



WINTER 2026 PROGRAM GUIDE

January 5 – February 22

Registration opens December 8

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

FCY INFORMATION

UPCOMING PROGRAM REGISTRATION

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

Spring 1: Mar 2 – Apr 19
Registration opens February 16

Spring 2: Apr 27 – June 14
Registration opens April 13

Summer: June 22 – Aug 16
Registration opens June 8

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 the Main or Prime Locker Rooms

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 your valid student ID and full-time enrollment (12+ credits) to save 20% on a Young Adult Membership while in school.

FAMILY

Includes 1-2 adults and all children ages 21 and under living in the same household. Families enjoy access to Friday Family Nights, Family Swims, KidZone, Game Room fun, member rates on Parents' Night Out, and more. Children 13 and older may use the Y without a parent or guardian. Children ages 11-12 may work out alongside an adult in the Cardio Center, FitLife Center, and Cybex Room **only after** completing an orientation with an Exercise Trainer to learn basic etiquette and safe equipment use. Fitness areas are not accessible to children 10 and under, and adult supervision is required for all children ages 12 and under while in the facility unless they are 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 the completed application and necessary documents 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

Members have the ability to cancel their membership prior to the next billing cycle by logging into their account at **www.your-y.org**. Members will not be able to terminate a membership online if there are outstanding fees. If you need assistance setting up online access please reach out to the Welcome Center.

If requesting to cancel your membership in-person or over the phone, please do so **by the 9th of the month** so it can be deactivated by the end of the current billing cycle. These requests are processed manually by staff and time is needed to make edits and insure no additional fees are incurred.

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 LFCConnect 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

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. [Email jtrosin@your-y.org](mailto:jtrosin@your-y.org) to schedule your free consultation today.

PERSONAL & SMALL GROUP TRAINING

One-on-one training with a certified personal trainer will keep you connected and motivated, hold you accountable and ultimately improve your chances of reaching your fitness goals. Our expert Personal Trainers will develop a personal training program specifically for you and your goals. Whether you want to lose weight, gain muscle mass, run a marathon or simply improve your overall health and well-being, we have a Personal Trainer that's a perfect match for you. [Book at your-y.org/programs](http://your-y.org/programs) or email jtrosin@your-y.org.

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. January 6 – February 17

Tuesday	intermediate level	10 – 10:55 am
Tuesday	beginner level	11 – 11:55 am

Members: FREE with Membership

FOAM ROLLING

Learn simple techniques that target your fascia, release tight muscles, and stimulate your lymphatic system, helping your body move more freely and recover faster. Experience greater mobility, reduced tension, and enhanced overall wellness! Ongoing.

Tu	7 – 7:45 am
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Members: FREE with Membership

HEALTHY WEIGHT MANAGEMENT

Kelly Henry, RN, CDE, CPT, from CHFCF and FCY trainer, RJ, lead this 12-week research-based, education and exercise program that is designed to give you all the tools to find your pace, your goals, and the support you need so you can achieve and maintain a healthy weight just for you.

Learn what works, what doesn't and what healthy habits to incorporate into your daily routine to improve your health. No gimmicks, no quick fixes just the tools and knowledge necessary reach your goals. Join us in an understanding and supportive environment. January 12 – March 30

Monday	Info session: Jan 5!	4 – 5 pm
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Members: \$50 **Non Members:** \$100

CHAIR YOGA

All of the wonderful parts of a regular yoga class, with the added benefit of being supported by a chair. Especially good for people who may be dealing with an injury or health condition, benefits from the support of a chair for stability, or may just choose not to come to the floor, chair yoga is for everyone. Ongoing

Tu	2:15 – 3 pm
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Members: FREE with Membership

STRONG, RESILIENT, SAFE: YOGA FOR BETTER BONES with Barbara Polowy, E-RYT500

Regular yoga practice has been shown to stabilize and even reverse osteoporosis and osteopenia by improving bone density and bone quality. Yoga also promotes good posture, thus helping to maintain spinal integrity, and builds overall strength, balance, and focus to reduce the risk for falls.

This series of two classes will benefit anyone who has or is at risk for osteoporosis or osteopenia and is interested in yoga as a complementary therapy to standard medical treatment. Each class will include a series of postures to build healthy bones and improve balance as well as guidance on modifying standard yoga poses to ensure skeletal safety.

Saturday, February 7 & 14	10:30 am – 12 noon
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Members: \$45 **Non Members:** \$65

STRENGTH IN MENOPAUSE

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. 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. January 27 – March 17

Tuesday	6:30 – 7:30 pm
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Members: \$89 **Non Members:** \$139

NOURISHING MENOPAUSE

In this 4-week class learn how nutrition can support your body through the changes of menopause. This class covers common symptoms, key nutrients that can help with balancing hormones, weight management strategies, supplements, and other topics like sleep, stress management and alcohol consumption that can help with overall wellness. Perfect for anyone wanting help in finding sustainable tools to feel their best during this stage of life. February 2 – March 2

Monday	5 – 6 pm
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Members: \$35 **Non Members:** \$85

See page 22 for details on our next Menopause & Mocktails FREE event!

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 proud to partner with the American Parkinson Disease Association to offer programs designed for those living with Parkinson's. Space is limited. Email jtrosin@your-y.org to register.



WELLNESS FOR PARKINSON'S

Exercise program designed to meet the needs of persons with Parkinson's disease while effectively managing challenges related to daily mobility. Learn strategies to help manage health more effectively to optimize day-to-day function and quality of life. Contact Deb Ellis at deb@debellspt.com.

CONTINUATION CLASS

This free class is for those who have graduated from the initial Parkinson's Program instructed by Deb Ellis.

PARKINSON'S SUPPORT GROUP

People with Parkinson's and their care partners are welcome to participate to share concerns, and solutions to common challenges. Email betsy@bkovacs.net to register.

ADDED CLASS!

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 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.

CHRONIC DISEASE PROGRAMS

LIVESTRONG®

Cancer takes a toll on your body, mind, and spirit—and recovery can feel overwhelming. This free, 12-week exercise 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.

New class starting January 20, 2026. Email Jayne to start registration process.

Fee

No cost to participants



LIVESTRONG

FOUNDATION



Members from our most recent LiveStrong Program

MOVING FOR BETTER BALANCE

Improve balance, muscle strength, flexibility, and mobility to enhance overall physical health, leading to better function in daily activities. Participation in the program may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem. January 13 – April 30

TuTh	Part 1	12 – 1 pm
Th	Part 2	11 am – 12 pm

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! Ongoing.

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

ENHANCE FITNESS

Senior exercise program designed to decrease falls and improve daily activity. Works on flexibility, balance, strength training, and aerobic activity. Helps with arthritis. Ongoing

***Mohawk Trail HS class will start on January 21, 2026 – pre-register with Jayne at jtrosin@your-y.org**

MWF	Mohawk Trail HS*	10 – 10:55 am
MWF	Franklin County's Y	12 – 12:55 pm

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. Ongoing.

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

ADULT RECREATION & WELLNESS

GYMNASIUM SCHEDULE

Scheduled activities have priority – the Gym is closed to others. Please be respectful of all members. During Open Gym times, members are able to use the gym to play basketball, walk, stretch, etc. Pickleball may be set-up on half-court only as room provides. **Check out the schedule at www.your-y.org.**

PICKLEBALL AT THE Y

Pickleball is for all members. Certain times are based on skill level (beginner, intermediate, advance) and require reservation. **Members are responsible to set up and take down nets.** Register to play at www.your-y.org/classes.

SOCIAL PICKLEBALL

Are you ready for a friendly game of pickleball? If you are just learning or would prefer to play a less aggressive game, this is the session for you. Let's keep the focus on having fun and honing skills.

Thursday 10 am – 12 noon
Members: Free Non Members: Day Pass

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 13 and older. Space is limited. Pre-register weekly.

Thursday 6:30 – 7:30 pm
Members: FREE Non Members: \$10 day pass



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.

WOMEN'S PRO-BOXING TRAINING: ADAMS ROOM

Join former competitive fighter and USA Boxing certified coach, Vanesa Chakour, for a progressive 4-session weekend boxing class. Build a strong foundation in the art of boxing through footwork, balance, coordination, agility, cardio, reflexes, defensive techniques, partner drills, and pro-boxing skills. Each class begins with a brief grounding meditation and stretch. This is a welcoming, no-contact environment, perfect for both beginners and experienced boxers looking to refine their skills. Limited to 12 participants. January 10, 17, 24, 31.

Saturday 11:15 – 12:15 pm
Members/Non Members: \$75

WOMEN'S PRO-BOXING TRAINING: HEAVY BAG

Train with Vanesa Chakour in the boxing room, focusing on heavy bag and speed bag technique. Develop rhythm, power, and precision while building strength and confidence. This is a welcoming, no-contact environment designed for women of all levels. Students will need gloves and hand wraps. Limited to 6 participants. January 10, 17, 24, 31.

Saturday 12:20 – 1:20 pm
Members/Non Members: \$120

ADULT GYMNASTICS CLASS

Designed for anyone 18 and older who wants to develop strength, flexibility, and body awareness while learning new gymnastics skills in a supportive environment. Whether you're a beginner or returning to the sport, our instructor will guide you through proper technique, safe progressions, and personalized skill development. Come build confidence, improve coordination, and have fun exploring gymnastics at your own pace! January 8 – February 19

Thursday 8 – 9 pm
Members: \$115 Non Members: \$180

ADULT ADAPTIVE GYMNASTICS

A welcoming class for adults of all abilities! Build strength, balance, and flexibility through modified gymnastics and movement activities. Coaches provide individualized support in a fun, encouraging, and inclusive environment—perfect for all experience levels! January 7 – February 18

Wednesday 1:45 – 2:30 pm
Members: \$100 Non Members: \$170

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	Jan 5 - Feb 20	8 - 8:45 am
Members: \$75	Non Members: \$160	
TuTh	Jan 6 - Feb 19	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	Jan 5 - Feb 20	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	Jan 5 - Feb 20	11:30 - 12:15 pm
Members: \$75	Non Members: \$160	
TuTh	Jan 6 - Feb 19	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	Jan 5 - Feb 18	5:35 - 6:20 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	Jan 6 - Feb 19	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	Jan 6 - Feb 19	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	Jan 5 - Feb 20	9:50 - 10:35 am
Members: \$75	Non Members: \$160	
TuTh	Jan 6 - Feb 19	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	Jan 5 - Feb 20	2:30 - 3:15 pm
Members: \$75	Non Members: \$160	
TuTh	Jan 6 - Feb 19	3 - 3:45 pm pm
Members: \$55	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 Jan 8 – Feb 19 5:30 – 6 pm
Members: \$66 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+).

Family Swim

Special time for those with Y Family Memberships to splash and play in the pool together. Limit to 25 participants per lifeguard. Children under 13 must take a swim test prior to participating.



American Red Cross LIFEGUARD CERTIFICATION



Franklin County's Y



Get Lifeguard Certified & Prepare to Make a Difference

These comprehensive trainings are designed to equip you with the critical skills, knowledge, and confidence needed to prevent, recognize, and respond to aquatic emergencies. Our courses combine hands-on practice with expert instruction—so you're ready to act when every second counts.

Perfect for strong swimmers ages 15 and up, proficient in:

- Front Crawl • Breaststroke • Side Stroke
- Elementary Back Stroke • Treading Water (legs only for 2 minutes)
- Swim 550 yards continually (waterfront/lifeguard)
- Swim 300 yards continually (lifeguard) • Retrieve 10 lb brick from bottom of pool

BLENDED LEARNING

(approximately 6 hours. Must be completed before first in-person skill session)

LIFEGUARDING IN-PERSON SKILLS TRAINING

(approximately 22 hours)

Must attend all skills classes to receive certification.

All participants must have a Prerequisite Swim Evaluation prior to signing up for the course. **Scan QR code above for details. Contact Lisa Woodall at lwoodall@your-y.org for more information.**

Benefits of Lifeguarding with the YMCA

Lifeguarding is one of the best early career opportunities for teens and young adults, and it's a great summer job or career for adults. Lifeguard certification classes help develop leadership and communication skills and can lead to improved self-confidence. Plus, lifeguards often have to work together, which helps with using communication skills and can prepare someone for a future career in a team-oriented environment.

YOUTH SWIMMING LESSONS

YOUTH SWIM LESSONS REGISTRATION

will open on December 15!

Thank you for your understanding.

GYM & SWIM

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 (10:15 am) followed by the Pool (11 am). Ages 2 to 4 years old.

Thursday Jan 8 – Feb 19 10:15 – 11:30 am
Members: \$110 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.

Thursday Jan 8 – Feb 19 4 – 4:30 pm
Saturday Jan 10 – Feb 21 11 – 11:30 am
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.

Thursday Jan 8 – Feb 19 4:30 – 5 pm
Friday Jan 9 – Feb 20 4 – 4:30 pm
Friday Jan 9 – Feb 20 4:30 – 5 pm
Saturday Jan 10 – Feb 21 10:30 – 11 am
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.

Thursday Jan 8 – Feb 19 5 – 5:30 pm
Friday Jan 9 – Feb 20 5 – 5:30 pm
Saturday Jan 10 – Feb 21 10 – 10:30 am
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.

Wednesday Jan 7 – Feb 18 4 – 4:30 pm
Saturday Jan 10 – Feb 21 9:30 – 10 am
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 Jan 7 – Feb 18 4:30 – 5 pm
Friday Jan 9 – Feb 20 5:30 – 6 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 Jan 8 – Feb 19 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 Jan 7 – Feb 18 5 – 5:30 pm
Members: \$66 Non Members: \$160



LEARN TO SNORKEL

Be ready for your next day at the beach!
Learn the basics of snorkeling with Dave MacDonald.
All equipment will be provided.
Bring your bathing suit and towel.
For children & adults 8 years+,
kids under 15 need an adult participating in the water.

Sunday, February 22, 2026
11:30 am to 1:30 pm

Members: \$40 Non Members: \$55

YOUTH SPORTS / TRAINING

YOUTH WRESTLING

4-12 YEARS OLD

Introduce your child to the exciting world of folk-style wrestling in a fun, safe, and supportive environment! Focus on basic movement skills, fundamental wrestling positions, and playful activities that build confidence and coordination. With an emphasis on safety, positive reinforcement, and having fun, this is the perfect way for kids to learn and grow through the sport of wrestling! January 11 – February 22

Contact Joe at 773-3646x452 or jdoyle@your-y.org with questions.

Sunday 4-7 year olds 11:30 – 12:30 pm

Sunday 8-12 year olds 12:30 – 1:30 pm

Members: \$65 Non Members: \$125



BASKETBALL CLINICS

4-14 YEARS OLD

Emphasize the fundamentals of basketball with young players. Basic techniques of shooting, dribbling, passing, rebounding, and defense will be taught. These clinics will not only provide a fundamental base for each young player, but will also be a fun and enjoyable experience for every player. Sign up for each day. January 10 – February 21.

Here are just a few things kids will learn out on the court:

- Ball handling drills to work on at home to build confidence
- Proper shooting technique
- Passing and catching skills
- How to box out your opponent and grab a rebound
- Defensive stance and movements
- Sportsmanship and how to be a good teammate

Saturday 4-7 year olds 10:30 – 11:30 am

Saturday 8-14 year olds 11:30 – 12:30 pm

Members: \$5 daily drop-in Non Members: \$10 daily drop-in



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 Trask, 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



HEALTHY WEIGHT & YOUR CHILD

Achieve A Healthy Weight Together!

This evidence-based program helps children and their families build lifelong healthy habits through nutrition education, physical activity, and family engagement. The program begins with an information session, followed by 25 two-hour sessions over four months, where kids and adults participate together in guided activities, discussions, and moderate-to-vigorous exercise to support lasting, positive change. **2026 dates TBD.** Email jtrosin@your-y.org for more information.



YOUTH GYMNASTICS

GYM & SWIM

w/ parent (2-4 yrs)

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 (10:15 am) followed by the Pool (11 am). **Ages 2 to 4 years old.**

Thursday Jan 8 - Feb 19 10:15 - 11:30 am
Members: \$110 Non Members: \$165

GYM KIDS

w/ parent (2-4 yrs)

A playful introduction to gymnastics! Little ones explore movement, balance, and coordination through fun games, obstacle courses, and basic skills. Coaches guide each child in a positive, energetic, and encouraging environment—perfect for building confidence and a love for gymnastics!

Tuesday Jan 6 - Feb 17 10:30 - 11 am
Members: \$95 Non Members: \$170

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 Jan 10 - Feb 21 9 - 9:30 am
Members: \$95 Non Members: \$170

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 interactables to drive a spirit of curiosity and discovery!

Saturday Jan 10 - Feb 21 9 - 9:45 am
 Sunday Jan 11 - Feb 22 9 - 9:45 am
Members: \$95 Non Members: \$170

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.

Saturday Jan 10 - Feb 21 10 - 10:45 am
 Sunday Jan 11 - Feb 22 9 - 9:45 am
Members: \$100 Non Members: \$170

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.

Saturday Jan 10 - Feb 21 11 - 11:45 am
 Sunday Jan 11 - Feb 22 10 - 10:45 am
Members: \$100 Non Members: \$170

ADVENTURE 45

w/o parent (4-5 yrs)

Join us for an exciting gymnastics adventure! Little gymnasts build strength, balance, and coordination through fun obstacle courses, creative movement, and skill stations. Each class is filled with imagination, energy, and confidence-building fun!

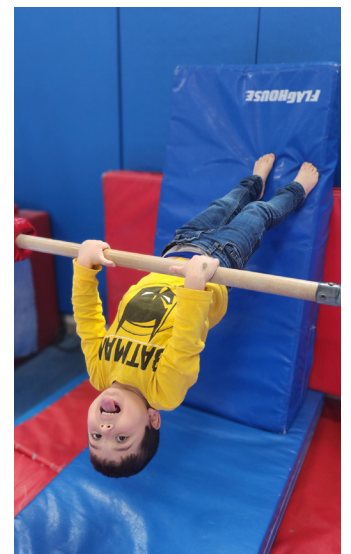
Tuesday Jan 6 - Feb 17 4:15 - 5 pm
 Wednesday Jan 7 - Feb 18 4 - 4:45 pm
 Thursday Jan 8 - Feb 19 4:15 - 5 pm
 Sunday Jan 11 - Feb 22 10 - 10:45 am
Members: \$105 Non Members: \$170

SUPER TOTS ADV. PRESCHOOL

(3.5 - 5 yrs)

For preschool-aged children who have already mastered foundational skills like forward and backward rolls and are comfortable working on the high beam. If you believe your child is ready for this more advanced level, contact Mirasia to schedule an assessment prior to enrollment.

Sunday Jan 11 - Feb 22 11 - 11:55 am
Members: \$105 Non Members: \$175



YOUTH GYMNASTICS

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	Jan 5 - Feb 16	3:45 - 4:30 pm
Tuesday	Jan 6 - Feb 17	4:15 - 5 pm
Wednesday	Jan 7 - Feb 18	4:15 - 5 pm
Thursday	Jan 8 - Feb 19	4 - 4:45 pm
Saturday	Jan 10 - Feb 21	11 - 11:45 am
Sunday	Jan 11 - Feb 22	10 - 10:45 am
Sunday	Jan 11 - Feb 22	11 - 11:45 pm
Members: \$105 Non Members: \$175		

BEGINNER GYMNASTICS 2

(7 - 8 yrs)

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

Monday	Jan 5 - Feb 16	3:45 - 4:40 pm
Thursday	Jan 8 - Feb 19	3:45 - 4:40 pm
Saturday	Jan 10 - Feb 21	11 - 11:55 am
Members: \$110 Non Members: \$180		

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	Jan 6 - Feb 17	3:45 - 4:40 pm
Sunday	Jan 11 - Feb 22	12:30 - 1:25 pm
Members: \$110 Non Members: \$180		

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. By coach invitation only. Contact Mirasia with questions.

Monday	Jan 5 - Feb 16	3:45 - 4:40 pm
Saturday	Jan 10 - Feb 21	1:15 - 2:10 pm
Members: \$110 Non Members: \$180		



BOYS GYMNASTICS

(5+ yrs)

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.

Saturday	Jan 10 - Feb 21	1:15 - 2:10 pm
Members: \$110 Non Members: \$180		

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	Jan 7 - Feb 18	3:45 - 4:40 pm
Members: \$110 Non Members: \$180		

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	Jan 11 - Feb 22	11 - 11:55 am
Members: \$110 Non Members: \$180		

TUMBLE FUSION

This class focuses on tumbling and floor work. Gymnasts will work on skills like walkovers, leaps, and handsprings. Athletes will learn proper body mechanics for each new skill learned.

Sunday	Jan 11 - Feb 22	12:30 - 1:25 pm
Members: \$110 Non Members: \$180		

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	Jan 7 - Feb 18	12:30 - 1:25 pm
Members: \$110 Non Members: \$180		

PERSONALIZED GYMNASTICS TRAINING

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

Wednesday	Jan 7 - Feb 18	3:45 - 4:45 pm
Sunday	Jan 11 - Feb 22	1:30 - 2:30 pm
Members: \$75 per 60 min Non Members: \$85 per 60 min		

GYMNASTICS VACATION DAYS POP-UP!

December 29, 30, & Jan 2

from 8 am to 4 pm

See page 21 for details & to register!

SPECIALTY GYMNASTICS

ADAPTIVE GYMNASTICS

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

School Age: Saturday Jan 10 – Feb 21 12:10 – 1:05 pm
Members: \$110 Non Members: \$180

Preschool: Tuesday Jan 6 – Feb 17 11:30 – 12:15 pm
Members: \$105 Non Members: \$170

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.

PLAYGROUPS!



GYMNASTICS PLAYGROUP

(0 – 5 yrs)

Join us for safe and engaging play designed for young children and their guardians! We provide a supervised, creative space where little ones can explore, play, and socialize. Participation from guardians makes this a collaborative and interactive experience for both children and caregivers.

Tuesday Jan 6 – Feb 17 9:15 – 10:15 am
Thursday Jan 8 – Feb 19 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! Participation from guardian required. This is a playgroup with equipment set up for families to set up their own games and activities.

Thursday Jan 8 – Feb 19 12:30 – 1:30 pm
Members: \$5/child Non Members: \$10/child

RAISE THE BAR

Join our Tumbling Tigers Gymnastics Team!

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

Tumbling Tiger's build: confidence, positive body awareness, social skills, strong friendships, and so much more!

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



IS YOUR CHILD READY
FOR **MORE** GYMNASTICS?

TEAM & PRE-TEAM GYMNASTICS EVALUATIONS!!

DECEMBER 29 & JANUARY 2
4-5 PM DROP IN OPEN GYMNASTICS
5-6 PM EVALUATIONS

Bring your skills and positive attitude to our team. Competitive team is a great experience for sports and life. Confidence, body awareness, social interaction, and how to deal with frustrations/road blocks is taught through team. Be a part of an exceptional group of kids who have the same passions as you.

With our enthusiastic USAG certified and trained instructors leading the way, gymnasts at every level will enjoy a fun and rewarding experience!

Gymnastics Team meets year-round. Competition season runs October – June.

For details contact Gymnastics Director,
Mirasia at mmcgahan@your-y.org
or call 413-773-3646 ext 423

YOUTH ACTIVITIES & FAMILY FUN

LIGHTS! CAMERA! YMCA!

Kids will build confidence both in front of and behind the camera as they dive into interviews, skits, storytelling, and bringing their own creative ideas to life. Guided by GCTV's Bella Levavi, participants will learn on-camera techniques, explore what it takes to run the camera and boom microphone, and develop the skills to shine in any role.

This program is a fun, supportive way for kids to expand their creativity, learn new media skills, and boost their confidence.

Thursday Jan 15 & 29, Feb 12 & 26 5 - 6 pm
Members: \$50 Non Members: \$65



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 through May 2026 5 - 9 pm
Members: \$20 for first child; \$10 each additional sibling
Non Y Members: \$25 for first child; \$15 each add'l sibling



LEADERS CLUB

Our Leaders Club gives teens (ages 10-18) the opportunity to make a difference in Franklin County.

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



KIDZONE / GAME ROOM PLAY!

Let us keep your kids active and entertained while you use the facility! Providing a safe, engaging space with age-appropriate toys, this service is **free** for those who have a YMCA Family Membership. For children 18 months and up, the space offers games, arts and crafts, a pool table, air hockey, and video games—**perfect for keeping kids busy or enjoying playtime together as a family.** Sign-up required at www.your-y.org/classes or call the Y. Children must have at least one parent/guardian in the building.

Monday - Thursday 5:15 - 7:45 pm
 Saturday 9 - 11 am, 10 - 12 noon
Family Members: FREE must preregister

FRIDAY FAMILY NIGHTS

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



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

WISH YOU COULD GET A MASSAGE EVERYDAY?

THERAPEUTIC BALL ROLLING WORKSHOP



**Sunday, January 18
12 – 2 pm**

**\$30 for members
\$40 for non members**

**Scan code or see Welcome
Center to register!**

For information on one-on-one Therapeutic Ball Rolling Sessions with Jamie, contact Jayne at jtrosin@your-y.org



MOBILITY RESET LAB WITH KELLY!

An active recovery lab (workshop) that bridges mobility training with targeted corrective strategies, helping participants improve joint health, enhance movement efficiency, and reduce risk of overuse injuries.

**Monday, January 12
4–5 pm
Wellness Studio
\$20 per member**



UPCOMING EVENTS

CALLING ALL
TEENIS!
LEADERS CLUB
KIDS 10-12 & 13-18

**JOIN OUR
NEXT MEETING:**
1st & 3rd Wed of the month
6 pm | Social Room
All Students Welcome!



**BE READY TO
SAVE A LIFE**

with Hands-Only CPR
February 12, 2026 | 6 pm



It's easy to learn.
You can increase
the chance of
someone surviving a
cardiac emergency.

FREE 30-minute class!
Sign up at the Welcome Center.

**POP-UP
GYMNASTICS
VACATION DAYS & Ninja!**

Join us in the Gymnastics Center here at FCY
for a full day of games, skills, and play!
All kids need: lunch, water bottle, and be ready to have fun!

Kindergarten through 13 years

DECEMBER 29, 30 & JAN 2
8 am to 4 pm
\$75 per day or \$204 for all 3 days!



UPCOMING EVENTS

YOU ARE INVITED...

HOLIDAY LUNCHEON SING ALONG!

Friday, December 12
Noon - 1 pm | YMCA Gym

Join us for our annual potluck!

The Y will be providing a turkey...
Please help with the fixin's!
Sign up at the Welcome Center.

Fun to be had by all!

Music performed by the
Farley String Band!



MENOPAUSE & MOCKTAILS

Tuesday, January 20
6:30 pm
YMCA Social Room
Free - bring your girlfriends!



Join us for an informative evening!
We will discuss everything you need to know
about perimenopause and menopause while
sipping on delicious mocktails.
Whether you're experiencing menopause yourself
or supporting a loved one through it, this is for you.

A night of learning, laughter and tasty drinks.
Don't miss out!



Register here and learn
more about Strength in
Menopause class
starting 1/27!



January Special:
Purchase 5 sessions
with Tristan and
save \$50 off fee.
Exclusions Apply.
Valid Jan. 1-31, 2026
Book at Welcome
Center.

WINTER PERSONAL TRAINING

MOVE BETTER, **FEEL BETTER**, LOOK BETTER

1-ON-1 WORK
FREE: 24/7 SUPPORT
FREE: COMPLETE WORKOUT
FREE: GUIDE WITH VIDEOS

MOVEMENT
NUTRITION
RECOVERY
MINDSET

TEEN PERSONAL TRAINING SESSIONS AVAILABLE

TRISTAN TRASK, NASM CERTIFIED
EMAIL TTRASK@YOUR-Y.ORG FOR MORE INFO

☒ RECYCLE ☒ REUSE ☒ RAISE MONEY

GOT SNEAKERS???!

**DROP OFF
January 1 - 31**

Tumbling Tigers Gymnastics is doing a fundraiser and we need your old sneakers! Even ugly, worn-out ones, or pairs that just didn't work for you. If you are looking to get rid of sneakers, bring them to FCY and drop them in one of the "GOT SNEAKERS" boxes. The shoes will be recycled and in return we will get money back. This money will be used for equipment and enhancements to the Gymnastics Center.

To learn more about Got Sneakers, and to see what types of shoes we are collecting visit: gotsneakers.com/sneakerguidelines/

Franklin County's YMCA Announces New CEO, Wesley Jackson

ACCOMPLISHED NONPROFIT LEADER TO GUIDE THE Y INTO ITS NEXT CHAPTER



After a thorough six-month national search, Franklin County's YMCA is excited to announce the appointment of Wesley Jackson as its next Chief Executive Officer. Jackson brings more than 17 years of experience in youth, family, and community development across Western Massachusetts.

Jackson most recently served as Executive Director of the South End Community Center of Springfield, Inc. (SECC), where he helped transform the organization into a regional hub for youth empowerment. Under his leadership, SECC's operating budget grew from \$400,000 to over \$1 million, fueled by grant growth, strategic partnerships, and innovative programming.

He launched several successful initiatives—including the Father/Child Initiative, Community Youth Corps for at-risk youth, Healthy Summer Youth Jobs Program, and Out of School Time (giving free access for single mothers) — all designed to expand opportunity and reduce barriers for local families.

Known for his collaborative leadership style, Jackson tripled program participation, doubled fundraising revenue, and modernized SECC's operations with updated technology and streamlined systems. Beyond his nonprofit work, he serves as Athletic Director at Baystate Academy Charter Public School and Assistant Head Men's Basketball Coach at Westfield State University. He has been a key contributor to the team's rise to the top of the MASCAC, helping lead the program to multiple conference championships and NCAA tournament appearances during his tenure.

"We are thrilled to welcome Wesley to our Y-Family," said Dr. Joseph Viadero, President of the Board of Directors. "His values, experience, and passion for community align perfectly with the Y's mission. We look forward to the positive impact his leadership will bring to our members, staff, and the wider community."

Jackson holds a Master of Science in Nonprofit Management and Philanthropy from Bay Path University and is committed to strengthening organizations that promote health, leadership, and equity.

WILL YOU HELP BUILD MORE THAN MUSCLE?



At Franklin County's Y, we're doing more than helping people stay active, we're strengthening our whole community. From swim lessons and summer camp to childcare and wellness programs, your support helps make these life-changing opportunities accessible to all.

If you've never donated before, this is a great time to make your first gift. Every contribution – big or small – helps kids, families, and neighbors thrive.



Donate TODAY!

WE WELCOME

ALL SIZES

ALL COLORS

ALL GENDERS

ALL BELIEFS

ALL RELIGIONS

ALL TYPES

ALL PEOPLE

EVERYONE!



YOU ARE SAFE HERE

