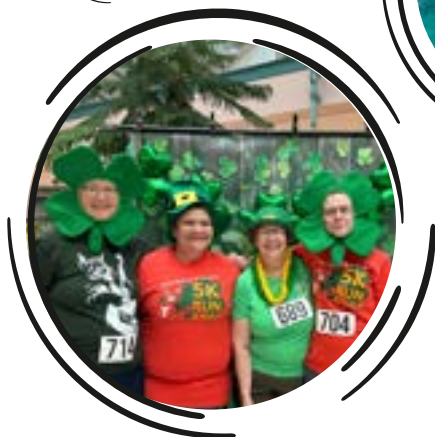


Program Guide

GREATER JOHNSTOWN COMMUNITY YMCA

WINTER 2026

JANUARY - FEBRUARY - MARCH



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. Joiner fee is 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 Winter Season at the YMCA!

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

Youth Programs

Many of our youth programs like Swim Lessons, Little Ninjas, and some sports programs run on a monthly basis. Some programs also allow for drop-in options – a great option to give a program a try or to only attend on occasion. This winter our monthly programs will take place:

JANUARY

Sunday, Jan. 4 through Saturday, Jan. 24

FEBRUARY

Sunday, Feb. 1 through Saturday, Feb. 21

MARCH

Sunday, March 1 through Saturday, March 21



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 be closed on Thurs., Jan. 1 for New Year's Day



BETTER TOGETHER.

Community. Belonging. Connection.

2025-2026 Annual Campaign

When you give to the Greater Johnstown Annual Campaign, you're not just making a donation — you're changing lives right here in our community.

Meet Candis, a single mom, who enjoys the Y with her family; “Having a YMCA membership has truly been a blessing for me and my children. It’s more than just a place to stay active—it’s our home away from home.

Working out helps me stay healthy and centered, but knowing my kids are safe, making new friends, learning new skills, and having genuine fun means everything to me. The Y is our safe haven, a community that nurtures both body and spirit. This scholarship allows us to continue thriving together, and for that, I’m deeply grateful.”

Last year, we provided \$188,000 in financial assistance so that everyone could belong at the Y. This year, the need is even greater. Your gift today will help ensure that:

- No child is turned away from camp.
- Every family can find the support they need.
- Our community continues to grow healthier together.

Please join us in building a stronger community by making your gift today. Every dollar stays local and goes directly to programs that strengthen spirit, mind, and body — for all.

Donate online here:





\$0
**JOINING
FEE**

THE *Feel Good* Again **PLACE**

Join the Y in January and we'll waive your joining fee.

Here, you'll find connection and the motivation to keep moving forward. From fitness and family programs, to swim lessons and open gym, the Y has you covered.

- All Group Exercise Classes
- Pool & Locker Rooms
- Discounts on Programming

Must be 18 years of age or older and have a valid photo I.D. Limited to one offer per membership. Offer expires January 31, 2026. Must present offer at time of redemption. No cash value. Additional restrictions may apply.

Greater Johnstown Community YMCA

814-535-8381 ► johnstownpaymca.org

**JOIN
TODAY**





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

January 8 – 24

February 5 – 21

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, 10:15 to 11 a.m. :

\$10/Members; \$15/Non-members

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



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!



January 5 – 23

March 2 – 20

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!

January 2026

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | 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 | 31 |
| | | | | | | |

February 2026

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 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 |
| | | | | | | |
| | | | | | | |

*Registration closes 1 week prior to kids day off. Please make sure to sign up, so you do not get shut out.

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

Y Members: \$25
Non-members: \$50

**PER DAY
PER CHILD**

Financial Assistance may be offered based on availability of funds. Pick-up a scholarship application at our Welcome Desk to learn more.



FOR YOUTH DEVELOPMENT®
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!



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. YMCA team practices are scheduled weekday evenings.

K-2nd grade

Games Saturday (2 to 7 p.m.)
beginning Jan. 3

3rd & 4th Grade Boy's League

Games Saturdays (8 a.m. to 2 p.m.)
beginning Jan. 3

3rd & 4th Grade Girl's League

Games Sunday (10 a.m. to 4 p.m.)
beginning Jan. 4

Deadline to register is Dec. 16!

**\$45/Individual;
\$400/Team**

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

Register here





FAMILY FUN NIGHT!

Friday
January 16
5 to 7:30 p.m.

Join us for:

- Games & Prizes
- Swimming
- Food & Crafts
- Info Tables
- 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 8 to 16 years old

Tuesdays & Thursdays, 6 to 8 p.m.

Classes will be held:

- January 6 - 22
- February 3 - 19
- March 3 to 19

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.

Family Hangout at the



A **FREE** series to help parents and kids ages 10-14 prepare for the teen years!

SEVEN WEEKLY SESSIONS INCLUDE:

- FREE Family Meal
- Fun Family Games & Activities
- Weekly Prizes & Graduation Gift
- Interaction with Other Parents
- Engaging Activities for Youth
- FREE Childcare for Younger Siblings



STRENGTHENING
Families PROGRAM

FOR PARENTS AND YOUTH 10-14

WEDNESDAYS, FEB. 18-APR. 1, 2026
DINNER: 5 P.M.
PROGRAM: 5:30 TO 7:30 P.M.

Join us as we use the Strengthening Families Program for Parents & Youth 10-14 to discuss...

PARENTS

- Normal developmental changes in teenagers
- Setting age-appropriate limits
- Helping kids to understand rules & consequences
- Effective, joint problem-solving skills

YOUTH

- Making good decisions and setting goals
- Resisting peer pressure
- Coping with stress
- Appreciating parents/caregivers

REGISTER ONLINE BY WEDNESDAY, FEBRUARY 11, 2026



SPACE IS LIMITED TO 10 FAMILIES.

ONE ADULT FOR EACH PARTICIPATING CHILD REQUIRED. REGISTRATION WILL CLOSE EARLY IF CAPACITY IS REACHED.

Strengthening Families Program for Parents & Youth 10-14 at the Greater Johnstown Community YMCA is made possible through The Learning Lamp with funding from Cambria County Children and Youth Services.



The mission of The Learning Lamp is to engage all children in the support they need to succeed. The Learning Lamp is a 501(c)(3) nonprofit organization, donations to which are tax deductible to the fullest extent permitted by law. The official registration and financial information of The Learning Lamp may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.



Join Us for the Subaru Loves to Help Gifting Event!

Subaru of America, Inc. is providing the children of The Greater Johnstown Community YMCA with warmth, confidence & hope through the gift of brand-new coats and shoes. To receive a free coat or pair of shoes, and to attend the event, register using the link below!

*while supplies last



January 22nd, 2026



5pm-7pm



Greater Johnstown
Community YMCA



Register by January 15, 2026



**We look forward to seeing you at the
Subaru Loves to Help Gifting Event!**

Make-up date, if needed - January 24, 10 a.m. to Noon

OPERATION more
than
a coat



Subaru Loves to Help



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 12/31/26.



SENIOR ACTIVITIES

Senior Lunch & Learn

Join us in the Y Space!



Wednesday, January 7

11:15 a.m. – 12:30 p.m.

Chronic Pain Solutions

Alcinto Guirand, MD

Dr. Guirand will be presenting options for the treatment of chronic pain. He will present a comprehensive discussion to the many options available to patients that will help them to live fuller and more active lives.

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



MEMBER POTLUCK

Monday, February 16
@ 11 a.m.

Located in the Y Space
Sign up at the Welcome Desk





BYOB
Food
50/50
Pull Tabs
FUN!

Friday
February 27
5:30 p.m.



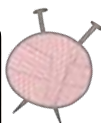
A fundraiser for the Greater Johnstown Community YMCA



ADULT CRAFT DAYS

11:45 a.m. to 1:30 p.m.

January 14
Grapevine Mini-Wreath



February 11
Heart String Art



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.





GROW WITH US



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:



>>>



2026
Lean Team 2.0



SLIMMER BY SUMMER
Challenge

KICKS OFF
IN
MARCH!



GROUP EXERCISE

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 |
|--|---|--|---|--|--|
| Bootcamp with Jay 5:45 - 6:30 am NPR | | Bootcamp with Jay 5:45 - 6:30 am NPR | | Bootcamp with Jay 5:45 - 6:30 am NPR | THINKSWIM with Zing 7 - 8 am Pool |
| STEP with Cathy 7:30 - 8:00 am NPR | Full Body Circuit with Cathy 8:00 - 8:30 am NPR | Full Body Strength with Cathy 7:30 - 8:00 am NPR | | Morning Workout with Cathy 8:30 - 9:30 am NPR | Pump & Tone with Jen 7:45 - 8:45 am NPR |
| Morning Workout with Cathy 9 - 10 am NPR | Chair Yoga with Cathy 9 - 10 am Studio | | Chair Yoga with Cathy 9 - 10 am Studio | | Pam & Sculpt with Jolie 9:15 - 10 am NPR |
| Silver Sneakers with Miss Dee 10 - 10:45 am Gym | Silver Sneakers with Miss Dee 10 - 10:45 am Gym | Silver Sneakers with Miss Dee 10 - 10:45 am Gym | Silver Sneakers with Miss Dee 10 - 10:45 am Gym | | Water Walking with Kim 2 - 2:30pm Pool |
| Silver Sneakers Water Aerobics with Jolie 10 - 11 am Pool | Silver Sneakers with Elena 10 - 11 am Pool | Silver Sneakers Water Aerobics with Jolie 10 - 11 am Pool | Silver Sneakers with Elena 10 - 11 am Pool | Silver Sneakers Water Aerobics with Jolie 10 - 11 am Pool | |
| | *Beginner Tai Chi with Gary & Patti 11 am - Noon NPR | THINKSWIM with Zing 11:00am - 12:00pm NPR | *Beginner Tai Chi with Gary & Patti 11 am - Noon NPR | THINKSWIM with Zing 11:00am - 12:00pm NPR | |
| Pump & Tone with Jen 5:15 - 6:15 pm NPR | Hydro Wars with Zing 11:00am - 12:00pm NPR | Pump & Tone with Jen 5:15 - 6:15 pm NPR | Hydro Wars with Zing 11:00am - 12:00pm NPR | | |
| | Advanced Tai Chi with Gary & Patti Noon - 1 pm NPR | Primal Flow with Rich 6:30 - 7:30 pm NPR | Advanced Tai Chi with Gary & Patti Noon - 1 pm NPR | | |
| Flow Yoga with Gwen 6:30 - 7:30 pm Roxbury Bandshell | | | | | |
| | Dance & Burn with Jays 6 - 7 pm NPR | | Dance & Burn with Jays 6 - 7 pm NPR | | |
| Adult Aqua Fit with Elena 6:15 - 7:15 pm Pool | Adult Aqua Fit with Elena 6:15 - 7:15 pm Pool | Adult Aqua Fit with Elena 6:15 - 7:15 pm Pool | | | |

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



GROUP EXERCISE SCHEDULE



POOL SCHEDULE



POOL SCHEDULE: SEPT 1 - 3

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| Bootcamp with Jay 5:45 - 6:30 am NPR | | Bootcamp with Jay 5:45 - 6:30 am NPR | | Bootcamp with Jay 5:45 - 6:30 am NPR |
| STEP with Cathy 7:30 - 8:00 am NPR | Full Body Circuit with Cathy 8:00 - 8:30 am NPR | Full Body Strength with Cathy 7:30 - 8:00 am NPR | | Morning Workout with Cathy 8:30 - 9:30 am NPR |
| Morning Workout with Cathy 9 - 10 am NPR | Chair Yoga with Cathy 9 - 10 am Studio | | Chair Yoga with Cathy 9 - 10 am Studio | |
| Silver Sneakers with Miss Dee 10 - 10:45 am Gym | Silver Sneakers with Miss Dee 10 - 10:45 am Gym | Silver Sneakers with Miss Dee 10 - 10:45 am Gym | Silver Sneakers with Miss Dee 10 - 10:45 am Gym | |
| Silver Sneakers Water Aerobics with Jolie 10 - 11 am Pool | Silver Sneakers with Elena 10 - 11 am Pool | Silver Sneakers Water Aerobics with Jolie 10 - 11 am Pool | Silver Sneakers with Elena 10 - 11 am Pool | Silver Sneakers Water Aerobics with Jolie 10 - 11 am Pool |
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| Flow Yoga with Gwen 6:30 - 7:30 pm Roxbury Bandshell | | | | |
| | Dance & Burn with Jays 6 - 7 pm NPR | | Dance & Burn with Jays 6 - 7 pm NPR | |
| Adult Aqua Fit with Elena 6:15 - 7:15 pm Pool | Adult Aqua Fit with Elena 6:15 - 7:15 pm Pool | Adult Aqua Fit with Elena 6:15 - 7:15 pm Pool | | |

10TH WEEK PROGRAM:
10TH WEEK STARTS SEPT 8
10TH WEEK STARTS SEPT 8 - 10TH WEEK STARTS SEPT 8
AND YOU READY TO START THE 10TH WEEK CHALLENGE? THEN OF THE 10TH TO LEARN MORE!

GYM SCHEDULE



GYM SCHEDULE: SEPT 1 - 3

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|
| Bootcamp with Jay 5:45 - 6:30 am NPR | | Bootcamp with Jay 5:45 - 6:30 am NPR | | Bootcamp with Jay 5:45 - 6:30 am NPR | THINKSWIM with Zing 7 - 8 am Pool |
| STEP with Cathy 7:30 - 8:00 am NPR | Full Body Circuit with Cathy 8:00 - 8:30 am NPR | Full Body Strength with Cathy 7:30 - 8:00 am NPR | | Morning Workout with Cathy 8:30 - 9:30 am NPR | Pump & Tone with Jen 7:45 - 8:45 am NPR |
| Morning Workout with Cathy 9 - 10 am NPR | Chair Yoga with Cathy 9 - 10 am Studio | | Chair Yoga with Cathy 9 - 10 am Studio | | Pam & Sculpt with Jolie 9:15 - 10 am NPR |
| Silver Sneakers with Miss Dee 10 - 10:45 am Gym | Silver Sneakers with Miss Dee 10 - 10:45 am Gym | Silver Sneakers with Miss Dee 10 - 10:45 am Gym | Silver Sneakers with Miss Dee 10 - 10:45 am Gym | | Water Walking with Kim 2 - 2:30pm Pool |
| Silver Sneakers Water Aerobics with Jolie 10 - 11 am Pool | Silver Sneakers with Elena 10 - 11 am Pool | Silver Sneakers Water Aerobics with Jolie 10 - 11 am Pool | Silver Sneakers with Elena 10 - 11 am Pool | Silver Sneakers Water Aerobics with Jolie 10 - 11 am Pool | |
| | *Beginner Tai Chi with Gary & Patti 11 am - Noon NPR | THINKSWIM with Zing 11:00am - 12:00pm NPR | *Beginner Tai Chi with Gary & Patti 11 am - Noon NPR | THINKSWIM with Zing 11:00am - 12:00pm NPR | |
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| | Dance & Burn with Jays 6 - 7 pm NPR | | Dance & Burn with Jays 6 - 7 pm NPR | | |
| Adult Aqua Fit with Elena 6:15 - 7:15 pm Pool | Adult Aqua Fit with Elena 6:15 - 7:15 pm Pool | Adult Aqua Fit with Elena 6:15 - 7:15 pm Pool | | | |



Planned Giving

GREATER JOHNSTOWN COMMUNITY YMCA



Talk with your attorney or financial advisor on how to include the Y in your personal, financial and estate-planning goals. Or make a donation through the Community Foundation for the Alleghenies.



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 30 Challenge

30 Days. Countless Classes. One Stronger You.

Join our 30-day fitness experience in January designed to get you moving, motivated, and connected! Your goal is simple: attend as many group exercise classes as possible in 30 days. From yoga to pump & tone, tai chi to dance & burn, every class counts toward your total.

Track your attendance on your Group 30 activity sheet each time you participate in a YMCA group exercise class. The more classes you complete, the closer you get to the top spot!

Winner receives a \$100 cash prize!



THE Stronger Together **PLACE**

No Place Like *This Place*™



Group Exercise Classes & Instructors

AQUATICS



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!



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.



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 with Ray - 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.



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 with Kim - 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!



Group Exercise Classes & Instructors

DANCE



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!

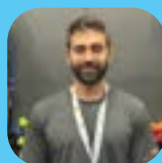
MIND/BODY



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.



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!



Flow Yoga with Rich – 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.



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.



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, and more to challenge neuromuscular connections, encourage cognitive and sensory awareness while improving the body's capacity for movement and resistance training.



Group Exercise Classes & Instructors

LOW-IMPACT



Silver Sneakers with Miss Dee 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.

STRENGTH & CONDITIONING



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.



Circuit with Christina – 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.



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.



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!



TRAIN TO RUN THE SHAMROCK SHAKE SATURDAY, MARCH 7

What is a Couch to 5K?

Couch to 5K is a 6-week beginner-friendly walking/running program designed to help you progress from little or no running experience to confidently completing a 5K (3.1 miles). We kick off January 26 and run through March 6 making you ready to leap like a leprechaun at the Shamrock Shake!

What is included in program registration?

You choose from two options based on your goals:

- Walking/Running training plan
- Walking only training plan



I'm ready - give me the details!

Based on the training plan you choose, you'll receive a week-by-week breakdown to help build endurance and extend distance with on-your-own training as well as group meet-ups once a week on Tuesdays, 6 to 7 p.m at the YMCA track.

Members: \$30; Non-members - \$60; Registration and payment for the Shamrock Shake 5K is done individually and on your own if you choose to participate.





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

Saturdays or Sundays, 1 to 3 p.m.

Choose your activity:

Swimming, Ninja or Painting Parties!

Rental includes one-hour activity and one-hour party room rental and all paper products for up to 30 participants

Swimming or Ninja Party - 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: January 17, 24, 31; February 14, 21, 28; March 14, 21 & 28

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.



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today – and tomorrow



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- ✓ BaZing Local Savings
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of a 1st PERKS Checking Account.



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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!

January 5 – 22

February 2 – 19

March 2 – 19

Class: Parent/Child Class – 6 to 36 months

When: Meets twice a week for 3 weeks for 30 minutes

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

Days: Mondays & Wednesdays OR Tuesdays & Thursdays

Times: 5 to 5:30 p.m.



Please direct any questions regarding swim lessons to Elena Sheesley, Aquatic Lessons Coordinator at 814.535.8381 x 226 or esheesley@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

January 5 – 22

February 2 – 19

March 2 – 19

Class: Beginner

When: Meets twice a week for 3 weeks; 35 minute class

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

Days: Mondays & Wednesdays OR Tuesdays & Thursdays

Times: 5 to 5:30 p.m.



Please direct any questions regarding swim lessons to Elena Sheesley, Aquatic Lessons Coordinator at 814.535.8381 x 226 or esheesley@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

January 5 – 22

February 2 – 19

March 2 – 19

Class: Intermediate

When: Meets twice a week for 3 weeks; 35 minute class

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

Days: Mondays & Wednesdays OR Tuesdays & Thursdays

Times: 5:40 to 6:25 p.m.



Please direct any questions regarding swim lessons to Elena Sheesley, Aquatic Lessons Coordinator at 814.535.8381 x 226 or esheesley@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

January 5 – 22

February 2 – 19

March 2 – 19

Class: Advanced

When: Meets twice a week for 3 weeks; 35 minutes

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



Days: Mondays & Wednesdays OR Tuesdays & Thursdays

Times: 6:30 to 7:15 p.m.

Please direct any questions regarding swim lessons to Elena Sheesley, Aquatic Lessons Coordinator at 814.535.8381 x 226 or esheesley@johnstownpaymca.org.



NINJA COOLER Raffle



FrostVault 45QT Cooler with Wheels – 28.58"L x 18.89"H x 17.36"W
Holds 40 cans with 20 lbs. of ice! Insulated with Temp Dry Storage
Drawer Keeps Ice Cold for Days

Also includes two Yeti Rambler 35 oz and two Owala's 30 oz.

Tickets are \$10 each.

Drawing will take place Sunday, February 22.

See any swim team parent for tickets!

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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.

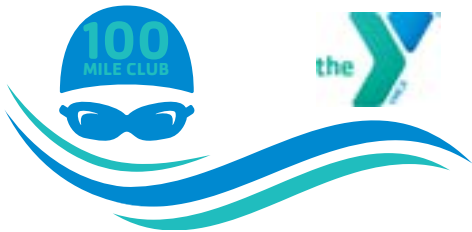


GREEN BAND SWIMMERS **MUST** pass a swim test to be able to swim in the deep end without a life jacket. Children 7 and under still need to be within an arm's length from parents or caregivers.

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.

Members only: \$25





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, 7 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

SHAMROCK SHAKE

5K RUN & WALK

SATURDAY
MARCH 7

MEDALS & PRIZES
COSTUME CONTEST
POST RACE PARTY
LIVE MUSIC BY THE IRISH PRETENDERS

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

FOR MORE
INFORMATION PLEASE
CALL OR EMAIL:
gmichaux@johnstownpaymca.org
814-535-8381



NEW this year!

0.0 K Race

All of the glory -
none of the running!



In the Galleria Mall
Registration 7 - 7:45 am
Race starts at 8am

EARLY BIRD REGISTRATION \$20
REGISTRATION AFTER 1/31: \$25
FREE T-SHIRT (WHILE SUPPLIES LASTS)
INCLUDES FREE SNACK & DRINK



To Support the Greater Johnstown Community YMCA



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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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