

Orleans County YMCA



Winter Session 2

MARCH 8, 2026 - MAY 2, 2026

Member Registration: 2/09/26
Non-Member Registration: 2/23/26

A MESSAGE FROM THE SENIOR PROGRAM DIRECTOR:

Dear YMCA Family,

Winter in Medina brings a special kind of energy, neighbors coming together, kids bundled up for practice, and families looking for ways to stay active and connected. At the Orleans County YMCA, we're proud to be a place where that energy comes to life, and I'm excited to share all that we have planned this season.

I'm Andrew, the new Senior Program Director, and as a Medina native, I'm especially proud to be stepping into this role. My focus is on rebuilding and strengthening the programs that bring families and community members through our doors – especially youth sports, which have always been a core part of what makes the Y such a special place. Whether you're here for your child's first soccer class or a pickup game with friends, I want this Y to feel like home.

Here's a glimpse at what's coming up this winter:

- Peewee Soccer & Youth Leagues – Get your kids moving and learning teamwork through basketball, soccer, and more.
- Dance and Tumbling Classes – Perfect for young movers who want to explore rhythm and creativity.
- Bible-Based Cooking Classes – A unique blend of life skills, faith, and fun in the kitchen.
- Adult Sports – Stay active with Men's League Basketball, Adult Volleyball, and other programs designed for grown-ups who love the game.
- Family-Friendly Fun – Watch for seasonal events and new opportunities to connect as a community.

No matter your age or interest, there's something for you at the Y this winter. I invite you to take a look through our guide, try something new, and be part of the community we're building, one program, one connection at a time.

Hope to see you soon,
Andrew Houseman
Senior Program Director
Orleans County YMCA



2026 ORLEANS 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
		X	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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DECEMBER	SUN	MON	TUE	WED	THU	FRI	SAT
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	14	15	16	17	18	19	20
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JANUARY	SUN	MON	TUE	WED	THU	FRI	SAT
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	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
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MARCH	SUN	MON	TUE	WED	THU	FRI	SAT
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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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JULY	SUN	MON	TUE	WED	THU	FRI	SAT
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AUGUST	SUN	MON	TUE	WED	THU	FRI	SAT
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GLOW YMCA 2026

 Branch Closed
 Limited Hours

MARCH	SUN	MON	TUE	WED	THU	FRI	SAT
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APRIL	SUN	MON	TUE	WED	THU	FRI	SAT
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	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30		

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 II Session Notes

- Limited branch hours on April 3rd
- YMCA closed on April 5th
- Spring registration opens on April 6th for members



Have Your Birthday at the Y!

**REACH OUT TODAY FOR
SCHEDULE:**

kthielemann@glowymca.org

PARTY PACKAGES

- **Standard**
- **Premium**
- **Ultimate**
- **Nerf**
- **Members Only**

FAMILY EVENTS



FROSTY FUN & BACKYARD BATTLES

Friday January 16th

Join us for family fun winter festivities! Our first parents night out of the year!

SNOW SHOE AND PICNIC

Saturday January 17th

Join us for snow shoeing followed by indoor games with hot chocolate!

LEGACY & LAUGHTER SOCIAL

February 14th

A kid hosted afternoon with music, games, light treats, and fun. Playground open for tiny tornadoes!

GLOW NERF WARS

February 20th

Join us for a fun, glowing Nerf battle with safe play, simple games, and provided safety equipment and darts.

**BRING YOUR
KIDS AND
FAMILY**

**Come see us for our
family events! A
light snack is
provided while
families enjoy time
together.**

REGISTER



WINTER II PROGRAMMING

YOUTH HOMESCHOOL

Our Homeschool Program provides students with a structured, engaging mid-day experience that supports physical health, learning, and social connection. Participants take part in strength and conditioning, physical education, nutrition education, team sports, and more—all in a fun, supportive environment designed to complement homeschool learning.

Brought to you by a NYS certified physical education teacher.

ADULT PICKLEBALL

Join us on Sunday mornings and Tuesday evenings for free, competitive pickup games in a laid-back setting. Whether you're here to stay active, sharpen your skills, or just enjoy the game, all levels are welcome. No registration for members required.

COOKING CLASSES

Our cooking classes make home cooking simple and enjoyable. From baked treats to quick weeknight meals and smart meal-prep ideas, you'll learn useful skills, cook alongside others, and enjoy a full meal together in our inviting kitchen.

MORE GROUP EX OFFERINGS

We're expanding our Group Exercise lineup! Enjoy Strength & Conditioning, Cross HIIT, TRX, Yoga (coming soon), and more—plus all your favorite classes from before. With something for every fitness level, join in on the fun!

VOLLEYBALL

Adult Volleyball is a fun, league where players can enjoy weekly gameplay and connect with others who love the sport. Whether you're returning to the court or playing for the first time this league offers great competition and even better community.
Mondays 5:30–8:00 PM

WHERE COMMUNITY COMES TOGETHER

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

Our Gymnasium and Rec Room are the perfect places 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.**



OUR ZUMBA SQUAD HARD AT WORK!