

Wyoming 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 YMCA Members,

As the temperatures drop and daylight dwindles, it's the perfect season to stay active and connected at the Wyoming County YMCA. We're excited to share our Winter 1 Program Guide—filled with programs and activities designed to help you and your family learn, grow, and thrive throughout the winter.

Here's a preview of what's ahead:

Group Exercise Classes – Whether you're looking for energizing cardio or calming yoga, we offer options for all fitness levels and schedules.

Youth Sports Programs – From archery and art classes to swimming and more, kids can build skills, confidence, and teamwork.

Birthday Party Packages – Celebrate your child's big day with fun, easy, stress-free party choices at the Y.

Parent's Night Out – Enjoy an evening to yourselves while we keep your children happy and engaged with games, crafts, and activities.

And so much more! – Explore special events, family-friendly programs, and many ways to connect this season.

I invite you to dive into the program guide, discover something new, and make the most of everything the Y has to offer. Whether you're looking to stay healthy, meet new people, or create meaningful family moments, you'll find something for everyone.

Thank you for being a valued part of our Y community. Together, we're creating a stronger, healthier future.

With appreciation,
Heather Davy
Executive Director
Wyoming County YMCA



2026 WYOMING 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 |
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| OCTOBER | SUN | MON | TUE | WED | THU | FRI | SAT |
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| | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
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| | 26 | 27 | 28 | 29 | 30 | 31 | |
| | | | | | | | |



| NOVEMBER | SUN | MON | TUE | WED | THU | FRI | SAT |
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| | 23 | 24 | 25 |  |  | 28 | 29 |
| | 30 | | | | | | |


| DECEMBER | SUN | MON | TUE | WED | THU | FRI | SAT |
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| | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | 21 | 22 | 23 |  |  | 26 | 27 |
| | 28 | 29 | 30 |  | | | |
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| JANUARY | SUN | MON | TUE | WED | THU | FRI | SAT |
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| | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
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| FEBRUARY | SUN | MON | TUE | WED | THU | FRI | SAT |
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| | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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| MARCH | SUN | MON | TUE | WED | THU | FRI | SAT |
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| | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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| APRIL | SUN | MON | TUE | WED | THU | FRI | SAT |
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| MAY | SUN | MON | TUE | WED | THU | FRI | SAT |
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| JUNE | SUN | MON | TUE | WED | THU | FRI | SAT |
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| | 31 | 1 | 2 | 3 | 4 | 5 | 6 |
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| | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
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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 | |
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| AUGUST | SUN | MON | TUE | WED | THU | FRI | SAT |
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| | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | 30 | 31 | | | | | |

GLOW YMCA

2025 – 2026

 Branch Closed
 Limited Hours

| JANUARY | SUN | MON | TUE | WED | THU | FRI | SAT |
|---------|-----|-----|-----|-----|---|-----|-----|
| | | | | |  | 2 | 3 |
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| | 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 |
|----------|-----|-----|-----|-----|-----|-----|-----|
| | 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 |
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| | | |
|-----------|-----------|----------|
| 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
- Gymnasium
- Swim Party
- Nerf War Party
- Combo Packages



**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.**

**Christmas Break
12/26, 12/29, 12/30,
& 1/2**

**January Days
1/19 and 1/23**

**President's Day Recess
2/16 -2/20**

REGISTER



PARENT'S NIGHT OUT



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

**For children ages
4-12 (must be
potty trained).**

**A light snack is
provided.**

CHRISTMAS PJ/MOVIE PARTY

**Saturday, December 13th
1:00 to 5:00 pm**

**Need an afternoon to finish up
Christmas shopping? Bring the kids
down to watch a holiday movie, craft,
and make Christmas cookies!**

LET'S GLOW CRAZY!

**Friday, January 16th
5:30 to 7:30 pm**

**Let's bounce into the new year!
Come join us for a GLOW dance
party, bounce house, and pizza!**

WINTER BEACH BASH

**Saturday, February 21st
10:00 am to 12:00 pm**

**Escape the winter blues
with tropical vibes**

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 Wyoming 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.

Stage
5



Wyoming County Winter 1



New!
Longer Classes!

*Stages 1-5 are now
35 minutes!

SWIM LESSONS

| CLASS | AGE | DAY | TIME | MEMBER | NON-MEMBER |
|-------------------|-------------|----------|--------------------|--------|------------|
| Water Discovery | 6mos-18mos | Monday | 5:00 pm | \$65 | \$115 |
| | | Saturday | 9:00 am | \$65 | \$115 |
| Water Exploration | 18mos-3 yrs | Monday | 5:35 pm | \$65 | \$115 |
| | | Saturday | 9:00 am | \$65 | \$115 |
| Stage 1 | 3- 5 years | Thursday | 5:00 pm or 5:40 pm | \$75 | \$125 |
| | | Saturday | 9:35 am | \$75 | \$125 |
| Stage 1 | 5-12 years | Thursday | 6:20 pm | \$75 | \$125 |
| | | Saturday | 10:15 am | \$75 | \$125 |
| Stage 2 | 3-5 YEARS | Thursday | 5:00 pm or 5:40 pm | \$75 | \$125 |
| | | Saturday | 9:35 am | \$75 | \$125 |
| Stage 2 | 5-12 YEARS | Thursday | 6:20 pm | \$75 | \$125 |
| | | Saturday | 10:15 am | \$75 | \$125 |
| Stage 3 | 3-12 years | Thursday | 5:00 pm | \$75 | \$125 |
| Stage 4 | 3-12 years | Thursday | 5:40 pm | \$75 | \$125 |
| Stage 5 | 3-12 years | Thursday | 6:20 pm | \$75 | \$125 |

YOUTH PROGRAMING



From Archery and swim to Art Classes, our youth programs help kids build skills, confidence, and friendships in a fun, supportive environment.

ARCHERY

Tuesday Evenings

Archery 1 (Ages 8-12) 5:30-6:30

Archery 2 (Ages 13 and up) 6:30-7:30

Let's cover the basics of Archery equipment, safety, and shooting techniques!

All equipment provided but participants are always welcome to bring their own!

POUR YOUR ART OUT

Pour Your ART Out (Ages 8 and up) is a fun way to learn some tips and tricks, to create your own masterpiece. Each class will focus on different painting techniques using various tools. Artists will learn how to use sponges, Q-Tips, and toothbrushes to create different elements within their paintings. We will do a new painting each week! Saturdays 9:30 to 11 am



REGISTER



ADULT PROGRAMING

We offer lots of
fun things for
our adult
community as
well!

REGISTER



PAINT CLASSES

No skill required!

**Come enjoy relaxing for a couple
hours and create a masterpiece
with us! With the option of two
different times, we hope you can
make it!**

Winter Birch Painting

1/28 12-2:30pm 1/30 5:30-7:30pm

EUCHRE CLUB

**Silver Connections Euchre Club
is a great place to brush up on
your skills, while enjoying
snacks and laughter of course!
All are welcome to join in the
fun!**

**1/7, 1/21, 2/4, and 2/18
12-2:30**

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.