

Genesee County YMCA



Fall Session 2

OCTOBER 26, 2025 – DECEMBER 20, 2025

Member Registration: 9/29/25
Non-Member Registration: 10/13/25

A MESSAGE FROM THE EXECUTIVE DIRECTOR:

Dear YMCA Members,

As the weather turns cooler and the days grow shorter, there's no better time to stay active, engaged, and connected at the Y. We're excited to share our Fall 2 Program Guide, packed with opportunities for the whole family to learn, grow, and thrive this late fall and early winter season. Here's a look at what's coming up:

- **Group Exercise Classes** – From high-energy cardio to mindful yoga, we have a class for every fitness level and schedule
- **Youth Sports Programs** – Build skills, teamwork, and confidence with soccer, Tae-Kwon-Do, swimming and more.
- **Birthday Party Packages** – Celebrate your child's special day at the Y with fun, stress-free party options.
- **Parent's Night Out** – Enjoy an evening out while we keep your kids safe and entertained with games, crafts, and activities.
- **And so much more!** – Special events, family programs, and opportunities for connection are waiting for you this season.

We encourage you to explore the guide, try something new, and make the most of everything the Y has to offer. Whether your goal is to stay fit, build community, or create lasting family memories, there's something for everyone this season.

Thank you for being part of our Y family. Together, we're building a stronger, healthier community.

With gratitude,
Josh Bender
Executive Director
Genesee County YMCA



2026 GENESEE COUNTY STRONG COMMUNITIES CAMPAIGN

The Y's mission ensures everyone is welcome, regardless of their ability to pay for membership or programs. Through our Strong Communities Campaign, we provide scholarships to support youths, teens, adults, families, and seniors in our community.

Your support makes this possible. When you give to the Strong Communities Campaign you help strengthen our entire community, one person at a time.



DONATE





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GLOW YMCA 2025 - 2026

✗ Branch Closed
◐ Limited Hours

SEPTEMBER	SUN	MON	TUE	WED	THU	FRI	SAT
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GLOW YMCA

2025 - 2026

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 Limited Hours

NOVEMBER	SUN	MON	TUE	WED	THU	FRI	SAT
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DECEMBER	SUN	MON	TUE	WED	THU	FRI	SAT
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Session	Member Registration	Non-Member Registration
Fall I	8/11/2025	8/25/25
Fall II	9/29/25	10/13/25
Winter I	12/8/25	12/22/25
Winter II	2/9/25	2/23/25
Spring	4/6/25	4/20/25
Summer	6/1/25	6/15/25

Fall II Session Notes

- No programming 11/23 - 11/29
- Winter I registration opens 12/8 to members
- Holiday hours for Thanksgiving, Christmas and New Year

Have Your Birthday at the Y!



BOOK NOW

PARTY PACKAGES

- **Basic Room**
- **Adventure Room**
- **Swim Party**
- **Basketball Party**
- **Combo Packages**

PARENT'S NIGHT OUT



**DROP THE KIDS
OFF FOR FUN
& GAMES!**

**One Friday a month,
from 5:30 PM to 8
PM, for children
ages 3-12 (must be
potty trained). A
light snack is
provided.**

REGISTER



FRIENDSGIVING

Friday November 7th

**Join us in celebrating
friendships and all the things
we are thankful for**

POLAR EXPRESS PAJAMA PARTY

Friday December 5th

**Come in PJs and enjoy hot
cocoa while we watch
The Polar Express**

TO REGISTER
AND LEARN
MORE ABOUT
OUR CURRENT
LESSON
OFFERINGS
VISIT OUR
WEBSITE OR
STOP BY THE
FRONT DESK!

LEARN
MORE



SWIM LESSONS

At the Genesee County YMCA, we provide a range of swim lessons tailored to help swimmers of every age and skill level gain confidence and expertise in the water. Whether you're beginning with the fundamentals or gearing up for a swim team, our lessons are crafted to cultivate essential skills in a fun and encouraging atmosphere.

FOR ALL AGES

Private lessons offer the chance to have 1 on 1 or small group swim instruction based on individual skills and needs. Individually Scheduled.

AND ABILITIES

The YMCA Diverse Abilities class offers customized swimming lessons for all skill levels, catering to individuals with autism and physical disabilities, from infants to adults. Instructors work closely with parents to meet specific goals for each participant.

Infants and parents join in water activities with games and learning skills like blowing bubbles, entering and exiting the pool, and submerging their faces.

Water
Discovery

Parent/Child class with instructor interaction. Helps toddlers learn basic water skills. Use of independent flotation devices is optional.

Water
Exploration

This is a beginner level for children. This level allows children to become acquainted with the pool, the use of flotation devices, and basic skills.

Stage
1

Children continue to practice and build upon basic skills, now performing more skills with limited aid of a flotation device. Elementary backstroke is introduced.

Stage
2

This is the initial intermediate level. Children must be able to swim 1 length of the pool. Strokes will continue to be refined, breaststroke is introduced.

Stage
3

In this level, students work to further improve the crawl stroke, elementary backstroke, back crawl, and side stroke.

Stage
4

This class focuses on building endurance and stroke technique. This is a great class for those interested in swim team.

Swim Team
Prep

YOUTH PROGRAMING



From basketball and soccer to swim and more, our youth sports programs help kids build skills, confidence, and friendships in a fun, supportive environment.

PEEWEE SOCCER

Peewee Soccer (Ages 3–5) is a fun, beginner-friendly program that introduces young kids to the game. Players learn the basics of soccer through simple drills and games that build teamwork, coordination, and confidence all while having fun!
Wednesdays 5:15–6:00pm

VOLLEYBALL

Youth Volleyball (Ages 8–14) is a fun, skill-building program where players learn the fundamentals of serving, passing, setting, and teamwork. With age-appropriate drills and games, kids build confidence on the court while developing a love for the game.
Mondays 6:30–7:30

GLOW ALL-STARS

This Sport Sampler Class for older kids (ages 8–14) offers a fun way to learn various sports and physical activities. It builds on the Glow Getters program, emphasizing teamwork, sportsmanship, and enjoyment in play.
Thursdays 5:00–6:00

REGISTER



YOUTH PROGRAMING



From basketball and soccer to swim and more, our youth sports programs help kids build skills, confidence, and friendships in a fun, supportive environment.

CLUB SOCCER

Club Soccer is designed for players ready to take their skills to the next level! The season runs from the last week of October through February/March, with practices held twice a week. League play begins in January, giving players the chance to compete, grow as a team, and sharpen their game throughout the season.

Elementary Club (4th–6th grade)
Wednesdays & Saturdays

Jr High Club (7th–8th grade)
Tuesdays and Saturdays

Varsity Club (9th–12th grade)
Tuesdays and Saturdays

YOUTH SOCCER

Youth Soccer (Grades K–3) teaches young players the basics of soccer in a fun, supportive setting. Kids engage in age-appropriate drills and games to learn skills like dribbling, passing, shooting, and teamwork, fostering confidence and a love for the sport.

REGISTER





**MEMBER BENEFIT:
FREE TAEKWONDO!**

TAE-KWON-DO

Tae Kwon Do is a Korean martial art focusing on self-defense with hands and feet, enhancing coordination, strength, and confidence. Classes involve stretching, exercises, fighting patterns, unarmed sparring, and its philosophy.

FREE TO MEMBERS!

Registration is required.
Recommended for ages 7 and up.

REGISTER



TRAININGS & CERTIFICATIONS

LIFEGUARDING COURSE

This American Red Cross Blended Learning Lifeguard Course combines online coursework with in-person, instructor-led sessions to train participants in lifeguarding, CPR, AED, and first aid.

**Upon successful completion, participants receive a Lifeguarding certification valid for two years.
Must be 15 years or older.**

October 17th-19th

CPR, AED & FIRST AID

This Health & Safety Institute (HSI) CPR, AED, and First Aid Class is teaches individuals lifesaving skills for responding to medical emergencies.

The course covers CPR for all ages, the use of an AED, and basic first aid techniques.

Upon successful completion, students may receive a certification valid for 2 years.

November 10th or December 8th

REGISTER



GLOW RIPTIDE SWIM TEAM



Ready to Take Your Swimming to the Next Level?

Join the GLOW Riptide Swim Team and push yourself to be your best!

- Build power, speed, and technique
- Train with expert coaches
- Compete with a team that brings out your strongest performance

Your first practice is waiting!
Dive in today!

**LEARN
MORE**



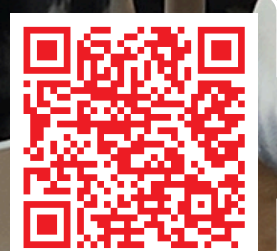
WHERE COMMUNITY COMES TOGETHER

Bring your group, club, or team to the Y and make it your home base!

Our Community Rooms are the perfect place to gather, connect, and grow.

When you book multiple weeks, you'll save with our recurring rental discount!

LEARN
MORE





**TOGETHER, WE
RISE HIGHER,
PUSH FARTHER,
AND BECOME
STRONGER.**



GLOW Riptide Swim Team

GENERAL INFORMATION AND POLICIES

AGE REQUIREMENTS

All children 12 and under must be accompanied by an adult member and/or have a parent or guardian in the facility at all times while using the YMCA unless participating in a supervised youth program or activity.

WELLNESS CENTER

12 years: Wellness Consultation required, must be 5 feet tall (60 inches).

14 years: Wellness Consultation required, adult supervision is not required.

Must be 14 years old to participate in group exercise classes (land or water).

AQUATICS

The pool will close for 30 minutes after the last strike of thunder or lightning per the Health Department.

Infants and non-potty trained toddlers must wear a swim diaper.

CHILD WATCH

Drop off available for family membership categories. 1.5 hours per day for ages six weeks through twelve years.

CREDITS/REFUNDS

Refunds are available only with an accompanying signed medical release from your doctor. Prior membership dues can be refunded for a maximum of two months only. Credits may be applied to program fees or annual invoice membership dues and must be used within one year of issue. Gift Certificates are for GLOW YMCA programs or services only and cannot be redeemed for cash or refunded to a credit card. Note: a \$20.00 service charge will be assessed for any item returned to the YMCA, such as, but not limited to: insufficient funds, closed bank account number, invalid or incorrect credit card number.

GENERAL INFORMATION AND POLICIES

LOCKER ROOM USE

We offer three locker room facilities: Women/Girls, Men/Boys and Family. Please utilize the appropriate locker room. There is to be no public changing in the family locker room. Please utilize the changing stalls or private shower rooms.

LOCKERS

Lockers are available for **daily use only**. All participants are encouraged to bring a lock to lock their personal belongings. The YMCA is not responsible for unsecured or lost personal items. Items left overnight will be removed from lockers.

NO SMOKING POLICY

The GLOW YMCA is committed to providing and maintaining a safe and healthy environment for all members, volunteers, and staff. Therefore, smoking is prohibited throughout our YMCA facilities and grounds. We thank you for your cooperation.

MAKE-UP POLICY

There will be no make-up classes unless class is cancelled by the YMCA.

CELL PHONE AND CAMERA POLICY

The use of cell phones or camera phones is not permitted in the locker rooms, wellness center, gymnasium, and other program areas. Photos and videos may be taken only with the signed permission of YMCA management and all participants being photographed.

INSURANCE

The GLOW YMCA does not carry individual accident insurance for participants. Individuals participate at their own risk. It is recommended that you consult your physician prior to starting any new wellness routines.