

# Wyoming 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,

As the weather turns warmer and the days grow longer, there's no better time to stay active, engaged, and connected at the Y. We're excited to share our Spring Program Guide, packed with opportunities for the whole family to learn, grow, and thrive this spring season.

Here's a look at what's coming up:

- **Group Exercise Classes** – From high-energy cardio to mindful yoga, we have a class for every fitness level and schedule
- **Youth Sports Programs** – Build skills, teamwork, and confidence with soccer, Tae-Kwon-Do, swimming and more.
- **Birthday Party Packages** – Celebrate your child's special day at the Y with fun, stress-free party options.
- **Parent's Night Out** – Enjoy an evening out while we keep your kids safe and entertained with games, crafts, and activities.
- **And so much more!** – Special events, family programs, and opportunities for connection are waiting for you this season.

We encourage you to explore the guide, try something new, and make the most of everything the Y has to offer. Whether your goal is to stay fit, build community, or create lasting family memories, there's something for everyone this season.

Thank you for being part of our Y family. Together, we're building a stronger, healthier community.

With gratitude,  
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**





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
		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**

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**NOVEMBER**

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**DECEMBER**

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**JANUARY**

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**FEBRUARY**

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**MARCH**

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**APRIL**

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**MAY**

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**JUNE**

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**JULY**

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**AUGUST**

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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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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**
- **Bounce House**
- **Swim Party**
- **Nerf Party**
- **Combo Packages**

# PARENT'S NIGHT OUT



## Flawertastic Fun

Come join us for some springtime fun! With plenty of Mother's Day flower crafts, sensory bins, and **PIZZA!**

Saturday, May 16<sup>th</sup> 11am - 1pm

## Builder Workshop

Put your building skills to the test! A fun packed evening with a relay race, Fathers day craft, a cardboard construction project, and a snack!

Friday, June 19<sup>th</sup> 5:30pm - 7:30pm

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

**One Friday or Saturday a month, for children ages 3-12 (must be potty trained). A light snack is provided.**

**REGISTER**



# VACATION CLUB



**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.**

**April 6<sup>th</sup> -  
April 10th**

**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 Archery 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 younger kids (ages 3-5) offers a fun way to learn various sports and physical activities. Designed to build teamwork, sportsmanship, and enjoyment in play.  
Saturdays 9am - 9:50am

## GLOW ALL-STARS

This Sport Sampler Class for older kids (ages 6-10) 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.  
Saturdays 10am - 11 am

REGISTER



# 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.