




SUMMER 2025 PROGRAM GUIDE

Session Dates:

June 9 – July 13, 2025
July 14 – August 17, 2025

Welcome to our Y!

Warren County YMCA
212 Lexington Avenue Warren, PA 16365
814-726-0110 ~ www.warrenymca.org

Like us on  Facebook at: Warren County YMCA – Pa

WARREN YMCA MISSION STATEMENT

The Warren County YMCA provides opportunities to all individuals, youths, adults and families in the community by putting Christian values and principles to practice through facilities, programs and activities that build healthy spirit, mind and body. Programs are made available to all persons regardless of their ability to pay.

The Warren County YMCA is made of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure everyone, regardless of gender, income, faith, sexual orientation or cultural background, has the opportunity to live life to its fullest. We share the values of caring, honesty, respect and responsibility – everything we do stems from it.

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SUMMER SESSIONS 2025

Registration Dates

5 Week Session Dates

May 14th (Members Only).....June 9 – July 13, 2025
May 19th (Open Enrollment)
No EARLY REGISTRATION

July 2nd (Members Only).....July 14 – August 17, 2025
July 7th (Open Enrollment)
*June 30th – EARLY REGISTRATION (8:00 am – 4:00 pm) for members currently enrolled in Progressive Swim

August 18th- Sept. 1st : SESSION BREAK

August 7th (Members Only).....September 2 – October 5, 2025
August 12th (Open Enrollment)
No EARLY REGISTRATION for 1st Fall Session

Below programs have separate registration dates:

Registration Dates:

Program:

April 26thFall Soccer, Summer Sports Camps & Specialty Conditioning Clinics

Wednesday, May 14thSummer Learn to Swim (June 9th – Aug. 15th)
Registration continues until all openings are filled.

REGISTRATION

It's easy to register for programs at the Warren County YMCA. Our programs/classes run in a 5-week session format, beginning the first week in January. Members have priority registration 5 days before registration opens to non-members.

- **Member Registration:** Members may sign-up at the Welcome Desk beginning at 8:00 am Wednesday of registration week. After Wednesday, the first week of registration is open to YMCA members only beginning at 8:00 am. After the first week, designated classes are open to all to register with registrations beginning at 8:00am daily (Mon-Sat).
- **Early Registration:** Member participants who are registered for the current session of Progressive Swim lessons, Progressive Gymnastics and Tiny Tumblers can register for the exact same class (day and time) prior to our registration period. Early registration will be held on the Monday before our regularly scheduled member registration period. Members will have an 8-hour window, from 8:00 AM – 4:00 pm, to register for same class(es). After 4:00 pm, registration will **CLOSE** and will re-open for members at the regularly scheduled registration period.
- **Phone registrations:**
 - **WEDNESDAY ONLY OF REGISTRATION WEEK – FOR MEMBERS** – phone registrations will begin at 8:00 am to building close.
 - x When you call, please have the following information ready:
 - Participant's name
 - Class name
 - Class Day and Time
 - Credit/Debit Card Information
 - **Online Registrations:**

Register online for your favorite YMCA classes at www.warrenymca.org. YOU WILL NEED TO CREATE A USER NAME AND PASSWORD IN ORDER TO SIGN UP FOR CLASSES. PLEASE NOTE THAT SWIM CLASSES CANNOT BE REGISTERED ONLINE DUE TO THE NECESSARY SWIM WAIVER THAT NEEDS SIGNED ACCORDING TO OUR LIABILITY INSURANCE.

Please remember...

- That we are trying to better serve our members with easier ways to register for classes. **If a class is full, we will make every attempt to accommodate the participant, however, it may be on another day or at another time.**
- All YMCA programs are open to YMCA members only unless otherwise noted.
- All programs run in five-week sessions unless otherwise noted.
- All schedules are subject to change. All class fees are subject to change.
- Certain classes require minimum enrollment to run. The YMCA reserves the right to cancel a program. Refunds will be made on any class cancelled by the YMCA.
- ****Parent/Guardian of non-member youth attending programs may purchase a day pass to use facility or enjoy our Front Lobby Welcome Center while waiting.**

Program/Class Refunds

Program fees have reserved a place for the participant in the class and may have prevented someone else from participating. If the YMCA cancels or adjusts the scheduling of the program, monies may be credited towards another session or refunded.

- **Cancellation of any program/class before or during the first week of the session, members/non-members will receive a 75% credit.**
- **No credits will be given after completion of the first week of the session. Program session fees will not be prorated for late registration, holiday closings, or unattended classes.**

SUMMER FACILITY HOURS

Warren, Youngsville, Sheffield

Summer Operating Hours **Warren Facility:**

(Effective Friday, May 23, 2025 thru September 1, 2025)

Monday through Thursday.....5:00 am - 9:00 pm* **(After Hours 9:00 pm – 12:00 am)**

Friday.....5:00 am - 8:30 pm* **(NO "Y" After Hours)**

Saturday.....7:00 am - 1:00 pm* **(NO "Y" After Hours)**

Sunday (Effective May 25, 2025).....10:00 am - 3:00 pm* **(After Hours Only*** West Entrance)**

Members wishing to work out until closing may do so, however, note that locker rooms will close 15 minutes before the building closes and showers will not be available.

Youngsville Facility **(80 Ford Street, Youngsville, Pa.)**

Monday through Friday.....5:00 am - 7:00 pm

Saturday.....8:00 am - 1:00 pm

*Sunday (No Sunday Hours)

Sheffield Facility **(407 S. Main Street, Sheffield, Pa.)**

Monday through Friday.....5:00 am - 1:00 pm / 1:00 pm – 3:00 pm (members only) 3:00 pm – 9:00 pm

Saturday.....8:00 am - 1:00 pm

Sunday (No Sunday Hours)

Warren YMCA is handicapped accessible, providing an ADA/Family locker room and elevator service for those with limited abilities.

"Y" After Hours: The Warren County YMCA offers our dedicated members the "Y" After Hours. This extension of hours gives members the opportunity to utilize the YMCA after our regularly scheduled business hours; therefore, no Front Door entry access or locker room services.

***Members utilizing the "Y" After Hours will enter and exit the facility on the West side entrance. Please have membership card available to present to staff attendant on duty at West Entrance. Day passes are not available during "Y" After Hours. *This is a YMCA Member service only. Must be 16 years and older. (Age 13-15 may attend with parent/guardian.)**

"Y" After Hours services available:

Precor Fitness Room / Functional Fitness Room Upstairs / Weight Room / West Gymnasium / Indoor Track / Racquetball Courts / **No locker room service available.

Summer Closings:

**Memorial Day
Fourth of July
Labor Day**

SUMMER MEMBERSHIP & DAILY GUEST FEES

2025 SUMMER MEMBERSHIP RATES as of May 1, 2025

Summer memberships will be available as of May 1, 2025. Rates will be prorated at the beginning of each summer month. All memberships will expire August 31, 2025 and must be paid in full. In September, summer memberships may be converted to annual or bank draft memberships. Applicable memberships include:

Family.....	\$332.00
Single Parent Family.....	\$262.00
Adult.....	\$248.00
Senior Citizen (Age 62+).....	\$181.00
Senior Citizen Family.....	\$218.00
Sr. High/College (Full Time).....	\$136.00
Youth Infant – Grade 8.....	\$119.00

**Health Center Locker Room Summer Memberships: Please contact our Membership Office for rates.

DAILY GUEST FEES – Warren YMCA

Youth (infant through high school).....	\$ 7.00
Adult (18 and older)	\$10.00
Health Center Locker Rooms	\$15.00 (age 18 and older)
YMCA Member - Health Center per day.....	\$ 3.00 (age 18 and older)
Family Pass (up to 2 adults and 4 children under 18).....	\$22.00

Away YMCA Members - must show valid membership card so we may call to confirm active membership. Limit of 20 visits per calendar year permitted. After 20 visits, day pass fee is required.

Away YMCA Member - State of PA YMCA – Regular Locker Room.....	No Cost
Away YMCA Member – Out of State – Regular Locker Room.....	\$1.00
Away YMCA Members - Health Center Locker Room (State and Out of State).....	\$5.00

Active Military (must present card).....	NO CHARGE
Active National Guard.....	25% off 2024 posted rate

Members may make arrangements with YMCA Membership Department Staff for guest fees and facility usage for out of town family members (outside a 60 mile radius) who wish to visit our facility. Please make arrangements **prior to guest visit.

DAILY GUEST FEES – Sheffield/Youngsville YMCA

Youth (Ages 12-17).....	\$ 3.00
Adult (18 and older)	\$ 5.00

Conditions of Membership:

- **Membership Plans:** Annual or Monthly Draft payment through checking, savings, and credit or debit card. The Warren County YMCA reserves the right to revoke any membership.
- **Membership Dues:** Non-refundable
- **Membership Cards:** All members are required to submit a valid membership card for identification when using the facility and programs.
- **Replacement Cards:** Annual members are offered a replacement card at the time of membership renewal. Y draft payment plan members can request a new card (1) per calendar year. A fee of \$2.00 for any necessary replacement cards. Insurance based membership card replacement is \$1.00.
- **Membership Card Sharing:** All active members receive a new membership card when joining the Y which is assigned to the member alone. Card sharing is not permitted and can result in the active member's suspension.
- **Equipment Rental:** Membership cards are required to rent YMCA equipment. Any YMCA rented equipment returned in damaged conditions will result in reimbursement by the member for all damaged YMCA property. All members/guests share responsibility for proper care of facility and equipment. Any improper abuse of YMCA property will be subject to suspension and/or revocation of membership.
- **Lost/Stolen Items:** The Warren County YMCA is not responsible for lost or stolen articles.
- **Health Center Locker Rooms:** Available to paying members alone. Individuals 18 or older permitted. Children are not permitted inside HC Locker Rooms.

ADULT HEALTH & FITNESS

Summer Sessions 2025:

June 9 – July 13th

July 14 – Aug. 17th

WEEKLY GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
	5:15 - 6:15 am Les Mills Body Pump® Instructor: Erica	6:50 - 7:50 am Cycle, Core & Stretch Instructor: Hannah	5:15 - 6:15 am Les Mills Body Pump® Instructor: Erica	6:50 - 7:50 am Cycle, Core & Stretch Instructor: Hannah
8:00 - 9:00 am OR 9:00 - 10:00 am Stronger for Longer Instructor: Chris		8:00 - 9:00 am OR 9:00 - 10:00 am Stronger for Longer Instructor: Chris		8:00 - 9:00 am OR 9:00 - 10:00 am Stronger for Longer Instructor: Chris
8:00 - 9:00 am Cardio Pump and/or Video Instructor: Lisa	8:15 - 9:15 am Sun's Out Guns Out – Outdoor Boot Camp for All Instructor: Deanna	8:00 - 9:00 am Cardio Pump and/or Video Instructor: Lisa	8:15 - 9:15 am Sun's Out Guns Out – Outdoor Boot Camp for All Instructor: Deanna	8:00 - 9:00 am Strength on Demand Video Stream Class Group Ex Studio
	9:00 - 9:55 am Yoga Instructor: Candi	8:30 - 9:15 am Cardio Percussion *Sheffield YMCA Instructor: Jen G.	9:00 - 9:55 am Yoga Instructor: Candi	8:30 - 9:15 am Cardio Percussion *Sheffield YMCA Instructor: JenG
	10:00 - 10:30 am Senior Stretch Instructor: Candi		10:00 - 10:30 am Senior Stretch Instructor: Candi	
	10:15 - 11:00 am Mommy & Baby Boot Camp Instructor: Jena		10:15 - 11:00 am Mommy & Baby Boot Camp Instructor: Jena	
	12:00 - 1:00 pm SilverSneakers Fitness Program® Instructor: Jena		12:00 - 1:00 pm SilverSneakers Fitness Program® Instructor: Jena	
	1:00 - 2:00 pm Exercising on GLP-1 Medications Instructor: Chris		1:00 - 2:00 pm Exercising on GLP-1 Medications Instructor: Chris	Saturday
	1:00-2:00 pm Firefly at the Y – Fitness	1:00-2:00 pm Firefly at the Y – Fitness	1:00-2:00 pm Firefly at the Y – Fitness (Swimming)	8:00 – 9:00 am Sunrise Yoga Instructor: Jill Hunter
	5:30- 6:30 pm Body Bar Strength Group Ex. Studio Instructor: Megan			
	5:30 - 6:15 pm KIDZfitOutdoor Fitness Instructors: Jen Hale/Shelley Lewis	5:30 - 6:30 pm KIDZfit Horseback Riding *April thru August	5:30 - 6:15 pm KIDZfitOutdoor Fitness Instructors: Jen Hale/Shelley Lewis	
	6:00 - 7:00 pm Power Hour Circuit *Sheffield YMCA Instructor: Wendy		6:00 - 7:00 pm Power Hour Circuit *Sheffield YMCA Instructor: Wendy	
	6:30 - 7:15 pm OWL w/ Thad (Outdoor Workout Locker) Instructor: Thad		6:30 - 7:15 pm OWL w/ Thad (Outdoor Workout Locker) Instructor: Drew	
	6:00 - 6:45 pm REAXraft (Pool) Instructor: Jill		6:00 - 6:45 pm REAXraft (Pool) Instructor: Jill	

*Complete class descriptions and costs listed on following pages.

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GROUP FITNESS CLASSES

The Warren YMCA offers many types of Fitness classes. Exercising with friends is a healthy activity! All classes are co-ed, beginner to advanced levels, and are held in either the West Gymnasium or Group Exercise Studio unless otherwise noted. **Group Fitness Calendar available to download at our website: www.warrenymca.org.

Fitness Class Descriptions and Costs: (in alphabetical order)

Body Pump - Les Mills Body Pump™

This 60-minute strength training workout will challenge all of your major muscle groups by using the best muscle sculpting moves like squats, presses and curls. Great music, easy to follow cues and your choice of weight all combine to inspire you to achieve the results you are looking for – fast.

Co-ed, all levels welcome.

Classes held in the Group Exercise Studio (Max participants = 12)

Instructor: Erica Steber

Tues, Thur.....5:15 - 6:15 am\$16.00 YMCA Members
\$52.00 Non-Members

Les Mills Body Pump® Punch Card

THIS PUNCH CARD MAY BE USED FOR BODY PUMP ONLY. IF SPACE PERMITS AT THE START OF CLASS, THE CARD CAN BE PRESENTED TO THE INSTRUCTOR. GOOD FOR 10 CLASSES> CARD EXPIRES 1 YEAR FROM DATE OF PURCHASE.

\$16.00 YMCA Members / \$52.00 Non-Members

Body Bar Strength

This 60-minute strength training workout will challenge all of your major muscle groups by using the resistance of a body bar/plates. Held in Group Ex. Max participants =12

Instructor: Megan Johnson

Tuesday.....5:30 - 6:30 pm\$14.00 YMCA Members
\$48.00 Non-Members

Cardio Pump

This class is designed for muscular and cardiovascular endurance and improved overall strength for everyday activities. There will be particular focus and integration of core strength, balance, and functional fitness. This class is suitable for all ages, as the instructor will show modifications and vary the ranges of sets and repetitions to meet participant goals and abilities. Safety and proper form are emphasized and demonstrated for all participants.

****Video class may be substituted if the instructor is not available (July).***

Instructor: Lisa Roberts

Monday, Wednesday.....8:00 - 9:00 am.....\$16.00 YMCA Members
\$52.00 Non-Members

Cardio Percussion at the Sheffield YMCA

Cardio Percussion Fitness is a simple, fun way to impact adults and kids' lives both physically and mentally. It is a cardio-based drumming program that combines physical activity with brain fitness. Students are increasing their overall well-being, drumming away stress, getting fit and listening to some amazing music. Each 45-minute class will include different levels of movement and speed while learning drumming routine sets to a variety of great music. Each routine can be adapted to accommodate most physical needs and/or limitations. Max participants = 12/class.

Instructor: Jennifer Goerlich (AM)

Wednesday, Friday.....8:30 - 9:15 am.....\$15.00 YMCA Members
\$50.00 Non-Members

Cycle, Core & Stretch

A combination class of group cycle, core strengthening, and a full body stretch to finish. Class will begin in the upstairs Cycle Studio for a 30-minute ride. Participants will then transition to the downstairs Group Exercise Studio for the remaining 30 minutes.

(Cycle walk-ins will be accepted at the start of class for the 30 minutes of cycling IF space permits. Participants must pay at the Front Welcome desk or use a cycle punch card. Cycle time is 6:50-7:20 am. All levels welcome. Max participants = 16

Instructor: Hannah Pearson

Wednesday, Friday.....6:50 - 7:50 am.....\$16.00 YMCA Members
\$52.00 Non-Members

Exercising on GLP-1 Medications – Specialty Class

Specialized training with Chris Dolan, Wellness Director.

Exercise helps to boost metabolism, maintain muscle mass, and improve your quality of life. Learn how to begin an exercise program to support your weight loss goals in a healthy and sustainable way.

Max participants = 8

Tuesday, Thursday.....1:00 - 2:00 pm\$25.00 YMCA Members
\$65.00 Non-Members

KIDZfit – YOUTH Outdoor Exercise Class

KIDZfit is designed for all youth ages 5-12 years. Kids will enjoy 45 minutes of exercise activities such as aerobics, light strength work, yoga, obstacle courses, fitness games and lots of fun in an inclusive environment! Held indoors and out depending on the weather.

Max enrollment = 10.

Instructors: Jen Hale & Shelley Lewis

Tuesday/Thursday.....5:30-6:15 pm.....\$15.00 YMCA Members / \$30.00 Non-Members

KIDZFIT - Horseback Riding

KIDZfit Horseback Riding for youth ages 5-14 years. Introduce your child to horses in an inclusive environment. Kids will be divided into groups and rotate through stations that include grooming, driving wagons, and riding! Learn to care for and lead the horses. *Waiver must be signed at registration.

LOCATION: Sky Walker Stables, 315 S. Main St. Ext., Jamestown, NY. Parents must bring children to stables. (Parents are welcome to stay and participate.) All participants **MUST have closed shoes/boots.

Max enrollment = 10. Instructors: Shelley Lewis & Jen Hale
Register during our 5-week sign-up period.

Dates:

April 23rd - May 21st (5-week session)

May 28th - July 9th (7-week session)

July 16th - August 13th (5-week session)

Time: 5:30-6:30 pm

Cost per 5-week session: YMCA Members: \$25.00/Non-members: \$45.00

Cost per 7-week session: YMCA Members: \$35.00/Non-members: \$60.00

Mommy & Me Boot Camp

A Boot Camp exercise class designed for mom & baby/toddler. Join Y employee and new mom Jena Swanson as she leads this class utilizing minimal equipment and body weight movements. Go at your own pace and fitness level. Bring your little one in a stroller, car seat, carrier pack or a play mat and game. Email jena@warrenymca.org with any questions.

Held in West Gymnasium and/or outside when weather permits.

Instructor: Jena Swanson

Tuesday, Thursday.....	10:15 - 11:00 am.....	\$15.00 YMCA Members
		\$50.00 Non-Members
		(\$5.00 Drop in Fee/Class)

OWL w/ Thad (Outdoor Workout Locker)

Join Thad Turner, former Navy Seal and Y CEO, for a boot camp style workout at the Outdoor Workout Locker (OWL). Class structure is based upon simple, yet effective fundamental movement patterns executed at high intensity. These workouts deliver measurable health and fitness improvements in the most efficient manner possible.

Instructors: Thad (Tues), Drew Murphy (Thur)

Tuesday, Thursday.....	6:30 - 7:15 pm.....	FREE
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Power Hour Circuit – At the Sheffield YMCA

Power Hour Circuit is an hour-long class in which participants rotate to various stations to help build strength, provide good cardio, increase mobility and flexibility, strengthen the core, and improve balance through a 60-second power workout with 30-second rest intervals. This class is very versatile and can be modified to meet individual needs. Ages 16 and up.

Max participants: 12

Instructor: Wendy Gauld

Tuesday, Thursday.....	6:00 - 7:00 pm.....	\$15.00 YMCA Members
		\$50.00 Non-Members

REAXraft Aqua Fitness Classes

REAX rafting in the pool combines popular land formats like HIIT, Yoga and Functional Fitness moves with the instability of the water to provide an efficient and FUN workout! Class size is limited to 8 participants/rafts.

Instructor: Jill Hunter

Tuesday, Thursday.....	6:00 - 6:45 pm.....	\$15.00 YMCA Members
		\$30.00 Non Members
REAXraft Drop-In Fee (If space allows at start of class).....		\$5.00 YMCA Members
		\$8.00 Non Members

Senior Stretch

30-minute, mat-based practice focusing on stretching. Participants will work on increasing flexibility and mobility. Class is geared toward seniors, but all adults welcome. Participants have an option to use a chair for modifications. Max = 12

Instructor: Candi O'Sheill

Tuesday, Thursday.....	10:00 – 10:30 am.....	\$8.00 YMCA Members
		\$25.00 Non Members

SilverSneakers® Classic Fitness & Stretch

The Silver Sneakers fitness/stretch classes are low-impact and are appropriate for individuals who may not have exercised in years or for those who exercise on a regular basis. The goal of the class is to encourage illness prevention, minimize aging-related physical deterioration, and increase a sense of well-being through social interaction in a group exercise setting. Class includes balance & stretch for the final 20 minutes.

Held outdoors or in the West Gymnasium. MAX participants = 40.

Instructor: Jena Swanson

Tuesday, Thursday.....12:00 - 1:00 pm.....Free - YMCA Members
\$10.00 Non-Members

Sun's Out Guns Out– Outdoor Boot Camp for All

Join us for a full body, outdoor workout! Get your sweat on with a combination of cardio, strength training, and mobility all while getting some Vitamin D. This class is for all levels and designed to meet you where you're at. Held outdoors or indoors if the weather is inclement. Max participants =12

Instructor: Deanna Parker

Tuesday, Thursday.....8:15 - 9:15 am\$16.00 YMCA Members
\$52.00 Non-Members

Strength on Demand – Video Streaming Class

This 60-minute video strength training workout will challenge all of your major muscle groups by using the resistance of a body bar/plates. Held in Group Ex. Max participants =12

Video Stream

Friday.....8:00 - 9:00 am\$8.00 YMCA Members
\$16.00 Non-Members
Drop-In Fee (If space allows at start of class).....\$3.00 YMCA Members
\$6.00 Non Members

Stronger for Longer – Specialty Training

Specialized Training with Chris Dolan, Wellness Director.

Strength training is highly beneficial for older adults, improving muscle strength, bone density, and overall mobility, while also reducing the risk of falls. Class will use bodyweight and light weights and will gradually increase intensity and resistance. Participants are encouraged to sign up for 1 or 2 sessions after which they will be ready to continue with a knowledge and understanding of the benefits of strength training. Class is held in the Weight Room, Functional Fitness Room, and/or Group Exercise Studio. Two class times to choose from.

Max participants = 8

Monday, Wednesday, Friday....8:00 - 9:00 am **OR** 9:00 – 10:00 am.....\$25.00 YMCA Members
\$65.00 Non Members

Yoga

Yoga challenges the body while calming the mind. Stretch, breathe and strengthen with yoga postures (hatha) and posture flows (vinyasa), followed by closing relaxation. Experience a welcome feeling of peace and rejuvenation as you tune in to your own body. Max participants = 12.

Held in Group Ex. Studio

Instructor: Candi O'Sheill

Tuesday, Thursday.....9:00 - 9:55 am.....\$16.00 YMCA Members
\$52.00 Non Members

Sunrise Yoga

Wake up your day with Sunrise Yoga. This class will gently stretch and wake up the body, energizing you for the day ahead! Participants are encouraged to go at their own pace and modify as needed.

NOTE: For drop-in classes, participants may sign-up the Friday prior or the day of scheduled class.

Max participants = 12. (Held in Group Ex. Studio)

Instructor: Jill Hunter

Saturday ..(5-week session)).....8:00 - 9:00 am.....\$12.00 YMCA Members
\$25.00 Non Members
Drop-in Fee.....\$5.00 YMCA Members/\$10.00 Non Members

FALL CO-ED VOLLEYBALL LEAGUE

The league is designed for players of various skill levels and permits the formation of teams for fun and competition. Teams will play 6 vs. 6, with a maximum of 12 players on the roster. Two females must always be on the court. This recreational league may include hard spikes and competitive play.

Anyone willing to referee should contact Chris Dolan at chris@warrenymca.org.

Registration: August 6, 2025 through September 5, 2025.

League Play: Begins Monday, September 15, 2025.

MUST REGISTER AND PAY FOR ENTIRE TEAM AT THE YMCA FRONT DESK.

Monday.....6:00 - 10:00 pm.....\$10.00 YMCA Members
\$50.00 Non Members



ROAD & ADVENTURE RACES 2025

19TH ANNUAL KINZUA COUNTRY TANGO 2025-SATURDAY, AUGUST 2, 2025

BE THE ADVENTURE! Celebrating 19 years of Tango on Saturday, August 2nd 2025. As in prior years, this adventure race will start at 7:00 am with the 1st leg of the event - the 13.1 mile run. Participants will leave from the YMCA in Warren, Pennsylvania and run along the scenic Allegheny River toward Kinzua Beach within the Allegheny National Forest. Other segments of the race will include technical mountain biking on Jake's Rocks trail system, an open water swim, orienteering course, short road or trail run and final canoe race on the Alleghany Reservoir with the finish at the Point Park, Warren, Pa.

See the website <http://kinzuacountrytango.com> for segment details and complete costs.

***Pre-race:** The pre-race events will be held Friday, August 1st at the Warren YMCA. The pre-race team check-in will begin at 6:00 pm and the informational meeting at 7:00 pm.

****Post Race:** Festivities and awards ceremony will be held at Point Park.

*****Orienteering Practice Courses** available throughout the summer. Check website: www.warrenymca.org.

Call Thad at 726-0110, ext. 1110 or visit the website at <http://kinzuacountrytango.com> for details. Registration forms available at <http://kinzuacountrytango.com>.



YMCA JAKE'S TRAIL RACE – LAST MAN STANDING - SATURDAY, SEPT. 13, 2025

Challenge your mental and physical toughness and be the last runner standing! Pre-registration is required! Register before September 1st and receive a t-shirt. Please contact Jena Swanson at jenafox@warrenymca.org or Chris Dolan at chris@warrenymca.org for additional information or race details. Camping/lodging information is also available by contacting Jena.

There can be only one winner. Everyone will start at the same time, every hour. The goal is to make it all the way around the 4.1 mile Tuttletown-Coal Knob Loop within the hour. You only need to hold an average of a 14:38 minute mile to make it back in time. If you complete the loop before the hour is up you can use the remaining time to rest and fuel up for the next loop. Fail to make it back to the starting line under an hour and you will be eliminated from the race. This will continue until there is only 1 racer left, who will be crowned the WINNER and will receive a cash prize based on the number of registered runners! The Tuttletown-Coal Knob Loop is a mild trail with rolling hills and a few rocky areas. It is very well maintained and is a fast course. Snacks and hydration available at the trail head. Runners are able to have a race crew standing by for assistance if needed.

Start: 7:00 am and every hour until a winner is declared

Location: Jakes Rocks Trail, Allegheny Reservoir, Rt. 59, Longhouse Drive, Forest Road 492, Warren

Registration: *Online:* Registration is available online at www.warrenymca.org.

Cost: \$35.00



SUPERKWIK HALF MARATHON CHALLENGE

SATURDAY, OCTOBER 11, 2025

Date: Saturday, October 11, 2025

Time: Registration 7:00-8:15 am at the **Warren YMCA**

Bus Transport: Bus will leave the YMCA at 8:15 am to transport runner to Kinzua Beach. ***Seat must be reserved before October 1st.***

Race Start: Race begins at 9:00 am at the Kinzua Beach

Cost: \$35 Early Bird registration before October 1st/ \$40 October 2nd thru Race Day.

T-Shirts: Long Sleeve guaranteed to *Early Bird* registrants.

Course description: Note: Registration will be at the Warren County YMCA, 212 Lexington Avenue, Warren, Pa. At 8:15 am, runners will then be bused to the start line at the Kinzua Beach on the Allegheny National Forest. The race will begin at 9:00 am and proceed east on Route 59 approximately 4 miles toward the Kinzua Dam. Runners will enjoy the scenic view as they run across the dam and then turn left down a steep decline toward Hemlock Avenue. The rolling hills of Hemlock Avenue will take runners approximately 6 miles to Pennsylvania Avenue where they will continue to a left on Irvine Street and then a right on Lexington Avenue with the finish at the YMCA. ***3 Hour cap on finishing race. Email Chris Dolan at chris@warrenymca.org with any questions.

FITNESS CHALLENGE

Summer Unplugged is an outdoor distance challenge. All miles must be completed outside! Miles must be self-propelled with E-bikes being the one exception. Some mileage conversions will apply. If the goal is achieved, participants can upgrade to the next level at no additional cost. Also included will be group bike rides, hikes, runs, and an end of challenge 'float' down the Allegheny River. Open to all ages. A t-shirt will be awarded to all finishers. Contact Jena Swanson for more info at jenafox@warrenymca.org

Dates: May 26th through September 1st

Distances:

Mini = 50 miles

Mid = 100 miles

Mega = 150 miles

Monster = 300 miles

Fee:

Adults: \$35.00 YMCA Members & Non-members

Youth up to 17 years: \$10.00 YMCA Members & Non-members

Awards: T-shirt to all finishers!

Ages: All ages welcome to register and participate

Registration: Opens Monday, May 19th

Record Activity/Time: Tally tickets at the YMCA Front Welcome Center. We'll convert your workout to mileage to help you keep track.

Contact: Email jenafox@warrenymca.org

CHAMPION PROGRAMS

We all know or have someone in our life that has championed through many obstacles in their life. The following programs have been designed to meet the needs of our community members who are looking for support for family and friends in need of programs to support limitations in mobility, intellectually limited abilities, as well as social and emotional development.

FIREFLY AT THE Y – Warren & Sheffield Facilities

Firefly at the Y is a grant awarded program from the Edith L Trees Trust for adults with intellectual disabilities. Firefly has a goal of getting our participants to have healthy lifestyles and social interactions with the community. Staff is trained and have experience in working with individuals with intellectual and developmental disabilities. Firefly classes range from indoor and outdoor activities according to requests for activities by the group. There is no cost to attend. Please register at the Y Front Desk for a 5 week session.

Email Tara Ristau at warrenYchampion@outlook.com with any questions for the Warren Y.

Email Jennifer Goerlich at jeng@warrenymca.org with any questions for the Sheffield Y.

Fitness at the Warren Facility

Days: Tuesday thru Thursday (Thursday is swimming in the Y Pool.)

Time: 1:00-2:00 pm

Fitness at the Sheffield Facility

Days: Monday thru Thursday

Time: 1:30-2:30 pm

SUMMER FIREFLY ART CLASS – Allegheny Community Center Art Studio

The Y Champion Arts Program is for adults with intellectual and developmental disabilities. This program gives them the opportunity to explore and expand their unique and creative talents, promoting a sense of accomplishment and empowerment through the arts. Art classes are held at the Allegheny Community Center Art Studio, 42 Clark Street, Warren, Pa. Limit of 8 participants per class. Please register at the Y Front Desk for each 5 week session.

Art at the Y Art Studio at the ACC

Day: Tuesdays

Time: 9:30-10:30 am OR 10:45-11:45 am

Summer 2025 Session Dates:

June 9th – July 13th (Register May 14th)

July 14th – August 17th (Register July 2nd)

Champion Swim (Private Swim Sessions for Champion Swimmers)

Champion Swim lesson instructors are specially trained in Swim Angelfish methodology to help swimmers overcome roadblocks commonly seen in children with sensory processing disorders and other disabilities. Most swim lessons start as one-on-one so each child has individual attention. As the swimmer progresses, swimmers may be paired up with another swimmer for a semi-private lesson. Group size will always remain small to ensure safety. For ages 3 through 17 years.

Schedule your child's half-hour private swim lesson with Swim Angelfish Instructor - Caroline Check by texting her at 1-802-345-9394 or email champion@warrenymca.org. ADA locker room is available.

Saturday.....9:30 am–12:00 pm.....FREE Members/Non-members

NOTE: Morning/Afternoon weekday lessons also available. Please email Caroline for details.

KIDZfit – Youth Exercise Class

KIDZfit is for youth ages 5-12 years. Classes will be held indoors and outdoors and activities will include a variety of activities such as basketball, soccer, baseball, obstacle courses, aerobics/light strength work, etc. Be sure to join us for this fun all-inclusive environment! Max enrollment = 10. Instructor: Jen Hale & Shelley Lewis

Tuesday/Thursday.....5:30-6:15 pm.....\$15.00 YMCA Members / \$30.00 Non-Members

CHAMPION PROGRAMS cont'd.

KIDZfit – Horseback Riding

KIDZfit Horseback Riding for youth ages 5-14 years. Introduce your child to horses in an inclusive environment. Kids will be divided into groups and will rotate through stations that include grooming, driving wagons, and riding! Learn to care for and lead the horses. Held April through August with our 5-week programming. Participants must register for each 5-week session and a waiver must be signed at registration.

Max enrollment = 10. Instructor: Jen Hale & Shelley Lewis

Wednesdays.....5:30-6:30 pm.....\$25.00 YMCA Members / \$45.00 Non-Members (5-weeks)
\$35.00 YMCA Members / \$60.00 Non-Members (7-weeks)

Sessions:

April 23rd – May 21, 2025 (Register Apr. 9th / Apr. 14th)

May 28th – July 9, 2025 (Register May 14th / May 19th) ***NOTE: This is a 7-week session**

July 16th – August 13, 2025 (Register July 2nd / July 7th)

****Location:** Sky Walker Stables, 315 S. Main St. Ext., Jamestown, NY. Parents MUST bring child to stables. (Parents are welcome to stay and participate.) All participants must have closed shoes/boots.

AQUATICS

For complete pool policies and details about the Y's Progressive Swim Program, please refer to our website at www.warrenymca.org

SUMMER SWIM LESSONS FOR CHILDREN & ADULTS

- *Must have signed swim waiver on file prior to registration.
- *Must be age appropriate at start of swim lesson. No exceptions.
- *Refer to Warren YMCA website for swim level requirements or pick-up handbook at the Front Welcome Desk.

Swim Starters (Parent/Guardian Participation Required) (Ages 6-35 mo's) Level A/B: Water Discovery/Exploration

Monday/Wednesday.....11:00-11:30 am.....\$17.00 YMCA Members / \$36.00 Non Members
Saturday.....9:30-10:00 am.....\$14.00 YMCA Members / \$28.00 Non-Members
Saturday Drop-in Fee....\$ 4.00 YMCA Members / \$8.00 Non-Members

Swim Basics – Stages 1-3 (Age 3-kindergarten) or (1st Grade & up)

***PRESCHOOL (Age 3-Kindergarten in Fall) (Must be completely potty-trained.)**

Monday/Wednesday.....4:30-5:00 pm.....\$17.00 YMCA Members / \$48.00 Non Members
Tuesday/Thursday.....4:30-5:00 pm.....\$17.00 YMCA Members / \$48.00 Non Members

***SCHOOL AGE (1ST Grade & Up)**

Monday/Wednesday.....4:00-4:30 pm.....\$17.00 YMCA Members / \$48.00 Non Members

Swim Strokes – Stages 4-6 (1st Grade & up)

Monday/Wednesday.....4:00-4:45 pm.....\$20.00 YMCA Members / \$54.00 Non Members
Tuesday/Thursday.....4:00-4:45 pm.....\$20.00 YMCA Members / \$54.00 Non Members

Adult/Teen Swim Instruction

Our Adult/Teen Swim Lessons can teach you to swim, improve your stroke technique for competition or fitness, or teach you to perform basic water safety skills.

Mon/Wed/Fri (Not offered June/July)..... 8:00 - 9:00 **am**.....\$25.00 YMCA Members / \$50.00 Non Members
Tues/Thurs.....8:00-9:00 **am**.....\$20.00 YMCA Members / \$40.00 Non Members

Champion Swim (Private Swim Sessions for Champion Swimmers)

Champion Swim lesson instructors are specially trained in Swim Angelfish methodology to help swimmers overcome roadblocks commonly seen in children with sensory processing disorders and other disabilities. Most swim lessons start as one-on-one so each child has individual attention. As the swimmer progresses, swimmers may be paired up with another swimmer for a semi-private lesson. Group size will always remain small to ensure safety. For ages 3 through 17 years.

Schedule your child's half-hour private swim lesson with Swim Angelfish Instructor - Caroline Check by texting her at 1-802-345-9394 or email champion@warrenymca.org. ADA locker room is available.

Saturday.....9:30 am-12:00 pm.....FREE Members/Non-members

NOTE: Morning/Afternoon weekday lessons also available. Please email Caroline for details. **Page 15**

Private Swim Lessons

Looking for one-on-one swim instructions with our trained swim instructors? Private lessons are available for children and adults. Purchase a punch card for one (1) half-hour lesson, a block of 5, or 10 half-hour lessons at a time. Once purchased, the participant is responsible for presenting the punch card to the instructor at each lesson. The YMCA is not responsible for lost cards. No refunds once purchased.

Lessons must be set up in advance through Dani Mumford, Aquatics Director. Please email dani@warrenymca.org to schedule.

½ hour session.....\$10.00 YMCA Members / \$20.00 Non Members (per participant)
Block of 5 (1/2 hour lessons) = \$50.00 YMCA Members / \$100.00 Non-Members
Block of 10 (1/2 hour lessons) = \$100.00 YMCA Members / \$200.00 Non-Members

SUMMER LEARN TO SWIM/EVERYONE SWIMS!

Everyone Swims! (Ages 3-12) FREE!

Registration Opens Wed. May 14, 2025 at 8:00 am

Our goal with this free swim program is to provide lessons for the community and to teach everyone to swim in Warren County!

The EVERYONE SWIMS! Swim Program is a great way for children to take beginning swim lessons. Because the lessons are offered daily for 2 weeks, children tend to progress more rapidly in gaining skills and confidence. Lessons include Swim Basics instruction of the YMCA Swim Stages program. This program is available to "Y" members and non-members age 3 through 12. The morning classes will be held Monday through Friday and the evening classes will be held Monday through Thursday.

All sessions are 2 weeks in length. Register for 1 session or all 5!

Participants must be age appropriate at the start of the session and must be completely potty-trained.

ALL PARTICIPANTS MUST HAVE A SWIM WAIVER ON FILE PRIOR TO REGISTRATION.

Registration will begin Wednesday, May 14, 2025 at 8:00 AM and will continue until classes are full. If unable to attend a registered session, please notify the YMCA.

(***Children who have achieved the Stage 4 (Swim Strokes) level award are not eligible for this program.**)

SUMMER LEARN TO SWIM SESSIONS 2025

Session 1.....AM: June 9 - June 20 (M-Fri.)	PM: June 9 - June 19 (M-Thurs.)
Session 2.....AM: June 23 - July 3 (M-Thurs.)	PM: June 23 - July 3 (M-Thurs.)
Session 3.....AM: July 7 - July 18 (M-Fri.)	PM: July 7 - July 17 (M-Thurs.)
Session 4.....AM: July 21 - Aug 1 (M-Fri.)	PM: July 21 - July 31 (M-Thurs.)
Session 5.....AM: Aug 4 - Aug 15 (M-Fri.)	PM: Aug 4 - Aug 14 (M-Thurs.)

Monday-Friday	10:00 - 10:30 AM (Ages 6-12)	Cost: FREE
Monday-Friday	10:30 - 11:00 AM (Ages 3-5)	Cost: FREE
Monday-Thursday	5:00 - 5:30 PM (Ages 3-5)	Cost: FREE
Monday-Thursday	5:30 - 6:00 PM (Ages 6-12)	Cost: FREE

WATER FITNESS CLASSES

Swimnastics

An exercise class with a music background performed at the shallow end of the pool. This class consists of aerobic movements and muscle toning. Some equipment is used such as hand weights, noodles, kick boards and hand paddles, etc. Max participants per class = 25

Instructors: M/W/F = Kathy Bimber; T/TH (AM) = Pam Nasman; T/TH (PM) = Barb McCullough

Monday, Wednesday, Friday (AM).....9:00 - 10:00 am.....\$15.00 YMCA Members
\$45.00 Non Members

Tuesday, Thursday (AM)(June/July Barb; July/Aug Pam)....9:00 - 10:00 am.....\$12.00 YMCA Members
\$40.00 Non Members

Tuesday, Thursday (PM)(June/July Pam; July/Aug Barb)..7:30 - 8:30 pm.....\$12.00 YMCA Members
\$40.00 Non Members

Wave Runners

A fitness class performed entirely at the deep end of the pool. All participants wear water belts. There is no pounding of your joints. Exercises consist of jogging, cross-country skiing, arm movements and various other exercises for a total body workout. Max participants = 20

Instructor: Pam Nasman

Monday, Wednesday, Friday.....9:00 - 10:00 am.....\$15.00 YMCA Members
\$45.00 Non Members

Arthritis Aquatic Program

This class is for those suffering from arthritis, muscle ailments or back problems. A certified instructor takes the class through a series of slow, gentle exercises in the water with a concentration on a range of motion exercises. Participants do not need to know how to swim, as all exercises are performed at the shallow end of the pool. The hydraulic chair lift and the portable steps are available for those who need help in or out of the pool. Max participants = 25

Instructor: Kathy Bimber

Monday, Wednesday.....1:00 - 1:45 pm.....\$11.00 YMCA Members
\$30.00 Non Members

REAXraft Aqua Fitness Classes

REAX rafting in the pool combines popular land formats like HIIT, Yoga and Functional Fitness moves with the instability of the water to provide an efficient and FUN workout! Class size is limited to 8 participants/rafts.

Instructor: Jill Hunter

Tuesday, Thursday.....6:00 - 6:45 pm.....\$15.00 YMCA Members
\$30.00 Non Members
\$5.00 / \$8.00 Drop in Fee

AQUATIC SPECIALITY PROGRAMS

Introduction to Competitive Diving - Saturdays

Introduction to Competitive Diving is a 5-week course designed to familiarize new divers with the 5 basic positions for 1 meter springboard diving. Participants will learn how to safely execute all the same dives they see in High School, College, and Olympic athletes perform during competitions. It is recommended to have a background in aerial sports (gymnastics, cheer, etc.), but is not required. This course will involve both dry land exercises and pool work. Participants will be divided by grade levels 5-8 and 9-12. Students MUST have attained Stage 4 level of Progressive Swim lessons. A minimum of 4 divers are needed to run this program. Brandon Gregg, WAHS Diving Coach, will lead this program. Swim waiver required.

League will run Saturdays with the 5-week Summer Sessions.

Open board offered 8:00-9:00 am prior to class start.

June 14 – July 12 and/or July 19 – August 16

Registration: Register during session sign-up dates

Days: Saturdays

Grades 9th-12th.....9:00 – 10:00 am.....\$20.00 YMCA Members/\$40.00 Non-Members

Warren Municipal Outdoor Pool 2025

The Warren YMCA manages the outdoor C.A.R. pool. Season passes for Summer 2025 are available through the Warren City Municipal office. Download the application form at <http://www.cityofwarrenpa.gov>.

Municipal Pool – Hours of Operations 2025

June 2nd-6th: 4:00-7:00 pm (while WCSD is in session)

June 7th thru August: 12:00 – 6:00 pm (Monday – Sunday)

Summer Swim Party: Party bookings available after hours and weekends and must be reserved in advance. To place inquiry for a party, please email carpool@warrenymca.org for available dates and rates.

UPCOMING FALL 2025 AQUATICS PROGRAMS:

YMCA Lifeguard Course – Ages 15 & up

YMCA Dolphin Swim Team

The YMCA Dolphin Swim Team will begin mid-September, 2025. More information in the Fall brochure.

YOUTH/TEEN SPORT LEAGUES

2025 Fall Soccer League – Boys & Girls Ages 3 – 14

Any child that is **age 3 through 14** as of August 31st is eligible to play.

Games/Practices: All upper age division (U8, U10, U12, U15) games will be played on Saturdays, ranging from 9:00 am through approximately 1:00 pm. Lower age division (U4, U6) games will be held on weeknights. Practices are weekday evenings beginning the 1st full week in August and will not exceed two practices per week up to the first game. After the first game, all teams will reduce practice to one day per week.

Ages Divisions:

U-4 (3 year olds) **Parent MUST attend practices with child.**

U-6 (4 & 5 year olds) & **U-8** (6 & 7 year olds) will be boys/girls combined.

U-10 (8 & 9 year olds); **U-12** (10 & 11 year olds); **U-15** (12, 13, and 14 year olds).

Depending on number of sign-ups, U-10, U-12 & U-15 divisions may combine genders.

Equipment: Shin guards are required. Soccer cleats are recommended. Black shorts are recommended for the U15 age group.

Cost: \$30.00 members / \$40.00 non-members

Registration: Begins Saturday, April 26, 2025 through June 30, 2025.

Late Registration: Late Fee of \$10.00 added July 1st-July 13th. In addition, a \$50 late fee will be added after July 13th due to cost in supplying soccer shirt.

REGISTRATION SPECIAL: Sign up Saturday, April 26th and receive \$5.00 off! Registration starts at 9:00 am.

SIBLING DISCOUNT: Sibling Discount = \$5.00 discount per sibling after 1st child registers

(Sibling discount not available on Sat. April 26th)**

NEW for 2025 – Purchase a personalized vinyl yard sign to promote your special YMCA Fall Soccer player.

Cost: \$20.00

Order: April 26th – August 15th

YMCA Fall Soccer League Sponsored by:



2025 YMCA Flag Football League

Warren YMCA is proud to have been awarded an NFL Flag Football license. The YMCA's non-contact Flag Football League is a program where emphasis is placed on the fundamentals of football, teamwork, and having fun. Players in this league will be divided by grade levels 3rd/4th and 5th/6th. Teams will include 5-10 players and will be co-ed. League will run August thru October.

Practices: Mondays & Wednesdays. Begin week of July 28, 2025. (Practices will NOT be held after games begin.)

Games: August thru October

Grades: 3rd/4th and 5th/6th

Cost: \$50.00 YMCA Members / \$65.00 Non-members

Equipment: Mouth guards are required. Cleats are recommended, but optional. Players will receive an NFL branded jersey and a flag belt.

Location: Warren State Hospital. (Field past the Warren-Forest Higher Ed building on Hospital Drive.)

Registration: Saturday, April 26th thru Monday, June 30th. **NO** registration accepted after this date.

Coaches Meeting: TBA'd

Contact: Dylan Johnson, YMCA Youth Flag Football League Coordinator

YMCA EXTREME ATHLETIX

CHEERLEADING / HIP HOP DANCE TEAMS

YMCA Extreme Athletix Cheer/Hip Hop Dance is open to ages 3-18 years. No previous cheerleading, dance or tumbling experience required! We are a USASF sanctioned gym and our coaches are USASF certified and are passionate about our athletes' growth!

Practices will focus on stunting, tumbling and competition routines.

A skills assessment will be conducted to determine the best fit based on age and skill ability for team placements. (Assessment Date TBD)

Every athlete will make a team!

The TINY teams will perform at 2 competitions. The PREP Cheer/Hip Hop Teams will compete in 3 competitions within a 1-2 hour drive in Pennsylvania. The ELITE teams will compete in Pennsylvania, New York, West Virginia and/or Ohio with potential bid wins to VA, OH, TN, & FLA.

Registration opens March 1st thru August 1st.

Practices will begin in August and are held off-site at the Extreme Athletix Facility in Russell, Pa.

Email: yextremecheer@outlook.com

Complete details for the 2025-2026 season including dates, costs, teams, clinics, open gyms, etc. can be found directly at the Extreme Athletix website: www.extremeathletix.com

Season time frame:

TINY PREP Teams: August 1, 2025 through Feb/March 2026

MINI-SR PREP Teams: August 1, 2025 through Feb/March 2026

ELITE Teams: August 1, 2025 through March/May 2026.

Registration: March 1, 2025 thru August 1, 2025 (\$20.00 late fee added after 7/1/25)

Registration Fee: \$50.00 non-refundable.

Monthly Fee: YMCA Member & Non-Member rates available. (See extremeathletix.com for cost)

Practice Location: 1149 N. Main Street, Russell, PA 16345

Director: Shawna Fitzgerald

Email: yextremecheer@outlook.com

SUMMER:

Cheer/Hip Hop Clinic: June 23-June 27, 2025 (Evening Clinic)

Participants ages 3-6 and 7-11 and 12-18 will participate in a dynamic, fun-filled week of Hip Hop dance, Jump, Tumbling and Stunts. Parents/guardians are invited to observe the last day of the clinic.

***Maximum participants: 40 in each age group..*

**Sibling(s) discount of \$10.00 applied to clinic fee after the 1st child is registered. Register in-house to receive.*

Age Group: 3 – 6 years: Time: 5:30 - 6:30 PM

Age Group: 7 – 11 years: Time: 6:30 - 8:00 PM

Age Group: 12 – 18 years: Time: 6:30 – 8:00 PM

Fee:

\$40.00 YMCA Members

\$60.00 Non-Members

Registration: Opens April 26th

Register online at www.warrenymca.org *To receive \$10 sibling discount, participants must register at the Y Front Welcome Desk or through Shawna Fitzgerald.

Location: Cheer Athletix Facility, 1149 N. Main Street, Russell, PA 16345

CLINIC INSTRUCTORS: Shawna Fitzgerald, Nicole Chapman, Michelle Johnson, Crystal Russell, Jessica Robbins, Meghan Rowland

SUMMER SPORTS CAMPS

Registration opens April 26th for Summer Sports Camps.

* NEW for 2025...In-house and online registration through our website at www.warrenymca.org.

*Ages for camps are based on age at start of camp week and/or grade level for the 2025-26 school year.

NO discount per camper if registering for more than 1 sport camp. NO phone registration.

****We offer a \$10.00 sibling(s) discount off YMCA Summer Sport Camps when siblings register for exact same camp. After the first child enrolls, sibling(s) will receive a \$10.00 discount. Must register for the same Sport Camp. (Does not need to be same week for those camps offered more than 1 week. Gymnastics Camp will be considered as one camp regardless of level/week attending.)****

Scholarship members with program discounts not eligible for additional discounts.

Gymnastics Camps: (Camps held in June/July. Register for 1 camp or all four.)

Gymnastics Camp #1: June 9-13, 2025

Gymnastics Camp #2: June 16-20, 2025

Gymnastics Camp #3: July 14-19, 2025

Gymnastics Camp #4: July 21-24, 2025 (4-day camp. Fee is prorated.)

Tumbling w/ Tykes – Parent/Child Camp

This is a 30 minute class to promote and help develop gross and fine motor skills while fostering parent/child relationships. The class will provide safe obstacles for little tykes to explore along with balance beams, a trampoline and more. Class is for children age 24 months to 3 years old and parent participation is required.

*Maximum participants = 12 per class.

Ages: 24 mo's – 3 years

Time:.....9:15 - 9:45 AM

Fee:.....\$20.00 YMCA Members (Per Week)
\$30.00 Non Members (Per Week)

Tiny Tumbler Gymnastics Camp

Children ages 3 – 5 (K in Fall 2025) will be instructed on floor exercise, balance beam, vault and uneven bars. Attire is a leotard or shorts with a t-shirt tucked in. Long hair must be pulled back. All ability levels welcome. **Participants may only register for 1 time slot per camp week.**

*Maximum participants = 12 per class.

Ages: 3 – 5 (Kindergarten in Fall)

Time:.....10:00 - 10:45 AM **OR** 12:15 - 1:00 PM

Fee:.....\$40.00 YMCA Members (Per Week)
\$60.00 Non Members (Per Week)

Progressive Gymnastics Camp

Must be 1st Grade in Fall thru 16 years of age to participate. Emphasis is put on all four events: vault, bars, beam and floor. Tumbling instruction will be included. Please wear appropriate clothing – no snaps, buttons, zippers, long strings or baggy clothing and hair should be pulled back into a pony tail.

*Maximum participants = 30

Ages: 1st Grade in Fall – 16 years

Time:.....11:00 AM – 12:00 PM

Fee:.....\$40.00 YMCA Members (Per Week)
\$60.00 Non Members (Per Week)

CAMP INSTRUCTOR: Kristy Turner, Powerhouse Gymnastics Team Coach and staff Page 21

Girls Volleyball Camp: June 16 – 20, 2025 (Evening Camp)

Girls in grades 4th-9th will be instructed in all phases of volleyball. They will practice the proper way to bump, set, and spike and prepare for game situations. Meet the Warren High School Girls Volleyball players and join them on the court during this exciting week of volleyball! Participants should wear shorts, t-shirt and sneakers. (Knee pads optional.)

Grades 4 – 6:Time: 6:00 – 7:00 PM **(Maximum participants = 25)**

Grades 7 – 9:Time: 7:00 – 8:15 PM **(Maximum participants = 25)**

Fee:.....\$40.00 YMCA Members
\$60.00 Non Members

CAMP INSTRUCTORS: Mike Dolan, WAHS Varsity Volleyball Coach & WAHS Volleyball players

Track Camp: June 16 – 20, 2025

This camp will introduce participants ages 5 to 18 to the sport of track and field. Participants will run, jump and throw while having an action-packed week of pure fun and expert coaching. Held at War Memorial Field.

Ages: 5 (Kindergarten enrolled for Fall) to 6th grade

Time 9:00 - 10:30 AM

Fee: \$40.00 YMCA Members
\$60.00 Non Members

Location: War Memorial Field

CAMP INSTRUCTORS: Kevin Dustin, WAHS Head Track & Field Coach & Track Team members

Skills and Drills Basketball Camp: June 23 – 27, 2025

Boys and girls ages 6-17 can register for Skills and Drills Basketball Camp. Directed by Anthony Nelson, this popular camp is held at the Warren YMCA. Camp will meet Monday-Thursday from 8:30 am-4:00 pm. Friday will include a half-day from 8:30 am-1:00 pm. Participants will be instructed in ball-handling, passing, shooting, rebounding, and defense. For complete details, or questions, please contact Tony at 814-688-8295.

Registration is directly through Tony. Registration forms are available at the Y Front Welcome Center or through Facebook at: <http://facebook.com/skillsanddrillsbasketballcamps>.

Ages: 6-17

Time: 8:30 AM - 4:00 PM (Friday 8:30 AM – 1:00 PM)

Fee: \$175.00 (Family Discount: 2 siblings \$280 / 3 siblings \$310)

Location: Warren YMCA

CAMP INSTRUCTOR: Anthony Nelson

2025 Challenger International Soccer Camp: **July 14 – 28, 2025. **Register online**

Ages 3-16. Challenger Sports, the leading soccer camp company in North America, has combined the most popular elements of their two existing industry-leading camp programs, British Soccer and TetraBrazil, integrating them into a collection of the most effective soccer practices used by youth teams around the world.

The Challenger Soccer Camp reflects the truly global nature of the sport today and provides young players with a wide variety of coaching styles, practices, and influences that will help them develop a well-rounded skill set.

We have taken the best coaching methodologies and practices from England, Brazil, Spain, USA and France and have woven them together in a multi-faceted on and off-field coaching experience.

Camp is held at War Memorial Field. Players will be moved indoors during extreme inclement weather. Indoor shoes must be worn inside the YMCA. Bring water bottle. Sunscreen is recommended.

Please note that there will be a \$10 late fee at most of our camp sites for campers registering within 10 days of the camp start date. Many camps will fill up and be closed prior to this date – please register early to avoid disappointment.

****Registration and complete details/costs for Challenger Soccer Camp available online at www.challengersports.com**

Wrestling Camp: July 7 – 10, 2025 (4 day camp) **Register Online

This FREE camp will introduce participants of all ages to the sport of wrestling. Held at the Kinzua Wrestling Club (Former Riverside Bowling Lanes).

Ages: 5-11

Time: 10:00 - 11:15 AM

Fee: FREE YMCA Members & Non Members

Location: Kinzua Wrestling Club

Registration: **ONLINE** through Kinzua Wrestling Club: [www.Kinzua Wrestling Club](http://www.KinzuaWrestlingClub.com)

CAMP INSTRUCTORS: Dennis Johnson, WAHS Wrestling Coach & WAHS Varsity Wrestlers

Tennis Camp: July 21 – 25, 2025

Join WAHS Tennis Coach Thomas Pellegrino for a week of instructional Tennis Camp. Players will focus on learning the fundamentals of tennis. The week will begin with the basics of tennis and then progressing into strokes (techniques in striking the ball), footwork, as well as physical fitness and conditioning. The location is at Beatty Park Tennis Courts. ****Must be age level at start of camp week****

Date:

Age Groups/Times:

6-9 years 5:00-6:30 pm

10-14 years / 5:00-6:30 pm

Fee:

\$40.00 YMCA Members

\$60.00 Non-Members

Location: Beatty Park Tennis Courts

Equipment: Tennis Racquet (limited racquets may be available)

CAMP INSTRUCTORS:

Thomas Pellegrino, WAHS Tennis Coach

YMCA Youth Soccer Camp: July 28 - August 1, 2025

Our Youth Soccer Camp will be held at the end of July to kick off our Fall Warren County YMCA Recreational Soccer League! Join us for an action-packed week of soccer skills and drills. Participants will learn soccer skills like kicking, dribbling, and throwing in the ball. Fun activities and games included. Sessions will be broken down by age groups (see below). Players aged 4-5 will have 45 minutes of drills and game play per day. Players aged 6-14 will participate in a more intense training program. Offense, defense, passing and ball control along with game play will be taught. Conditioning drills to prepare players for the upcoming season will also be included. Get ready for Fall soccer season! The camp is held at the Warren State Hospital Soccer Fields.

Ages: 4 – 5 (Maximum participants = 30)

Time:.....10:00 AM - 10:45 AM

Fee:.....\$20.00 YMCA Members
\$40.00 Non Members

Ages: 6 -10 (Maximum participants = 30)

Time:.....11:00 AM - 1:00 PM

Fee:.....\$40.00 YMCA Members
\$60.00 Non Members

Ages: 11 -14 (Maximum participants = 30)

Time:.....1:00 AM - 4:00 PM

Fee:.....\$60.00 YMCA Members
\$80.00 Non Members

Location: Warren State Hospital Soccer Fields

Instructor: TBA'D

Junior Golf Camp: Mondays – June 23 – July 21, 2025

YMCA Junior Golf camp presented by the Warren YMCA and the Jackson Valley Golf Course. This camp is aimed at creating golfers for life by introducing young people to the game with a curriculum that teaches many aspects of golf including safety on the golf course and practice areas. Join Andrew Papalia for 5 days of golf instruction where campers will learn putting, chipping, full swing, irons, bunkers and more! Andrew brings golf experience as a former assistant golf pro/junior golf instructor at the CC of Halifax, MA, led the junior golf tour for the Tri-State PGA, and as a high school golf coach at Seton LaSalle High School.

****Must be age level at start of camp week****

Date - Held Mondays:

June 23rd, June 30th, July 7th, July 14th, July 21st

Age Groups/Times:

5-7 years / 8:00-9:00am

8-10 years / 9:15-10:15 am

11-17 years / 10:30-11:30 am

Fee:

\$40.00 YMCA Members

\$60.00 Non-Members

Location: Jackson Valley Golf Course, 6927 Jackson Run Road, Warren, Pa. 16365

Equipment: Golf Clubs (If clubs are needed, email Andrew at andrew@warrenymca.org.)

CAMP INSTRUCTOR:

Andrew Papalia, YMCA Youth Sports Coordinator

SPORTS PERFORMANCE CLINICS/SPECIALTY TRAINING

STRENGTH & CONDITIONING (Ages 13+) w/ Coach K

Student Athletes aged 13+ who would like to prepare for the upcoming school sport season, or those who are looking for summer conditioning training, can register and attend Strength & Conditioning with Coach K.

Training sessions will focus on agility, jump training, conditioning, strength and more.

Dates: June 10th – July 31, 2025 (No class July 3rd)

Days: Tues/Thurs

Time: 10:30-11:45 am

Fee: \$30.00 Members/\$60.00 Non-Members (Full Summer Clinic)

Registration: Opens Saturday, April 26, 2025. Register early to reserve a spot as class size is limited.

Instructor: K Hughes, M.S, PES, CES Sports Performance Trainer/Personal Trainer.

Email: khughes@warrenymca.org

BASKETBALL SKILLS (Grades 1st – 6th) w/ Peyton Wotorson

Youth will be instructed in basic basketball skills. Dribbling, shooting, passing, teamwork and more!

Cost is for a 5-week session of classes.

Dates: 5-week sessions:

June 9th - July 13th

July 14th - Aug 17th

Days: Mondays

Time:

9:00 - 10:00 am (Grades 1st & 2nd)

10:15 - 11:15 am (Grades 3rd & 4th)

11:30 - 1:00 pm (Grades 5th & 6th)

Cost:

\$20.00 members / \$30.00 non-members (Grades 1st thru 4th)

\$30.00 members / \$40.00 non-members (Grades 5th & 6th)

Registration: Register during the 5-week registration dates for summer sessions.

Instructor: Peyton Wotorson

Information: Email andrew@warrenymca.org with any questions.

WEIGHT LIFTING FOR TEENS (Ages 12+)

Weight lifting class for teens ages 12-18, with limited or no experience with resistance training. This strength and conditioning program is designed to increase performance in any sport and promote general well-being utilizing a combination of Powerlifting and Circuit. Emphasis placed on safety, etiquette, and proper lifting techniques.

Discussions include progressive overload, benefits of different rep ranges, and maximizing results. Members and non-members welcome to register!

Instructor: Alex Shaw, Certified Personal Trainer

Days/Time/Cost:

Tuesday, Thursday: 4:00 - 5:00 pm/\$20.00 YMCA Members \$40.00 Non-Members

Saturday/2:00 – 3:00 pm/ \$10.00 YMCA Members \$20.00 Non-Members

Registration: Register during the 5-week registration dates for summer sessions.

BABYSITTING/CHILD WATCH SERVICE

This is a nut free room. A staffed, babysitting/child watch for children six (6) weeks to ten (10) years of age is offered to YMCA participants while they are **using the facility only**. Available hours are listed below and are subject to change due to low enrollment. **PAYMENT REQUIRED AT TIME OF SERVICE – NO EXCEPTIONS.**

Summer 2025 Opens Monday, June 9th Babysitting/Child Watch Hours	
Monday - Friday	7:45 am - 1:00 pm
Monday – Thursday	5:00 pm - 7:30 pm
Saturday	No Sat. During Summer
Babysitting Closings:	
Monday, May 26th thru June 8th (Evenings)	
Friday, July 4th	
Monday, Aug. 18th thru Sept. 1st (Evenings)	

Cost:

\$2.75 per hour - per child. Payment must be made at time of service. A Non-refundable babysitting card can be purchased at the Front Desk: 8 Hours for \$20.00 and 14 hours for \$35.00. Cards expire 1 year from date of purchase.

YMCA Family Advantage Card – 15 hours of FREE Babysitting Service

This membership benefit was created in 2016 to provide newly activated Family membership units the opportunity to receive a complimentary Family Advantage Card worth 15 hours of child-watch services. The 15 hours of complimentary child-watch service is a value of \$37.50, expiring one month from the date of membership activation. In addition, the Family Advantage opportunity extends to members under any Family membership type registering for a five (5) week session of a Y fitness program. The 15 hour complimentary child-watch service for fitness program registration expires at the end of each 5 week session.

***Not available with Water Fitness, Group Cycle Punch Cards and Personal Training.**

One card per Family unit.

Health: Parents should exercise every caution and keep their child home should any unusual symptoms occur. If a child has been exposed to a contagious disease, he/she should be at home. We cannot accept children into the babysitting program if he/she exhibits any of the following: fever, vomiting, a rash, discharging eyes or ears, discolored nasal discharge, thrush or head lice.

PLAYSPACE PLAYTIME for EVERYONE!

Children aged 2-10 years can enjoy fun and exercise in the Character Club playroom with our Playspace Playtime! Non-members may pay a fee of \$5.00/child to utilize the Character Club play area for 1 hour during the advertised open play times. Member children are free! Must register at the Front Welcome Center. Appropriate colored wristbands will be issued to indicate usage allowance. Parents must remain in the room and supervise their child during playtime. Sneakers or closed back shoes must be worn. NO flip flops. This is a nut-free room.

***Character Club is NOT open for usage during our staffed Childwatch/Babysitting hours.**

Playspace Playtime Summer Hours:

Monday-Thursday: 1:30-4:45 pm

Monday-Thursday: 7:30-8:30 pm

Friday: 1:30-8:00 pm

Saturday: 8:00 am – 12:30 pm (Beginning May 24th)

Sunday: Closed for Summer

Cost: Members: FREE / Non-Members: \$5.00/child

***Character Club is NOT open for usage during our staffed Childwatch/Babysitting hours. Page 26**

ARTS & HUMANITIES

L I V E S T R O N G™

LIVESTRONG Annual Book Sale

Wednesday, June 4th thru Friday, June 6, 2025

Once again, we will be collecting new and gently used **clean** books for our Annual Livestrong at the Y Book Sale. All genres accepted, except encyclopedias, text books, and magazines! Drop off at the YMCA Front Lobby. Come back to shop during the sale. The final day of the sale is fill a bag for \$1.00! (Bag fee of \$1.00 paid at entry to sale.) Books may be dropped off at West Gymnasium on the below listed dates. Sales will be held as indicated.
(NOTICE: New collection/sale dates for 2025.)

Book Drop Off: Begins Tuesday, May 27th and ends Tuesday, June 3, 2025

Sale Dates and Times:

Wednesday, June 4th: 9:00 am - 7:00 pm

Thursday, June 5th: 9:00 am - 7:00 pm

Friday, June 6th: 9:00 am - 5:00 pm (Fill a bag for \$1.00)

LIVESTRONG TRASH & TREASURE SALE AT THE Y

Wednesday, Aug. 27th thru Friday, Aug. 29, 2025

Back for our 8th year in 2025, we will again hold our highly successful annual "Trash & Treasure" sale to benefit our LiveStrong at the Y Program!

Donate your clean, gently used household items and clean, good condition clothing to our annual LIVESTRONG Trash & Treasure sale. All proceeds go toward our LIVESTRONG at the Y Cancer Survivor program. We will collect items and sell items on the below listed dates. **(NOTICE: New collection/sale dates for 2025.)**

Collection Dates:

Begin Monday, August 18th. End Tuesday, August 26, 2025.

Sale Dates:

Wednesday, August 27th: 9:00 am - 7:00 pm

Thursday, August 28th: 9:00 am - 7:00 pm

Friday, August 29th: 9:00 am - 5:00 pm (\$1/bag or \$5/box this day. Bag/Box fee is paid upon entry to sale.)

*****Items we will not take:**

Appliances / Large pieces of exercise equipment / Electronics such as TV's, computers, etc.

Partnership Music ARTs

The Warren County YMCA, in an effort to meet every child and adults needs, has partnered with the Warren County Music Conservatory to offer our members the enrichment of music instruction. Whether it is vocal or instrumental the Warren Music Conservatory offers a wide range of choices for members who are interested in ANY GROUP CLASS that they offer. Please log on at <https://warrenmusicconservatory.com> to look at the wide range of classes offered. All Warren County YMCA members receive a **25% discount** on their group class fee when a current membership voucher is presented at the time of registration.

2025 YMCA SUMMER DAY CARE

DHS LICENSED AND KEYSTONE STAR 3 PARTICIPANT

SCHOOL AGE – FULL-DAY CARE **AGES 6-10 (Must have completed Kindergarten)**

This care is for children who graduated from kindergarten through age 10. Each week will focus on a new theme and field trip, along with community activities, arts and crafts, fun and learning.

Dates: June 9th thru August 8th (9 weeks)

Time: 8:00 am – 4:30 pm

Cost: \$135.00 per week members / \$165.00 non-members

Deposit:

Care requires a \$20.00 deposit per week, per child to hold spot. Deposit will be applied to care fee and is non-refundable, non-transferable. (Attending all 9 weeks = \$180.00 per child. Due at registration.)

Fee Also Includes:

One (1) T-shirt per child, entrance to areas on field trips and supplies for themed weeks.

Before/After Care If Needed:

6:00 am – 8:00 am / 4:30 – 5:30 pm (\$30.00 additional per week/per child)

Note: Children need to bring a healthy lunch and a refillable water bottle each day.

Registration: Begins March 20th YMCA Members / March 27th Non-Members.

Swim day: Tuesday/Thursday Afternoons

BIG-E-NUF CARE – FULL-DAY CARE **AGES 3-5/6 (Not yet entered Kindergarten)**

This care is for boys and girls who have turned 3 by May 31, 2025 through age 6, who have not yet attended Kindergarten. **(MUST BE COMPLETELY POTTY-TRAINED)** Care weeks will be based on the themes, with a focus on age-appropriate activities in a nurturing environment. Music, games, crafts, fine motor and sensory skills will be a part of every day. The hours will be the same as above.

Dates: June 9th through August 8th (9 weeks)

Time: 8:00 am – 4:30 pm

Cost: \$135.00 per week members / \$165.00 non-members (full-day)

Deposit:

Care requires a \$20.00 deposit per week, per child to hold spot. Deposit will be applied to care fee and is non-refundable, non-transferable. (Attending all 9 weeks = \$180.00 per child. Due at registration.)

Fee Also Includes:

One (1) T-shirt per child, entrance to areas on field trips and supplies for themed weeks.

Before/After Care If Needed:

6:00 am – 8:00 am / 4:30 – 5:30 pm (\$30.00 additional per week)

Note: Children need to bring a healthy lunch and a refillable water bottle each day.

Registration: Begins March 20th YMCA Members / March 27th Non-Members. g

Swim day: Wednesday/Friday Afternoons

****Additional child discount attending same care week = 10% off care cost.**

****Deposit will be applied to care rate and is non-refundable/non-transferable.**

PAYMENTS:

Payments are due in full on the Thursday before care week begins.

If not paid, the slot will become available to the next child on the waitlist.

The Thursday before care week will be the last day you may sign up. **NO FRIDAY OR MONDAY MORNING SIGN-UPS WILL BE PERMITTED.**

Summer Day Care payments will be AUTOMATICALLY drafted from account on file. Other payment arrangements need to be approved by Childcare Coordinator/Director

PLEASE NOTE: If you receive subsidized child care monies from ELRC, you will be required to pay the difference in what ELRC provides and what the YMCA charges in addition to your weekly co-pay.

REGISTRATION:

March 20th: YMCA MEMBERS (4:30-5:30 pm)

March 27th: NON-MEMBERS (4:30-5:30 pm)

****All registrations for Summer Day Care are handled through the Child Care Office.** Contact Harmonie Kibbey at 814-726-0110, ext.1123 or email harmonie@warrenymca.org with any questions.

When registering for Summer Day Care, please fill out the registration form completely and return to the Childcare Office with your non-refundable deposit/non-transferable.

An official camp packet will be available at the Front Welcome Desk beginning Friday, May 9, 2025 and must be returned by May 30, 2025. Children cannot attend Camp without completed enrollment form – NO exceptions.

(Anyone wishing to attend both Summer Day Care and a Sports Camp scheduled for the same week will need to pay for both Care and Sport Camp. Transportation to and from these camps is the parent's sole responsibility. Neither Day Care nor Sports Camp will provide this service.)

Things to Remember:

Big-E-Nuf Care

- 🕒 **Swim will be in the afternoons on Wednesdays & Fridays**
- 🕒 **Field trips or special programming will be 1 day weekly.**
- 🕒 **Send a "Nut-FREE" packed healthy lunch and a refillable water bottle every day 🕒 We will not have nap-time, so remember to get a good night's rest!**

School Age Care

- **Swim will be in afternoons on Tuesdays & Thursdays**
- **Field Trips will be scheduled for at least 1 day every week**
- **Send a "Nut-FREE" packed healthy lunch and a refillable water bottle every day and a favorite book to read for every day and on field trips**
- **Electronics are NOT permitted**

Official Camp Packet

- **Pick up the camp packet beginning Friday, May 9th at the Front Welcome Desk.**
- **The packet must be returned by Friday, May 30, 2025 for child to attend camp.**

2025 CARE WEEKS/THEMES

8:00 AM – 4:30 PM / Monday-Friday

WEEK 1: June 9-13th

Outdoor Adventures

Campers will enjoy time in the great outdoors learning about the creatures all around us and the habitats they live in.

WEEK 2: June 16-20th

Getting Dirty!

Campers will enjoy a week of gardening activities and outdoor fun as they learn about horticulture and having fun in the dirt.

WEEK 3: June 23-June 27th

What's Cooking?

This week is all about food and eating as we explore different types of cuisine and learn culinary skills. What better way to end the week than with a tailgate party!

WEEK 4: June 30 – July 3rd (Y is closed July 4th. No camp this day.)

Parks and Recreation

Campers will enjoy all the backyard games and fun imaginable - kickball, picnics, water games and more as they tour the different local parks.

WEEK 5: July 7-11th

Music and Make-Believe

Campers will kick off the week with a visit to the historic Struthers Library Theater as they explore the theater arts and become immersed in different types of music and dance.

WEEK 6: July 14-18th

Space Odyssey

Space exploration is the focus this week! Campers will learn about our solar system and beyond as they build rockets, engage in out-of-this-world activities and visit the Penn State Planetarium.

WEEK 7: July 21-25th

Summer Beach Bash

What could be more fun than a summer party at the beach! Campers will enjoy a variety of summer games and water play as they spend the week having fun in the sun!

WEEK 8: July 28 - August 1st

Sailing Away

Whether they're sailing away on a pirate ship or sailing through the air on a rollercoaster, campers will have a blast!

WEEK 9: August 4-8th

No Theme Week

It's the last week of camp and there are so many things left to experience! This week is full of surprises and fun, ending with our annual party complete with music and games!

***If interested in the Member rate for Summer Care:**

Youth Summer Membership is available May through August at the 2025 rate of \$119.00

For membership info: contact Jennifer Pojar: jennifer@warrenymca.org

The Warren County YMCA is PA DHS licensed and a Keystone STARS 3 Facility.

WE ARE A NUT FREE FACILITY