

Genesee County YMCA



Winter Session 1

JANUARY 4, 2025 – FEBRUARY 28, 2026

Member Registration: 12/08/25
Non-Member Registration: 12/22/25

A MESSAGE FROM THE EXECUTIVE DIRECTOR:

Dear Members and Friends,

As winter settles in and the year draws to a close, the YMCA continues to be a place where warmth, community, and connection thrive. Whether you're looking to stay active or simply spend quality time with family and friends, the Y has something for everyone this season.

Our Winter Session is filled with opportunities to move, grow, and belong, from youth sports and swim lessons to group fitness classes, family programs, and personal training. It's the perfect time to set new goals and keep your mind and body energized through the colder months.

This time of year also reminds us how meaningful it is to give the gift of health and community. A YMCA membership makes a thoughtful gift for family, friends, or colleagues, one that supports their well-being and connects them to something bigger. You can purchase a membership gift for someone special and share the Y experience with those you care about most.

Thank you for being part of our YMCA family. Your continued support allows us to strengthen our community, nurture potential, and ensure everyone has a place to belong, no matter the season.

Wishing you and your loved ones a joyful and healthy winter!

Josh Bender
Executive Director
Genesee County YMCA



Josh Bender and Volunteer of the Year, Calvin Klemmer

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








GLOW YMCA 2025 – 2026


 Branch Closed
 Limited Hours

SEPTEMBER	SUN	MON	TUE	WED	THU	FRI	SAT
			2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				

OCTOBER	SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	



NOVEMBER	SUN	MON	TUE	WED	THU	FRI	SAT
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	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25			28	29
	30						


DECEMBER	SUN	MON	TUE	WED	THU	FRI	SAT
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	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23			26	27
	28	29	30				

JANUARY	SUN	MON	TUE	WED	THU	FRI	SAT
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	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

FEBRUARY	SUN	MON	TUE	WED	THU	FRI	SAT
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	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28

MARCH	SUN	MON	TUE	WED	THU	FRI	SAT
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	15	16	17	18	19	20	21
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	29	30	31				

APRIL	SUN	MON	TUE	WED	THU	FRI	SAT
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	26	27	28	29	30		

MAY	SUN	MON	TUE	WED	THU	FRI	SAT
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JUNE	SUN	MON	TUE	WED	THU	FRI	SAT
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	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
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JULY	SUN	MON	TUE	WED	THU	FRI	SAT
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	19	20	21	22	23	24	25
	26	27	28	29	30	31	

AUGUST	SUN	MON	TUE	WED	THU	FRI	SAT
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	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31					

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2025 – 2026

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JANUARY	SUN	MON	TUE	WED	THU	FRI	SAT
						2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
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FEBRUARY	SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28

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

Winter I Session Notes

- Closed for New Year Day 1/1
- Winter II registration opens 2/9 to members
- No programing 2/15 – 2/21

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

SNOW MUCH FUN

Friday January 9th

**Join us for a warm night in
with crafts and snacks!**

HEARTS & CRAFTS

Friday February 6th

**Join us in celebrating
kindness and friendship!**





**SPEND THE DAY
OFF FROM
SCHOOL AT THE Y!**

**Children will need to
bring appropriate gym
clothes, sneakers,
swim suit, towel and a
bag breakfast, lunch,
and snack.**

January 20th

January 30th

February 16 – 20th

REGISTER



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.

GLOW GETTERS

This Sport Sampler Class for children ages 3-7 introduces kids to various sports and activities, fostering motor skills, coordination, and teamwork in a fun, playful environment.

Wednesdays 5:15-6:00

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 TAEKOWDO!**

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



BASKETBALL OPEN GYM

Gym fully open for all members to come and enjoy our gym for strictly basketball. Come hone your skills, get a great workout, and enjoy some friendly pickup games! Our open gym is the perfect place for players of all skill levels, whether you're looking to refine your jump shot or just run some casual 3-on-3. We provide a welcoming and inclusive environment, just bring your enthusiasm and your A-game!



FRIDAYS 5:00-UNTIL



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.

December 27th & 28th
or
February 14th and 15th

CPR, AED & FIRST AID

This Health & Safety Institute (HSI) CPR, AED, and First Aid Class 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.

January 12th or February 9th

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





**In every job that
must be done,
there is an
element of fun.**

– Mary Poppins



GLOW YMCA Childcare Directors

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.