11:30-12:00 AM 173. 12:00-12:30 AM 174. 12:30-1:00 AM 175. 1:00-1:30 AM 176. 1:30-2:00 AM 177. 2:00-2:30 AM 178. 2:30-3:00 AM 179. 3:00-3:30 AM 180. 3:30-4:00 AM 181. 4:00-4:30 AM 182. 4:30-5:00 AM 183. 5:00-5:30 AM 184. 5:30-6:00 AM 185. 6:00-6:30 AM 186. 6:30-7:00 PM 187. 7:00-7:30 PM 188. 7:30-8:00 PM 189. 8:00-8:30 PM 190. 8:30-9:00 PM 191. 9:00-9:30 PM 192. 9:30-10:00 PM 193. 10:00-10:30 PM 194. 10:30-11:00 PM 195. 11:00-11:30 PM 196. 11:30-12:00 AM 197. 12:00-12:30 AM 198. 12:30-1:00 AM 199. 1:00-1:30 AM 200. 1:30-2:00 AM 201. 2:00-2:30 AM 202. 2:30-3:00 AM 203. 3:00-3:30 AM 204. 3:30-4:00 AM 205. 4:00-4:30 AM 206. 4:30-5:00 AM 207. 5:00-5:30 AM 208. 5:30-6:00 AM 209. 6:00-6:30 AM 210. 6:30-7:00 PM 211. 7:00-7:30 PM 212. 7:30-8:00 PM 213. 8:00-8:30 PM 214. 8:30-9:00 PM 215. 9:00-9:30 PM 216. 9:30-10:00 PM 217. 10:00-10:30 PM 218. 10:30-11:00 PM 219. 11:00-11:30 PM 220. 11:30-12:00 AM 221. 12:00-12:30 AM 222. 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Gym Schedule 1001 - 10						
Day	Time	Activity	Coach	Notes	Location	Room
Monday	5:00 - 6:00	Cardio	Coach [Name]			
Tuesday	5:00 - 6:00	Cardio	Coach [Name]			
Wednesday	5:00 - 6:00	Cardio	Coach [Name]			
Thursday	5:00 - 6:00	Cardio	Coach [Name]			
Friday	5:00 - 6:00	Cardio	Coach [Name]			
Saturday	5:00 - 6:00	Cardio	Coach [Name]			
Sunday	5:00 - 6:00	Cardio	Coach [Name]			



NEW GROUP EXERCISE



Gentle Yoga w/ Rich

Slow Down...Breathe...Restore

Gentle Yoga is a low-intensity class that blends easy stretches, simple poses, and mindful breathing to release tension and improve mobility. We move at a relaxed pace during each class.

Wednesdays
6 to 7 p.m.
Studio

Great for beginners, active older adults, and anyone seeing a soothing, feel-good reset. All levels welcome – no experience needed.



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 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- 17): \$5
Adult (18- 61): \$10
Senior (62 & over): \$7
Families: \$20



Group Exercise Classes & Instructors



Adult Aqua Fit with Elena – This 1 hour class uses the resistance of the water and bodyweight paired together to make for a great full-body workout. You will work up a good sweat, but leave the pool refreshed. This low impact workout is great for anyone looking for a full workout while being kind to your joints. All levels welcome!



Beginner Tai Chi for Health and Advanced Tai Chi – Tai Chi for Health with Gary and Patti – consists of controlled movements designed to improve overall health and well-being. Participants of all levels can learn the Yang style from beginners to those with some familiarity with Tai Chi. Come and learn together the beautiful flowing “dance” of Tai Chi.



Boot Camp with Jay– This hour-long class often travels throughout the building and beyond! Some days you are running through the gym and up the stairs, other days you will spend it all in the multi-purpose room. There are a variety of strength movements from bodyweight to dumbbells and kettlebells. You can go as easy or as hard as you would like making this workout for you! All levels welcome! This class is member led.



Chair Yoga with Cathy– Standing as well as seated yoga poses, along with flow movements are designed to promote flexibility, balance, strength, and range of movement. Class members will use a chair, Silver Sneakers Ball, and at times a non-flexible towel or strap. Does not involve moving down to the floor. All levels are welcome!



Dance & Burn with Jaye– This class is full of rhythm and groove as you dance to the music while paying attention to your core, arms, and butt. You are sure to break a sweat during this low impact, heart pumping Latin dance style fitness class. All levels welcome!



Flow Yoga with Gwen – A flow yoga class that focuses on connecting breath with movement. You'll challenge yourself as you work at your own level in a safe and supportive environment.



Full Body Circuit/Strength with Christina – Circuit – This is a full body workout transitioning through four different stations to target upper body, lower body, with cardio, and core work. Four sets at each station as you rotate through. **Strength** – This is a full body workout. This class uses kettlebells, dumbbells, bodyweight, and cardio to get you through this workout.



Hydro Worx with Zing – This water weights 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. It's a great stress reliever, the water massages you and cools you, giving you a feeling of weightlessness and an enormous sense of well being.



Morning Workout with Cathy – Strength and conditioning with the use of free weights and other resistance equipment including stability balls and making use of the Nautilus Room, all with a twist of education as a group personal training session.



Gentle Yoga with Rich – Gentle Yoga is a low-intensity class that blends easy stretches, simple poses, and mindful breathing to release tension and improve mobility. Great for: beginners, active older adults, and anyone seeking a soothing, feel-good reset. All levels welcome—no experience needed.



Pump & Tone with Jen – Barbell and free weight workout designed to tone and sculpt your muscles with a music-based routine. High reps, light weights. All levels welcome!



Step with Christina – This cardio based class gets your heart rate pumping with the use of a step and light weights. Everything is modifiable for all fitness levels. The weights provide just enough push for resistance as well as building lean muscle.



Silver Sneakers in the gym – A fun, basic dance movement-inspired class incorporating easy-to-follow movement patterns, upper body strength development, and balance challenges. Class members will use a chair, a Silver Sneakers ball, resistance bands, and handheld weights. Does not involve moving down to the floor. Beginner to intermediate.



Silver Sneakers Water Aerobics – This 60 minute class uses the resistance of the water and bodyweight paired together to make for a great full-body workout. You will work up a good sweat but leave the pool refreshed. This low impact workout is great for anyone looking for a full workout while being kind to your joints. All levels are welcome!



Tight & Tone – This aquatic class will increase muscle tone and burn calories, this class will also leave you feeling better, refreshed, stretched and energized. Ready to start your day or start the next aquatic class! Class is for all fitness levels.



ThinknFit with Zing – This class seeks to develop mobility, flexibility, coordination, stability as well as strength through a variety of multi-joint, multi-directional exercises. We employ training tools such as dumbbells, kettlebells, medicine balls, stability balls, agility ladders, Bosu balls, battle ropes, TRX suspension trainers, and the pull-up/chin-up bar to challenge neuromuscular connections, encourage cognitive and sensory awareness while improving the body's capacity for movement and resistance training.



ThinknSwim with Zing – This class provides coached workouts for swimmers of all levels, and seeks to encourage improvements in technique and biomechanics in all four competitive strokes. Workouts include carefully selected drills and skill sets that develop kinesthetic and proprioceptive awareness, while also building swimming speed and proficiency.



Water Walking – If you enjoy walking, but would like to change things up from your usual routine or just starting out, water walking is an option that can boost your fitness. This is a low-impact exercise that will help you burn calories, while building strength in many muscle groups. All levels are welcome!



SQUASH THE SCALE

Sept. 15 to Nov. 22



10-Week Weight Loss Challenge

**Not too late!
Open for
registration
until Oct. 6!**

Earn Points to Win Prizes

- Earn points by being active this fall
- Comment and post on the Squash the Scale Facebook page
- Weigh-in every two weeks to see your progress
- Get bonus points for going to Group Exercise classes and special events!

Get the most out of Squash the Scale!

- Check out our list of point worthy activities and pick what works for you!
- Log your workouts at the Y in our binder
- Weigh in every two weeks and watch the weight loss leaderboard to check out your competition
- Its an individual game, but signing up with a buddy will help keep you going through all 10 weeks!

Sponsored by:



Pick up your Squash the Scale Player Packet when you weigh in anytime Sept. 8 - 14 to get started!

Members: \$25;

Non-members: Join the Y AND participate in Squash the Scale and we will waive your join fee!

Please bring your photo-ID when registering in person or at your first visit.



24 DAYS OF CHRISTMAS WALKING CHALLENGE

The holiday season is full of hustle, bustle, and plenty of tempting treats—but it's also the perfect time to stay active and enjoy the magic of the season. This December, join us for a festive journey that will keep you moving, smiling, and soaking in all the holiday cheer.

The countdown to Christmas is on! Each day brings a fun walking activity to keep your body energized and your spirits bright. There will be weekly prize drawings and an Ugly Sweater Saturday group walk! Whether you are walking solo, with family or alongside friends, these daily challenges are designed to help you stay active!

December

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24			

**\$25 weekly
cash prize!**



Lace up your shoes, bundle up in your coziest scarf, and let's walk our way to a happier, healthier holiday season—one merry step at a time!

Members only: \$10



GREATER JOHNSTOWN COMMUNITY YMCA

FACILITY RENTALS

Event Spaces

Small Room Rentals

Y Space - \$30/hour

Child Watch - \$30/hour

Studio - \$30/hour

Day/Time may vary based on availability

Gym Rentals

1/2 Court - \$60/hour

Full Court - \$120/hour

Saturdays, 6 to 9 p.m.

Sundays, 4 to 9 p.m.

Pool Rentals

Lane Rental - \$25/hour

Full Pool - \$175/hour

Saturdays, 6 to 8 p.m.

Sundays, 5 to 8 p.m.



Special Events

Sports Teams Banquet Rentals

Saturdays, 6 to 9 p.m. or Sundays, 5 to 8 p.m.

Includes Pool, Gym & Y Space

\$800



A deposit of 25% must be made in order to reserve a space in our facility. Once a deposit is made, space will be reserved and NO REFUNDS will be given. Call us at 814.535.8381 to check for availability!

BIRTHDAY PARTIES

Saturday, 1 to 3 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 30 participants

Members: \$225; Non-members: \$285

Mega Party now available! (1 to 3:30 p.m.) One-hour pool, one-hour ninja and party room rental for up to 30 participants

Members: \$325; Non-members: \$375

Please direct any questions regarding birthday parties to Jolie Carey, Family & Youth coordinator at 814.535.8381 x 240 or jcarey@johnstownpaymca.org



CHILD WATCH

**Mondays & Wednesdays
5 to 8 p.m.**

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

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



AQUATICS

ARE YOU WHISTLE WORTHY?

Participants seeking to become lifeguards are required to attend ALL classes. This training includes deep water certification. Re-certification will be available as well.

Check website for class dates & times.

- CPR, First Aid, and AED certifications are included
- New Lifeguards: Members: \$200; Non-members: \$300
- Re-Certification: Members: \$150; Non-members: \$200



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



THE WORLD
IS 71% WATER

ARE YOUR CHILDREN
100% PREPARED?

Safety Around Water

Safety Around Water introduces children to water safety enabling them 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.

Class dates: October 11, 18, 25; November 8, 15, 22; December 6, 13, 20

Ages: 4 to 7 years old

Day: Saturdays

Time: 10 to 11 a.m.

Cost for program: FREE

Location: YMCA Pool

Ages: 8 to 12 years old

Day: Saturdays

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



The difference is rewards
today – and tomorrow



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powered by

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- ✓ Cell Phone Protection
- ✓ Roadside Assistance

- ✓ BaZing Local Savings
- ✓ Billshark
- ✓ Health Savings



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**Discover the money-saving benefits
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AQUATICS

YOUTH SWIM LESSONS

Our comprehensive swim program is designed to meet swimmers where they are – whether they're just getting their feet wet or preparing for competitive swimming. With a strong focus on water safety, skill development and confidence building, our lessons provide a safe, supportive, and engaging environment for swimmers to grow at their own pace.

Swim Starters, 6 to 36 months

Our program for little ones aged 6 to 36 months is designed to support early growth through play, exploration, and connection. Each activity encourages curiosity, motor skills, language development, and social bonding – laying the foundation for lifelong learning in a warm and nurturing environment. Whether they're crawling, toddling, or taking their first steps into language, every moment is an opportunity to grow!

October 6 – 23

November 3 – 20

December 1 – 18

Class: Parent/Child Class – 6 to 36 months

When: Meets twice a week for 3 weeks for 45 minutes

Cost: Members \$45; Non-members \$130



Days: Mondays & Wednesdays OR Tuesdays & Thursdays

Times: 5 to 5:45 p.m.



Please direct any questions regarding swim lessons to Madison Wirfel, Aquatics Coordinator at 814.535.8381 x 222 or mwirfel@johnstownpaymca.org.



AQUATICS

YOUTH SWIM LESSONS

Beginner, 3 to 5 years old



Perfect for first-time swimmers or those still gaining confidence in the water, our beginner level focuses on the fundamentals. Swimmers will learn how to enter and exit the pool safely, blow bubbles, float on their front & back, and practice basic kicking and arm movements. Instructors use games, songs, and gentle encouragement to help children become comfortable and enjoy being in the water. The goal is to build trust, reduce fear, and establish a strong foundation for future skills.

Beginner Swim Lessons – Focus: Water Comfort & Safety

For swimmers who are new to the water and building confidence.

- Learn how to safely enter and exit the pool
- Practice putting face in the water and blowing bubbles
- Learn to float on front & back with support
- Try basic arm and leg movements for swimming
- Build comfort and trust in the water through fun activities
- Utilizing the kick board

October 6 – 23

November 3 – 20

December 1 – 18

Class: Beginner

When: Meets twice a week for 3 weeks; 45 minute class

Cost: Members \$45; Non-members \$130

Days: Mondays & Wednesdays OR Tuesdays & Thursdays

Times: 5 to 5:45 p.m.



Please direct any questions regarding swim lessons to Madison Wirfel, Aquatics Coordinator at 814.535.8381 x 222 or mwirfel@johnstownpaymca.org.



AQUATICS

YOUTH SWIM LESSONS

Intermediate: 6+ years old

At the Intermediate level, swimmers are ready to build on their basic skills and begin refining their strokes. These lessons focus on improving body position, breath control, and coordinated movements for freestyle and backstroke. Swimmers will also be introduced to breaststroke, and elementary backstroke. Emphasis is placed on endurance, stroke efficiency, and learning to swim longer distances with proper form. Safety skills such as treading water and swimming in deeper areas are also reinforced.

Intermediate Swim Lessons – Focus: Stroke Development & Independence

For swimmers who are comfortable in the water and ready to swim on their own.

- Practice freestyle (front crawl) with side breathing
- Learn backstroke and start breaststroke basics
- Improve floating, kicking, and body position
- Tread water and swim in deeper areas
- Build strength and swim longer distances

October 6 – 23

November 3 – 20

December 1 – 18

Class: Intermediate

When: Meets twice a week for 3 weeks; 45 minute class

Cost: Members \$45; Non-members \$130

Days: Mondays & Wednesdays OR Tuesdays & Thursdays

Times: 6 to 6:45 p.m.



Please direct any questions regarding swim lessons to Madison Wirfel, Aquatics Coordinator at 814.535.8381 x 222 or mwirfel@johnstownpaymca.org.



AQUATICS

YOUTH SWIM LESSONS

Advanced, 6+ years old

Our advanced swim lessons are designed for swimmers who have mastered the basic strokes and are ready to take on greater challenges. Instruction includes stroke refinement for freestyle, backstroke, breaststroke, and butterfly, as well as advanced techniques like touch, turn & pacing. Swimmers will work on building strength, speed, and stamina, while developing skills needed for swim team readiness or competitive swimming. Lessons also include advanced water safety and rescue skills to ensure swimmers are well-prepared in and around the water.

Advanced Swim Lessons – Focus: Technique & Endurance

For strong swimmers looking to refine skills and build endurance.

- Strengthen all four strokes: freestyle, backstroke, breaststroke, and butterfly
- Practice touch, turn & pacing
- Build stamina through lap swimming and drills
- Transitioning strokes
- Treading water for 30 seconds

October 6 – 23

November 3 – 20

December 1 – 18

Class: Advanced

When: Meets twice a week for 3 weeks; 45 minutes

Cost: Members \$45; Non-members \$130

Days: Mondays & Wednesdays OR Tuesdays & Thursdays

Times: 7 to 7:45 p.m.



Please direct any questions regarding swim lessons to Madison Wirfel, Aquatics Coordinator at 814.535.8381 x 222 or mwirfel@johnstownpaymca.org.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM STRONGER SWIM SMARTER

Greater Johnstown Community YMCA

GJY MAVERICKS YOUTH SWIM TEAM 2025 - 2026



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, and 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 Greater Johnstown Community YMCA (See the Welcome Desk for Membership Types and rates)
- » Swim Team fees are due in full or with a monthly bank draft on file
- » Sign-up at the YMCA Welcome Desk!



**Begins
Sept. 8**

AGE GROUP	COST
Novice (8 & under)	\$270
Cadet (9 & 10 yrs.)	\$270
Prep (11 & 12 yrs.)	\$270
Junior (13 & 14 yrs.)	\$385
Senior (15 to 18 yrs.)	\$385

High School Team Swimmers: \$240
Sibling Discount: \$35 off second swimmer

Practices

- » Swim team practices 3 to 6 days a week, depending on the age group at the YMCA in Johnstown and diving practice will be at the YMCA in Ligonier. Scan QR Code for days/times:



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.

Try It Option

- » A two week trial period is available for those not sure if they are ready for competitive swimming. This fee will be deducted from the season's fee if joining the team. Cost: \$33

QUESTIONS? Please contact Head Coach Glenn Giles at 814.535.8381 ext. 243 or at glennmgiles@gmail.com



MAKING OUR POOL EVEN SAFER YMCA SWIM TESTING

Safety in our pool is our first priority, and swim testing ensures that non-swimmers stay safe and can be easily recognized by lifeguards. Swim tests apply to all children 12 years old and under. Parents and caregivers **MUST** stay in the pool area.

Individual parents or caregivers at least 18 years of age, who do not want their children to take the swim test, may be responsible for **NO** more than two youth aged 7 and under who are not wearing a US Coast Guard approved life jacket. Parents and caregivers **MUST** stay within an arm's length from the children, in the **SHALLOW END ONLY**.



RED BAND SWIMMERS **MUST** wear a US Coast Guard approved life jacket if the water level is higher than their chest/armpit height and must be within an arm's length from their parent or caregiver, and may use the whole pool.

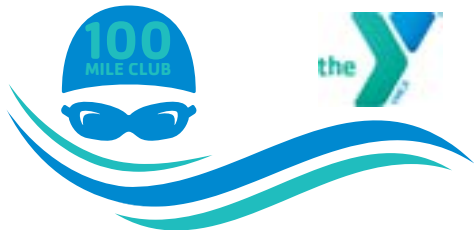


GREEN BAND SWIMMERS **MUST** pass a swim test to be able to swim in the deep end without a life jacket. Children 7 and under still need to be within an arm's length from parents or caregivers.

1. Enter from the shallow end of the pool
2. Swim the length of the pool without stopping
3. Climb out and jump in the deep end
4. Tread water for 30 seconds
5. Float on back for 15 seconds

1. Swim test only needs to be completed once, it will be documented by the lifeguard.
2. Each time you visit, check in with the lifeguard to receive your wristband to show that you have already passed the swim test.
3. Supervising adults must be 18 years of age and may not be responsible for more than four children under the age of 14 in the pool. Parents and caregivers **MUST** stay in the pool area.

****Enjoy your time at our pool! The Greater Johnstown Community YMCA reserves the right to limit activities to protect members and guests. For your safety and the safety of others, please obey all verbal instructions from YMCA Staff.****



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



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US!**

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TikTok

**Greater Johnstown
Community YMCA**



ADULT SPORTS

PICK UP BASKETBALL

Scheduled Pick-Up Basketball times gives players the freedom to run full court games. Pre-registration is required and players must register each night they plan to attend.

Please download the Team Reach App and use code: [YMCAPICKUP26](#) for updates, cancellations & RSVPs

Day/Time: Tuesdays & Thursdays, 6 to 9 p.m.

Ages: 14+

Cost: FREE/Members; \$10/Non-members each day

Location: YMCA Gymnasium



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

Mondays – Advanced Players Only, 6 to 9 p.m.

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

Wednesdays, 6 to 9 p.m.

Members: FREE; Non-members: \$10



Download the TeamReach App to check player availability.

Use code: YMCAAll-Johnstown



WE WANT TO HEAR YOUR Y STORY!

If you are a part of our Y family
and have had a BIG win or a small
win along your wellness journey,
we want to hear about it!
**Let us celebrate you and your
accomplishments!**



**CELEBRATE
EVERY WIN,
NO MATTER
HOW SMALL**



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
- HydroWorks
- Yoga & 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.



Personal Training



Education | Motivation | Inspiration

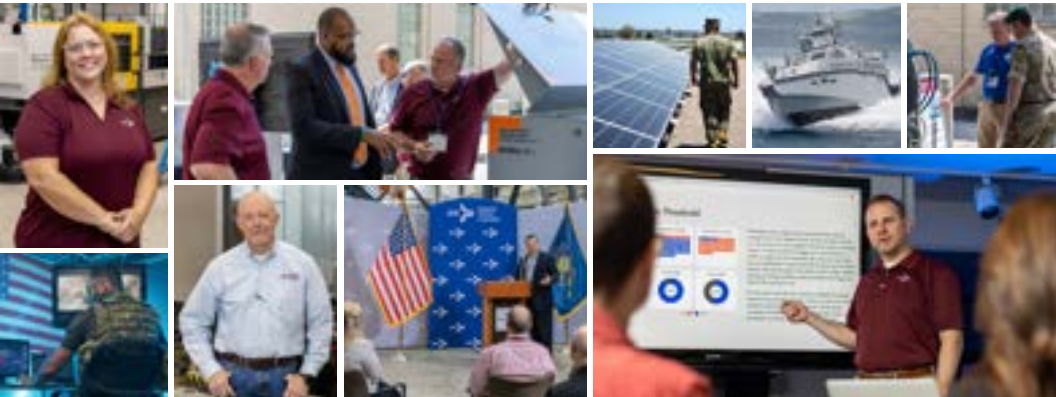
Build a personalized wellness plan with an instructor that Inspires you! Private & semi-private appointments available.



By appointment only.

Pricing & packaging available on our website.

Join Our Team!



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www.ctc.com • www.evc.ctc.com

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



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

Please scan the QR code to the right or visit the financial assistance tab on our website.

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 weeks 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.

Complete the online scholarship application form by scanning the QR code below:



Apply 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 bi-monthly newsletter: THIS is Y! 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.

BINGO



For updates on upcoming Bingo dates

GROUPX



For updates regarding all of our group exercise classes