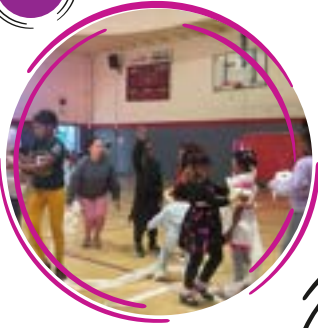




Program Guide

GREATER JOHNSTOWN COMMUNITY YMCA

FALL 2026 OCTOBER – NOVEMBER – DECEMBER



100 Haynes Street
Johnstown, PA 15901

814.535.8381
www.johnstownpaymca.org





WELCOME TO THE Y!

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

MEMBERSHIP

We offer a variety of memberships to fit you and your family's unique needs. 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 Fall Season at the YMCA!

Our Fall Program Guide includes classes, programs, and one time events occurring between Oct. 1 through December 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 summer our monthly programs will take place:

OCTOBER

Sunday, October 4 through Saturday, October 24

NOVEMBER

Sunday, November 1 through Saturday, November 21

DECEMBER

Sunday, November 29 through Saturday, December 19

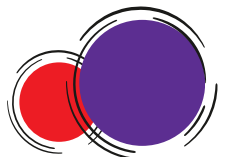


REGISTERING FOR PROGRAMS

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

- Thurs., Nov. 26: Thanksgiving – CLOSED
- Thurs., Dec. 24: Christmas Eve – closing at 2:30 p.m.
- Fri., Dec. 25: Christmas Day – CLOSED
- Thurs., Dec. 31: New Year's Eve – closing at 2:30 p.m.





Harvest Your Health

Fall Wellness Challenge

10-Week Challenge



Sept. 14 – Nov. 22

Ready to grow some healthy habits? Harvest Your Health is a 10-week wellness challenge designed to help you focus on you—your goals, your challenges, and the areas of your health that need a little extra attention. Forget the one-size-fits-all approach. You'll choose where you want to grow and build simple, sustainable habits that can last long after the challenge ends.

Throughout the program, you'll focus on one or more of these 5 Building Blocks of Good Health:

Nutrition

Movement

Sleep

Stress Management

Energy

How It Works:

Every two weeks, you'll pick up a new Harvest Your Health booklet at the Welcome Desk. Think of it as your personal wellness workbook and scorecard. Complete activities, earn points, track your progress, and—most importantly—build habits that work for you. Each booklet includes four types of activities:

Point-Worthy Activities for All

Simple healthy habits that anyone can participate in—and chances are, you're already doing some of them when you work out at the Y! This is your chance to push yourself just a little further in your normal routine.

Bonus Activities

Keep an eye out! These are short-term, seasonal, and sometimes just-for-fun activities can pop up throughout the challenge. They won't stick around forever, so grab those points while you can!

Choose Your Focus Activities

This is where Harvest Your Health gets personal. Choose one of the five Building Blocks of Good Health to focus on for that two-week period. Pick the area where you need the most help, want to make the biggest change, or simply want to learn more. And don't worry—you can change your focus as you go!

One-Time Challenge Activities

Ready to stretch yourself a little? These activities give you a chance to dig deeper into your focus area while also exploring the other Building Blocks of Health. They're designed to help you build skills and habits that will benefit your future self, too!

Your Secret Weapon: Our Private Facebook Group

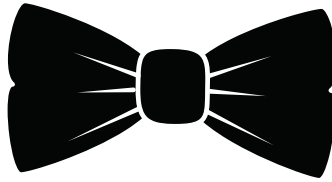
This is where the fun really comes to life! Once you register, you'll receive an invitation to our private Harvest Your Health Facebook Group, where you'll find: Daily encouragement and motivation, wellness education and helpful tips, healthy recipes, surprise pop-up challenges, community support and accountability, a place to celebrate your wins and plenty of fun along the way!

Earn Points. Win Prizes.

Every two weeks, turn in your completed booklet and pick up a fresh one. We'll tally your points and announce the top point-earner for that round, who will win a gift card! Then... everyone starts fresh at zero for the next two-week round. At the end of the 10 weeks, the person with the most total points will take home a CASH PRIZE! The prize amount will be based on the number of participants—so the more people who join, the bigger the prize!

Members: \$40;

Non-members: Join the Y AND participate in Harvest Your Health and we will waive your join fee! Please bring your photo-ID when registering in person or at your first visit.



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.



Y FALL?

A Fall Prevention Presentation



**Thursday,
Sept. 24**

10 a.m. to 12:30 p.m.

**GREATER JOHNSTOWN
COMMUNITY YMCA
ROOM: Y SPACE**

**Individual Assessments from
Conemaugh's Trauma Team and
Physical Therapists including:**

- Medical Histories
- Medication Reviews
- Home Risk Assessments
- Balance Testing
- Functional Fitness & Mobility Assessments



**Lunch provided at
Noon in the Y Space!**

Please bring your list and dosage of medications with you. Participants may receive items based on their needs assessment which may include grab bars, shower chairs, bedside commodes, non-skid tread for tubs, grabbers, sock aids and night lights.

Includes a 30-minute preview of these group exercise classes offered at the Y to help improve your balance and prevent falls:

- **Silver Sneakers (gym)**
- **Tai-Chi**



Please dress in comfortable clothes.

This event is free to attend thanks to a grant from the American Trauma Society – PA Division. REGISTRATION IS REQUIRED – NO EXCEPTIONS!

Space is limited!

Stop at the Welcome Desk to register by Saturday, Sept. 19.

A pile of autumn leaves in shades of yellow, orange, and red, scattered on a white background.

MEMBER POTLUCK

**Monday, October 26
11 a.m.**

A pink background with a subtle pattern of falling snowflakes.

MEMBER POTLUCK

**Monday, December 14
11 a.m.**





On sale in
October!

2027 LOTTERY CALENDARS

365 Chances to Win!!



Daily Chances to win

Winning numbers based on the PA Lottery Pick 3 evening drawing.



Cash Prizes

Win \$20, \$50, or \$100 or more throughout the year!



Support the Y

All proceeds support the Greater Johnstown Community YMCA

Only
\$20
each

One Calendar. Big Impact.

Calendars make great gifts, stocking stuffers
or a treat for yourself!



DENTAL CLINIC

Monday, December 14

11 AM to 2 PM

Greater Johnstown Community YMCA

Health Team will Provide:

Teledentistry Exam

Cleaning

Fluoride Varnish

Sealant

Dental referrals if needed



Please text YMCA to 412-361-9265 for an appointment time.



YOUTH PROGRAMS

LITTLE NINJAS

Let the little ones run, jump, climb and tumble through our ninja course. This class is non-stop, energy-burning fun! Tennis shoes/sneakers are required. This class is Thursdays & Saturdays for three weeks.



Ages: Preschoolers, 3 to 6 years old

Location: YMCA Multipurpose Room, 2nd floor

October 8 – 24

November 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
\$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!



November 30 – December 18

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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



5th & 6th Grade Basketball League



The Greater Johnstown Community YMCA is holding basketball leagues for boys and girls in 5th & 6th grades!

This 8-week league is perfect for existing teams or individual players to join and play!



Girls' League

Games on Sundays

10/11 – 11/29

Must register by Sept. 30

Boys' League

Games on Saturdays

10/24– 12/12

Must register by Oct. 7

If registering as an individual, you will be placed on a YMCA team.

\$50/Player; \$400/Team

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

Register here





THE MIX



Media, Music & Mindset



with DJ Zay Brick

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

Youth ages 12 to 16 years old

Tuesdays & Thursdays, 6 to 8 p.m.

Classes will be held:

- **October 6 - 22**
- **November 3 - 19**
- **December 1 - 17**

Members: \$10

Non-members: \$20

Financial Assistance may be available.
Contact Jolie at 814.535.8381 or
jcarey@johnstownpaymca.org

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



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 Saturdays
beginning Jan. 2

**3rd & 4th Grade
Boy's League**
Games Saturdays
beginning Jan. 2

**3rd & 4th Grade
Girl's League**
Games Sundays
beginning Jan. 3

**Deadline to register
is Dec. 18!**
**\$50/Individual;
\$400/Team**

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

Register here



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.



MIDNIGHT BASKETBALL

Begins Friday, Sept. 11
Every other Friday, 9 to 11:45 p.m.

High School Students ONLY
Ages 14 - 18

***Must register to attend!**

YMCA Members: FREE
Non-Members: \$5/night



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



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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Great Pumpkin Plunge



At The Great Big Pumpkin Plunge, kids will splash, paddle and hunt through our floating pumpkin patch to find the perfect pumpkin, then decorate it with their own colorful creativity! Grab the family and get ready for a pumpkin-packed day of fun at the Y!

SATURDAY, OCT. 24
Noon to 2 p.m.

Kids up to age 12 welcome

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

Best decorated pumpkin wins a prize!



*** ONE PUMPKIN PER CHILD**



FROSTY FUN WINTER CAMP

Frosty Fun over the Winter Break

Kids Kindergarten – 6th grade

Sports | Crafts | Swimming | Games | FUN!



Dec. 21 – 23 & Dec. 28 – 30
9 a.m. to 4 p.m.

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

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

Week 1 – Dec. 21 – 23

Week 2 – Dec. 28 – 30

Y Members: \$84/week

Non-members: \$105/week

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



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!

October 5 – 22

November 2 – 19

November 30 – Dec. 17

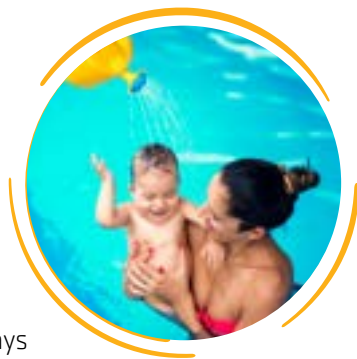
Class: Parent/Child Class – 4 months and up

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

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

Days: Mondays & Wednesdays OR Tuesdays & Thursdays

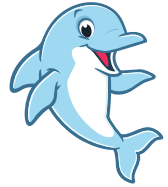
Times: 5 to 5:30 p.m.



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

October 5 – 22

November 2 – 19

November 30 – Dec. 17



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

October 5 - 22

November 2 - 19

November 30 - Dec. 17



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

October 5 – 22

November 2 – 19

November 30 – Dec. 17



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.



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



Practice Days/Times

Mon., Wed., and Thurs.:

8u → 5 - 6 pm
9 - 12 → 5 - 6:30 pm
13 & Over → 6:30 - 8:30 pm

Tuesdays:

8u → no practice
9 - 12 → 6:45 - 8:30 pm
13 & Over → 6:45 - 8:30 pm

Fridays:

8u → no practice
9 - 12 → 4 - 6 pm
13 & Over → 4:30 - 7:30 pm

Saturdays:

9 - 12 → 10 am - 12 pm
13 & Over → 10 am - 12:30 pm

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



MAKING OUR POOL EVEN SAFER YMCA SWIM TESTING

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

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



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



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

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

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

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

THE WORLD
IS 71% WATER

ARE YOUR CHILDREN
100% PREPARED?

Safety Around Water

Safety Around Water introduces children to water safety enabling them to make responsible choices around water. Children will learn what safe behavior means in, on, and around water. Through engaging videos and fun activities children will learn skills including wearing a life jacket, staying close to a lifeguard, and many more.

Class dates: October 10, 17, 24; November 14, 21; December 12, 19

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**



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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



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TikTok

in Greater Johnstown Community YMCA



Group Exercise Classes & Instructors

AQUATICS



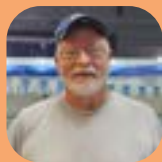
Adult Aqua Fit with Elena – This 1 hour class uses the resistance of the water and bodyweight paired together to make for a great full-body workout. You will work up a good sweat, but leave the pool refreshed. This low impact workout is great for anyone looking for a full workout while being kind to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





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**



MUSIC



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

**Friday
Oct. 2
6 p.m.**

Doors open at 4:30 p.m.

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

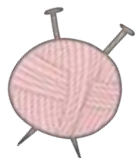
A fundraiser for the Greater Johnstown Community YMCA



ADULT CRAFT DAYS

Wed., October 14

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



**Airdry Clay
Ghost**



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.





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!



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.



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 Denzel Mobley at dmobley@johnstownpaymca.org or call 814.535.8381

Learn more:





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



Mechanical | Energy | Water | Fire | Plumbing



Consistently Delivering
"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

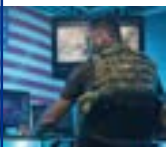
Build a personalized wellness plan with an instructor that Inspires you! Private & semi-private appointments available.



By appointment only.

Pricing & packaging available on our website.

Join Our Team!



*Concurrent
Technologies
Corporation*



Enterprise
Ventures
Corporation

www.ctc.com • www.evc.ctc.com

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

BEST PLACES
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, 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



FDA APPROVED
FOR COLORECTAL
CANCER SCREENING

Are you between 45–85 years old?

Are you at average risk for colon cancer?

Are you due for colon cancer screening?

Talk to your doctor to obtain a script to have the Shield blood test for Colon Cancer. Bring the script with you when you stop at our mobile van at the Y!



Tuesday, Oct. 6
9 a.m. to 2 p.m.
YMCA Parking Lot



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