

# Orleans County YMCA



# Spring Session

MAY 3, 2026 - JUNE 20, 2026

**Member Registration: 4/06/26**

**Non-Member Registration: 4/20/26**

## A MESSAGE FROM THE SENIOR PROGRAM DIRECTOR:

Dear YMCA Members,

As we head into the late fall season, the Y is a great place to stay active, connected, and engaged here in Orleans County. Our Fall 2 Program Guide is now available, featuring programs and opportunities for all ages.

Here's what's coming up:

- **Group Exercise Classes** – Options for every fitness level, from cardio to strength and yoga.
- **Youth Sports Programs** – Build skills, confidence, and teamwork through a variety of sports & opportunities!
- **Clubs & Enrichment Programs** – Expanded offerings this season with more ways to learn and connect.
- **Birthday Parties & Parent's Night Out** – Fun, easy options for families.
- **Events for All Ages** – More opportunities to get involved and stay connected.

We encourage you to explore the guide and find something that fits your goals this season.

Thank you for being part of our Y community—we're glad you're here.

Sincerely,  
Andrew Houseman  
Senior Program Director  
Orleans County YMCA





# Have Your Birthday at the Y!

**REACH OUT TODAY  
FOR SCHEDULING!**

**Contact**

[kthielemann@glowymca.org](mailto:kthielemann@glowymca.org)

## **PARTY PACKAGES**

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

# PARENT'S NIGHT OUT



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

**For children ages 3-12 (must be potty trained). A light snack is provided.**

## HAVE A MOM-ENT

**Friday May 15th**

**For moms! Drop the kids off and join us in the community center for light snacks and crafts!**

## FISHIN' FOR A MISSION

**Saturday June 20th**

**Join us at Glenwood lake for a day of fun free fishing! Childcare provided for the littles at the lake.**

**REGISTER**



# SWIM LESSONS

At the Orleans 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

We're excited to introduce Family Swim and expanded Group Exercise classes, offering new opportunities for all ages to stay active and connected. Family Swim provides a fun, welcoming space for families to enjoy the pool together, while our group exercise classes offer a variety of options to support all fitness levels and goals.

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**

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

**LEARN  
MORE**



# 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 SAMPLER

This Peewee Sport Sampler class (ages 3–5) introduces young children to a variety of basic sports and movement activities in a fun, supportive environment. The focus is on building coordination, listening skills, and confidence while encouraging teamwork and being active  
Thursdays 5:00–5:45 PM

## YOUTH SAMPLER

This Sport Sampler Class for older kids (ages 6–14) offers a fun way to learn various sports and physical activities. It builds a base of various sports and focuses on teamwork, sportsmanship, and enjoyment in play.  
Thursdays 6:00–7:00 PM

REGISTER



# ADULT 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.

## COOKING BASICS

Join us for an interactive and engaging Cooking Basics class designed to build confidence in the kitchen. Learn practical skills, enjoy a fun hands-on experience, and finish the class with a full meal to enjoy.

May 11<sup>th</sup> 5:30-7:00 PM

## EUCHRE CLUB

Euchre Club is a relaxed, social way to enjoy the game without the late nights. Join us twice a month for cards, snacks, and great company. Whether you're experienced or just learning, all are welcome to join in on the fun.

Two Mondays per Month 12:00-2:30 PM

REGISTER



# FOR THOSE WHO'VE SERVED

## FREE HAIRCUTS FOR VETERANS

We're proud to offer free haircuts for veterans at this special, veterans-only event.

Anthony from Phantom Cutz will be on site providing professional haircuts as a way to give back and show appreciation for those who have served.

May 4<sup>th</sup> 1:00-3:00 PM

## VETERANS PLUS ONE EUCHRE TOURNAMENT

Join us for a Veterans +1 Euchre Tournament, open to veterans and a guest for friendly competition and connection. Bring a partner and enjoy a relaxed, welcoming atmosphere. Food will be provided. Whether you're a seasoned player or just enjoy the game, it's a great way to spend time together and build community.

May 26<sup>th</sup> 10:00-12:30 PM

REGISTER

