

Orleans County YMCA



Summer Session

JUNE 28, 2026 – AUGUST 22, 2026

Member Registration: 6/01/26

Non-Member Registration: 6/15/26

A MESSAGE FROM THE SENIOR PROGRAM DIRECTOR:

Dear YMCA Members,

Summer is a time for staying active, trying new things, and making lasting memories, and we're excited to share everything happening this season at the Orleans County YMCA. Our Summer Program Guide is filled with opportunities for all ages to stay engaged, connected, and involved throughout the community.

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

- Summer Camp – Keep kids active and learning through daily activities, field trips, and memorable learning experiences.
- Girls Flag Football – Be one of the first to experience girls flag football in your own community. This free program will provide a great introduction to the fast-growing sport.
- Group Exercise Classes – Stay moving with fitness classes designed for all experience levels and schedules.
- Adult Volleyball League – Stay competitive and active this summer with our returning adult league open to a variety of skill levels.
- Card & Tabletop Games Club - A welcoming space to relax, socialize, and enjoy card games and tabletop favorites.
- Peewee/Youth Backyard Games - Fun and active games for both youth and peewee age groups, focused on movement, teamwork, and having fun

We encourage you to explore the guide, get involved, and make the most of your summer at the YMCA. Thank you for being part of our Y community. We look forward to seeing you this season!

With gratitude,
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 |
| | 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 |
|----------|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | | 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 | | X | 28 | 29 |
| | 30 | | | | | | |

| DECEMBER | 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 | | X | 26 | 27 |
| | 28 | 29 | 30 | | | | |

| JANUARY | 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 | 31 |

| FEBRUARY | 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 |

| MARCH | 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 | | | | |

| APRIL | SUN | MON | TUE | WED | THU | FRI | SAT |
|-------|-----|-----|-----|-----|-----|-----|-----|
| | | | | 1 | 2 | | 4 |
| | X | 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 | | |

| MAY | 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 | X | 26 | 27 | 28 | 29 | 30 |

| JUNE | 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 | | | | |

| JULY | SUN | MON | TUE | WED | THU | FRI | SAT |
|------|-----|-----|-----|-----|-----|-----|-----|
| | | | | 1 | 2 | 3 | X |
| | 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 | |

| AUGUST | 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 | | | | | |



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GLOW YMCA 2025 - 2026

Branch Closed
 Limited Hours

| JULY | SUN | MON | TUE | WED | THU | FRI | SAT |
|-------------|-----|-----|-----|-----|-----|-----|-----|
| | 28 | 29 | 30 | 1 | 2 | 3 | |
| | 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 | |

| AUGUST | 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 | | | | | |

| 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 |

Summer Session Notes

- Closed for Fourth of July

Have Your
Birthday
at
the Y!

REACH OUT TODAY
FOR SCHEDULING!

Contact

kthielemann@glowymca.org

PARTY PACKAGES



SUMMER CAMP



WHY THIS SUMMER CAMP?

Our team focuses on learning, leadership, and social connection through engaging daily activities.

WEEKLY THEMED ACTIVITIES

Enjoy a different theme each week from gardening, sports, outdoor activities, and more!

WATER SAFETY

Children will learn water safety through the Medina Recreation program.

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 BACKYARD GAMES

Enjoy fun outdoor activities in a supportive and energetic environment. Kids will enjoy games like cornhole, polish horseshoes, relay races, and other classic backyard games.

YOUTH BACKYARD GAMES

A fun mix of outdoor games and activities including cornhole, polish horseshoes, rock climbing, and more. The program encourages teamwork, friendly competition, and staying active.

FREE GIRLS FLAG FOOTBALL

Join the area's first-ever Free Girls Flag Football League, giving girls the opportunity to learn the game, build confidence, and compete in a fun and supportive environment. Games will take place under the lights at the varsity football stadium, creating an exciting experience for players and families alike. Along with skill development and gameplay, participants will take part in team-building activities that encourage leadership, sportsmanship, and friendships throughout the season.

ADULT PROGRAMING



Join us for educational cooking classes, adult volleyball and group exercise classes to stay active, or check out our new cards and tabletop games club. There's something for everyone!

CARDS & TABLETOP GAMES CLUB

Join our Cards & Tabletop Games Club for an evening of strategy, competition, and fun in a relaxed social environment.

Participants can enjoy games like:

- Chess
- Dungeons & Dragons
- Magic: The Gathering
- Uno
- No-stakes poker
- and more.

Whether you're an experienced player or just looking to try something new, all are welcome. Snacks and drinks will be provided.

VOLLEYBALL

Our Adult Outdoor Volleyball League is a great way to stay active, compete, and enjoy summer evenings with friends. Open to a variety of skill levels, this league focuses on teamwork, friendly competition, and having fun in an outdoor setting. Gather a team and sign up today!

REGISTER





**WHERE YOUNG
LEADERS GROW,
FRIENDSHIPS
FORM, AND
CONFIDENCE
BEGINS.**



PEEWEE SPORTS SAMPLER

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.