



FALL 1 2025 PROGRAM GUIDE

September 2 – October 26

Registration open August 11

FRANKLIN COUNTY'S YMCA | 451 MAIN STREET, GREENFIELD MA | YOUR-Y.ORG

FCY INFORMATION

UPCOMING PROGRAM REGISTRATION

Fall 1: Sept 1 – Oct 26, 2025
Registration opens August 11

Fall 2: Nov 3 – Dec 21, 2025
Registration opens October 20

Winter: Jan 5 – Feb 22, 2026
Registration opens December 8

FCY will be closed
for **CLEAN-UP DAYS**
August 20–24.
Welcome Center will
be open Wed–Fri
for transactions.

FACILITY HOURS OF OPERATION

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

POOL/HOT TUB HOURS

Monday – Friday 5:30 am to 7 pm
Saturday & Sunday 7:30 am to 12 pm

HOLIDAY CLOSURES

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

SPECIAL HOLIDAY HOURS

Christmas Eve	5 am to 3 pm
New Year's Eve	5 am to 3 pm
New Year's Day	7 am to 3 pm

Hours/Schedule to change without notice.
Check our website and Facebook for facility updates.



Y staff participating in GHS Polar Plunge



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



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



ONLINE: www.your-y.org



facebook.com/YourFranklinCountyY



facebook.com/YMCACampApex



instagram.com/fc_ymca

youtube.com/greenfieldymca



WiFi 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.



¡Nuestro sitio web no puede traducirse a otros idiomas. Consulte el centro de bienvenida para obtener ayuda.



MEMBERSHIP INFORMATION



MEMBERSHIP RATES	MONTHLY FEE*	JOINER'S FEE
YOUTH	\$10	\$0
TEEN	\$18	\$0
YOUNG ADULT	\$29	\$25
ADULT	\$46	\$25
SENIOR	\$42	\$25
ADULT COUPLE	\$64	\$25
FAMILY - 2 ADULTS	\$68	\$25
FAMILY - 1 ADULT	\$55	\$25
VIRTUAL	\$25	\$0

Joiner's Fee is required for all new memberships. If you have not been a member in the past 12 months, you are considered a new member.

DISCOUNTS & ADDED FEES

Military Veteran / Active Duty Discount

20% off (no other discounts apply)

Super Senior Discount

For our members ages 80-89 & 90+ years old

Additional Adult

\$15 per month onto Family Membership

Locker Rental

\$7 per month per locker in any locker room

Prime Locker Room Upgrade

\$15 per month, per person, per locker room. Age 19+

MEMBERSHIP TYPES

YOUTH

Children 12 and under receive member pricing on paid classes and programs. Children holding this membership are able to participate in 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. Kids 13 and older can use the Y without a parent/guardian. Children 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+ has access to all workout areas.

SENIOR

Ages 65 & older with access to all workout areas.

VIRTUAL

Access to all our online content, live and recorded, for one adult. No facility usage.

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.

Applications are available at the Welcome Center or online. Bring in the signed completed application along with all necessary documentation to apply. Contact Wanda Pyfrom at wpyfrom@your-y.org or 773-3646 x434 with questions.

WELCOME TO FCY!

WELCOME!

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 MEMBERSHIP AT FCY

- 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. Open to new and existing members.
- 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 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.

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.



FCY INFORMATION

DAY PASS OPTIONS

See Welcome Center to purchase a day pass to use the Y.

Adults 18+ \$10 per day

Teens 13-17 \$5 per day

May not purchase a day pass 1 hour prior to closing

Youth 0-12 \$5 per day

With an adult during age-appropriate activities (day pass required for non-members)

Family Day Pass \$20 per day

Good for up to 4 people only with a max of 2 adults

One-Week Pass \$30 per week

Good for those 18+ only

Spa Pass Pilot OFFER \$5 per day

Women 19+ are invited to try the Women's Prime Locker Room. Available exclusively to current Y members.

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. Please call ahead to the Y you wish to visit for individual policies.

PAYMENT OPTIONS

FCY accepts cash, check, and all major credit cards.

INSURANCE REIMBURSEMENT 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 contact Wanda Pyfrom at 773-3646 ext 434 to get started.

INSURANCE STATEMENT

Our Y does not provide accident insurance for injuries sustained during Y activities. Members & guests participate in programs and use the facility at their own risk and are encouraged to have personal medical insurance coverage.

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 due to enrollment, 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. Please contact the program director if you have specific requests or concerns.

MEMBERSHIP CANCELLATION

To request to cancel your membership via in-person or over the phone, you need to do so by the 9th of the month. These requests are processed manually by staff, and with thousands of members, we need time to make those edits.

Members have the ability to cancel their membership at anytime by logging into their account at www.your-y.org prior to the beginning of the next billing cycle. Members may not terminate a membership online if there are outstanding fees.

MEMBER PRICING ON PROGRAMS & CAMPS

Please be aware that Y memberships must remain active to enjoy reduced member pricing on programs and camps. If a participant chooses to cancel before the enrolled program concludes, the price will adjust to the non-member rate.

EXERCISE AREAS

EXERCISE TRAINER APPOINTMENTS

It is recommended to have at least one orientation training on all equipment. We offer this at no charge with your membership. Learn the basic principals of exercise from correct form to proper progression in cardio and strength conditioning. Appointments can be made at the Welcome Center.

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

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! Members can also train on our KEISER Pneumatic Resistance Machine. 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, walk/run laps, or pick up a game of Pickleball. Check out the schedule at www.your-y.org.

CARDIO CENTER

Offering 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

A balance of stationary and cardio machines, similar to those in Cybex, all in one convenient room. With trainers making frequent rotations in this room you can avoid the hustle and bustle of the rest of the Y facility and feel confident knowing there will be someone there to answer your questions and help you where it is needed.

POOL / HOT TUB

Our 83° temperature pool is a great place to swim laps, take a refreshing water fitness class, or even learn to swim! Water Therapy classes are a great way for members to stretch and rehab their body while enjoying the buoyancy of water. Hot Tub available when pool is open.



HEALTHY LIVING

GROUP EXERCISE CLASSES

All Y memberships include access to any Group Ex class that is happening **LIVE** at the Y. Your membership also includes over 100 **PRE-RECORDED** classes to take any time, anywhere.

To see full list of classes, or to reserve or access classes online, sign in to your member account at www.your-y.org.

CARDIAC MAINTENANCE

For individuals transitioning from cardiac & pulmonary rehabilitation, this class provides structured workouts based on individual needs. Participants will meet with a trainer for strength and cardiovascular work.

MWF Start date & times to be determined
Members & Non Members: No cost to participant

TAI CHI

Promotes balance, flexibility, muscular strength and cardiovascular fitness as well as increased levels of psychological well-being and reduction of anxiety and stress. Safe, easy to learn and suitable for every age, fitness level, and experience.

Tuesday Intermediate level 10 - 10:55 am
Members: FREE with Membership

THRIVE FOR FITNESS

Live your healthiest life, no matter what your age! Improve balance and strength through lower-impact exercises and modifications. Whether you are an active older adult or just looking for gentle options, this class is for you!

MWF 10 - 10:55 am
Members: FREE with Membership

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.

MWF 11 - 11:55 am
Members: FREE with Membership

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, coordination, and more. Reserve your spot contact Jayne Trosin.

TuTh Starts Sept 30 12 - 1 pm
Members & Non Members: No cost to participant

FOAM ROLLING

Discover the transformative benefits of foam rolling and join us to learn simple techniques that target your fascia, release tight muscles, and stimulate your lymphatic system, helping your body move more freely and recover faster.

Whether you're an athlete, fitness enthusiast, or just want to feel your best, this session is designed to leave you feeling refreshed, restored, and invigorated.

Come roll with us and experience greater mobility, reduced tension, and enhanced overall wellness!

Tu starts Sept 30 7:15 - 7:45 am
Members: FREE with Membership



Cancer takes a toll on your body, mind, and spirit—and recovery can feel overwhelming. This free, 12-week program is designed specifically for cancer survivors, providing a safe, supportive environment to rebuild strength, regain confidence, and take the next step in your wellness journey.

No matter where you are in your cancer experience, this class meets you where you are—with encouragement, expert guidance, and a community that cares.



Contact Jayne Trosin at jtrosin@your-y.org or 413-773-3646 x448 for more information on how to be a part of this 12-week program.

Runs from September 16 through December 4
Tu Th 10:30 - 11:45 am
Fee No cost to participants



LIVESTRONG
FOUNDATION

CHRONIC DISEASE PROGRAMS

PRESCRIBE THE Y

Open to all Franklin County Residents

Prescribe the Y (RxY) is our 12-week healthcare provider referred wellness program where participants work towards better health and healing. Referred patients start with a free consultation where individual wellness goals and physical needs are discussed and evaluated. YMCA staff monitors attendance and individual progress towards fitness goals throughout the duration of the program.

To get started or for more information contact:

Stacie at sbaumann@your-y.org

or Jayne at jtrosin@your-y.org

ASK YOUR PROVIDER FOR A REFERRAL TODAY!



\$139/12 week RxY

YMCA Community Scholarship is available and may cover up to 60% of the cost.

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. 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**

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.

Please contact Deb Ellis, MS PT, NCS at 413-695-6069 or deb@debellspt.com if interested.

WF Oct. 8 - Nov 14 1:15 - 2:30 pm

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.



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 nutritional videos
- ♥ 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

FRIDAYS
9:30 - 11 am

Or by Appointment

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

ADULT RECREATION & WELLNESS

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. Register for your free consultation today.

WOMEN'S PRO BOXING TRAINING

Join former competitive fighter and USA Boxing certified coach, Vanesa Chakour, for a progressive boxing class. Learn the fundamentals of boxing, including footwork, balance, coordination, agility, cardio, reflexes, defensive techniques, partner drills and pro-boxing techniques. Perfect for both beginners and experienced boxers looking to refine their skills. This class is for women only for a safe and empowering experience.

All Levels

Tuesday Sept 2 - 23 9 - 10 am

Members & Non Members: \$120/session

Intermediate Level

Tuesday Sept 2 - 23 7:50 - 8:50 am

Thursday Sept 4 - 25 7:50 - 8:50 am

Members & Non Members: \$120/session

HEALTHY WEIGHT MANAGEMENT

We know everyone's weight loss journey is different. Kelly Henry, RN, CDE, CPT, from CHCFC and FCY trainer, RJ, will lead this 12-week research-based, progressive education and exercise regimen designed to give you all the tools you need to find your pace, your goals, and the support you need so you can achieve and maintain a healthy weight just for you.

You'll learn what works, what doesn't and what healthy habits you can incorporate into your daily routine to improve your health. There are no gimmicks, no quick fixes just the tools and knowledge necessary to help you reach your goals. Join us in an understanding, compassionate and supportive environment.

Free Intro Discussion on Monday, September 22 at 4:30 pm in the Social Room. Contact Jayne Trosin for more info or to register.

Monday Sept 29 - Dec 22 4:30 - 5:30 pm

Members: \$50 **Non Members:** \$139

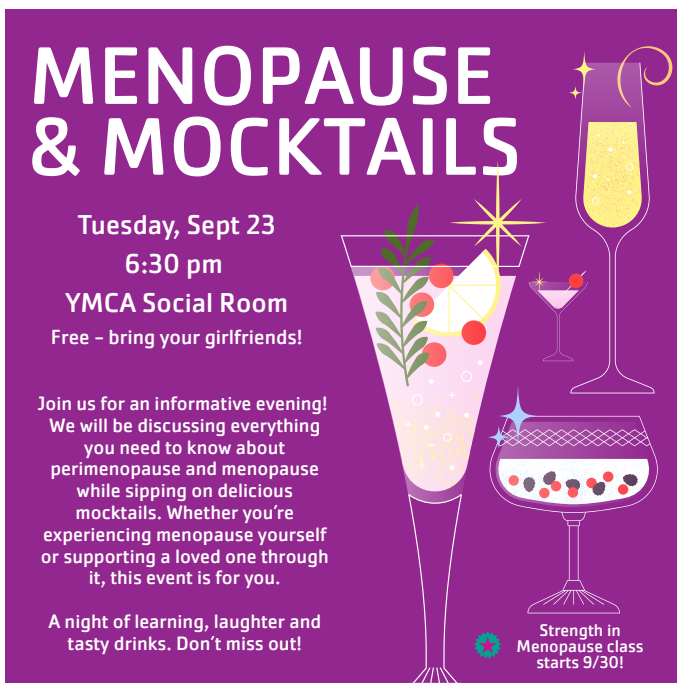
STRENGTH IN MENOPAUSE

Group wellness program is for those in any stage of menopause who are looking to learn how to strength train safely and effectively in a supportive group setting. Whether you are new to exercise or a seasoned fitness enthusiast, menopause can be isolating and confusing. With the help of trainer Delia and nurse Kelly, this class will focus on increasing bone density and muscle mass through strength training, as well as building community and resource-sharing to provide support and empower participants to proceed through this transitional time with confidence and a positive outlook.

Tuesday Sept 30 - Nov 18 6 - 7 am

Tuesday Sept 30 - Nov 18 6:30 - 7:30 pm

Members: \$89 **Non Members:** \$139

A purple poster for a 'MENOPAUSE & MOCKTAILS' event. It features illustrations of three different mocktail glasses: a tall flute with orange slices and berries, a martini glass with a cherry, and a lowball glass with ice and berries. The text on the poster includes the event title, date (Tuesday, Sept 23), time (6:30 pm), location (YMCA Social Room), and a note that it's free to bring girlfriends. It also describes the evening as informative and fun, discussing perimenopause and menopause while sipping mocktails. A small green icon with a plus sign is at the bottom right, next to the text 'Strength in Menopause class starts 9/30!'.

GYMNASTICS FREESTYLE OPEN GYM

Join us for an evening of open gym for gymnasts 14 and older. No structured classes, just fun and freestyle practice.

Friday Sept 5 - Oct 24 8 - 9 pm

Drop In **Members:** \$20/day **Non Members:** \$40/day

Session **Members:** \$98 **Non Members:** \$147

GYMNASIUM

Perfect place to shoot hoops, walk/run laps, or pick up a game of Pickleball.

Check out the schedule at www.your-y.org.

ADULT WATER FITNESS

H.A.R.T.

Hydro Aerobic Rigorous Training is a deep & shallow, high energy, intense full body cardio workout. Resistors, weights and steps will be used. This is a fun class – YES, you can sweat in the water!

MWF	Sept 8 – Oct 24	8 – 8:45 am
Members: \$75	Non Members: \$160	
TuTh	Sept 2 – Oct 23	8 – 8:45 am
Members: \$55	Non Members: \$160	

DEEP WATER FITNESS

Utilizing the buoyant qualities of water, enhance your physical fitness without putting stress or strain on your joints. This class will increase physical strength and endurance.

MWF	Sept 8 – Oct 24	8:55 – 9:40 am
Members: \$75	Non Members: \$160	

AQUA TABATA

Fast-paced water aerobics interval workout. Core conditioning, water jogging and intense tabata drills in deep and shallow water.

MWF	Sept 8 – Oct 24	11:30 – 12:15 pm
Members: \$75	Non Members: \$160	
TuTh	Sept 2 – Oct 23	11:30 – 12:15 pm
Members: \$55	Non Members: \$160	

AQUA MASH-UP

Fun for all fitness levels. Combines core strengthening, muscle toning, flexibility and cardio exercises. Shallow & deep end.

MW	Sept 3 – Oct 24	5:30 – 6:15 pm
Members: \$55	Non Members: \$160	

AQUACIZE

An intermediate level workout that uses the resistance of the water for toning and nonstop movement for a great cardiovascular workout. Swimming skills are not necessary.

TuTh	Sept 2 – Oct 23	8:50 – 9:35 am
Members: \$55	Non Members: \$160	

AQUA AB BLAST

This 30-minute class is designed to tighten & tone the core muscles without extra stress on your body and joints.

TuTh	Sept 2 – Oct 23	9:40 – 10:10 am
Members: \$43	Non Members: \$160	

WATER THERAPY

This low-impact class is for anyone who wants to exercise gently in an aquatic environment. The soothing buoyancy and hydrostatic pressure of water make this program ideal for relieving pain, stiffness and fatigue. The water provides gentle resistance to build strength, balance and flexibility.

MWF	Sept 8 – Oct 24	9:50 – 10:35 am
Members: \$75	Non Members: \$160	
TuTh	Sept 2 – Oct 23	10:15 – 11 am
Members: \$55	Non Members: \$160	

AQUA ARTHRITIS

Evidence-based class designed to accommodate the abilities of individuals with arthritis and other related diseases. Improve your muscular strength, endurance, flexibility, and balance while relieving symptoms of arthritis and managing pain while boosting independence. No swimming skills are needed. Brought to you by the Arthritis Foundation.

MWF	Sept 8 – Oct 24	2:30 – 3:15 pm
Members: \$75	Non Members: \$160	
TuTh	Sept 2 – Oct 23	3 – 3:45 pm
Members: \$55	Non Members: \$160	

FREE WITH YOUR Y MEMBERSHIP
View schedule online: www.your-y.org



Lap Swim

Swim continuous laps in our pool. Circle laps will be enforced depending on the number of lap swimmers in the pool. (ages 13+)

Leisure Lap Swim

A relaxed, slower pace lap swim with minimum splashing. Please no aggressive swimming, flip turns or butterfly stroke. Great for beginners. (ages 18+)

Open Fitness

Dedicated time for those who want to get in the water and do their own workouts. No lap swimming allowed (ages 13+).

Adaptive Lap Swim

Geared towards those with cognitive, developmental, and neurological challenges. Challenges can include the following: Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder (ADHD), Cerebral Palsy. (ages 18+).

YOUTH SWIMMING LESSONS

TOT GYMNASTICS & SWIMMING

Our littlest friends will learn how to move their bodies safely in the Gymnastics Center and Aquatics Center; while gaining strength, flexibility, and advancing in their social and gross motor skills. Guardian and/or parental participation is required. Class starts in the Gymnastics Center followed by the Pool. Ages 2 to 4 years old.

Thursday Sept 4 - Oct 23 10:15 - 11:30 am
Members: \$95 Non Members: \$160

PARENT / CHILD: Water Discover & Exploration

Introduces infants and toddlers to the aquatic environment while exploring body positions, blowing bubbles, and basic safety and aquatic skills. Ages 6 months to 3 years old.

Tuesday Sept 2 - Oct 21 4 - 4:30 pm
Thursday Sept 4 - Oct 23 11 - 11:30 am
Thursday Sept 4 - Oct 23 4 - 4:30 pm
Friday Sept 5 - Oct 24 4 - 4:30 pm
Members: \$66 Non Members: \$160

PRESCHOOL: Water Acclimation, Movement & Stamina

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Without parent in water. Ages 3 to 5 years old.

Tuesday Sept 2 - Oct 21 4:30 - 5 pm
Thursday Sept 4 - Oct 23 4:30 - 5 pm
Friday Sept 5 - Oct 24 4:30 - 5 pm
Members: \$66 Non Members: \$160

LEVEL 1 & 2: Water Acclimation / Movement

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Encourages forward movement in water and basic self-rescue skills performed independently. Ages 6 - 12 years old.

Tuesday Sept 2 - Oct 21 5 - 5:30 pm
Thursday Sept 4 - Oct 23 5 - 5:30 pm
Friday Sept 5 - Oct 24 5 - 5:30 pm
Members: \$66 Non Members: \$160

LEVEL 3 & 4: Water Stamina / Stroke Introduction

Develops intermediate self-rescue skills performed at longer distances. Introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke. Ages 6 - 12 years old.

Monday Sept 8 - Oct 20 5 - 5:30 pm
Wednesday Sept 3 - Oct 22 4 - 4:30 pm
Members: \$66 Non Members: \$160

LEVEL 5 & 6: Stroke Development / Mechanics

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Ages 6 - 12 years old.

Wednesday Sept 3 - Oct 22 4:30 - 5 pm
Members: \$66 Non Members: \$160

TEEN SWIM LESSONS

Designed to promote comfort levels and provide swimmers the skills to thrive in aquatic environments. Swimmers will develop and enhance their swim skills through educational and fun activities. Ages 13+.

Thursday Sept 4 - Oct 23 5:30 - 6 pm
Members: \$66 Non Members: \$160

ADAPTIVE SWIM LESSONS

Designed to provide your child who may learn differently with the least restrictive environment while in a group setting to enhance their swimming techniques. Our goal is to help introduce them to water without fear, improve upon skills, and provide a fun outlet for energy. To see if this is the best class for your child, email lwoodall@your-y.org.

Wednesday Sept 3 - Oct 22 5 - 5:30 pm
Members: \$66 Non Members: \$160



SPECIALTY AQUATICS

ADULT SWIM LESSONS

Designed to promote comfort levels and provide swimmers the skills to thrive in aquatic environments. Swimmers will develop and enhance their swim skills through educational and fun activities. Ages 13+.

Thursday Sept 4 - Oct 23 5:30 - 6 pm
Members: \$66 Non Members: \$160



GATOR CLUB

The perfect opportunity to get a head start on training for swim team! Recreational swim training program for kids who wish to refine competitive stroke technique while improving strength and endurance. To participate - swimmers must be able to submerge, dive and swim 50 yards front crawl, backstroke, and breaststroke. Ages 8 and up.

Friday Sept 5 - Oct 24 5:30 - 6:15 pm
Members: \$65 Non Members: \$160

AQUATIC ACADEMY: JUNIOR LIFEGUARD

Junior Lifeguard School will teach water safety and introduce participants (ages 10-15 years old) to the duties and responsibilities of a lifeguard. It will build a foundation of knowledge, attitudes, and skills in preparation for the American Red Cross Lifeguard course. To participate in Junior Lifeguard School, the following skills must be demonstrated:

- Step into the water from the side and totally submerge
- Maintain position for 1-min. by treading water
- Rotate one full turn and orient to exit
- Level off and swim on front 25 yards front crawl
- Swim 25 yards breaststroke
- Swim on back 25 yards
- Exit water without using steps or ladder
- Retrieve 3 rings from the bottom of the pool

INFO MEETING August 26 at 5:45 pm Social Room
Followed by a swim test.

Tuesdays
Sept 2 - Oct 21
5 - 6:15 pm
(Social Room & Pool)
Members: \$85
Non Members: \$160

Reach out to Lisa at
lwoodall@your-y.org
with any questions.



Please note this is not a learn-to-swim program and not a lifeguard certification class.

NOW HIRING LIFEGUARDS!

WE WANT YOU TO JOIN OUR TEAM!

Must be lifeguard certified through either YMCA Lifeguard or Red Cross Lifeguard certification process. Candidates must also be certified in CPR, AED, and first aid and 16 years of age or older. Looking for someone who is friendly, responsible, energetic, and acutely focused on pool monitoring and safety.

Lifeguard pay \$17-\$22 per hour with a hiring bonus for all new hires paid in increments over the first six months of employment. Opening and weekend shift new hires will receive an \$800 bonus. Morning/Midday/Evening shift new hires will receive a \$500 bonus.



**APPLY
TODAY!**

YOUTH ACTIVITIES & FAMILY FUN

TEEN PERSONAL TRAINING SESSIONS

Tailored for athletes, beginners, and anyone ready to build confidence through fitness. 13 to 18 year olds.

Led by Certified Personal Trainer, Tristan, kids will gain expert guidance in a supportive, judgment-free environment. Every workout is designed to help teens move smarter, lift safer, and feel better, both physically and mentally. With a focus on technique, motivation, and independence, kids will walk away stronger, more confident, and equipped with a personalized approach to lifelong fitness.

Individual Training: \$100 for five 45-minute sessions



LEADERS CLUB

Our Leaders Club gives teens (ages 10-18) the opportunity to make a difference in Franklin County. **INFO NIGHT: Oct 15!**

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

Email Joe at jdoyle@your-y.org for details.

Meets: 1st & 3rd Wednesday of the month (Oct-June)

Cost: \$75 and includes YMCA membership & shirt



Studies have shown that spending time with family can help reduce stress and anxiety, lead to a healthier lifestyle, and lengthen your life. Take a break from making plans and enjoy the people in your life with us at the Y! Our Youth and Family programs provide the opportunity for families to gather and play while meeting other families. We also offer options for children to be watched in a safe space while you exercise. Most activities are free or reduced cost with a YMCA Family Membership.

KIDZONE

KidZone is available for YMCA Family Memberships 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". For kids ages 18 months to 12 years old. Free service for YMCA Family Members. Sign-up is required - visit www.your-y.org/classes or call the Y. Children must have at least one parent/guardian in the building.

M-Th starts Sept 8 5:15 - 7:45 pm
Saturday starts Sept 13 9 - 11 am, 10 - 12 noon
Family Members: FREE

PARENTS NIGHT OUT

Bring your kids to the Y for a fun packed evening while you get a night **OUT!!** Kids will engage in fun activities, games and crafts. Children should eat prior to attending but snacks will be provided.

1st & 3rd Saturday starts Sept 20 5 - 9 pm
Members: \$20 for first child; \$10 each additional sibling
Non Y Members: \$25 for first child; \$15 each add'l sibling

GAME ROOM PLAY

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. For kids 5 years to 18 years old. Children must have at least one parent/guardian in the building.

Monday - Friday starts Sept 8 6 - 7:45 pm
Family Members: FREE drop-in

FRIDAY FAMILY NIGHTS

starts Sept 12!

End your week together - whether you all like to swim, play board games, jump around in gymnastics or play in the inflatable obstacle course - there is something for every family!

Game Room 6 - 7:45 pm
Gymnasium 6 - 7:45 pm
Aquatics Center 6:20 - 7 pm
Gymnastics Center 6:45 - 7:45 pm
Family Members: FREE drop-in

YOUTH GYMNASTICS

TOT GYMNASTICS & SWIMMING w/ parent (2 - 4 yrs)

Kids will learn how to move their bodies safely in the Gymnastics Center and Aquatics Center; while gaining strength, flexibility, and advancing in their social and gross motor skills. Guardian and/or parental participation is required. Class starts in the Gymnastics Center (10:15-10:45 am) and then follows into the Pool (11-11:30 am).

Thursday Sept 4 - Oct 23 10:15 - 11:30 am
Members: \$95 Non Members: \$165

DISCOVERY 1 w/ parent (6 mo - 1 yr)

Intended for little gymnasts who are not yet or just walking. Discover new surfaces, new challenges, and new ways to interact with the world!

Saturday Sept 6 - Oct 25 9 - 9:45 am
Members: \$95 Non Members: \$165

DISCOVERY 2 w/ parent (1-2 yrs)

Intended for little gymnasts who can move themselves around, but would benefit from close supervision and guidance. Our certified instructors design obstacles and inter-actables to drive a spirit of curiosity and discovery!

Saturday Sept 6 - Oct 25 9 - 9:45 am
Sunday Sept 7 - Oct 26 9 - 9:45 am
Members: \$95 Non Members: \$165

EXPLORATION 1 w/ parent (2-3 yrs)

Intended for gymnasts who are ready for a more structured gymnastics experience, but are still developing their movement and motor skills.

Tuesday Sept 2 - Oct 21 11:30 - 12:15 pm
Saturday Sept 6 - Oct 25 10 - 10:45 am
Sunday Sept 7 - Oct 26 9 - 9:45 am
Members: \$95 Non Members: \$165

EXPLORATION 2 w/ parent (3-4 yrs)

Intended for gymnasts who have more developed motor and social skills. This class incorporates more complex stations and movement patterns. Perfect for kids who are more independent but still need a parent or guardian present.

Tuesday Sept 2 - Oct 21 12:30 - 1:15 pm
Tuesday Sept 2 - Oct 21 3:45 - 4:30 pm
Saturday Sept 6 - Oct 25 11 - 11:45 am
Sunday Sept 7 - Oct 26 10 - 10:45 am
Members: \$95 Non Members: \$165

ADVENTURE

w/o parent (4 yrs)

Designed for gymnasts who are able to participate with minimal redirection from coaches. We will guide gymnasts through warm ups, event rotations, and games, allowing them to develop independence, body awareness, and listening skills alongside their peers.

Tuesday Sept 2 - Oct 21 3:45 - 4:40 pm
Thursday Sept 4 - Oct 23 3:45 - 4:40 pm
Sunday Sept 7 - Oct 26 10 - 10:45 am
Members: \$100 Non Members: \$170

SUPER TOTS ADV. PRESCHOOL (3.5 - 5 yrs)

This class is designed for preschool-aged children who have already mastered foundational skills such as forward and backward rolls and are comfortable working on the high beam. If you believe your child is ready for this more advanced level, please contact the Program Director to schedule an assessment prior to enrollment.

Sunday Sept 7 - Oct 26 11:15 - 12:10 pm
Members: \$100 Non Members: \$170

BEGINNER GYMNASTICS 1 (5 - 6 yrs)

For our youngest school-age recreational gymnasts. Build on pre-school gymnastics skills and learn new ways to jump, run, stretch, and even flip!

Monday Sept 8 - Oct 20 3:45 - 4:40 pm
Wednesday Sept 3 - Oct 22 3:45 - 4:40 pm
Thursday Sept 4 - Oct 23 3:30 - 4:25 pm
Saturday Sept 6 - Oct 25 11 - 11:55 am
Sunday Sept 7 - Oct 26 10-10:55am;11:15-12:10pm
Members: \$105 Non Members: \$175



YOUTH GYMNASTICS

BEGINNER GYMNASTICS 2

(7 - 8 yrs)

Gymnasts will continue learning and refining the basics of gymnastics while building confidence and strength!

Monday	Sept 8 - Oct 20	3:45 - 4:40 pm
Thursday	Sept 4 - Oct 23	3:45 - 4:40 pm
Saturday	Sept 6 - Oct 25	11 - 11:55 am
Members: \$105 Non Members: \$175		

BEGINNER GYMNASTICS 3

(9+ yrs)

Intended for slightly older gymnasts who are still newer to the sport. Practice the fundamentals alongside similar-age peers!

Tuesday	Sept 2 - Oct 21	3:45 - 4:40 pm
Members: \$105 Non Members: \$175		

INTERMEDIATE GYMNASTICS

(6+ yrs)

For gymnasts who have progressed past the basics! Athletes will continue to build strength, flexibility, and coordination while learning more advanced gymnastics skills like roundoffs and walkovers on floor, hip circles on bars, and leaps, jumps, and handstands on beam.

Monday	Sept 8 - Oct 20	3:45 - 4:40 pm
Members: \$105 Non Members: \$175		

HOMESCHOOL GYMNASTICS

(K-8th grade)

Scheduled during the weekday and running for an hour, this class will teach the fundamentals of gymnastics and give another form of community for our homeschooled families!

Wednesday	Sept 3 - Oct 22	12:30 - 1:25 pm
Members: \$105 Non Members: \$175		

PERSONALIZED GYMNASTICS TRAINING

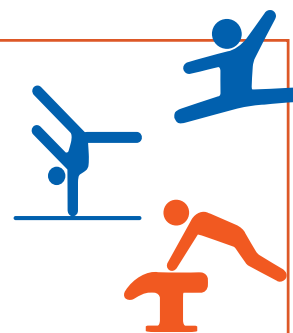
Enjoy a one-on-one private lesson with a professional gymnastics coach. Improve your skills and technique in a personalized setting.

Sunday	Sept 7 - Oct 26	2 - 3 pm
Members: \$75 per 60 min Non Members: \$85 per 60 min		

PRE-TEAM

Invitation required/ Pre-Team is a preparation to our Tumbling Tigers Gymnastics Club! Classes meet twice a week focusing on mastering the fundamentals required for USAG developmental levels 1 and 2. Gymnasts work on endurance, flexibility, strength, team building, and skill coordination. Email gymnastics@your-y.org for more information.

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 the
Gymnastics Department at
gymnastics@your-y.org
or call 413-773-3646 ext 423



SPECIALTY GYMNASTICS

NINJA

(6+ yrs)

Our Ninja gymnastics class is geared primarily towards male athletes who wish to jump, run, climb, and learn gymnastics fundamentals while releasing energy. Our trained USAG gymnastics coaches will teach athletes to accomplish safe and fun new skills.

Wednesday Sept 3 - Oct 22 3:45 - 4:40 pm
Members: \$105 Non Members: \$175

PARKOUR

(6+ yrs)

Our USAG-Certified instructors will lead all parkour athletes in running, jumping, and climbing. Students will learn body mechanics and how to safely perform these skills. Students will be separated into two groups (based on skill level) after the first class.

Sunday Sept 7 - Oct 26 11:15 - 12:10 pm
Members: \$105 Non Members: \$175

ACRO-TUMBLE FUSION

For gymnasts who have successfully completed Beginner Gymnastics 3, Intermediate Gymnastics, or athletes who know how to do cartwheels, handstands, and rounds offs. These classes focus on tumbling and floor work, and gymnasts will work on skills like walkovers, leaps, and hand-springs. Athletes will also learn proper body mechanics for each new skill learned.

Wednesday Sept 3 - Oct 22 3:45 - 4:40 pm
Members: \$105 Non Members: \$175

GYMNASTICS FREESTYLE OPEN GYM

Join us for an evening of open gym for gymnasts 14 and older. No structured classes, just fun and freestyle practice.

Friday Sept 5 - Oct 24 8 - 9 pm
Drop In Members: \$20/day Non Members: \$40/day
Session Members: \$98 Non Members: \$147

ADAPTIVE GYMNASTICS

For children with different physical limitations and educational boundaries, our goal is to provide a safe environment for children to have fun while learning more about their bodies and how to move them. Students will learn the fundamentals of gymnastics at their own pace, with our certified USAG gymnastics instructors, your student will have the opportunity to build community with other students who share similar limitations and different learning styles. Requires guardian/aid participation.

Saturday Sept 6 - Oct 25 12:10 - 1:05 pm
Members: \$105 Non Members: \$175

PLAYGROUPS!



GYMNASTICS PLAYGROUP

(0 - 5 yrs)

Join us for a safe and engaging play experience designed for young children (ages 0-5) and their guardians! We provide a supervised, creative space where little ones can explore, play, and socialize. Full participation from guardians makes this a collaborative and interactive experience for both children and caregivers.

Tuesday Sept 2 - Oct 21 10 - 11 am
Thursday Sept 4 - Oct 23 9 - 10 am
Members: \$5/child Non Members: \$10/child

HOMESCHOOL PLAYGROUP

(5 - 10 yrs)

Looking to connect with other homeschool families? This welcoming space for children to learn, play, and build friendships in a fun, unstructured environment! Open to homeschoolers of all learning styles!

Full participation from guardian required as this is a play-group with equipment set up for families to set up their own games and activities.

Thursday Sept 4 - Oct 23 12:30 - 1:30 pm
Members: \$5/child Non Members: \$10/child

BIRTHDAY PARTIES

Make your child's next birthday unforgettable at Franklin County YMCA's! We offer a variety of fun, stress-free party options for families. Whether you're looking for outdoor adventures at Camp Apex, high-energy gymnastics, inflatable obstacle courses, or a splashy pool party, our team is ready to help you celebrate with ease. Our flexible spaces are also available for other special occasions like baby showers, graduations, and family reunions—just ask!

GYMNASTICS CENTER PARTY!

Celebrate your birthday with energy, excitement, and non-stop fun at the Y! Whether your crew loves to tumble, climb, or conquer obstacles, we've got the perfect party package to fit your vibe. Ages 6 months - 14 years. To book your party or for more information, please contact Mirasia at gymnastics@your-y.org.

Basic Party: Perfect for free-play fun and exploring the gym at your own pace!

Members: \$250 **Non Members:** \$375

Interactive Party (with instruction): Want a more structured experience? Let our expert instructors lead the way!

Members: \$400 **Non Members:** \$575

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 enjoy snacks, cake, and gifts. Swim 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 Kara at kyounger@your-y.org.

Members: \$250 **Non Members:** \$375

CAMP APEX BIRTHDAY PARTY!

Make your child's summer birthday unforgettable with a customizable outdoor celebration at Camp Apex!

Enjoy all the fun of camp amenities while partying in the sun to your heart's content. Two hours of play on our beautiful 33-acre property in Shelburne. Access to the Blackstone, picnic tables, kitchen, bathhouse, and pavilion for presents, food, and fun. Available June through August.

Optional add-ons like our inflatable obstacle course, tube slide, gaga ball, and even the pool!

For more information, please email Kara at kyounger@your-y.org

Members: \$250 **Non Members:** \$375



UPCOMING EVENTS

HEALTHY AGING FAIR & FITNESS ASSESSMENT

The Games We Play!

Wednesday, October 22
9 to 11:30 am
YMCA Gym
Free 60 years & older



Functional Fitness tests for adults



Walgreen's Vaccine Clinic



Local Businesses & Organizations



Snacks, door prizes, & more

RSVP to this free event at the Welcome Center, call 413-773-3646 ext 0 or stop in.

Champion Sponsor:

LifeFitness



Clean out your closets, help families in need! **FREE CLOTHING STORE! Tuesday, October 7th!**



Go through your wardrobe and start gathering items for our **FREE CLOTHING STORE!!**

Our Free Clothing Store is coming this October—and we need your help! We're collecting clean, gently used clothing to give away to our community at no cost.

All clothing should be clean and in good condition, no rips, stains, or intimate apparel.

Donated clothing can be brought in to the Y starting September 15.

Store will be open to the community on October 7 from 10 - 6 pm.

**FREE CLOTHING FOR:
MEN / WOMEN / CHILDREN**

To help fold & sort clothes, or volunteer while the store is open, email jtrosin@your-y.org.



Looking **FOREward** to the **FUTURE!**

SCAN TO REGISTER



YOUR TEAM!

You are invited to our 23rd annual
KIDS-TO-CAMP
Golf Tournament

Monday, September 15, 2025

12 noon Shotgun Start

Country Club of Greenfield

Auctions • Raffles • Prizes • Lunch & Dinner



School-Age Care & Campers excited for our
play space coming to 463 Main Street!

THANK YOU to our 2025 Tournament VISIONARIES



**Cagne Wealth
Management Group**

**Greenfield
Savings Bank**

GENERAL CONTRACTOR
**Mowry & Schmidt
Inc.**
ESTABLISHED 1947
GREENFIELD • MASSACHUSETTS

WE WELCOME

ALL SIZES

ALL COLORS

ALL GENDERS

ALL BELIEFS

ALL RELIGIONS

ALL TYPES

ALL PEOPLE

EVERYONE!



YOU ARE SAFE HERE

