

**FCY POOL will
be closed for repairs
starting January 1.**

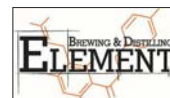
**Details are still being
worked on.**

**See inside for
Y options.**



Thankful Thursday

at



**Thursday, December 14
6-9 pm**

**Element Brewing
in Millers Falls**

A portion of all alcoholic
beverages in their taproom
will be donated to the
Y's 2023 Annual Campaign.

FIND YOUR BEST SELF.

WINTER 2024

JANUARY 2 - FEBRUARY 18

Registration opens December 11



>> FIND YOUR Y
FRANKLIN COUNTY'S YMCA
www.your-y.org

JOIN TODAY!

WELCOME TO YOUR Y!

We are here for you.



FIND YOUR Y. JOIN TODAY.

At your Y, you'll find more than just a place to work out. More than just a gym, a pool, or a place for fitness, YMCA members experience a sense of belonging that can't be found anywhere else!

Since 1889, your Y has been right here improving the quality of life in Franklin County by providing opportunities for our members to develop character and leadership while growing in mind, body, and spirit.

PROGRAM REGISTRATION

~~FALL 1: September 5 – October 22, 2023~~
Registration opens August 21

~~FALL 2: October 30 – December 17, 2023~~
Registration opens October 16

WINTER: January 2 – February 18, 2024
Registration opens December 11

SPRING 1: February 26 – April 14, 2024
Registration opens February 12

SPRING 2: April 22 – June 9, 2024
Registration opens April 8

SUMMER 2024: June 24 – August 11, 2024
Registration opens June 10

Adult Water Fitness Classes will run as scheduled. 8th week is included as long as participant is registered for next session.

Youth Swim, Gymnastics, & Sports Classes are 7 weeks, with the 8th week being a makeup week **if needed, provided the Y canceled a class.** If it is not needed, staff will use that 8th week to complete necessary trainings.

HOURS OF OPERATION

Monday – Friday 5 am to 8 pm
Saturday & Sunday 7 am to 3 pm

HOLIDAY CLOSURES

Easter Sunday Memorial Day
Fourth of July Labor Day
Thanksgiving Day Christmas Day

The Y will be open Christmas Eve, New Year's Eve, and New Year's Day from 7 am to 3 pm. Check our website and Facebook for facility updates.



LOCATION:

451 Main St, Greenfield MA 01301
Camp Apex | 45 Peckville Rd, Shelburne MA 01370
Bolger Center | 14 Mt Hermon Rd, Gill MA 01354



PHONE:

Main St: 413-773-3646
Camp Apex: 413-625-2493
Bolger Center: 413-498-3933
Fax: 413-774-4312



ONLINE:

www.your-y.org



SOCIAL:

facebook.com/YourFranklinCountyY
facebook.com/YMCACampApex
instagram.com/fc_ymca
youtube.com/greenfieldymca



WI-FI PASSWORD:

Network: YMCA-Public
Password: greenstrong



EMAIL:

Please make sure we have your current email address on file so you can be kept up-to-date on things going on at our Y.



DISCLAIMER:

Every reasonable effort is made to present current and accurate information in our printed materials. Classes, fees, days, and times are subject to change without notice. All classes and programs must meet the minimum requirement of participants set forth by each department. For details, contact the appropriate Program Director.

INSURANCE STATEMENT:

Our Y does not provide accident insurance for injuries sustained during Y activities. Participants enrolled in programs and use the facility, do so at their own risk, and are encouraged to have personal medical insurance coverage.



MEMBERSHIP OPTIONS

MEMBERSHIP RATES	MONTHLY FEE*	JOINER'S FEE
Youth 12 & younger	\$9	\$0
Teen 13-18	\$16	\$0
Young Adult 19-24	\$27.75	\$25
Adult 25-64	\$43.75	\$25
Senior 65 & older	\$41	\$25
Adult Couple 2 adults 19 & older living within the same household	\$61	\$25
Family - 2 adults & children 21 & under living within the same household	\$66	\$25
Family - 1 adult & children 21 & under living within the same household	\$54	\$25
Virtual access to online group ex and recorded content, no facility usage, one adult	\$25	\$0

Military Veteran Discount

20% off (may not be combined with other discounts or scholarships)

Super Senior Discount

Discount given to members ages 80-89 & 90+ years old

Each additional Adult

\$15 per month | \$180 per year (onto Family Membership)

Locker Rental - one locker

\$7 per month | \$84 per year

Upgrade to Prime Locker Room

\$15 per month, per person, per locker room - age 19+

DAY PASS TO USE FACILITY:

18 years and up | \$10 per day

Day passes are not allowed for those 17 and under.

YMCA COMMUNITY SCHOLARSHIP

Franklin County's YMCA will not deny participation to any of our activities because of an individual's lack of funds. Our Community Scholarship is granted based on income and need. Applicants age 15 and older are required to pay a non-refundable filing fee of \$10 per application. Applications will be processed and approved or denied within 10 business days. You will be contacted in writing by your Franklin County's YMCA with your award amount. All information is kept confidential.

Applications are available at the Welcome Center or online. Bring in the signed completed application along with all necessary documentation and \$10 non-refundable filing fee.

Contact Wanda Pyfrom, wpyfrom@your-y.org or 773-3646 x434 with questions.

WE WELCOME

ALL SIZES

ALL COLORS

ALL GENDERS

ALL BELIEFS

ALL RELIGIONS

ALL TYPES

ALL PEOPLE

EVERYONE!



YOU ARE SAFE HERE



THE VALUE OF YOUR MEMBERSHIP

When you join Franklin County's Y, you become part of a worldwide association of people working together to improve the quality of life for individuals, families and the community.

We operate with three core priorities:

Youth Development: providing care and education for infants and preschoolers; development for school-age children and teens through sports, athletics and leadership programs.

Healthy Living: providing classes and programs to promote health and overall wellbeing.

Social Responsibility: engaging the community in activities like our Free Store or through other organizations like the United Way, and philanthropic fundraising to assure broad access to Y programs and services.

BENEFITS OF A Y MEMBERSHIP

- State-of-the-art cardio machines with entertainment built right into each machine.
- Expanded Free Weight Room which also houses our Training Zone – perfect for all fitness levels.
- Exercise Trainer appointments included with a membership.
- Free fitness consultations with ongoing support and goal setting, addressing barriers, and assessing your exercise needs. We encourage new members to utilize this, as well as seasoned members who may need motivating guidance re-energizing their workouts.
- Fully trained staff members who are always ready to assist you in achieving your goals
- Discounts on camps, swim lessons, gymnastics and sports classes, aquatics classes, and more!
- Free Group Exercise classes for every fitness level
- Pool that offers lap & open swim, youth & adult classes
- KidZone hours to watch your child while you workout.
- Open Gym time (based on schedule).
- Access to our virtual platform lets members take LIVE classes or pre-recorded workouts.
- Monthly locker rentals (where available) or free day use of lockers
- Plus, you are part of a greater cause! The YMCA is committed to strengthening community by empowering young people, improving the health and well-being of people of all ages while inspiring action.

NATIONWIDE MEMBERSHIP

Visit any participating Y in the United States through membership at your "home" YMCA (your home location is the facility that enrolled you as a member and collects your membership dues). We want to help you reach your health and wellness goals wherever you live, work or travel. This is essential to strengthening our communities.

INSURANCE DISCOUNT BENEFIT

Several health insurance companies offer discounts, reimbursements or even free memberships to support you on your journey to a healthier you. Each program is different and is specific in regards to who is covered. Some restrictions may apply, contact your provider for details.

SilverSneakers® and Renew Active™ is included with certain Medicare Plans and accepted at Franklin County's YMCA. Eligible members should reach out to Wanda Pyfrom at 773-3646 ext 434 to get started.

YMCA FOR ALL

Franklin County's Y is an inclusive organization open to all. We welcome all people regardless of ability, age, background, ethnicity/race, faith, gender, gender identity or sexual orientation. The Y believes that, in a diverse world, we are stronger when we are inclusive, when our doors are open to all, and when everyone has the opportunity to learn, grow and thrive.

PROGRAM & CLASS FEES / REFUNDS / CREDITS

All session fees for programs or classes must be paid in full at time of registration. Memberships must be current for the length of the program to receive member rate.

The Y reserves the right to cancel, combine or modify a program due to insufficient enrollment. If a program is canceled by the Y, every attempt will be made to place participant in another class / program. If this cannot be accommodated, the Y will issue a full refund.

If an illness or injury results missing two or more consecutive weeks of a program, participants must provide medical documentation and program director approval to receive credit.

Refunds will not be given for scheduling conflicts or other reasons.

Classes canceled due to weather will not be refunded or credited. We will make every effort to make-up weather related cancellations.

Please contact the program director if you have specific requests or concerns.

HOW TO REGISTER FOR A PROGRAM / CLASS

1. Visit www.your-y.org
2. Stop at the Welcome Center during business hours
3. Call the Y at 413-773-3646

A **PROGRAM** is typically more than one class focusing on a progression of skills. ie, gymnastics, youth lessons and occurring throughout the session.

CLASSES are most Group Exercise classes that repeat weekly – there is no start or stop. ie, cycle, cardio step. Available for drop-in classes – including some adult pool classes.

MEMBERSHIP TYPES

Entering the Y, all members must check-in either with their scan card or with a staff member at the Welcome Center.

YOUTH Children 12 and under includes no building privileges, but allows member discounts on classes and programs. Children can only be in the Y if enrolled in a current class. Children holding this membership can reserve Family Swim times for themselves and one adult parent/guardian.

TEEN Ages 13-18 includes use to all workout areas without a parent/guardian present. This also includes all Group Exercise classes, Lap Swim, and Open Fitness. Orientation with an Exercise Trainer is required for all new teen members.

YOUNG ADULT Ages 19 - 24 includes access to all workout areas. Show us your valid student ID and current full-time enrollment (12 credits minimum) and save 20% on a Young Adult Membership at our Y while in school.

FAMILY 1 or 2 adults and all children (21 and under) living within the same household. 13 and older can use the Y without a parent/guardian. 11-12 can work out alongside the adults on the Family Membership in the Cardio Center, FitLife Center, and Cybex Room - orientation with an Exercise Trainer is required. Fitness Areas are not accessible to children 10 and under. Adult supervision is needed for all children 12 and under - unless enrolled in a class.

ADULT Ages 25-64 has access to all workout areas.

ADULT COUPLE Ages 19 and up has access to all workout areas.

SENIOR Ages 65 & older with access to all workout areas.

VIRTUAL Gives one adult access to all our online content with no facility usage.



DECEMBER SPECIAL FOR NEW & RETURNING MEMBERS

Start your New Year off right. Find your purpose. Find your Y.

Join today and we'll
waive your joiner's fee!
(savings of \$25)

— **OR** —

Support our mission and our
local community by choosing
to **donate your joiner's fee!**

Your donation will be used to reduce financial barriers to all families and individuals who want to join our Y community, while also continuing to improve the safety, quality, and value of our facilities and member/community programs.

HEALTH & WELLNESS

PRESCRIBE THE Y



Contact Stacie at sbaumann@your-y.org for details or to start.

Prescribe the Y (RxY) is a 12-week healthcare provider referred wellness program in which participants work towards better health and healing.

Referred patients start with a free consultation with a RxY Specialist where individual wellness goals and physical needs will be discussed and evaluated. YMCA staff will monitor attendance and individual progress towards fitness goals throughout the duration of the program.

"Since joining the Y five years ago, I have lost 400 pounds. Starting out as a 'Prescribe the Y' participant, I've learned self-control and personal discipline, letting me live the best version of my life. No longer having diabetes and I have my sights set reaching my goal weight!"

- Kathy Page, RxY participant



Now ENROLLING for class starting on January 2!!

YMCA DIABETES PREVENTION PROGRAM

A trained lifestyle coach will introduce topics in a small classroom setting and encourage participants as they explore how healthy eating, physical activity and behavior changes can benefit their health while reducing the onset of type 2 diabetes. Stay motivated to maintain progress towards program goals.

YMCA Membership included in program fee. Scholarship may apply. For more information on this year-long program or to get started, call or email Stacie Baumann at 413-773-3646 x449 or sbaumann@your-y.org.

NEW CLASS STARTING IN FEBRUARY!

MOVING FOR BETTER BALANCE® : TAI JI QUAN

This evidence-based fall prevention program improves postural stability, awareness and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, lower-extremity muscle strength, and global cognitive function. Reserve your spot contact Jayne Trosin. Free for the community, meets in the Wellness Center.



BLOOD PRESSURE SELF-MONITORING PROGRAM

The simple process of checking and recording your blood pressure at least twice a month has been shown to lower blood pressure in some people with hypertension.

Blood Pressure Self-Monitoring (BPSM) is an evidence-based program featuring personal support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education.

- ♥ 4 month **FREE** program
- ♥ Meet with YMCA Healthy Heart Ambassadors twice a month to have pressures checked
- ♥ Free monthly nutritional seminars
- ♥ Blood Pressure cuffs provided to track blood pressure
- ♥ Continued support for healthy and manageable blood pressure

FREE Blood Pressure checks at the Y

MONDAYS
9:30 - 12 pm

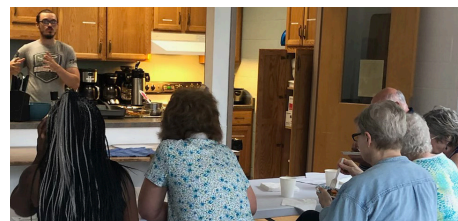
WEDNESDAYS
9:30 - 11 am,
12 - 4 pm

FRIDAYS
9:30 - 11 am

Or by Appointment

Contact Jayne Trosin at jtrosin@your-y.org for details or to start.

MONTHLY NUTRITIONAL TALKS



**ALWAYS FREE
& OPEN TO
THE PUBLIC!**

Join FCY as we present informative discussions healthy eating and wellness. Topics will vary during these one-hour talks. Visit www.your-y.org/events with upcoming dates.

Free for all in the community.
Reserve your spot at the Welcome Center.

HEALTH & WELLNESS

LASTING LIFESTYLES CARE PROGRAM

A collaboration between CHCFC and the YMCA

Forming healthy habits can be hard without a support system. We're here to give you the encouragement you need to eat better, increase your physical activity, lose weight and maintain it! All that can delay or prevent the onset of Diabetes or manage the disease you already have.

For participants who have been diagnosed with Metabolic Syndrome and Type 2 Diabetes, or those who are simply looking for some extra help in achieving healthy habits.

LIVESTRONG at the YMCA

This free, 12-week program uses traditional exercise methods to ease cancer survivors back into fitness and help you maintain a healthy weight. Build muscle mass and strength, increase endurance, and improve confidence. Plus, learn about wellness, stress reduction techniques and how to continue healthful habits after the program has ended. Just as important, this program encourages a warm spirit of community – a safe, comfortable place for you to build companionship with others affected by cancer and share stories and inspiration.

FREE FITNESS CONSULTATIONS

Do you need help starting (or restarting) your health routine? We will provide a free consultation and ongoing support with goal setting, addressing barriers, and assessing your exercise needs. We encourage new members to utilize this service, as well as seasoned members who may need motivating guidance to help with re-energizing their workouts.

PERSONAL TRAINING

Receive the greatest opportunity to succeed in making lasting changes to your lifestyle with our certified Personal Trainers. They will design a personalized program to meet specific goals, whether it be weight loss, muscle gain, general fitness or to change up your normal work-out routine.

Sign up for Personal Training at www.your-y.org/programs & select Personal Wellness

For more info on any of the above, email jtrosin@your-y.org

MASSAGE AT THE Y

Offering a variety of massage techniques to relax, soothe tight, aching muscles. Sessions are a blend of modalities which work together to empower the client, helping them achieve their desired goals. Pamper yourself and enjoy the benefits to relieve pain and tension and bring an increased sense of relaxation. **Cancellations require 24 hour advance notice to avoid forfeiture of payment.** **Call the Welcome Center to make an appointment.**

EXERCISE FOR PARKINSON'S

FCY is excited to partner with the American Parkinson Disease Association to offer these programs designed specifically to help those diagnosed with the disease.

PARKINSON'S SUPPORT GROUP

People with Parkinson's and their care partners are welcome to participate to share concerns, and solutions to common challenges.

PEDALING FOR PARKINSON'S

A cycling program that aims to improve the lives of those living with Parkinson's disease and their caregivers. Free for the community, meets in the Cycle Room. Dates to be determined.

WELLNESS FOR PARKINSON'S

Participants will utilize an exercise program specifically designed to meet the needs of persons with Parkinson's disease, while effectively managing challenges experienced related to daily mobility. Participants will learn strategies to help manage health more effectively to optimize day-to-day function and quality of life.



Space is limited for these programs and registration is required. Please contact Jayne for information or to register at 773-3646 ext 448 or jtrosin@your-y.org

Fees	30 Min.	60 Min.	90 Min.
Prime Member	\$45	\$65	\$95
Member	\$53	\$73	\$103
Non Member	\$65	\$85	\$115



BENCH | SQUAT | DEADLIFT

1000 lb / 500 lb Club!



Every sport has its performance benchmarks. If you lift weights, there's no better way to earn bragging rights than to qualify for the 500/1,000-Pound Club.

The purpose of this club is to acknowledge the physical achievement and dedication to training of fitness center members. To become a "member" of the club, one must perform one repetition of a Squat, Bench Press and Deadlift. After all 3 lifts are successfully completed, the total weight lifted is added up. To be a member of the 500 lb. club (women only), the total weight lifted must 500 lbs. or greater. To be a member of the 1000 lb. club (open), the total weight lifted must be 1000 lbs or greater.

Qualifying Day is June 22, 2024. All members of the club will have their names listed on our Weight Room wall, acknowledged on social media and website. Look for details on the day soon.

To train for this event, Y Trainer RJ will run a 4-week long program meeting every Saturday. This would give members time to learn these techniques and build their skills. **Clinics are free with Y membership.** **Pre-register at www.your-y.org or see the Welcome Center.**

Squat Basics: January 6, 13, 20, 27 at 1 pm

Bench Clinic: February 17, 24, March 2, 9 at 1 pm

Deadlift Clinic: March 30, April 6, 13, 20 at 1 pm



For further details on this club or clinics, please reach out to RJ or Jayne at jtrosin@your-y.org

FITNESS CLASSES

LIMITED SERIES! BASIC PILATES

Improve your function and strength in everyday movement as well as feel stronger and more flexible. Participants will build on each week for the duration of the class. Reserve your spot at your-y.org/programs or see the Welcome Center.

Tuesday, January 2, 9, 16, 23 5:30 - 6:30 pm
Members: FREE with Membership

LIMITED SERIES! POWER SCULPT

Join Tracy for this 4-class series incorporating free weight and kettlebells to work your core and more! Reserve your space in this class at www.your-y.org/programs.

Thursday, January 4, 11, 18, 25 7 - 7:45 am
Members: FREE with Membership

NEW! EXTREME EXERTION

Extreme Exertion is back! This class is your chance to flip the tire, run, push, pull, and crawl your way to the finish line. This high-intensity, athletic interval training class will allow you to train at your own level and challenge you to push through and extend your own fitness boundaries.

Wednesday 5:30 - 6:15 pm
Members: FREE Non Members: \$10 day pass

NEW DAY! INTRO TO BOXING

Are you interested in learning proper boxing techniques and how to defend yourself using boxing as a base to feel more empowered in your life. Class will perform warm ups and boxing exercises that will help improve your cardiovascular system as well as hand-eye coordination and agility.

Friday 6 - 6:55 pm
Members: FREE Non Members: \$10 day pass

* Looking for individualized boxing time?

Book Kevin on Fridays at 5 pm for personal boxing training! See the Welcome Center. *

NEW CLASS! YOGA FOR HEALTHY AGING

This new class will include yoga postures, breath work, and meditation to build and maintain strength, flexibility, and agility as well as improve balance and reduce stress. Variations of the yoga postures will be offered to make the practice accessible to students of all levels and experience.

Wednesday starting January 3 9 - 10 am
Members: FREE with Membership

NEW CLASS! LAND SHARK!

Designed to raise your cardio rate while focusing on the muscles and joints to promote health and healing usually exercised in the pool, this land-based course can help those who either can't make it to temporary pool facilities or those who would like to maintain core strength and mobility while our own pool undergoes maintenance. **Music and moves similar to those in an Aquacize class will use a chair and light equipment to simulate the resistance of the water for strength and flexibility.** No prior experience is necessary, but a desire to have fun is highly encouraged. Participants can forego wearing bathing suits but loose exercise clothing is mandatory.

TuTh starting January 2 10:30 - 11:15 am
Members: FREE with Membership

LIMITED SERIES! BUTTERCUP'S BOOTCAMP!

Buttercup's Bootcamp is a high-intensity team based class where people will be split into teams of 2-3 and incorporating a military training-based approach utilizing calisthenics and weights rooting each other on. Run by 13 year Army veteran, Joe "Buttercup" Doyle in the Training Zone.

Friday, January 5, 12, 19, 26 5:30 - 6:15 pm
Members: FREE with Membership



NEW YEAR'S DAY POP-UPS!

9 am* Group Centergy with Charlene, Adams Room

10 am SHINE with Julia, Adams Room
Preview this dance class and sweat until sparkle!

11 am Buttercup's Bootcamp, Training Zone

12 pm* Yoga with Barbara, Wellness Center

Reserve your space for these special classes at
www.your-y.org/classes

* Virtual option

WORK OUT AREAS

CYBEX

Strength comes from within. That's why every selectorized strength machine Cybex creates is based on a deep understanding of the human body and driven by a sincere desire to help users at every level get strong and stay fit. Leading the fitness industry in providing scientific basis for the development of exercise machines, Cybex is designed for every body. Sign up at the Welcome Center for a free training in this room.

TRAINING ZONE

The Training Zone offers our broadest range of equipment to cover multiple categories of fitness across the board. Don't let that intimidate you though! This artificial turf room can accommodate all members looking to learn any style of fitness. Whether it's athletic training, functional movement for everyday life, or even just some basic balance and mobility, the Training Zone has what you need! We offer sandbags, medicine balls, kettlebells, resistance bands, landmine stations, wall balls, TRX bands, foam rollers, and yoga mats. We also have a state-of-the-art KEISER Pneumatic Resistance Machine, and weight sled with additional free weights. Sign up at the Welcome Center for a free training on any of this amazing equipment and you won't be disappointed!

GYMNASIUM

Our air conditioned gym is the perfect place to shoot hoops, take a Group Ex class, or pick up a game of Pickleball, or floor hockey. Can also be used to walk laps.

CARDIO CENTER

Our state-of-the-art Cardio Center offers top of the line Treadmills, Ellipticals, Stationary Bikes, Arc trainers, and Stair Climbers to accommodate the majority of your cardio needs. Jam out to Pandora, run through the Grand Canyon, or watch your favorite Netflix show on any of our new machines. Download the LFConnect App to save your workouts or step on, hit quick start, and off you go! Trainers are available for appointments and/or any questions you may have!

FREE WEIGHT ROOM

Offering a wide variety of strength-based training equipment from the beginner level and up. With our brand new 12 station cable crossover machine, dumbbells ranging from 3lbs up to over 100lbs, new power rack lifting platforms, and our pre-loaded and free weight-based barbells, there isn't an exercise we can't help you achieve. We even have some of your favorite selectorized machines like the Leg Extension, Leg Curl, and Ab Cruncher. Expand your fitness boundaries in this fully equipped weight room.

FITLIFE CENTER

Our FitLife Center offers a lovely balance of stationary and cardio machines, similar to those in Cybex, all in one convenient room. With trainers making frequent rotations in and out of this room you can avoid the hustle and bustle of the rest of the Y facilities and feel confident knowing there will be someone there to answer your questions and help you where it is needed. Trainers are available Monday & Tuesday from 3-6 pm, Wednesday from 11-2 pm, and Friday & Saturday from 9-12 pm.



This **FREE** exercise group (*open to all interested Y members and non members*) is led by Dr. John Romano from Baystate Greenfield Family Medicine.



Join Dr. Romano at the Y for a fun, safe place to get exercise, learn about health from a local healthcare professional, and meet new friends!

The group meets the first Tuesday of each month this winter from 6 - 7pm for gentle exercise in the Franklin County Y's Fit Life Room.

Meet at the Welcome Center between 5:50 - 6pm to sign waivers and walk to the room together.

December 5
February 6

January 2
March 5



Our Aquatics Department is actively working on details to utilize another local pool while repairs are being made. We will let all members know what that may look like as plans solidify.

Please reach out with any questions on how you can keep your exercising going at this time of pool closure.

FCY Pool to close for repairs 1/1/24. What to do at your Y while it's closed...



Take your **WATER FITNESS** class out of the Pool and into the Adams Room! Over 60 **FREE** land-based classes every week to try with your Y Membership. From Chair Fitness to Cycle, Balance & Stretch to Barre, Yoga to Strength Classes. There is a class for every member and fitness level! Not sure what class is for you? Contact the Welcome Center for a schedule.

LAP SWIMMING more your speed? Inside our Cardio Center we offer top of the line Treadmills, Ellipticals, Stationary Bikes, Arc trainers, and Stair Climbers to accommodate the majority of your cardio needs. Tune out to Pandora, run through the Grand Canyon, or watch your favorite Netflix show on any of our new machines. Contact the Welcome Center to a schedule an appointment.



FitLife Center is a private exercise room that is staffed:
Monday & Tuesday from 3 to 6 pm,
Wednesday from 11-2 pm, and Friday
& Saturday from 9 to 12 noon.
Drop-in and meet with the Trainer
to learn how to use machines.

Trainer appointments available
AT NO CHARGE with your Y membership!
Be confident walking into our Cardio, Cybex,
& FitLife Centers, Free Weight Room, or the
Training Zone. Come learn a routine or get
a few refreshers. Call or stop by the Welcome
Center to schedule a time - weekend availability.

KEEP YOUR Y EXERCISE GOING!

Still unsure of how to best utilize your Y Membership while the pool is closed? Schedule a free consultation and we will help you plan to **BE SUCCESSFUL** and to not miss a workout! Scan the QR code to schedule or stop by the Welcome Center.



Don't forget - during this time you can use reciprocity at participating YMCAs.
Simply visit www.ymca.org to find nearby Ys.

FITNESS CLASSES

In-person & Virtual!
Full schedule at www.your-y.org/classes

ACTIVE TOGETHER

Basic stepping, strength training, balance and flexibility all in one class.

BALANCE & STRETCH

A great stretch class with a balance and core strengthening component.

BARRE FUSION

Class will mix elements of Pilates, dance, yoga and functional training. Each workout will use the ballet barre and exercise equipment like small hand weights to sculpt, slim and stretch the body.

BASIC STRENGTH TRAINING

Learn how to confidently use a long bar, weighted plates, dumbbells, and your own body weight to build muscle. Class will target legs, chest, back, triceps, biceps, shoulders, and core – all with a great stretch to finish. Workouts modifiable.

CARDIO STEP TOGETHER

Utilizes the step as an effective training tool. Encourages a simple and fun way to cardio train.

CARDIO STRENGTH CIRCUIT

Whether you're looking to trim your waistline or get totally ripped, combining strength training and cardio into your workout is key. By adding strength training, you can break through weight-loss plateaus and more. Circuit changes with each class, work at your own pace.

CYCLE

Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

DEFEND TOGETHER

Tap into the hottest mixed martial arts class, movements done at a quick pace to improve your overall fitness.

ENHANCE®FITNESS

Exercise program designed to decrease falls and improve daily activity. Incorporates low-impact cardio moves, weights, and stretching. Work on flexibility, balance, strength training, and aerobics. Helps with arthritis.

GROUP CENTERGY

Grow longer and stronger with a mind-body workout. Incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core.

PIYO™

Designed to build strength & gain flexibility. It's about energy, power, and rhythm. Increase overall core strength, and stability. For the moderate to advanced participant.

SILVERSNEAKERS®

Increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and balls are used for resistance. Chairs available for support.

STRENGTH TRAIN TOGETHER

Barbell class that strengthens all your major muscles in an inspiring, motivating group environment.

TAI CHI

Using gentle Sun and Yang Style Tai Chi routines that are safe, easy to learn and suitable for every age, fitness level, and experience. Heal and strengthen the body, mind and spirit. Flowing movements improve balance, strength, increase flexibility and joint mobility and reduce stress.

THE ZONE

This interval circuit class will incorporate all of our new Training Zone tools and toys in a station-like format.

YOGA

A gentle way to improve your posture, balance, and coordination. Yoga is a systematic practice of physical exercise, breath control, relaxation, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment.

ZUMBA®

Try the hottest dance craze! With easy to follow steps, routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.



Pick up a schedule
at the Welcome Center
or visit
www.your-y.org/classes



ADULT SPORTS

ADDED CLASS! INTRODUCTION TO PICKLEBALL

Three-week beginner class with an emphasis on rules, basic strokes, safety, and play time to learn placement and movement on the court. This class is appropriate for those who have never walked on the court and those who want to develop a better understanding of the basics.

Thursdays January 4, 11, & 18 9:30 - 11 am
Members: \$30 Non Members: \$60

PICKLEBALL

The fastest growing sport in the world, pickleball, combines elements of tennis, badminton, and ping-pong played with a paddle and plastic ball is a good workout! Played by folks of any age, people can play together, have an enjoyable experience, and equal success. Play the fastest growing sport in the US! See times at www.your-y.org/classes - Gym Sched.
All play times now included in your Y Membership!

OPEN BASKETBALL

Get some Y members together and play, practice your skills or just shoot some hoops in our gym. No matter what your level is, beginner to expert we have a court for you. Full court play or two half courts depending on the day and time. See times at www.your-y.org/classes - Gymnasium Schedule

FLOOR HOCKEY!

Meet new Y members and have FUN! Co-ed players are welcome to come and play some pick-up games in the Gym. Great for adults ages 16 and older. Space is limited. Pre-register weekly at www.your-y.org/classes

TuTh 6:30 - 7:30 pm
Members: FREE Non Members: \$10 day pass



ADULT GYMNASTICS TEAM OPEN PRACTICE

No commitment,
no experience required.
Come with questions!

A chance for adults to
return to the sport or try
something new!

Compete locally with
the potential for travel
throughout the year!

Practice times:
Wednesdays from 7:30-9:30 pm and
Saturdays from 5:30-7:30 pm

To sign up, contact Sam at 413-773-3646 x423
or email gymnastics@your-y.org.



YOUR RESERVATION MATTERS!

Visit www.your-y.org/classes for complete
schedule of classes. Subject to change.

In-person classes, including pickleball and floor hockey, are no longer drop-in. Members are required to log into their Y account to reserve a spot in class. Virtual classes do not require reservations, members will need to log into their Y account to get links.

YOUTH GYMNASTICS

PARENT / CHILD GYMNASTICS

Our youngest participants begin by working along side a parent or guardian. Hand eye coordination is developed along with small motor skills. Through games, songs and activities your little gymnast will work on the basic elements of the sport. Ages 1 - 4 years old.

Saturday	Jan 6 - Feb 17	9 - 9:45 am
Sunday	Jan 7 - Feb 18	9 - 9:45 am
Members: \$70 Non Members: \$140		

PRESCHOOL GYMNASTICS

Perfect opportunity for preschoolers to see just how many ways they can move! Your child will swing, roll, jump, and balance with the ultimate goal to just have FUN! Become comfortable with all of the equipment in our center, and have an introduction to a more structured class.

Ages 3 - 5 years old.

Wednesday	Jan 3 - Feb 14	3:45 - 4:45 pm
Friday	Jan 5 - Feb 16	3:45 - 4:45 pm
Saturday	Jan 6 - Feb 17	10 - 11 am
Sunday	Jan 7 - Feb 18	10 - 11 am
Members: \$70 Non Members: \$140		

NEW FORMAT! RECREATIONAL GYMNASTICS

Work toward specific foundational skills rotating through stations – both independent and instructor-led. Gymnasts will acquire skills on the floor, beam, bars, and vault, while working on round-offs, cartwheels, handstands, handsprings, and walk-overs, circling skills and high bar work.

Members: \$70 Non Members: \$140

Grades K - 2

Monday	Jan 8 - Feb 19	3:45 - 4:45 pm
Thursday	Jan 4 - Feb 15	3:45 - 4:45 pm
Sunday	Jan 7 - Feb 18	11:15 - 12:15 pm

Grades 3 - 6

Monday	Jan 8 - Feb 19	3:45 - 4:45 pm
Tuesday	Jan 2 - Feb 13	5 - 6 pm
Thursday	Jan 4 - Feb 15	3:45 - 4:45 pm
Friday	Jan 5 - Feb 16	5:30 - 6:30 pm

PARKOUR!

A dynamic program for all children where participants will learn to vault, flip, and climb over obstacles. Learn to safely and creatively maneuver through any environment. Kids will develop and train their body and mind to overcome obstacles with speed, agility and efficiency.

Saturday	Jan 6 - Feb 17	11:15 - 12:15 pm
Sunday	Jan 7 - Feb 18	12:30 - 1:30 pm
Members: \$70 Non Members: \$140		

BEGINNER TUMBLING

Beginner tumbling is for gymnasts, cheerleaders, and dancers ages 5-12 looking to advance their floor, acro, and tumbling. They will focus on jumps, rolls, handstands, cartwheels, roundoffs, and back and front handsprings.

Tuesday	Jan 2 - Feb 13	3:45 - 4:45 pm
Sunday	Jan 7 - Feb 18	12:30 - 1:30 pm
Members: \$70 Non Members: \$140		

ADVANCED TUMBLING

Advanced tumbling is for gymnasts, cheerleaders, and dancers (8 - 18) looking to improve their tumbling and acro skills. This is for those who can already do a back and front handspring.

Saturday	Jan 6 - Feb 17	12:15 - 1:15 pm
Members: \$70 Non Members: \$140		

PRE-TEAM GYMNASTICS

Competitive gymnastics takes a certain amount of focus and endurance. If your child has the discipline to work on body positions and strong foundations with the ultimate goal of joining our competitive team, this is the class for them!

Invitation or approval from coaching staff required.

Tuesdays AND Fridays	3:45 - 5:15 pm
Members: \$100 per month	

NEW CLASS! ADAPTIVE GYMNASTICS

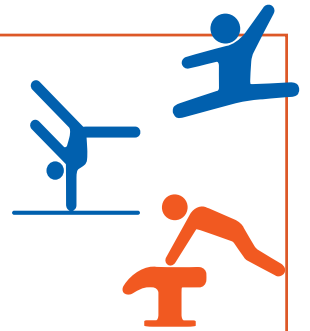
Join us in creating a supportive and inclusive environment for children who learn differently! This class focuses on enhancing their running, jumping, and basic movements while nurturing their individual needs. Let's improve skills, boost confidence, and release energy in a fun and engaging way. All children must be accompanied by a guardian or aid. Ages 5-12. To see if this is the best class for your child, email gymnastics@your-y.org.

Thursday	Jan 4 - Feb 15	1 - 1:45 pm
Members: \$70 Non Members: \$140		



COMPETITIVE GYMNASTICS TEAM

RAISE THE BAR



Join our Tumbling Tigers Gymnastics Team!

Being a part of this team means
being a part of a family.

As a Tumbling Tiger you will build:
confidence, positive body awareness,
social skills, strong friendships,
and so much more!

Gymnasts will continue to gain new skills
and **raise the bar!**

For details contact Gymnastics Director:
Samantha Shepherd at
gymnastics@your-y.org
or call 413-773-3646 ext 423



Our gymnastics team is open to children of all genders.



HEY ADULTS!!!

Flipping & Tumbling
isn't just for kids!
Join our Adult
Gymnastics Team.

See previous Adult Sports page!



YOUTH SPORTS

KIDS BOXING

6-12 YEARS OLD

Boxing instructor, Kevin, will teach kids the process of learning how to defend themselves. They will go through a series of skills to improve balance, hand-eye coordination, control emotions, and know how to use their energy productively. There will be fun activities based on the sport of boxing and they will learn to decompress fear which will help them with challenges they encounter as they grow up.

Friday Jan 5 - Feb 16 3:45 - 4:30 pm
Members: \$50 Non Members: \$110



NEW! LEARN TO BIKE

3 YEARS & UP

Do you have a kiddo who is ready or almost ready to learn how to ride a bike or are they ready for a balance bike? Bring them to the Y Gym and help them learn to ride their bike! Parents will participate with their children and staff will be on hand to assist and challenge riders as they progress. Must provide own bike and helmet. Weekly drop-in as child gets comfortable with riding on their own. Register their spot online at www.your-y.org/programs.

Saturday Jan 6 - Feb 17 10:30 - 11:30 am
Members: \$5/per day Non Members: \$10/day



LEADERS CLUB!

Our Leaders Club gives preteens (10-12) and teens (13-18) the opportunity to make a difference in Franklin County by working together to plan and implement service activities. Participants have the opportunity to work with peers and YMCA staff to develop leadership, job and life teaching skills.

Together, members will develop personal growth through the planning and organizing of service projects, character building activities, and social & recreational programming. Activities include meetings, required volunteer hours, developing club goals and activities, fund-raising and more.

Meets: 1st & 3rd Wednesday of the month (Oct-June)
at 6 pm in the Game Room

Cost: \$75 fee includes YMCA membership & shirt



**LEADERS CLUB
JOIN AT ANY TIME**
contact Dave at
dgarappolo@your-y.org



FAMILY FUN AT THE Y!

GYMNASTICS CENTER PLAY GROUP

Bring your kiddos to crawl, climb, creep, scoot, swing and slide on our big mats and tunnels. **Unstructured** play with opportunities for social interaction for children and adults. Perfect for parents, guardians, grandparents, or caregivers. Adults must remain and play with children at all times. Geared for children 6 years old and younger.

Tuesdays & Fridays 9 - 10 am
Members: \$5/child/day **Non Members:** \$10/child/day



FRIDAY NIGHT FAMILY NIGHT!

Have fun with the people you love. Occurring Friday nights through May with a variety of activities for everyone. It's the perfect opportunity to strengthen your relationship and meet other families. **All FREE with your YMCA Family Membership.**

FAMILY NIGHT: GYMNASIUM

Families will have the chance to play in the gym together. Gaga Ball, Inflatable Obstacle Course, Climbing Wall and more will be available.

Fridays 6 - 7:45 pm

FAMILY NIGHT: GYMNASTICS CENTER

Kids will have a fun time, bouncing, jumping, and tumbling in our Gymnastics Center. Parents must remain and play with their children. 12 years and younger **with** a parent.

Fridays 6:45 - 7:45 pm

Missing Family Swims?
Join us for Friday Night Family
Night in the Gym & Gymnastics!

DID SOMEONE SAY PIZZA?
PIZZA & PLAY IN THE GAME ROOM

December 15

Holiday Ornaments
with Cathy

January 26

Soup "A" Bowl (Super Bowl)
with board games,
soup and pizza.

February 9

Valentines Crafts
with Cathy



JOIN US FOR PIZZA & PLAY ONCE A MONTH*!

Pizza will be served starting at 6 pm then enjoy a special presentation or project from local businesses/organizations or play together as a family throughout the Game Room. Our Game Room is equipped with a pool table, air hockey table, ping pong table, board games, video games, and plenty of arts & crafts. Our Y Teen Leaders will be available as well to help with children.

Don't miss out on this amazing family opportunity, exclusively for YMCA Family Members! Children need to be accompanied with at least one parent/guardian in the building at all times.

* Friday Family Nights in the Game Room happen every Friday!

CHILD CARE PROGRAMS



Our **KidZone** & **Game Room Play** programs provide on-site child care for families while using the Y. Options are plentiful for children while you exercise. Free with a YMCA 1 or 2 Adult Family Membership. **Children must have at least one parent/guardian in the building.**

	KIDZONE	GAME ROOM PLAY
AGES	18 months through 12 years	5 through 18 years
DAYS	Monday through Thursday & Saturday	Monday through Friday
TIME	5:30pm to 7:30pm Saturday: 9am to 10:30am; 10:30am to 12pm	6pm to 7:45pm
COST	FREE for Y FAMILY MEMBERSHIPS	FREE for Y FAMILY MEMBERSHIPS
WHAT	KidZone is available for parents who would like to bring their children to the Y while using the facility. Our youngest members will be engaged in room filled with age-appropriate toys while parents get their "me time". Sign-up is required - visit www.your-y.org.	Game Room Play is available for parents who need to keep their kids busy while they use the Y OR use as a space for your family to play together. Kids & families will enjoy games, arts and crafts, and pool table & air hockey, and video games. Drop-in.



PARENTS NIGHT OUT

Need a night out? Do you have to get some shopping done? Bring your kids to the Y for a fun packed evening! Kids will engage in fun activities, games and crafts. Children should eat prior to attending but snacks will be provided.

Ages 5 - 12 years old (4-year old's comfortable at the Y, with no separation anxiety may attend). For children who are on a Family Membership or have a Youth Membership. Registration required, visit www.your-y.org/programs to reserve your child's spot, drop-in not allowed.

1st & 3rd Saturday through May

5 - 9 pm

Members: \$25 for first child; \$15 each additional sibling



CHILD CARE PROGRAMS

Franklin County's YMCA Child Care Programs have provided a fun, diverse, safe, and comfortable environment for kids to learn, grow and thrive for over two decades. We create brighter futures with quality child care programs for infants, toddlers, preschoolers through school age students.

For more information on School Age Child Care, contact Paris Felogloy at pfelogloy@your-y.org ;
for Y Academy on Main at 451 Main Street, contact Lisa Porter at lporter@your-y.org;
for Y Academy at the Bolger Center in Gill, contact Carol Kennedy at ckennedy@your-y.org.



DON'T BE CAUGHT OFF-GUARD!

Plan your child's school closings TODAY!

December Break
February Vacation
April Vacation
Snow Days
In-Service Days & Holidays

Child Care at the Y is here for YOU!



2, 3, & 5 day options.
Two great locations!

Y ACADEMY

For our youngest learners, the Y Academy on Main and Y Academy at the Bolger Center will give your children a well-rounded education to prepare them for Kindergarten. Infant through 5 years old.

BIRTHDAY PARTIES AT THE Y

GYMNASTICS CENTER PARTY!

Party in the Gymnastics Center and have it your way! Our parties are designed for free play, with organized games and/or skill instruction at personal request at time of booking. When you're party-goers are done playing, move down to a party room which is perfect for cake and presents! Ages 6 months - 14 years.

To book your party or for more information, please contact Sam at gymnastics@your-y.org.

Members: \$250 Non Members: \$375

POOL PARTY!

Have a splashing good time in our pool. Rental includes one hour in the pool followed by an hour in a party room to be able to enjoy snacks, cake, and gifts.

Our parties are designed for free swim. Attendees will have access to life jackets, diving toys and balls. Ages 3 years and up. All children 13 years and younger will be swim tested prior to entering the pool.

To book your party or for more information, please contact Lisa at lwoodall@your-y.org

Members: \$250 Non Members: \$375

INFLATABLE OBSTACLE COURSE!

Parties in our gymnasium include play in our inflatable obstacle course. Y staff will organize and engage children in exciting fun uses of the obstacle course. Add Inflatable Gaga Ball for an additional \$50. 18 participants max. Ages 4+.

To book your party or for more information, please contact Dave at dgarappolo@your-y.org.

Members: \$250 Non Members: \$375





let's party!

SIPS, SNACKS, & SPARKLES

SATURDAY
6 - 9 PM
21+

DECEMBER

30
2023

TICKETS
ONLY \$15
PER PERSON

Franklin County's YMCA

Hors D'oeuvres
BASH Catering

Cash Bar
Hitchcock Brewing

Dancing
DJ Bobby C

VISIONARY SPONSOR



CHAMPION SPONSOR

