

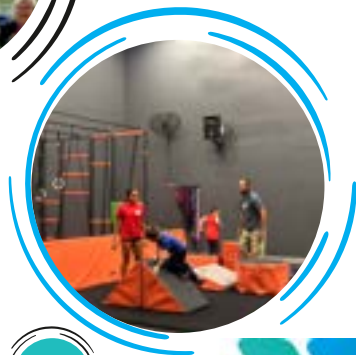
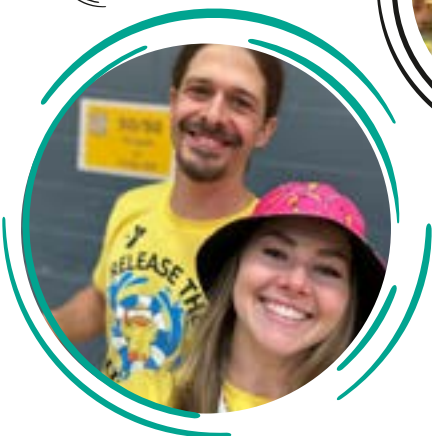


# Program Guide

GREATER JOHNSTOWN COMMUNITY YMCA

SPRING 2026

APRIL - MAY- JUNE



100 Haynes Street  
Johnstown, PA 15901

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





# WELCOME TO THE Y!

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

## MEMBERSHIP

We offer a variety of memberships to fit you and your family's unique needs. Joiner fee is based on type of membership. Membership at the Y includes use of the pool, fitness center, weight room, walking track and all group exercise classes. Membership also affords you discounted rates on most programs offered. For more information, scan the QR code below.



Find the membership that's right for you!



## 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 Spring Season at the YMCA!

Our Spring Program Guide includes classes, programs, and one time events occurring between April 1 through June 30. 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 spring our monthly programs will take place:

### APRIL

Sunday, April 5 through Saturday, April 25

### MAY

Sunday, May 3 through Saturday, May 23

### JUNE

Friday, June 5 through Thursday, June 26



## REGISTERING FOR PROGRAMS

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

## HOLIDAY HOURS & CLOSURES

Please note that we will be closed on

- Fri., April 3: Good Friday
- Sun., April 5: Easter Sunday
- Mon., May 25: Memorial Day
- Fri., June 19: Juneteenth



175<sup>YEAR</sup>  
ANNIVERSARY



# HEALTHY KIDS DAY<sup>®</sup>

Free To The Public!



Schedule of Events here:

- Family Group Exercise Classes
- Ninja Room Open
- Water Safety Demos
- Food Trucks Available

**APRIL 18**  
**Noon to 2 p.m.**

Greater Johnstown Community YMCA

814-535-8381

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

NATIONAL  
SPONSORS



PEANUTS



LOWER  
SUGAR  
75% LESS SUGAR

The event is free and open to the public. No registration is required.



# 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

**April 8 – 25**

**May 7 – 23**

**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!



**April 6 – 24**

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

**Ages:** 3 to 6 years old

**Cost:** \$50/Members; \$65/Non-members

**Location:** YMCA Gymnasium

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

# COME PLAY WITH THE JR. NBA!

# jr. nba

SEASON RUNS

## APRIL 11 – MAY 16

SATURDAY MORNINGS



**\$50**  
registration  
fee

Jr. NBA is designed to help players develop basketball fundamentals, teamwork, and sportsmanship in a fun and supportive environment. The program will consist of clinics, 3 v 3s, Jr. NBA skills challenges, league play & celebration! Each registered athlete will receive an official NBA reversible jersey!



Saturday mornings  
April 11– May 15



Boys & Girls, Grades 3 – 8



WINDBER  
SPORTS COMPLEX



10 a.m. to Noon



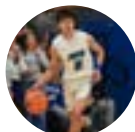
Windber Sports Complex  
429 Verla Drive, Windber, PA



Featuring:



Coach Ryan Durham, Head Coach for the Johnstown Trojans with over 200 wins as a head coach



Jaylen Henry – 1000 point  
Conemaugh Valley HS



Trevon Williams – Athletic  
Director and Head Coach of the  
Conemaugh Valley Blue Jays



Register by April 10 to receive your official Jr. NBA jersey!!

# SUPERHERO

## Summer Day Camp



**ADVENTURE  
AWAITS!**

**Kicks off  
June 15!**

**Grades  
K - 6**

**Field trips, games, crafts, swimming,  
friendships and FUN!**

**Early Bird Pricing:  
Register by May 1  
& waive your  
registration fee!**

**9 a.m. to 4 p.m.  
daily.**

**the  
Y  
MCC**

# Weekly Themes

**Week 1: Hero Origin Story**  
Every hero has a beginning! Campers discover their strengths, create their hero identities, and learn what makes a true hero.

**Week 2: Heroes Around the World**  
Travel the globe to explore heroes, cultures, and traditions from different countries through games, crafts, and adventures.

**Week 3: Science Is SUPER!**  
Put on your lab goggles! Campers use STEM experiments and challenges to uncover the superpowers of science and innovation.

**Week 4: All-Star Action Heroes**  
High-energy sports and teamwork take center stage as campers train like action heroes and compete in epic challenges.

**Week 5: Mystery Mission Week**  
Something mysterious is happening... Campers solve clues, crack codes, and complete secret missions to save the day.

**Week 6: Rhythm and Power**  
Feel the beat! Music, movement, and dance help campers express their hero power and build confidence through rhythm.

**Week 7: Barnyard Heroes**  
From the farm to the field, campers learn about animals, nature, and responsibility while becoming heroes of the barnyard.

**Week 8: Everyday Heroes (Community Week)**  
Real heroes are all around us. Campers learn about community helpers and how kindness and service make a difference.

**Week 9: Comic Creators**  
Create, design, and imagine! Campers become comic artists and storytellers, bringing their hero worlds to life.

**Week 10: Heroes Assemble: Final Showdown**  
All heroes unite for one final adventure! Campers celebrate the summer with challenges and our annual talent show!

⚡ Children **MUST** be registered and paid by the Thursday before the start of their camp week. There will be \$30 late fee for registrations submitted after Friday for the following weekly camp.

⚡ Financial assistance is available for families who need it to ensure that all kids can have enriching summer experiences. Scholarship applications can be completed online from our website or hard copies are available at the Welcome Desk and should be completed before registration. \*Please allow up to 2 weeks for approval.

Reserve your spot today!

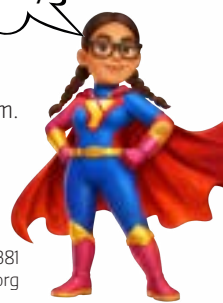
Before- and after-care available 7:30 to 9 a.m. and 4 to 5:30 p.m.

**Members: \$140/week; Non-members: \$176/week**

Special thanks to Creating KidVentures for supporting Summer Day Camp!

**CAMP LOCATION INFO:**  
GREATER JOHNSTOWN COMMUNITY YMCA  
100 Haynes Street  
Johnstown, PA 15901

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



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.

# BIRTHDAY PARTIES

## Ninja Parties

Fridays, 5 to 7 p.m.

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

Rental includes one-hour on our Ninja Rig and one-hour party room rental.

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

## Gym Parties

Fridays, 5 to 7 p.m.

Saturdays or Sundays, 1 to 3 p.m.

Rental includes one-hour in half of our gym and one-hour party room rental.

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

## Pool Parties

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

Sundays, 1 to 3 p.m.

Rental includes one-hour in pool and one-hour party room rental.

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

## NEW!!

## Build your own Birthday Party!

Fridays, 5 to 7 p.m. – limited dates available.

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

Choose two activities listed above. Includes one hour of each activity.

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

### Available Add-ons:

- Half hour: \$30
- One hour: \$50
- Upgrade to full court gym: \$50
- Esports Computers or Nintendo Switch: \$25



Every party includes up to 20 kids and 20 adults. Paper and plasticware is included for up to 40 people. Each additional person over 40 is \$5



**Saturday, April 25, 2026**

**6 to 8 p.m.**

**Doors open at 5 p.m.**

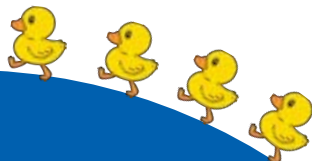
**PASQUERILLA CONFERENCE CENTER**

**Nearly 300  
guests last  
year!**

Presented by:



Be a part of the third annual  
**RELEASE THE QUACKIN'**  
A fundraiser benefiting the  
**Greater Johnstown Community YMCA**



**Purchase your ticket at the Welcome Desk**

Each adult ticket includes your admission, one duck and dinner. Cash Bar available. There will be 50/50, pull tabs, and a basket raffle. Kids tickets are for meal only.

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

Your adult admission ticket to this fun event gives you one duck to float in the pool for your chance to win! Purchase additional ducks at the Welcome Desk or during the event (see pricing below) for even more chances to win!

**Get a free duck for your donation!**

Donate a package of socks or underwear in any size for the Johnstown School District on the night of the event and receive a free rubber duck to float in the pool!

**Tickets:**  
Adults: \$20 pre-event;  
\$30 at the door  
Kids 6 to 17: \$10  
Kids 5 & under: FREE  
(Kids tickets are for meal only).



**Tickets  
available  
at the  
Welcome Desk  
March 28!**

**Purchase additional ducks at the event!**

Individual duck = \$10

Quack Pack (6 ducks) = \$50

Quackers Dozen (12 ducks) = \$100

Flock of Ducks (24 ducks) = \$200

**\$100 every  
15 minutes,  
TWO  
\$500 grand  
prize!**

**APRIL**

**MEMBER  
POTLUCK**

Monday, April 13  
@ 11 a.m.

**NATIONAL  
BANANA DAY**

Wednesday, April 15

**APRIL**

**JUNE**

**MEMBER  
POTLUCK**

Monday, June 1  
@ 11 a.m.



# GREATER JOHNSTOWN YOUTH SUMMER SWIM TEAM

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

## SUMMER SWIM TEAM

May 26 through July 17

Monday through Friday

5 to 7 p.m.

Ages 8 & under will swim Mon, Tues & Thurs,  
from 5 -6.

**Cost: \$225**

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



## SUMMER SWIM TEAM

## PRE-SEASON CONDITIONING

April 13 through May 22

Monday through Friday

5 to 7 p.m.

**Cost: \$130**

### Contact Information:

Head Coach Glenn Giles

814.535.8381 Ext. 243

glennmgiles@gmail.com

gjyswimming.com

Ages 11 & older; Swimmers must be able to swim all four strokes!



# 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, starting at 4 months

Our program for little ones aged 4 months and up 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!

**April 6 - 23**

**May 4 - 21**

**June 8 - 25**

**Class:** Parent/Child Class - 4 months and up

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

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

**Days:** Mondays & Wednesdays OR Tuesdays & Thursdays

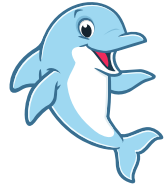
**Times:** 5 to 5:30 p.m.



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



# AQUATICS



## YOUTH SWIM LESSONS

### Beginner

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 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

**April 6 – 23**

**May 4 – 21**

**June 8 – 25**

**Class:** Beginner

**When:** Meets twice a week for 3 weeks; 30 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](mailto:esheesley@johnstownpaymca.org).



# AQUATICS

## YOUTH SWIM LESSONS

Intermediate



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

**April 6 – 23**

**May 4 – 21**

**June 8 – 25**



**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:** 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](mailto:esheesley@johnstownpaymca.org).



# AQUATICS

## YOUTH SWIM LESSONS

### Advanced

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

**April 6 – 23**

**May 4 – 21**

**June 8 – 25**



**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:** 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](mailto:esheesley@johnstownpaymca.org).



## 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.\*\***

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: April 11, 18, 25, May 9, 16, 23, 30; June 13, 20, 27

Ages: 4 to 12 years old

Day: Saturdays

Time: 10 to 11 a.m.

Cost for program: FREE

Location: YMCA Pool



For the Community.  
For Brighter Tomorrows.

For over 100 years...  
when you bank with us,  
you support our community!

Proud to support  
**Greater Johnstown  
Community YMCA**



**1ST PERKS**  
Checking Accounts

- ✔ Local Discounts
- ✔ Cell Phone Protection
- ✔ ID Theft Aid
- ✔ Health Savings Card
- ✔ Roadside Assistance
- ✔ Buyer's Warranty



**1ST SUMMIT BANK**  
Experience the Difference.

Visit your local Community  
Office or [1stsummit.bank](http://1stsummit.bank).

Member FDIC   



# 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.



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



### 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**



# FLOAT & FLIX

## @ THE YMCA AQUA THEATER



Bring your swimsuit, towel, and your favorite pool float and sit back and relax while enjoying our feature movie "Moana" in the YMCA Aqua Theater! Pool floats cannot be any larger than a normal sized inner tube. For safety reasons, lifeguards will have the final say if a pool float is too large. Kiddos will also be making their own lei!

YMCA Members: \$5  
Non-Members: \$10

**Feature: Moana**  
**Friday, June 5**  
**5 to 7 p.m.**



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.



# Dancing through the Decades

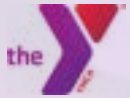
Move & groove with us through decades of iconic music from the soundtrack of your life. Each week, our group exercise classes will feature music from a different era - blending fitness, fun, and feel-good memories. Come dressed as our favorite era and we'll take pictures with your friends!

**Week of May 4 - 50s & 60s**

**Week of May 11 - 70s & 80s**

**Week of May 18 - 90s & 00s**

**Week of May 25 - Mix of all the decades!**



# MUSIC



**BYOB  
50/50  
Pull Tabs  
FUN!**

**Friday  
May 29  
6 p.m.**

**Doors open at 4:30 p.m.**

**\$25/person  
5 games  
Food included!**



Walk For A  
Healthy Community

HIGHMARK | Bright Blue Futures



# Saturday, May 23

Join us for the Highmark Walk For A Healthy Community in Laurel Highlands/Johnstown! Last year, the Laurel Highlands/Johnstown community rallied together to raise funds for local nonprofits.

**This year, let's make an even bigger impact!**

Join us at the Point Stadium (100 Johns St., Johnstown, PA 15901) for a day of fun, fitness, and fundraising. Help support vital health and human service organizations working to improve the lives of our neighbors.

Join the Y Team:



7:45 AM: Check in/registration opens

9:00 AM: 5K Walk begins

9:10 AM: 1 Mile Walk begins

Donate here:



Please visit [www.walkforahealthycommunity.org](http://www.walkforahealthycommunity.org) for more information



# 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 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!



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.

## 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.



# Group Exercise Classes & Instructors

## 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.



**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!



## BOOK NOOK



**Soft Covers - \$1**

**Hard Covers - \$2**

**Kids Books - 2 for \$1**

Please pay at the Welcome Desk - Cash only

Donations accepted at the Welcome Desk - please NO Encyclopedias, magazines or text books.

Benefits the GREATER JOHNSTOWN COMMUNITY YMCA





# 30 MILES IN 30 DAYS

## Trailblazer Challenge

June 1 – June 30

### Join us for our next Fitness Challenge!

Good weather is finally here! Let's get moving together in the Trailblazer Challenge! Whether its on our track, treadmill, elliptical or outside in your neighborhood, every mile counts in an effort to walk 30 miles in 30 days!

### One mile = one point!

Earn one point for each mile logged on your June calendar in the binder at the Welcome Desk. Earn bonus points when you participate in group hikes on area trails and when you complete specific mile markers.

### Mile Markers

Reach these mile markers and get 5 bonus points for each one!

- **Happy Hikers = 5 miles completed!**
- **Wild Wanderers = 10 miles completed!**
- **Path Pioneers = 20 miles completed!**
- **Trailblazers = 30 miles completed!**



### Group Hikes

Join us for these group hikes and receive 10 bonus points for each one!

**Sat., June 6 – Ghost Town Trail – 9 a.m.**

Twin Rocks, 1295 Plank Road, Nanty Glo

**Sat., June 13 – Lorain/Stonycreek Hiking Trail – 9 a.m.**

507 Green Valley Street, Johnstown

**Sat., June 20 – Ghost Town C & I Extensions Rexis Branch – 9 a.m.**

5775 Wehrum Road, Vintondale

**Sat., June 27 – Jim Mayer Riverswalk Trail – Riverside Trail Head, Sandyvale Park – 9 a.m.**

29 Hickory St., Johnstown

### Prizes

Prizes awarded to the first one to 30 miles and the top three point earners by the end of the month!

### Deadlines and Fine Print

Sign up by June 1 to get your trailblazer t-shirt. Registration will remain open until June 8, but after June 1, participants will NOT receive a t-shirt. Hikes canceled due to inclement weather will meet the next day on Sunday at 10 a.m.

Members Only: \$20

### Join our Facebook group

Keep each other motivated and post pics of your walks!





# 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.

**ENDS April 30**

**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

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](#)**



# Greater Johnstown YMCA Summer Pickleball League

**Session 1: May 18 – June 22**

**Session 2: July 13 – August 17**

Games are Mondays, 6 p.m. @ Windber Pickleball Courts  
(rain-out make-ups on Thursdays)

**Format: Round Robin (2–3 Rounds Each Evening)**

Players guaranteed 5 out of 6 weeks of gameplay; Courts assigned

(Open play June 29 and August 6 – 6:00 p.m.)

**Members: \$40; Nonmembers: \$50**

**Register by May 8 for Session 1**



## CHILD WATCH

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

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

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



# ROXBURY REVIVAL SUMMER HOCKEY LEAGUE

Tuesday & Thursday evenings  
May ? – July ?

This league is pending confirmation from the City. Join the Team Reach group to stay up-to-date.



- 10-week league plus one-week playoff round (one make-up week in case of rain included)
- Co-ed, ages 16+
- Games start every hour between 6 and 9 p.m.
- 5 on 5 – Min. of 5, Max. of 10 players per team
- Cost: \$50 per player, non-refundable
- Registration includes team t-shirts and will cover referee fees
- Rainouts will be played the following night

**Deadline to register: May ?, 2025**

Register at [www.johnstownpaymca.org](http://www.johnstownpaymca.org)  
or call the Y at 814.535.8381



Please download the Team Reach App and use code: RHYMCA1 for league information, standings, updates, reminders & more!

**Must register by deadline - no exceptions!!**

# Adult Summer Basketball League



**Tuesday & Thursday evenings  
May 5 – June 18**

- 7-week league plus playoff & championship games
- Co-ed, ages 17+
- Games start every hour between 6 and 9 p.m.
- 5 on 5 – Min. of 5, Max. of 15 players per team
- Cost: \$40 per player, non-refundable
- Registration will cover referee fees
- Games played at YMCA or New Day Gym

**Deadline to register: April 28!**

Register at [www.johnstownpaymca.org](http://www.johnstownpaymca.org) or call  
the Y at 814.535.8381



Please download the Team Reach App and  
Use Code: **AbbYMCA2025** for league information,  
standings, updates, reminders & more!

Register here:





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!



# 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](mailto:khoffman@johnstownpaymca.org) or call 814.535.8381x237

Learn more:





Mechanical | Energy | Water | Fire | Plumbing



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# WE WANT TO HEAR YOUR Y STORY!

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



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!



# 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!



[www.ctc.com](http://www.ctc.com) • [www.evc.ctc.com](http://www.evc.ctc.com)

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

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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/](http://www.johnstownpaymca.org/y-communications/)
- Check our website often for the latest program information: [www.johnstownpaymca.org](http://www.johnstownpaymca.org)
- Opt-in for text messaging to stay update. Choose one or multiple groups by texting the keyword, exactly as it appears, to the number below OR scan the QR code with your phone's camera app and touch the box that appears.

**814-484-9622**

**YMCA**



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

**BINGO**



For updates on upcoming Bingo dates

**GROUPX**



For updates regarding all of our group exercise classes