

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



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





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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
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OCTOBER	SUN	MON	TUE	WED	THU	FRI	SAT
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JANUARY	SUN	MON	TUE	WED	THU	FRI	SAT
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	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!

**REACH OUT TODAY
FOR SCHEDULING!**

Contact

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!

CARNIVAL EXTRAVAGANZA

Friday June 5th

Join us for a fun night of carnival style games with snacks, candy, and small prizes!

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.

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 11th 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 4th 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 26th 10:00-12:30 PM

REGISTER



WHERE COMMUNITY COMES TOGETHER

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

Our Rec Center and Gymnasium are the perfect place to gather, connect, and grow.

When you book multiple weeks, you'll save with our recurring rental discount!

**REACH OUT TODAY
FOR SCHEDULING!**

Contact

kthielemann@glowymca.org

MORE



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.