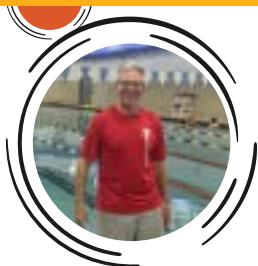


Program Guide

GREATER JOHNSTOWN COMMUNITY YMCA

SUMMER 2026 JULY - AUGUST - SEPTEMBER



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. 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 Summer Season at the YMCA!

Our Summer Program Guide includes classes, programs, and one time events occurring between July 1 through September 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 summer our monthly programs will take place:

JULY

Sunday, July 5 through Saturday, July 25

AUGUST

Sunday, August 2 through Saturday, August 22

SEPTEMBER

Tuesday, September 8 through Monday, September 28



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

- Sat., July 4: Independence Day
- Mon., Sept. 7: Labor Day

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.**



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!

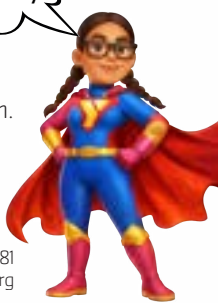
⚡ Children **MUST** be registered and paid by the Thursday before the start of their camp week. There will be \$30 late fee for registrations submitted after Friday for the following weekly camp.

⚡ 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.

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

Reserve your spot today!



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



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

July – Drop in ONLY on Saturdays, July 11, 18 & 25

August – Drop in ONLY on Saturdays, August 8, 15 & 22

September 10-26

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
\$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!

September 11 – 28

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.





BASKETBALL SKILLS & DRILLS



This three-week clinic will emphasize community play and is great for beginners to intermediate players. Coaches will emphasize learning fundamentals and having fun.

3-Week Clinic

July 25

- Ball Handling & Dribbling

August 1

- Passing & Game Situations

August 8

- Shooting

*Other fundamentals as time permits



Day/Time: Saturdays, 11:30 a.m. to 1 p.m.

Ages: 3rd through 6th grade

Cost: \$30 each session; \$80 for all sessions

Location: YMCA Gymnasium

Please bring your own ball in
case of large class!



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



Back-to-School
GLOW PARTY



Friday, August 14
7 to 9 p.m.



**Swimming, music & pool games all
in our glowed-up pool!**

Parents must be in the pool area for kids under 14. If a child does not pass the swim test and requires a life vest, a parent must be in the pool with their child.

Member: \$5

Non-members: \$10

Must register by August 11!





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!

July 6 - 23

August 3 - 20

September 8 - 28

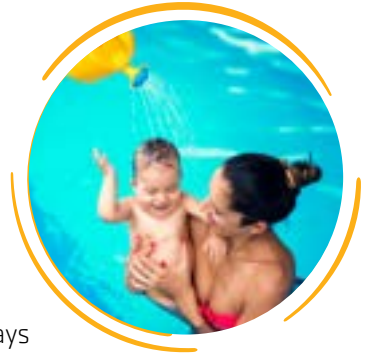
Class: Parent/Child Class - 4 months and up

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

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

Days: Mondays & Wednesdays OR Tuesdays & Thursdays

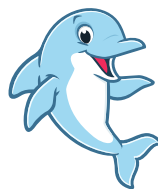
Times: 5 to 5:30 p.m.



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



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

July 6 – 23

August 3 – 20

September 8 – 28



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.



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

July 6 - 23

August 3 - 20

September 8 - 28



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.



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

July 6 – 23

August 3 – 20

September 8 – 28



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.



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.****

FRIENDLY REMINDERS

for our valuable members!

Swimsuits and swimming trunks are required in the pool!

Swimming with shoes on (except for swim shoes) or in street-clothes or underclothes is not acceptable and is not good for the chemistry of our pool.

Check the pool schedule for lane availability

Please do not use swim lesson lanes or swim team lanes for water walking or lap swimming during posted hours.

Please wear personal listening devices

Be courteous to those around you. When listening to music, scrolling social media or streaming your favorite show or chatting on the phone, please use headphones or airpods. Other members don't want to listen to your phone conversations, your show or your music.

Check schedules for weekly changes

Check the pool, group exercise and gym schedules for any class changes now that summer is here. Instructors may be on vacation!



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
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- ✔ Local Discounts
- ✔ Cell Phone Protection
- ✔ ID Theft Aid
- ✔ Health Savings Card
- ✔ Roadside Assistance
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Experience the Difference.

Visit your local Community
Office or 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



FOLLOW US!

- Facebook: GJCYMCA
- Instagram: @johnstownpaymca
- TikTok: @johnstown.pa.ymca
- LinkedIn: Greater Johnstown Community YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM STRONGER SWIM SMARTER

Greater Johnstown Community YMCA

GJY MAVERICKS YOUTH SWIM TEAM 2026 - 2027
Starts Sept. 14!



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.

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



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:

- » Novice, Cadet & Prep: \$280
- » Juniors & Seniors: \$395
- » High School Team Swimmers: \$250
- » Sibling Discount: \$35 off second swimmer

Pre-Season Conditioning:
August 3 - Sept. 11
Monday - Friday
5 to 7 p.m.
Cost: \$130

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

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



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.



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





Harvest Your Health

Fall Wellness Challenge

10-Week Challenge

Sept. 14 – Nov. 23

Earn Points to Win Prizes

- Earn points by being active this fall
- Comment and post on the Harvest Your Health Facebook page
- Participate in classes at the Y



Get the most out of Harvest Your HEALTH!

- Check out our list of point worthy activities and pick what works for you!
- Log your workouts at the Y in our binder or snap selfies to post on the Harvest Your Health Facebook page
- Its an individual game, but signing up with a buddy will help keep you going through all 10 weeks!



Non-members will receive full access to the YMCA during this 10-week challenge. Please bring your photo-ID when registering in person or at your first visit.

Members: \$25; Non-members: \$99





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.

BEGINS Tuesday, Sept. 8

Ages: 14+

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

Location: YMCA Gymnasium



Pickleball



Drop-in Social Play

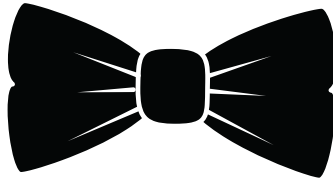
Tuesdays & Thursdays, 11 a.m. to 2 p.m.

Wednesdays, 6 to 9 p.m.

Members: FREE; Non-members: \$10



Download the TeamReach App to check player availability.
Use code: **YMCAAll-Johnstown**



Adult Dinner Dance

.....
Saturday, September 19
6 to 8:30 p.m.

.....
Greater Johnstown Community
YMCA Gymnasium

.....
Tickets:

Single: \$24

Couple: \$40

.....
Tickets available at the
Welcome Desk. Doors
open at 5 p.m. Dinner
at 6 p.m. followed
by dancing.
Tickets must be
purchased
before 9/10/26.



MEMBER POTLUCK

Monday, August 17
@ 11 a.m.



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

PARENTS' NIGHT OUT



6 - 10
years
old

**Saturday, September 19
4 to 6 p.m.**

Parents - this one is really for YOU!! Enjoy a few hours however you like - We got you covered! We'll feed & entertain the kids - just be back by 6 p.m. to pick them up!

★ Pool

★ Pizza & drinks provided

★ Games in the gym

Members: \$10/child

Non-members: \$20/child

***Scholarships do not apply**





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 or call 814.535.8381x237

Learn more:





Mechanical | Energy | Water | Fire | Plumbing



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"The Experience You Deserve"

www.thetustingroup.com



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!



*Concurrent
Technologies
Corporation*



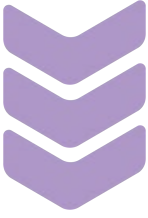
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BE S T P L A C E S
to work in PA 2023





COMMUNITY GROUPS

Small groups are popping up at the Y! If you have a special interest and would like to see if others do too, let us know! We can provide you with a space to meet for activities, book clubs or other things you might be interested in!

The Y thrives when our community learns and plays together!

START A NEW GROUP?

Contact Karen Hoffman, Marketing & Communications Coordinator at 814.535.8381 x 237 or khoffman@johnstownpaymca.org



CURRENT COMMUNITY GROUPS:

WALLYBALL

Plays Monday nights at 6 p.m.

Contact John Hearn at 814-243-6606

BIBLE STUDY

Meets Thursdays at 6 p.m.

Contact Ntando Gxuluwe at 814-955-4449





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