

# GLOW YMCA

Genesee | Livingston | Orleans | Wyoming



## Fall Session I

SEPTEMBER 6, 2026 - OCTOBER 24, 2026

**Member Registration: 8/10/26**  
**Non-Member Registration: 8/24/26**



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| Session  | Member Registration | Non-Member Registration |
|----------|---------------------|-------------------------|
| Fall 1   | 8/10/2026           | 8/24/2026               |
| Fall 2   | 9/28/2026           | 10/12/2026              |
| Winter 1 | 12/7/2026           | 12/21/2026              |
| Winter 2 | 1/25/2027           | 2/8/2027                |
| Spring   | 3/15/2027           | 3/29/2027               |
| Summer 1 | 4/26/2027           | 5/10/2027               |
| Summer 2 | 6/14/2027           | 6/28/2027               |

# Be. Belong. Become.

# SESSION CALENDAR

| SEPTEMBER |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| S         | M  | T  | W  | T  | F  | S  |
|           |    | 01 | 02 | 03 | 04 | 05 |
| 06        | X  | 08 | 09 | 10 | 11 | 12 |
| 13        | 14 | 15 | 16 | 17 | 18 | 19 |
| 20        | 21 | 22 | 23 | 24 | 25 | 26 |
| 27        | 28 | 29 | 30 |    |    |    |

| OCTOBER |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
| S       | M  | T  | W  | T  | F  | S  |
|         |    |    |    | 01 | 02 | 03 |
| 04      | 05 | 06 | 07 | 08 | 09 | 10 |
| 11      | 12 | 13 | 14 | 15 | 16 | 17 |
| 18      | 19 | 20 | 21 | 22 | 23 | 24 |
| 25      | 26 | 27 | 28 | 29 | 30 | 31 |

| NOVEMBER |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| S        | M  | T  | W  | T  | F  | S  |
| 01       | 02 | 03 | 04 | 05 | 06 | 07 |
| 08       | 09 | 10 | 11 | 12 | 13 | 14 |
| 15       | 16 | 17 | 18 | 19 | 20 | 21 |
| 22       | 23 | 24 | Ø  | X  | 27 | 28 |
| 29       | 30 |    |    |    |    |    |

| DECEMBER |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| S        | M  | T  | W  | T  | F  | S  |
|          |    | 01 | 02 | 03 | 04 | 05 |
| 06       | 07 | 08 | 09 | 10 | 11 | 12 |
| 13       | 14 | 15 | 16 | 17 | 18 | 19 |
| 20       | 21 | 22 | 23 | Ø  | X  | 26 |
| 27       | 28 | 29 | 30 | Ø  |    |    |

| JANUARY |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
| S       | M  | T  | W  | T  | F  | S  |
|         |    |    |    |    | X  | 02 |
| 03      | 04 | 05 | 06 | 07 | 08 | 09 |
| 10      | 11 | 12 | 13 | 14 | 15 | 16 |
| 17      | 18 | 19 | 20 | 21 | 22 | 23 |
| 24      | 25 | 26 | 27 | 28 | 29 | 30 |

| FEBRUARY |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| S        | M  | T  | W  | T  | F  | S  |
| 31       | 01 | 02 | 03 | 04 | 05 | 06 |
| 07       | 08 | 09 | 10 | 11 | 12 | 13 |
| 14       | 15 | 16 | 17 | 18 | 19 | 20 |
| 21       | 22 | 23 | 24 | 25 | 26 | 27 |
| 28       |    |    |    |    |    |    |

| MARCH |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|
| S     | M  | T  | W  | T  | F  | S  |
|       | 01 | 02 | 03 | 04 | 05 | 06 |
| 07    | 08 | 09 | 10 | 11 | 12 | 13 |
| 14    | 15 | 16 | 17 | 18 | 19 | 20 |
| 21    | 22 | 23 | 24 | 25 | Ø  | 27 |
| X     | 29 | 30 | 31 |    |    |    |

| APRIL |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|
| S     | M  | T  | W  | T  | F  | S  |
|       |    |    |    | 01 | 02 | 03 |
| 04    | 05 | 06 | 07 | 08 | 09 | 10 |
| 11    | 12 | 13 | 14 | 15 | 16 | 17 |
| 18    | 19 | 20 | 21 | 22 | 23 | 24 |
| 25    | 26 | 27 | 28 | 29 | 30 | 01 |

| MAY |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|
| S   | M  | T  | W  | T  | F  | S  |
| 02  | 03 | 04 | 05 | 06 | 07 | 08 |
| 09  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16  | 17 | 18 | 19 | 20 | 21 | 22 |
| 23  | 24 | 25 | 26 | 27 | 28 | 29 |
| 30  | X  |    |    |    |    |    |

| JUNE |    |    |    |    |    |    |
|------|----|----|----|----|----|----|
| S    | M  | T  | W  | T  | F  | S  |
|      |    | 01 | 02 | 03 | 04 | 05 |
| 06   | 07 | 08 | 09 | 10 | 11 | 12 |
| 13   | 14 | 15 | 16 | 17 | 18 | 19 |
| 20   | 21 | 22 | 23 | 24 | 25 | 26 |
| 27   | 28 | 29 | 30 |    |    |    |

| JULY |    |    |    |    |    |    |
|------|----|----|----|----|----|----|
| S    | M  | T  | W  | T  | F  | S  |
|      |    |    |    | 01 | 02 | 03 |
| X    | 05 | 06 | 07 | 08 | 09 | 10 |
| 11   | 12 | 13 | 14 | 15 | 16 | 17 |
| 18   | 19 | 20 | 21 | 22 | 23 | 24 |
| 25   | 26 | 27 | 28 | 29 | 30 | 31 |

| AUGUST |    |    |    |    |    |    |
|--------|----|----|----|----|----|----|
| S      | M  | T  | W  | T  | F  | S  |
| 01     | 02 | 03 | 04 | 05 | 06 | 07 |
| 08     | 09 | 10 | 11 | 12 | 13 | 14 |
| 15     | 16 | 17 | 18 | 19 | 20 | 21 |
| 22     | 23 | 24 | 25 | 26 | 27 | 28 |
| 29     | 30 | 31 |    |    |    |    |

X - Closed    Ø - Close at 12:00

# INFANTS AND TODDLERS

Ages 0-3 years



Little Ones  
**Big**  
Beginnings

## TUMBLING

Genesee County

**Fridays 11:00am**

Bounce, roll, climb, and explore together while building strength, confidence, coordination, and unforgettable memories. The perfect way to learn, play, and grow as a team!

**Parent/Child**

**Members: \$75**  
**Non-Members: \$125**

**TO REGISTER AND  
LEARN MORE**



**CLICK HERE**

## SWIM LESSONS

All Branches

Come connect with your child while learning basic safety around water skills.

See Aquatics page for more details.

**Member  
Perk!**

## CHILD WATCH

All Branches

Child Watch makes it easier for the whole family to enjoy the YMCA! While you work out, attend a class, or take time for yourself, your child will be cared for in a safe, welcoming environment filled with fun, age-appropriate activities, creative play, and new friendships

## BABY CAFE'

Genesee County

**Tuesdays 11:00a-1:00p**

Baby Cafés are free, drop-in sites that provide ongoing, professional lactation care in a welcoming, informal setting.

Baby Café is open for two hours at least once a week and do not require appointments or referrals. Families can stop by as often as needed to get breastfeeding support, ask questions, and receive guidance to help them meet their individual breastfeeding goals.

# PRESCHOOL

AGES 3-5



# PLAY LEARN GROW



**CLICK HERE**

**TO REGISTER AND LEARN MORE**

## GLOW GETTERS

**GENESEE COUNTY: WEDNESDAYS 5:15PM**

**ORLEANS COUNTY: TUESDAYS 5:00PM**

This Sport Sampler Class for children ages 3-5 introduces kids to various sports and activities, fostering motor skills, coordination, and teamwork in a fun, playful environment.

**Members: \$75**

**Non-members: \$125**

## PARENTS NIGHT OUT ALL BRANCHES

**GENESEE COUNTY:  
SEPTEMBER 11TH & OCTOBER 9TH**

**WYOMING COUNTY:  
SEPTEMBER 25TH & OCTOBER 16TH**

**ORLEANS COUNTY:  
SEPTEMBER 11TH & OCTOBER 9TH**

**For ages 3 - 12**

**Children must be potty trained**

**We provide a light snack**

**MEMBER: \$25**

**NON-MEMBER: \$50**

## TUMBLING WYOMING COUNTY

**Thursdays 3:30pm**

Bounce, roll, climb, and explore together while building strength, confidence, coordination, and unforgettable memories. The perfect way to learn, play, and grow as a team!

**Parent/Child**

**Members: \$75**

**Non-Members: \$125**

## CHILD WATCH All Branches

Child Watch makes it easier for the whole family to enjoy the YMCA! While you work out, attend a class, or take time for yourself, your child will be cared for in a safe, welcoming environment filled with fun, age-appropriate activities, creative play, and new friendships

**Member  
Perk!**

# SCHOOL AGE

Ages 6-12



TO REGISTER AND  
LEARN MORE

CLICK HERE

## CHILD WATCH All Branches

Child Watch makes it easier for the whole family to enjoy the YMCA! While you work out, attend a class, or take time for yourself, your child will be cared for in a safe, welcoming environment filled with fun, age-appropriate activities, creative play, and new friendships

Member  
Perk!

## FLOOR HOCKEY GENESEE COUNTY

Our Floor Hockey program introduces players to the exciting game of hockey. Children will develop fundamental skills such as stickhandling, passing, shooting, teamwork, and game strategy through engaging drills and friendly games.

MEMBER: \$75  
NON-MEMBER: \$125

## TAEKWONDO GENESEE COUNTY

Tae Kwon Do is a Korean martial art emphasizing self-defense with hands and feet. It boosts coordination, strength, and confidence through classes that include stretching, exercises, fighting patterns, unarmed sparring, and philosophy.

Suitable for ages 8 and up.

MEMBER: FREE  
NON-MEMBER: \$125

Member  
Perk!

## VOLLEYBALL GENESEE COUNTY

MONDAYS 6:15PM

Our youth volleyball class will be held for boys and girls ages 6-14 to introduce them to the basics of volleyball. This class is for beginners but also for children who have already learned the game and may be looking for competition, more skills, or just to have fun with their peers!

MEMBER: \$75  
NON-MEMBER: \$125

## GLOW ALL-STARS GENESEE COUNTY

WEDNESDAYS 6:15PM

This Sport Sampler Class for older kids (ages 8-14) offers a fun way to learn various sports and physical activities.

MEMBER: \$75  
NON-MEMBER: \$125

# SCHOOL AGE CONTINUED

Ages 6-12

## LEGO CLUB WYOMING COUNTY

Enjoy a weekly challenge that will fuel your creativity. Class includes a weekly challenge, team building exercises, and free play opportunities.

MEMBER: \$75  
NON-MEMBER: \$125

## PARENTS NIGHT OUT ALL BRANCHES

GENESEE COUNTY:  
SEPTEMBER 11TH & OCTOBER 9TH

WYOMING COUNTY:  
SEPTEMBER 25TH & OCTOBER 16TH

ORLEANS COUNTY:  
SEPTEMBER 11TH & OCTOBER 9TH

For ages 3 - 12

Children must be potty trained

We provide a light snack

MEMBER: \$25  
NON-MEMBER: \$50

## PAINT CLASS WYOMING COUNTY

Monday, October 5th  
3:30 pm - 5pm

Let's learn some new techniques to create our own Halloween masterpiece!

\$20 all supplies included  
(Ages 5-11)

## HOMESCHOOL PHYS ED & STEM ORLEANS COUNTY

Mondays 3:30-5:00 PM

NYS certified Physical Education teacher for one hour of gym activities followed by 30 minutes of STEM!

Member: \$50  
Non-Member: \$75

## FLOOR HOCKEY LEAGUE ORLEANS COUNTY

Monday/Wednesday  
5:00-6:00 PM

Join us for our youth floor hockey league! Practices and games creating a great opportunity to work on team work and learn the game.

Member: \$75  
Non-Member: \$125

# TEENS AND TWEENS



**TO REGISTER AND  
LEARN MORE**



**CLICK HERE**

## LIFEGUARD COURSE

**Genesee County**

**September 18th: 6 pm – 8:30 pm**  
**September 19 & 20th: 8 am – 5 pm**

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.

**Cost: \$240**

## PAINT CLASS

**WYOMING COUNTY**

**Wednesday, October 7th**  
**3:30 pm – 5 pm**

**'Let's learn some new techniques to create  
our own Halloween masterpiece!**

**\$20 all supplies included**  
**(Ages 12 and up)**

## FITNESS CENTER

**AGE GUIDELINES**

### **Ages 8–10**

Cardio area or Track only. Must remain within arm's reach of a parent at all times.

### **Ages 11–12:**

Full access to the Wellness Center and Track with a parent present.

### **Age 13+ (Genesee and Wyoming):**

May use the Wellness Center and Track independently.

### **Age 14+:**

May attend group exercise classes

### **Age 16+ (Orleans):**

May use the Wellness Center independently.

## PICKLEBALL LEAGUE

**ORLEANS COUNTY**

**Tuesdays 6:00 – 8:00 PM**

**Join us for pickleball for all skill  
levels! Beginners welcome at the start  
of each session for those who want to  
pick up the game!**

**Member: \$35**  
**Non-member: \$55**  
**(Ages 15 and up)**

# ACTIVE OLDER ADULTS



**TO REGISTER AND  
LEARN MORE**



**CLICK HERE**

## **CAR SHOW WYOMING COUNTY**

**Saturday September 12th  
2:00pm–5:00pm**

Join us for our annual car show.  
Enjoy, food, cars, live music, basket  
raffle, and more!

**Ticket Presale 8/21 – 9/10  
2 tickets for \$5**

**At the door, \$5 per ticket  
KIDS FREE**

## **Euchre WYOMING COUNTY**

### **Select Fridays this Fall**

Euchre club is a great place to start or just  
dust those skills off! Come in for some  
friendly competition, enjoy some snacks and  
have lots of laughs!

## **FALL CRAFT Genesee County**

**Wednesday October 7<sup>th</sup>  
6:00pm**

Celebrate the season with a cozy night of  
creativity! Join us for an evening of  
fall-inspired crafting, laughter, and  
community. Whether you're a seasoned  
crafter or just looking for a fun night out,  
you'll create a beautiful seasonal project to  
take home while enjoying a relaxed and  
welcoming atmosphere.

## **PUZZLE NIGHT Genesee County**

**Wednesday October 21<sup>st</sup>  
6:00pm**

Gather your friends, family, or fellow  
puzzle enthusiasts for an evening of  
fun, friendly competition, and  
problem-solving. Race against the  
clock to complete your puzzle, enjoy  
great company, and put your teamwork  
to the test.

# CHALLENGER SPORTS

## Sports for All.

At no cost.



## Challenger Swimming

### Genesee County

**Mondays, October 5th–26th**  
**6:00pm–7:00pm**

**Make a splash with Challenger Swimming! This adaptive program helps athletes build water confidence, develop swimming skills, and enjoy fun aquatic activities in a safe, supportive, and inclusive environment. Participants are encouraged to learn at their own pace while celebrating every success.**

**Interested in  
Volunteering?**  
Email Emily Hirsch at  
[ehirsch@glowymca.org](mailto:ehirsch@glowymca.org)

**TO REGISTER AND  
LEARN MORE**



**CLICK HERE**

# SWIM LESSONS

At the GLOW 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.

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



## FOR ALL AGES

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.

## AND ABILITIES

Private lessons offer the chance to have 1 on 1 or small group swim instruction based on individual skills and needs. Individually Scheduled.

# REGISTER TODAY

# GLOW Riptide



**Get your feet wet with our FREE swim team trial week 9/14-9/18.**

Questions?

Jen Pritchett at [jpritchett@glowymca.org](mailto:jpritchett@glowymca.org)

Macrae Haluszczak at [mhaluszczak@glowymca.org](mailto:mhaluszczak@glowymca.org)

## Interested?

Join our parent informational night at the Genesee County Y on

**September 8<sup>th</sup> 6:30pm**

Become apart of our Riptide Family this season!  
Season Starts September 14th

**GLOW Riptide Swim Team**

# Have Your Birthday



at  
the 

## GENESEE COUNTY

Contact Katie Cipra  
[kcipra@glowymca.org](mailto:kcipra@glowymca.org)



## ORLEANS COUNTY

Contact Kim Thielemann  
[kthielemann@glowymca.org](mailto:kthielemann@glowymca.org)



## WYOMING COUNTY

Contact Molly Sampson  
[msampson@glowymca.org](mailto:msampson@glowymca.org)



Prices and Packages may differ  
by branch.

Call us or visit our website to  
learn more!

[CLICK HERE](#)



# COMMUNITY EVENTS

## LIFEGUARD COURSE

Genesee County

September 18th: 6 pm – 8:30 pm  
September 19 & 20th: 8 am – 5 pm

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.

Cost: \$240

## CPR, AED & FIRST AID

Genesee County

September 8th 5:30 – 8:00 pm  
Or October 13<sup>th</sup> 5:30 – 8:00 pm

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.

Members: \$65  
Non-members: \$80



## THE *Better Together* PLACE

Healthy Aging Day | October 7, 2026

## HEALTHY AGING DAY

ALL BRANCHES

OCTOBER 7th

Healthy Aging Day will feature a range of activities focused on movement, learning, social connection and access to trusted resources. Healthy aging is about more than fitness. It's about staying connected, informed and supported as we move through life.

# GENESEE COUNTY

**Join us for a night of  
spooktacular fun!**

**October 23<sup>rd</sup>**  
**6:00pm–8:00pm**

## FREE and open to the public



# ORLEANS COUNTY

**Spooky season book exchange! Bring a book and take a book event.**

**October 1<sup>st</sup>**  
**4:00pm-6:00pm**

**FREE and open to the public.**



# COMMUNITY EVENTS CONTINUED

# WYOMING COUNTY

**Twas the night before  
Halloween...  
Bounce house, games, crafts  
and candy oh my!**

**October 30<sup>th</sup>**  
**6:00pm–8:00pm**

## FREE and open to the public



# HEALTH AND WELLNESS

## GENESEE COUNTY

### 30 MINUTE TRAINING

CHOOSE PLAN

**\$35** 1 SESSION

**\$105** 4 SESSION  
PACKAGE

**\$200** 8 SESSION  
PACKAGE

### 60 MINUTE TRAINING

CHOOSE PLAN

**\$55** 1 SESSION

**\$165** 4 SESSION  
PACKAGE

**\$320** 8 SESSION  
PACKAGE

### GROUP TRAINING

CHOOSE PLAN

**\$80** 1 SESSION

**\$400** 6 SESSION  
PACKAGE

60 MINUTE TRAINING  
2-3 PEOPLE

### EGYM ORIENTATION

**FREE**

WITH MEMBERSHIP

START YOUR FITNESS JOURNEY  
CONFIDENTLY WITH EGYM.

LEARN HOW TO FOLLOW THE EGYM  
CIRCUIT IN ORDER.

MACHINES AUTO-ADJUST TO YOUR  
SETTINGS FOR A SAFE, EFFECTIVE  
WORKOUT.

**Member  
Perk!**

### WELLNESS ORIENTATION

**FREE**

WITH MEMBERSHIP

GUIDED TOUR OF THE FACILITY.

LEARN SAFE, EFFECTIVE EQUIPMENT  
USE.

GET WORKOUT TIPS FOR YOUR GOALS.

ASK FITNESS AND WELLNESS  
QUESTIONS.

### EVOLT 360

CHOOSE PLAN

**\$15** 1 SCAN

**\$40** 3 SCAN  
PACKAGE

FULL-BODY COMPOSITION  
ANALYSIS IN UNDER A MINUTE!

## ORLEANS COUNTY

### WELLNESS ORIENTATION

**FREE**

WITH MEMBERSHIP

### PERSONAL TRAINING SESSIONS:

CHOOSE PLAN

**\$35** 1 SESSION

**\$175** 6 SESSIONS

## WYOMING COUNTY

### NEW CLASSES

HIGH INTENSITY INTERVAL TRAINING  
POUND

### YOUTH FITNESS EVALUATION

**FREE**

WITH MEMBERSHIP

Guided tour through the facility  
Training on safe, respectful care of equipment  
Pass to use equipment under 15  
setting healthy goals