



**HVAC RENOVATIONS
CONTINUE THIS SUMMER**

We're excited to move into the next phase of our HVAC renovation project, improving the comfort and efficiency of our facility.

Please note that some rooms and program areas may have temporary closures or limited access throughout the summer as construction progresses.

SUMMER 2026

June 22 – August 16

Registration opens June 8

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

FCY INFORMATION

UPCOMING PROGRAM REGISTRATION

SUMMER: June 22 – August 16, 2026

Registration opens June 8

FALL 1: August 31 – October 25, 2026

Registration Opens: August 10

FALL 2: November 2 – December 20, 2026

Registration Opens: October 19

WINTER: January 4 – February 21, 2027

Registration Opens: December 7

SPRING 1: March 1 – April 18, 2027

Registration Opens: February 15

SPRING 2: April 26 – June 13, 2027

Registration Opens: April 12

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.

FCY will be closed
for **CLEAN-UP WEEK**
August 17-23.
Welcome Center
will be **CLOSED** for
construction.



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-Public2 **NEW!**

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.



Dance for a Cause: Stone Soup Cafe Fundraiser!



MEMBERSHIP INFORMATION



MEMBERSHIP RATES	MONTHLY FEE*	JOINER'S FEE
YOUTH	\$10	\$0
TEEN	\$18	\$0
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.

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.

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.

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. Kids 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 19-64 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.

DISCOUNTS & ADDED FEES

Military Veteran

20% off (no other discounts apply)

Military Active Duty

50% off for any year-round, full time service person

Super Senior Discount

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

Additional Adult

\$20 per month onto applicable membership

Student Discount

25% off Adult or 1 Adult Family Membership if enrolled full time (12+ credits) in undergrad/graduate program. Valid student ID and proof of enrollment required.

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+

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
<i>May not purchase a day pass 1 hour prior to closing</i>	
Youth 0-12	\$5 per day
<i>With an adult during age-appropriate activities (day pass required for non-members)</i>	

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.

A YMCA membership is a continuous membership plan and membership dues are non-refundable. This includes unused portions of prepaid memberships.

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 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 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. **June 23 - August 11**

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

Members: FREE with Membership



HEALTHY WEIGHT MANAGEMENT

Kelly Henry, RN, CDE, CPT, from CHCFC 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. **Look for dates in the fall!**

Members: \$50 Non Members: \$100

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. **Look for dates in the fall!**

Members: \$89 Non Members: \$139



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



\$139/12 week RxY

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

ASK YOUR PROVIDER FOR A REFERRAL TODAY!

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 a 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
4:30 - 6:30 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 info on how to be a part of this 12-week program.

New class starting in September!

Fee No cost to participants

LIVESTRONG

FOUNDATION

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
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. Coming back in the fall.

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
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. Check schedule for days/times.

Members: Free Non Members: 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.

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! **Train Twice. Progress Faster. Save More!**

Tuesday	June 23 - August 11	6 - 7:30 pm
Thursday	June 25 - August 13	6 - 7:30 pm
1 Day / Week:	Members: \$135	Non Members: \$210
2 Days / Week:	Members: \$225	Non Members: \$350

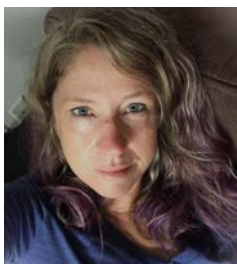
MASSAGE AT THE Y

Y Massage Therapists offer a variety of massage techniques to relax you or to soothe tight, aching muscles. Sessions are a blend of modalities which work together to empower the client, helping them achieve their desired goals. Pamper yourself and enjoy the benefits to relieve pain and tension and bring an increased sense of relaxation. Cancellations require 24 hour advance notice to avoid forfeiture of payment.

[Call the Welcome Center to make an appointment.](#)

Introducing **NEW** Massage Therapist, Margaret!

With 10 years of experience, Margaret provides personalized massage therapy for relaxation, pain relief, and recovery. Using her knowledge of anatomy and movement, she helps address the source of discomfort while promoting overall wellness.



Book with Margaret at the Y through July 31 and save \$10 per session!



Massage Fees	Prime	Member	Non Member
30-Minute	\$45	\$53	\$65
60-Minute	\$80	\$85	\$100
90-Minute	\$110	\$115	\$135

FEEL BETTER - ANYTIME, ANYWHERE!

Learn easy self-massage techniques using Roll Model® Therapy Balls with Licensed Massage Therapist Jamie Simpson. Release tension, ease pain, and improve mobility with skills you can use every day.

Book through the Welcome Center like a regular massage session—and invite a friend to join you!

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	June 22 - August 14	8 - 8:45 am
Members: \$75	Non Members: \$160	
TuTh	June 23 - August 13	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	June 22 - August 14	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	June 22 - August 14	11:30 - 12:15 pm
Members: \$75	Non Members: \$160	

AQUA MASH-UP

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

MW	June 22 - August 12	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	June 23 - August 13	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	June 23 - August 13	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	June 22 - August 14	9:50 - 10:35 am
Members: \$75	Non Members: \$160	
TuTh	June 23 - August 13	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	June 22 - August 14	2:30 - 3:15 pm
Members: \$75	Non Members: \$160	
TuTh	June 23 - August 13	3 - 3:45 pm
Members: \$55	Non Members: \$160	



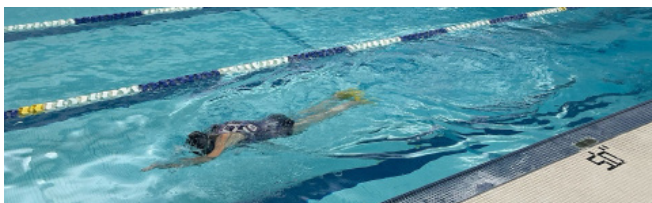
SPECIALTY AQUATICS

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 June 25 - August 13 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



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 - includes Waterfront Skills)

RECERTIFICATION SKILLS TRAINING

(includes Waterfront Skills)

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.**

**CHECK FOR NEW CERTIFICATION
DATES COMING SOON!**

YOUTH SWIMMING LESSONS

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 followed by the Pool. Ages 2 to 4 years old. Look for fall dates!

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	June 23 - August 11	4 - 4:30 pm
Thursday	June 25 - August 13	11 - 11:30 am
Thursday	June 25 - August 13	4 - 4:30 pm
Friday	June 26 - August 14	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 4 years old.

Tuesday	June 23 - August 11	4:30 - 5 pm
Thursday	June 25 - August 13	4:30 - 5 pm
Friday	June 26 - August 14	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. Lvl 1: Ages 5-12; Lvl 2: Ages 6 - 12

Thursday	June 25 - August 13	5 - 5:30 pm
Friday	June 26 - August 14	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	June 22 - August 10	4 - 4:30 pm
Wednesday	June 24 - August 12	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	June 24 - August 12	4:30 - 5 pm
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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	June 25 - August 13	5:30 - 6 pm
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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	June 24 - August 12	5 - 5:30 pm
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Members: \$66 Non Members: \$160



YOUTH SPORTS / TRAINING

TUMBLING CLINICS with **COACH SAHIL**

August 12 - 14

Open to all Gymnasts, Cheerleaders, Dancers -
anyone looking to gain new skills!
SPACE IS LIMITED - SO REGISTER EARLY!

JOIN US!

CARTWHEELS & ROUND OFFS

BACK HANDSPRINGS

WALK OVERS

FRONT & BACK TUCKS

LAYOUTS & TIWSING

& PRIVATE LESSONS!



SCAN ME



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.

Email jtrosin@your-y.org for more information!

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



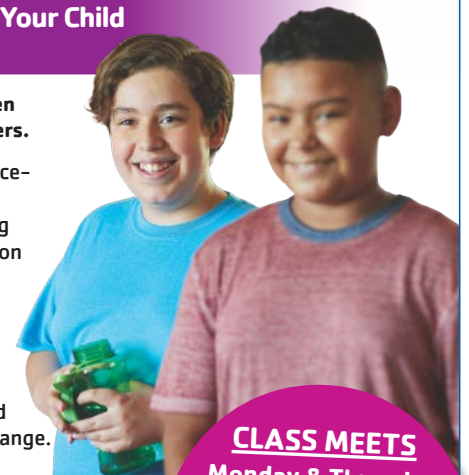
MAKING HEALTHIER CHOICES TOGETHER

Healthy Weight and Your Child

Franklin County's YMCA

Wellness Program for children ages 7 - 13 and their caregivers.

This FREE, four-month evidence-based program helps children and their families build lifelong healthy habits through nutrition education, physical activity, and family engagement. Kids and adults participate together in guided activities, discussions, and moderate-to-vigorous exercise designed to support lasting, positive change.



CLASS MEETS

Monday & Thursday
June 8 - September 24
4:30 - 6:30 pm

Call Jayne at
773-3646 ext 448
for more info



YOUTH SPORTS / FAMILY FUN

KID ZONE

Childcare while **you** workout!

Serving kids 18 months to 12 years old!

SUMMER HOURS: (starting 6/22)

MWF mornings through August 14: 8:45-11:15 am

TuTh evenings through August 13: 5:15 -7:45 pm

Saturday mornings through August 15: 9 - 12 noon

!! FREE FOR YMCA FAMILY MEMBERSHIPS !!

Scan the QR code to reserve online, or visit the Welcome Center.



VALLEY BLUE SOX YOUTH BASEBALL CLINIC!

July 21 & 22 from 9 - 12 noon
at the Lunt Fields in Greenfield

Open to all children 6-13 years old
(5 year olds welcome!)

Y Members: \$50 | Non \$60



Scan to register.



SAVE THE DATE:

Sunday, August 23

3-6 pm

Hope Street Parking Lot!

Free & Open to all
Families in the community.

Details to follow!

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 June 27 - August 8 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 June 27 - August 8 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 June 27 - August 8 10 - 10:45 am
 Sunday June 28 - August 9 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 June 27 - August 8 1:15 - 2 pm
 Sunday June 28 - August 9 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!

Saturday June 27 - August 8 11:15 - 12 pm
 Sunday June 28 - August 9 9 - 9:45 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. **Invitation only.**

Sunday June 28 - August 9 11 - 11:55 am
Members: \$105 Non Members: \$175

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!

Saturday June 27 - August 8 9 - 9:45 am
 Sunday June 28 - August 9 10 - 10:45 am
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!

Saturday June 27 - August 8 10 - 10:55 am
 Sunday June 28 - August 9 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!

Saturday June 27 - August 8 1:15 - 2:10 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.

Saturday June 27 - August 8 1:15 - 2:10 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 June 28 - August 9 11 - 11:55 am
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.

Saturday June 27 - August 8 1:15 - 2:15 pm
Members: \$75 per 60 min Non Members: \$85 per 60 min

SPECIALTY GYMNASTICS

ADAPTIVE GYMNASTICS (K-8th Grade)

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 June 27 - August 8 12:10 - 1:05 pm
Members: \$110 Non Members: \$180

MINI TEAM

Mini Team is our introductory team program for our youngest gymnasts who are ready for more than recreational classes. Athletes will build foundational gymnastics skills, strength, flexibility, and confidence while becoming part of our team community.

With no competition commitment, Mini Team provides a fun and supportive pathway toward Pre-Team and future competitive gymnastics. Email gymnastics@your-y.org to get started!

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 to get started!



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!**



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.

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

**TEAM, PRE-TEAM, & MINI GYMNASTICS
OPEN EVALUATIONS!!**

SATURDAY, AUGUST 1 AT 2:30 PM!



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

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

SHOPPING, PREPARING, AND COOKING FOOD FOR BETTER BLOOD PRESSURE MANAGEMENT

Monday, June 15 | 5:30 pm

Americans eat 30% more packaged food than fresh food, and consume more packaged food than individuals living in nearly all other countries.

Join Kelly and learn best practices for going to the grocery store prepared with the tools to cook meals for better blood pressure management! And why it's important to always read the food label!

Come to this talk and take control of your blood pressure.

FREE FOR ALL IN THE COMMUNITY!



Reserve your spot by contacting the Welcome Center.

BLOOMING BACKPACKS

to help children of Franklin County!



**COLLECTING DONATIONS
JULY 1 THRU AUG 15!**

Drop off donations in the Y's Welcome Center

All school supplies needed.

Pencils, markers, notebooks, folders, rulers, backpacks, and more!

For a full list see the Welcome Center.



in conjunction with the Women's Way & United Way of Franklin County

FREE CLOTHING STORE is coming back!
Tuesday, Sept 29 | 10-6 pm

We need your help! Starting Sept 8, we will collect 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.

Think of the Y when you clean out your closets!

Member Potluck

Friday, June 19
12 - 1 pm
Social Room

Sign up at the
Welcome Center!

Come together with Y friends for a potluck lunch filled with laughter, connection, and yummy dishes!

Coffee HOUR

Socialize and meet new Y Members, have some laughs, and a good cup of coffee!

EVERY MONDAY
FROM 9 AM TO 12 NOON

NOW IN THE SOCIAL ROOM!

**WE WELCOME
ALL SIZES
ALL COLORS
ALL GENDERS
ALL BELIEFS
ALL RELIGIONS
ALL TYPES
ALL PEOPLE
EVERYONE!**



YOU ARE SAFE HERE

