

# Genesee 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 EXECUTIVE DIRECTOR:

Dear YMCA Members and Community,

As we welcome the spring season, I am filled with excitement and gratitude for the energy and growth happening throughout our YMCA. This time of year brings renewed opportunities for connection, activity, and personal development and our Spring Session guide reflects just that.

We are proud to offer a wide variety of programs for all ages and interests. From swim lessons that build confidence and life-saving skills, to volleyball and youth basketball that promote teamwork and healthy competition, there is something for everyone. Our aquatics offerings continue to expand with opportunities like water polo, while programs like Glow Getters provide a fun and engaging space for youth to stay active and connected.

Beyond our programs, I also want to take a moment to highlight an important initiative that makes so much of this possible. Our Strong Communities Campaign is currently underway, with a goal of raising \$70,000. These funds directly support individuals and families in our community by removing financial barriers and ensuring that everyone has access to the programs and services the YMCA provides.

We cannot do this work alone. It is through the generosity and support of members like you that we are able to make a lasting impact. Every contribution, no matter the size, helps strengthen our community and ensures that the YMCA remains a place where all are welcome and able to thrive.

Thank you for being a part of our YMCA family. I look forward to seeing you this spring and continuing to build a stronger, healthier community together.

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

<b>MAY</b>	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	<del>25</del>	26	27	28	29	30

<b>JUNE</b>	SUN	MON	TUE	WED	THU	FRI	SAT
	31	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				

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	2/9/26	2/23/26
Spring	4/6/26	4/20/26
Summer	6/1/26	6/15/26

## Spring Session Notes

- Closed for Memorial Day 5/25
- Summer registration opens 6/1 to members

# 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.**

## PICNIC PARTY NIGHT

**Friday May 1st**

**Join us for a fun-filled evening with games, crafts, and picnic-style snacks.**

## POOL PARTY!

**Friday June 5th**

**Join us in celebrating the end of the school year with a pool party!**

**REGISTER**



# 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**

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.

## 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 5:15-6:00pm

## GLOW ALL-STARS

This Sport Sampler Class for older kids (ages 8-12) 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 5:00-6:00pm

## VOLLEYBALL

Youth Volleyball (Ages 8-12) 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 6:30-7:30pm

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.

## YOUTH BASKETBALL

Our new Youth Basketball class will introduce children ages 8 & up to the basics of the game everyone loves.

From passing, to shooting and dribbling, all skills will be taught with age appropriate drills and lessons.

The focus is on effort, trying new things, and getting comfortable on the court. By the end of the program, most players will have a solid grasp of the basics and, just as importantly, the confidence to join a team or keep practicing on their own.

Geared to ages 8-12

Wednesdays 6:15-7:15pm

## WATER POLO

This exciting program introduces kids to the fast-paced sport of water polo in a fun, supportive environment. Participants will build swimming strength, learn basic ball-handling skills, and practice teamwork through games and drills designed just for their age group. No prior experience needed, just comfort in the water and a willingness to try something new! Geared to ages 8-14

Wednesdays 6:00-7:00pm

### REGISTER



# 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**



**\$115  
Value!**



**MEMBER BENEFIT:  
FREE TAEKOWDO!**

# BEGINNER PICKLEBALL

For the first hour of our Thursday session, one court will be dedicated to learning and exploring Pickleball! This beginner class is designed for older children/adults who are curious about the game but may have little to no experience. Whether you've never picked up a paddle or have only played a time or two, this class offers a comfortable, low-pressure way to learn.

Each session focuses on the fundamentals, how to hold the paddle, serve, keep score, and understand basic positioning, without overwhelming you. Skills are introduced step by step, with plenty of time to practice through simple drills and guided play. We also spend time explaining the rules in plain language, so you'll feel confident jumping into a casual game. No registration required!

**Thursdays 6:00-7:00**



# TRAININGS & CERTIFICATIONS

REGISTER



## 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.

May 16<sup>th</sup> & 17<sup>th</sup>

## 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.

May 11<sup>th</sup> & June 8<sup>th</sup>

## BABYSITTER TRAINING

The Red Cross Babysitter Training Course prepares youth to be safe, responsible, and confident babysitters. Participants learn essential skills like basic child care, safety and emergency response, age-appropriate activities, and how to handle real-life situations. This course is perfect for anyone looking to start babysitting or build their confidence caring for children.  
Ages 11-15

May 16<sup>th</sup>



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



**GLOW Riptide Summer Swim Team Coming Soon!**

# 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.