FALL 2 2026

November 2 – December 20 Registration opens October 19

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

FCY INFORMATION

UPCOMING PROGRAM REGISTRATION

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.

Dance for a Cause: Stone Soup Cafe Fundraiser!

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
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.

United Way Partner Agency

MEMBERSHIP INFORMATION

MEMBERSHIP RATES

EFFECTIVE SEPTEMBER 1, 2026

the Y	YOUTH* age12 & younger	TEEN age 13-18	ADULT age 19-64	SENIOR age 65 & older	ADULT COUPLE age 25 & older	2-ADULT FAMILY *base rate plus $5 per dependent 0-18	1-ADULT FAMILY *base rate plus $5 per dependent 0-18
Monthly	$10	$18	$46.50	$43.50	$69.75	$69.75*	$46.50*
Joiner's Fee no refunds	$0	$0	$25	$25	$25	$25	$25

MEMBERSHIP TYPES

YOUTH MEMBERSHIP

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

1 or 2 adults with dependents living within the same household. Enjoy Friday Family Nights, Family Swims, KidZone, the Game Room, member rates on Parents' Night Out, and more.

Children ages 13 and older may use the Y without a parent or guardian. Children ages 11–12 may use the Cardio Center, FitLife Center, and Cybex Room alongside an adult after completing a required orientation with an Exercise Trainer. Fitness areas are not accessible to children 10 and under, and adult supervision is required for all children 12 and under while in the facility unless they are participating in a supervised program or class.

ADULT

Ages 19-64 has access to all workout areas.

ADULT COUPLE

Ages 19+ living within the same household. Access to all workout/fitness 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

Family*

New Pricing: Base membership fee for 1–2 adults, plus $5 per dependent (ages 18 and under) living in the same household.

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 - residing in same household.

Student Discount

25% off Adult or 1 Adult Family Membership if enrolled full time (9+ 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+

Key FOB for Limited Mobility Parking Lot

$25 deposit. See Welcome Center for more.

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
Try our Prime Locker Room for the day! 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 LFConnect App to save your workouts or step on, hit quick start, and off you go! Trainers are available for appointments and/or any questions you may have!

FREE WEIGHT ROOM

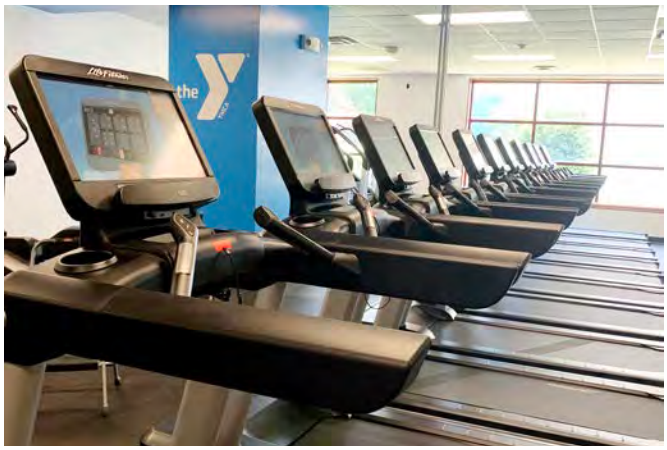
Offering a wide variety of strength-based training equipment from the beginner level and up. With our brand new 12 station cable crossover machine, dumbbells ranging from 3lbs up to over 100lbs, new power rack lifting platforms, and our pre-loaded and free weight- based barbells, there isn't an exercise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

FITLIFE CENTER

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

POOL / HOT TUB

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



HEALTHY LIVING

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.

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

Members: FREE with Membership

HEALTHY WEIGHT MANAGEMENT

We know everyone's weight loss journey is different. Kelly Henry, RN, CDE, CPT, from the Community Health Center of Franklin County will lead this 12-week research-based, progressive education and exercise program 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 2027.**

Members: $50 **Non Members:** $100

WOMEN'S WELLNESS: WOMEN WITH WEIGHTS

Are you over 35? Step into the next phase of life confident and strong - embrace menopause, not with confusion and isolation, but with a supportive community, and fitness goals that empower. Strength training can increase bone density and muscle mass, offering benefits beyond the physical. Join us on this journey and let's positively transition together! **Look for dates in 2027.**

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

PELVIC HEALTH 101

Stacy Troy PT, MSOPT, DPT, PRPC is a certified pelvic health specialist who will offer a presentation on pelvic health in menopause and perimenopause. This talk touches upon changes that commonly occur in these stages of life, management strategies and how to know if you could benefit from further help. Urinary incontinence, fecal incontinence, pelvic pain, toileting habits, hormonal changes and genitourinary syndrome of menopause will be some of the topics discussed.

Stacy is a Physical Therapist, Certified Pelvic Health Specialist and intuitive body worker with over 30 years of experience and has a passion for helping clients in the healing process. She is a fierce advocate for those clients and at the heart of her practice has a commitment to providing evidence-based health information and services that empower individuals to make informed decisions. Visit stacytroypt.com for more.

Tuesday, November 17 5:30 - 6:30 pm

Members & Non Members: FREE, register at your-y.org

CHRONIC DISEASE PROGRAMS

LIVESTRONG AT THE YMCA

This 12-week physical activity program is designed to support adult cancer survivors in regaining strength, energy, and a sense of community. This program helps individuals who are living with, through, or beyond cancer to get back on their feet and connect with other survivors.

Enjoy personalized exercise regimens tailored to their individual needs, all at no cost. Sessions are led by certified fitness instructors, who are trained in cancer survivorship, post-rehabilitation exercise, and supportive cancer care.

Appointment with instructor before the first session is required. For more information, email jtrosin@your-y.org.

TuTh, 2027 dates TBD **10:30 - 11:45 am**
Members: FREE with Membership

Graduates from our May 2026 LiveStrong class.

DRUMS ALIVE®

Drums Alive® is a fun brain and body wellness class that combines rhythmical drumming and movement with fitness. Each class is uniquely designed to energize and motivate your fitness routine with fitness balls and drumsticks. No experience required! **Dates to be determined.**

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. **Look for signup starting in January.**

Members: FREE with Membership

SILVERSNEAKERS®

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

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

EXERCISE FOR PARKINSON'S

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

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. Class starting in February.

CYCLE 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.

DANCE FOR PARKINSON'S

Designed for individuals living with Parkinson's Disease or limited mobility, as well as their care partners, to enjoy the joy of moving to music. This research-backed class offers both physical and emotional benefits for participants. Movements are adapted for those who may need to remain seated.

Wednesdays, Nov 4 - Dec 16 **1:15 - 2:15 pm**
Members: FREE **Non Members:** FREE

PARKINSON SUPPORT & CAREGIVER SUPPORT GROUPS

Meet others who understand.
For more info contact Jayne at jtrosin@your-y.org.

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.

HEALTHY AGING FAIR

October 21 | YMCA Gym | 9 - 11:30 am

This free, annual event is for anyone 60 years and older.

Functional Fitness tests available. Blood pressure testing, local vendors, chair massage, door prizes, and more!

10-10:45 am: Yoga for Healthy Aging (Wellness Center)
10-10:45 am: Drums Alive! (Adams Room)
11 am: Dr. Maria Stevens - Exercise IS Medicine Talk (Adams)
Light Stone Soup Cafe lunch provided

Visit www.your-y.org/events for details.

Hero Sponsor:

Baystate Health

BLOOD PRESSURE SELF-MONITORING PROGRAM

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

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

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

FREE Blood Pressure checks at the Y

MONDAYS
9:30 - 12 pm

WEDNESDAYS
9:30 - 11 am

FRIDAYS
9:30 - 11 am

Or by Appointment

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

ADULT RECREATION & WELLNESS

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.

PICKLEBALL SKILLS & DRILLS

Classes are designed to help Pickleballers from beginner to advanced work on technique and details of the game. Coach Stacey Mac will take the time to enhance your skills so you can become better at the sport.

Thursdays, Nov 5 – Dec 17 **12 – 1 pm**
Members: $15 per class **Non Members:** $20 per class

PICKLEBALL PLAY WITH COACHING INSTRUCTION

Stick around after skills and drills or come in to get better while playing with Coach Stacey Mac. Learn in real time techniques to gain a competitive edge on your opponents.

Thursdays, Nov 5 – Dec 17 **1 – 2 pm**
Members: $15 per class **Non Members:** $20 per class

PICKLEBALL 101: LEARN HOW TO PLAY!

If you have been curious as to how to play, and what the rules you now have a chance to learn the game of pickleball. Coach Stacey Mac brings years of experience and knowledge. All age groups are welcome. This is an all ages class. We strongly encourage our youth to come out and learn a new sport. Great for families to learn the game and play together!

Ages 18+
Saturday DROP-IN! Nov 7 – Dec 19 1 – 2 pm
Members: $15 per class **Non Members:** $20 per class

Ages 8-17
Saturday DROP-IN! Nov 7 – Dec 19 1 – 2 pm
Members: $5 per class **Non Members:** $10 per class

VOLLEYBALL CO-ED ADULT LEAGUE

Join us for some Volleyball fun at the Y! Open to players 18+ and all skill levels are welcome to participate. Teams are welcome and interested individuals can be placed on teams for competitive balance.

Tuesdays, Nov 3 – Dec 15 **7 – 9 pm**
Members: $80 **Non Members:** $120

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!**

Thursdays, Nov 4 – Dec 16 **8 – 9 pm**
Members: $135 **Non Members:** $210

Coming Soon! **AERIAL FABRIC & AERIAL SLING**
Reach new heights with our NEW aerial program! Students will build strength, flexibility, coordination, and confidence while learning exciting aerial skills including climbs, poses, wraps, and transitions. Perfect for beginners and experienced athletes looking to explore a new way to move!

Stay tuned for class schedules and registration details.

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.

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

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 Nov 2 - Dec 18 8 - 8:45 am
Members: $75 **Non Members:** $160

TuTh Nov 3 - Dec 17 8 - 8:45 am
Members: $60 **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 Nov 2 - Dec 18 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 Nov 2 - Dec 18 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 Nov 2 - Dec 16 5:35 - 6:20 pm
Members: $60 **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 Nov 3 - Dec 17 8:50 - 9:35 am
Members: $60 **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 Nov 3 - Dec 17 9:40 - 10:10 am
Members: $50 **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 Nov 2 - Dec 18 9:50 - 10:35 am
Members: $75 **Non Members:** $160

TuTh Nov 3 - Dec 17 10:15 - 11 am
Members: $60 **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 Nov 2 - Dec 18 2:30 - 3:15 pm
Members: $75 **Non Members:** $160

TuTh Nov 3 - Dec 17 2:30 - 3:15 pm
Members: $60 **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 Nov 5 – Dec 17 5:30 – 6 pm
Members: $73 **Non Members:** $160

LIFEGUARD INSTRUCTOR COURSE – NEW!

Lifeguard Instructor Course is to train instructor candidates to teach the basic-level course and modules in the American Red Cross Lifeguarding program.

Course Prerequisites – Instructor candidates must:

- Be at least 17 years old on or before the final scheduled session of the Lifeguarding Instructor course.
- Possess a current basic-level certification in American Red Cross Lifeguarding (including Deep Water) with CPR/AED for Professional Rescuers and First Aid.
- Obtain all required instructor and participant course materials before starting the course.
- Successfully complete the online session of the Lifeguard ing Instructor course prior to the precourse session.
- Successfully complete the prerequisite skill assessment scenario to continue in the course.

This is Blended Learning (2 hours) followed by in-person class time (16 hours).

Sa Su December 5 & 6
Members: $350 Non Members: $450 Y Employees: $250

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.

GATOR CLUB

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

Saturday Nov 7 – Dec 19 9:15 – 10 am
Members: $79 Non Members: $160

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.**

Thursday Nov 5 – Dec 17 10:15 – 11:30 am
Members: $104 **Non Members:** $180

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 Nov 3 – Dec 15 4 – 4:30 pm
Thursday Nov 5 – Dec 17 4 – 4:30 pm
Saturday Nov 7 – Dec 19 11:30 am – 12 pm
Members: $73 **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.**

Thursday Nov 5 – Dec 17 4:30 – 5 pm
Friday Nov 6 – Dec 18 4:30 – 5 pm
Saturday Nov 7 – Dec 19 11 – 11:30 am
Members: $73 **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 Nov 5 – Dec 17 5 – 5:30 pm
Friday Nov 6 – Dec 18 5 – 5:30 pm
Saturday Nov 7 – Dec 19 10:30 – 11 am
Members: $73 **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 Nov 4 – Dec 16 4 – 4:30 pm
Saturday Nov 7 – Dec 19 10 – 10:30 am
Members: $73 **Non Members:** $160

LEVEL 5 & 6: Stroke Development / Mechanics
Introduces breaststroke and butterfly and reinforces water safety though 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 Nov 4 – Dec 16 4:30 – 5 pm
Members: $73 **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 Nov 5 – Dec 17 5:30 – 6 pm
Members: $73 **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 Nov 4 – Dec 16 5 – 5:30 pm
Members: $73 **Non Members:** $160

YOUTH SPORTS / PROGRAMMING

GIRLS DEVELOPMENTAL BASKETBALL

Weekly basketball league will emphasize the fundamentals of basketball with individual attention given to each young player. Kids will be taught the basic techniques of shooting, dribbling, passing, rebounding, and defense. These sessions will not only provide a fundamental base for each young player, but will also be a fun and enjoyable experience for every player. All participants will be placed on balanced teams for friendly competition.

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

Ages 8–13
Saturday Nov 7 – Dec 19 11 – 12 pm
Members: $65 **Non Members:** $105

WRESTLING AT FCY

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. We will also work on basic partnered wrestling, basic takedowns, and games to learn the sport. 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!

Cubs: Ages 4–7
Sunday Nov 8 – Dec 20 11:30 am – 12:30 pm
Members: $65 **Non Members:** $105

Bruins: Ages 8–12
Sunday Nov 8 – Dec 20 12:30 – 1:30 pm
Members: $65 **Non Members:** $105

CO-ED BASKETBALL DRAFT LEAGUE

Youth will have the opportunity to learn the game of basketball through practices and competing in a team environment with weekly games. Teams will be balanced by a draft process. This is a fun way to learn and get better. **Starts November 5.**

5th & 6th Graders
Practice: Thursdays from 5–6 pm. Games: Sundays from 12–1:30 pm
Members: $80 **Non Members:** $120

7th & 8th Graders
Practice: Thursdays from 6–7 pm. Games: Sundays from 1:30–3 pm
Members: $80 **Non Members:** $120

PICKLEBALL 101: LEARN HOW TO PLAY!

If you have been curious as to how to play, and what the rules you now have a chance to learn the game of pickleball. Coach Stacey Mac brings years of experience and knowledge. All age groups are welcome. This is an all ages class. We strongly encourage our youth to come out and learn a new sport. Great for families to learn the game and play together!

Ages 18+
Saturday DROP-IN! Nov 7 – Dec 19 1 – 2 pm
Members: $15 per class **Non Members:** $20 per class

Ages 8–17
Saturday DROP-IN! Nov 7 – Dec 19 1 – 2 pm
Members: $5 per class **Non Members:** $10 per class

TEEN PERSONAL TRAINING SESSIONS

Tailored for athletes, beginners, and anyone ready to build confidence through fitness. Gain expert guidance in a supportive, judgment-free environment. Workouts are designed to help teens move smarter, lift safer, and feel better, both physically and mentally. 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 to register. 13 to 18 year olds.

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

E- SPORTS GAMING

Join us in our Game Room for supervised and responsible electronic games. Come and socialize with other gamers as we compete in games such as Rocket League, Mario Bros, FIFA Sports, NBA2K, Trackmania, Fortnite, Splatoon 3, etc. All are encouraged to sign up early as spaces are limited from day to day.

Ages 12–15
Monday – Friday Nov 2 – Dec 18 6 – 8 pm
Members: FREE **Non Members:** $5/visit

YOUTH PROGRAMMING

TEEN & JUNIOR LEADERS CLUB

FCY's Teen and Junior Leaders Club is for young volunteers committed to serving their community and the YMCA. Through meetings and supervised volunteering, the leaders will learn how to become dedicated and hardworking young adults in both group and independent settings. **Our first meeting will be Wednesday, October 21, 2026 at 6 pm in the YMCA Social Room.**

Ages 10–12; 13–18
Meets: 1st & 3rd Wednesday of the month 6 – 7:30 pm
Members & Non Members: Free to all who actively participate in meetings and volunteer events.

TEEN TAKEOVER

Grab your friends and head to Teen Takeover – this monthly event is just for teens! Hang out, work out, play games, shoot hoops, challenge your friends, and enjoy a fun, safe space where you can be yourself.

Each Teen Takeover features a different theme, plus free food and drinks to keep the fun going. Teens 13–18 will have access to the Y and its equipment (excluding scheduled classes), making it the perfect place to stay active and make new friends.

Advance registration is required. A signed parent/guardian permission form must be on file to attend.

Oct. 22: Halloween Party – Prizes for best costume. Inappropriate dress or costumes will be denied entry.

Nov. 19: Friendsgiving Party – Can't pick your family, but you can pick your friends! Enjoy a holiday meal with your friends.

Dec. 17: Secret Santa Party – Celebrate the holiday season with a gift for a friend, and receive a gift.

Ages 13–18
One Thursday a month (see above) **6 – 8 pm**
Members: $5/night **Non Members:** $10/night

KIDZONE

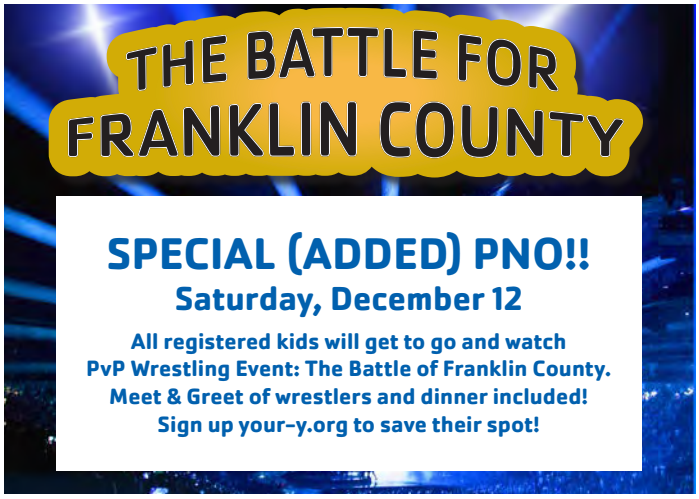
KidZone is available for YMCA Family Memberships who would like to bring their children to the Y while using the facility. Our youngest members will be engaged in room filled with age-appropriate toys while parents get their "me time". For kids ages 18 months to 12 years old. Free service for YMCA Family Members. Sign-up is required – visit www.your-y.org/classes or call the Y. Children must have at least one parent/guardian in the building.

M–Th 5:15 – 7:45 pm
Saturday 9 – 11 am, 10 – 12 noon
Family Members: FREE

PARENTS NIGHT OUT

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

1st & 3rd Saturday through May 2027 5 – 9 pm
Members: $20 for first child; $10 each additional sibling
Non Y Members: $25 for first child; $15 each add'l sibling



GAME ROOM PLAY

Game Room Play is available for parents who need to keep their kids busy while they use the Y *OR* use as a space for your family to play together. Kids & families will enjoy games, arts and crafts, and pool table & air hockey, and video games. For kids 5 years to 18 years old. Children must have at least one parent/guardian in the building.

Monday – Friday 6 – 7:45 pm
Family Members: FREE drop-in

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

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	Nov 3 – Dec 15	9 – 9:55 am
Thursday	Nov 5 – Dec 17	9 – 9:55 am
Friday	Nov 6 – Dec 18	11 – 11:55 am

Members: $5/child **Non Members:** $10/child

YOUTH GYMNASTICS

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.**

Thursday	Nov 5 – Dec 17	10:15 – 11:30 am

Members: $104 **Non Members:** $180

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	Nov 7 – Dec 19	9 – 9:45 am

Members: $109 **Non Members:** $184

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!

Wednesday	Nov 4 – Dec 16	10:15 – 11 am
Saturday	Nov 7 – Dec 19	9 – 9:45 am
Sunday	Nov 8 – Dec 20	9 – 9:45 am

Members: $109 **Non Members:** $184

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.

Wednesday	Nov 4 – Dec 16	10:15 – 11 am
Saturday	Nov 7 – Dec 19	10 – 10:45 am
Sunday	Nov 8 – Dec 20	9 – 9:45 am

Members: $115 **Non Members:** $185

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.

Thursday	Nov 5 – Dec 17	4:15 – 5 pm
Saturday	Nov 7 – Dec 19	11 – 11:45 am
Sunday	Nov 8 – Dec 20	10 – 10:45 am; 11 – 11:45 am

Members: $115 **Non Members:** $185

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	Nov 3 – Dec 15	4:15 – 5 pm
Wednesday	Nov 4 – Dec 16	4:15 – 5 pm
Saturday	Nov 7 – Dec 19	9 – 9:45 am, 1:15 – 2 pm
Sunday	Nov 8 – Dec 20	10 – 10:45 am

Members: $120 **Non Members:** $190

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	Nov 8 – Dec 20	9 – 9:45 am

Members: $120 **Non Members:** $190

BEGINNER GYMNASTICS 1

(5 – 6 yrs)

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

Monday	Nov 2 – Dec 14	4:15 – 5 pm
Wednesday	Nov 4 – Dec 16	4:15 – 5 pm
Thursday	Nov 5 – Dec 17	4:15 – 5 pm
Saturday	Nov 7 – Dec 19	10 – 10:45 am
Sunday	Nov 8 – Dec 20	10 – 10:45 am

Members: $120 **Non Members:** $190

YOUTH & SPECIALTY GYMNASTICS

BEGINNER GYMNASTICS 2 (7 – 8 yrs)

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

Monday	Nov 2 – Dec 14	4 – 4:55 pm
Wednesday	Nov 4 – Dec 16	4:30 – 5:25 pm
Saturday	Nov 7 – Dec 19	11 – 11:55 am
Sunday	Nov 8 – Dec 20	11 – 11:55 am

Members: $126 **Non Members:** $196

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	Nov 3 – Dec 15	4 – 4:55 pm
Sunday	Nov 8 – Dec 20	12:15 – 1:10 pm

Members: $126 **Non Members:** $196

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	Nov 2 – Dec 14	4 –4:55 pm
Saturday	Nov 7 – Dec 19	1:15 – 2:10 pm

Members: $126 **Non Members:** $196

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	Nov 8 – Dec 20	12:15 – 1:10 pm

Members: $126 **Non Members:** $196

NINJA 1 & 2 (5-7 & 8+)

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.

1	Thursday	Nov 5 – Dec 17	4 – 4:55 pm
2	Tuesday	Nov 3 – Dec 15	4 – 4:55 pm

Members: $126 **Non Members:** $196

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	Nov 4 – Dec 16	12:30 – 1:25 pm

Members: $126 **Non Members:** $196

CARTWHEELS & WALKOVERS

Build strong, confident cartwheels and walkovers while improving technique, flexibility, and strength through fun, progressive drills. **Prerequisite:** Gymnasts must be able to perform forward rolls, backward rolls, and a bridge with straight arms before enrolling.

Friday	Nov 6 – Dec 18	4:30 – 5:30 pm

Members: $126 **Non Members:** $196

BACK HANDSPRING CLUB

Learn the skills needed to develop a strong, safe back handspring! Focus on proper technique, drills, strength, and progressions to help gymnasts build confidence and consistency.
Prerequisite: Gymnasts must be able to independently perform a round-off and back walkover before joining this class.

Sunday	Nov 8 – Dec 20	12:15 – 1:10 pm

Members: $126 **Non Members:** $196

CHEER TUMBLE FUSION

A structured tumbling class designed specifically for cheerleaders looking to improve their skills and confidence. Athletes will work on proper technique, strength, body control, and progressions for cheer-specific tumbling skills including cartwheels, roundoffs, back handsprings, and advanced tumbling skills. Perfect for cheerleaders wanting to build stronger tumbling skills and take their routines to the next level!

Sunday	Nov 8 – Dec 20	10 –10:55 am

Members: $126 **Non Members:** $196

COMING SOON:

Friday Pop-Up Classes
Cheer leading Pom & Dance Classes
Aerial Fabric & Aerial Sling Classes

Stay tuned for class schedules and registration details.

SPECIALTY GYMNASTICS

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 Nov 4 - Dec 16 3:45 - 4:45 pm
Members: $75 per 60 min **Non Members:** $85 per 60 min

SENSORY-FRIENDLY OPEN GYMNASTICS CLASS

A welcoming gymnastics class designed for athletes who benefit from a flexible, supportive, and self-paced environment. Participants will explore gymnastics equipment, practice skills, and build strength, coordination, and confidence while learning at their own comfort level. Each athlete must have one parent/guardian or designated support worker present and actively participating with them during class.

Sunday Nov 8 - Dec 20 1:30 - 2:15 pm
Members: $126 **Non Members:** $196

ADAPTIVE GYMNASTICS (K-8th Grade)

Structured class designed to help athletes with diverse needs learn and develop gymnastics skills in a supportive environment. Participants will work on strength, coordination, balance, flexibility, and gymnastics progressions with guidance from our coaching staff. Child must have one parent/guardian or caretaker present and actively supporting them during class.

This class focuses on learning gymnastics in a structured setting. For athletes who benefit from a more open, self-paced experience, please consider our **Sensory-Friendly Open Gymnastics Class.**

School Age: Saturday Nov 7 - Dec 19 12:10 - 1:05 pm
Members: $126 **Non Members:** $196

Preschool: Friday Nov 6 - Dec 18 12:30 - 1:15 pm
Members: $109 **Non Members:** $184

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.

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

BIRTHDAY PARTIES AT THE Y

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: $290 **Non Members:** $415

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

2 Coaches | Members: $450 **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 info, please email Kara at kyounger@your-y.org

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

INTERESTED IN HOSTING AN EVENT AT OUR Y?
We rent rooms and spaces -
no Y Membership necessary.
Email membership@your-y.org with inquiries.

UPCOMING EVENTS

HEALTHY AGING FAIR & FITNESS ASSESSMENT

Senior-ita-ville

Wednesday, October 21 | 9 to 11:30 am | YMCA Gym | Free 60 years & older

- Functional Fitness tests for adults
- Walgreen's Vaccine Clinic
- Local Businesses & Organizations
- Snacks, door prizes, & more

Hero Sponsor: Baystate Health

FREE TALK AT 11 am in the Adams Room

Led by Maria Stevens, MD—a family medicine physician and experienced fitness educator—Exercise as Medicine for Chronic Disease explains how physical activity works in the body and why it is one of the most effective tools for managing chronic illness.

Listen to this talk while enjoying deliscious soup from Stone Soup Cafe!

2 Free Classes to Try in the Adams Room

10-10:45 am: Yoga for Healthy Aging (Wellness Center)
10-10:45 am: Drums Alive! (Adams Room)

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

INTRO TO FOUNDATION TRAINING

Intro to Foundation Training is a system of bodyweight exercises that focuses on breath, posture, movement patterns, and muscular engagement. It aims to retrain how your body moves and supports itself. By addressing the root causes of dysfunction and activating deep postural muscles, Foundation Training helps decompress the spine, improve mobility, eliminate chronic pain, and enhance physical capability.

This training develops the structural support needed for everything from daily tasks to demanding physical activities. If you are suffering from chronic pain that persists, have back pain, or are recovering from an injury, surgical procedure, or other physical setbacks that hinder your quality of life—or if your doctor has recommended physical therapy—this program may be right for you.

Kendra is a certified Foundation Training Instructor, Shiatsu Practitioner, and Biodynamic Craniosacral Therapist. With over 20 years of experience in teaching movement practices, she helps individuals reduce chronic pain, improve movement, and build greater resilience by restoring healthy movement patterns, posture, and breathing mechanics. https://kendrarenzoni.com/

UPCOMING EVENTS

FAFSA DAY!

Saturday, October 25
12–5 pm
FREE to all HS Seniors & Adults

Open to all high school seniors and adults planning to attend college. Get expert assistance completing the Free Application for Federal Student Aid (FAFSA) – a required step for most students seeking financial aid for college.

Register in advance so you'll receive information about the documents you'll need to successfully complete your FAFSA.

Questions? Please contact Joe Paige at jpaige@your-y.org

MEDICARE:
NEED TO KNOW 2027

Saturday, November 7
9 – 10 am
YMCA Social Room

Are you new to Medicare?
Already have Medicare?

Medicare can be complex, licensed agent, Erica Ann Beaudry, will help you navigate the Medicare maze and provide you with clear coverage options.

We will cover the basics of Medicare and some big changes coming for 2027. There will be time for questions and opportunities to schedule follow up individual meetings with the presenter.

This talk is free and open to everyone in the community.
Save your spot by visiting the Welcome Center or calling.

Medicare
PART A + PART B + PART D = PART C

FREE TALK FOR ALL!

JOIN OUR NEXT MEETING:
Wed. Oct 21
1st & 3rd Wed of the month
6 pm | Social Room
All Students Welcome!

UPCOMING EVENTS

Haunted Game Room
4–7:45 pm

Ghostly Gym Boo-Bounce
6 – 7:45 pm

Ghoulish Family Swim
6:10 – 7 pm

Spooky Gymnastics Play
6:45 – 7:45 pm

TEEN TAKEOVER

HALLOWEEN PARTY
October 22 | 6–8 pm
$5 Members
$10 Non Members
Ages 12–17

Register for SPOOKY FUN here!

HALLOWEEN FAMILY SWIM!

Thursday, October 29 from 5 – 6 pm
NO CHARGE FOR YMCA FAMILY MEMBERS!

FRANKLIN COUNTY'S Y & PIONEER VALLEY PROMOTIONS WRESTLING PRESENTS:

THE BATTLE FOR FRANKLIN COUNTY

One Ring. One Night. One Championship.

PIONEER VALLEY PROMOTIONS

EST. 2015

SATURDAY, DECEMBER 12

Franklin County's YMCA – Greenfield, MA

Doors Open: 6 PM | Bell Time: 7 PM

Tickets: $10 – $25 *(scan code to purchase)*

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