




FALL 2025 PROGRAM GUIDE

Session Dates:

September 2 – October 5, 2025
October 6 – November 9, 2025
November 10 – December 14, 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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FALL SESSIONS - 2025

Registration Dates

5 Week Session Dates

Wednesday, August 6th (Members Only).....**Sept. 2 – Oct. 5, 2025**

Monday, August 11th (Open Enrollment)

No EARLY REGISTRATION

Wednesday, Sept. 24th (Members Only).....**Oct. 6th – Nov. 9, 2025**

Monday, Sept. 29th (Open Enrollment)

*Monday, Sept. 22nd– EARLY REGISTRATION (8:00 am – 4:00 pm) for members currently enrolled in Progressive Swim, Progressive Gymnastics, and Tiny Tumblers

Wednesday, Oct. 29th (Members Only).....**Nov. 10th – Dec. 14, 2025**

Monday, Nov. 3rd (Open Enrollment)

*Monday, Oct. 27th – EARLY REGISTRATION (8:00 am – 4:00 pm) for members currently enrolled in Progressive Swim, Progressive Gymnastics, and Tiny Tumblers

December 15th –January 5, 2026:.....**SESSION BREAK**

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 on 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. 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 WHICH NEEDS SIGNED ACCORDING TO OUR LIABILITY INSURANCE.**

Please remember...

- 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 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.**

FACILITY HOURS

Warren, Youngsville, Sheffield

Fall Operating Hours

Warren Facility:

(Fall Hours Effective September 2, 2025)

Monday through Friday.....5:00 am - 9:00 pm* **(After Hours 9:00 pm – 12:00 am)**
Saturday.....7:00 am - 7:30 pm* **(NO "Y" After Hours)**

Sunday (Until October 25th).....10:00 am - 3:00 pm* **(After Hours Only*** West Entrance)**
Sunday (Begins November 3, 2025).....12:30 pm - 5:00 pm* **(Front Door Entrance. NO "Y" After Hours)**

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 - 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 Court / **No locker room service available.

Fall/Winter Closings:

Labor Day

Thanksgiving Day

Christmas Eve

Christmas Day

New Year's Eve (Close at 1:00 pm)

New Year's Day

HOLIDAY MEMBERSHIPS

2025 STUDENT/YOUTH HOLIDAY RATE

Student & Youth memberships will be available as of November 15, 2025 and will be honored through January 15, 2026. College students must present college ID.

Sr. High/College (Full Time through age 25).....	\$76.00
Youth (infant through Grade 8).....	\$66.00

Conditions of Membership:

- **Membership Plans:** Annual membership or Monthly Draft membership payment through checking, savings, and credit or debit card. The Warren County YMCA reserves the right to revoke any membership. ***Please see our website for membership rates.***
- **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.
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DAILY GUEST FEES

DAILY GUEST FEES – Warren YMCA

Youth (infant through high school).....	\$ 7.00
Adult (18 and older)	\$10.00
Health Center Locker Room Usage Fee.....	\$15.00 (age 18 and older)
YMCA Member - Health Center Usage Fee.....	\$ 3.00 (age 18 and older)
Non-member 5-week Program Participant – Health Center Usage Fee.....	\$ 4.00 (age 18 and older)
Family/Friends Guest Pass Holder – Health Center Usage Fee.....	\$ 5.00 (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 2025 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 Yville/Ages 10-17 Sheffield).....	\$ 3.00
Adult (18 and older)	\$ 5.00

ADULT HEALTH & FITNESS

Fall Sessions 2025:
September 2 – October 5th
October 6 – November 9th
November 10 – December 14th

WEEKLY GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
	5:15 - 6:15 am Les Mills Body Pump® Instructor: Erica		5:15 - 6:15 am Les Mills Body Pump® Instructor: Erica	
8:00 - 9:00 am OR 9:00 - 10:00 am OR 10:00 - 11:00 am Stronger for Longer Instructor: Chris		8:00 - 9:00 am OR 9:00 - 10:00 am OR 10:00 - 11:00 am Stronger for Longer Instructor: Chris		8:00 - 9:00 am OR 9:00 - 10:00 am OR 10:00 - 11:00 am Stronger for Longer Instructor: Chris
8:00 - 9:00 am Cardio Pump Instructor: Lisa	8:30 - 9:30 am Power Hour Circuit* Sheffield YMCA Instructor: Wendy	8:00 - 9:00 am Cardio Pump Instructor: Lisa	8:30 - 9:30 am Power Hour Circuit* Sheffield YMCA Instructor: Wendy	7:30 - 8:30 am Strength on Demand Video Stream Class Group Ex Studio
	9:00 - 10:00 am Video Yoga Instructor: Video Stream	8:30 - 9:15 am Cardio Percussion *Sheffield YMCA Instructor: Jen G.	9:00 - 10:00 am Video Yoga Instructor: Video Stream	8:30 - 9:15 am Cardio Percussion *Sheffield YMCA Instructor: Jen G
9:00-10:00 am OR 10:15-11:15 am Bouncing for Fitness (55 and older) Instructor: Sharon	10:30 - 11:30am Balance & Core Instructor: K. Hughes	9:00-10:00 am OR 10:15-11:15 am Bouncing for Fitness (55 and older) Instructor: Sharon	10:30 - 11:30am Balance & Core Instructor: K. Hughes	9:00-10:00 am OR 10:15-11:15 am Bouncing for Fitness (55 and older) Instructor: Sharon
	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	
	12:00 - 1:00 pm Exercising on GLP-1 Medications Instructor: Chris		12:00 - 1:00 pm Exercising on GLP-1 Medications Instructor: Chris	
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	1:00-2:00 pm Firefly at the Y – Fitness (Swimming)	1:00-2:00 pm Firefly at the Y – Fitness
	4:00 - 5:00pm Weight Room for Teens Instructor: Alex		4:00 - 5:00pm Weight Room for Teens Instructor: Alex	Saturday
	5:30- 6:30 pm Body Bar Strength Instructor: Megan		5:30- 6:30 pm Body Bar Strength Instructor: Megan	7:05 - 7:50 am Les Mills Body Pump® Instructor: Erica
	5:30 - 6:15 pm REAXraft (Pool) Instructor: Jill Sept/Oct Session Only		5:30 - 6:15 pm REAXraft (Pool) Instructor: Jill Sept/Oct Session Only	8:00 - 9:00 am Sunrise Yoga Instructor: Jill Hunter
6:00 - 6:45 pm Strength in Motion Instructor: Erica *Begins Oct/Nov	6:30 - 7:15 pm OWL Workout (Outdoor Workout Locker) Instructor: Thad	6:00 - 6:45 pm Strength in Motion Instructor: Erica *Begins Oct/Nov	6:30 - 7:15 pm OWL Workout (Outdoor Workout Locker) Instructor: Drew	2:00 - 3:00 pm Weight Room for Teens Instructor: Alex

Complete class descriptions and costs listed on following pages.

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)

Balance & Core

Does your balance need to improve? Do you need help getting on and off the floor? Learn to engage your internal core muscles surrounding your spine while improving your balance, strength and flexibility. Coach "K" has a Master's degree in Exercise Science from Long Island University. She has trained athletes in a variety of sports, general wellness, post rehab, strength and more! Max participants = 20

Instructor: K. Hughes, M.S., PES, CES

Tuesday, Thursday.....10:30 - 11:30 am.....\$40.00 YMCA Members
\$60.00 Non-Members

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

Saturday.....7:05 – 7:50 am.....\$14.00 YMCA Members
\$48.00 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

Tues, Thur.....5:30 - 6:30 pm\$16.00 YMCA Members
\$52.00 Non-Members

Bouncing for Fitness

Join this fun group for a workout that includes cardiovascular conditioning, strengthening, flexibility and balance segments - all done while seated on a stability ball. (Ball stabilizer provided to keep ball stationary.) Your core will be strengthened by constantly engaging the abdominal muscles which will help improve posture, balance and stability! This co-ed class is designed for adults age 55 and over but all ages and fitness levels are welcome to attend. Look forward to lots of social interaction and great music! Balls and ball stabilizers are provided.

Held in Group Ex. Studio. Two (2) class times to choose from. (Both classes follow same format.)

Max participants = 20 per class

Instructor: Sharon Harris.

Mon, Wed, Fri.....9:00 - 10:00 am **or** 10:15 – 11:15 am.....\$15.00 YMCA Members
\$25.00 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 = 23/class.

Instructor: Jennifer Goerlich

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

Instructor: Lisa Roberts

Monday, Wednesday.....8:00 - 9:00 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.....12:00 – 1:00 pm.....\$25.00 YMCA Members
\$65.00 Non-Members

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 Workout (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

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.....8:30 - 9:30am.....\$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 *Only offered Sept/Oct due to pool schedule.

Tuesday, Thursday (Sept/Oct).....5:30 - 6:15 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

SilverSneakers® Classic Fitness & Stretch

The SilverSneakers 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

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.....7:30 - 8:30am\$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

Strength in Motion

This 45-minute low-impact class is designed to improve flexibility, strength, balance, and mindfulness. Flowing movements, breathing techniques, and focus exercises to create a mind-body experience. Set to motivating, yet calming music. Geared toward all fitness levels - from beginners to advanced.

Held in Group Ex. Max participants =12 ****Begins w/ the Oct/Nov Session.**

Instructor: Erica Steber

Monday, Wednesday.....6:00 - 6:45 pm\$15.00 YMCA Members
\$50.00 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. Three class times to choose from.

Max participants = 8

Monday, Wednesday, Friday.....8:00 - 9:00 am
OR 9:00 - 10:00 am
OR 10:00 - 11:00 am.....\$25.00 YMCA Members
\$65.00 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

Video YOGA

A variety of Yoga workouts streamed to the big screen TV in the Group Exercise Studio.

Tuesday, Thursday.....9:00 - 10:00 am.....\$16.00 YMCA Members
\$32.00 Non Members
Drop-in Fee.....\$3.00 YMCA Members/\$6.00 Non Members

Weight Lifting for Teens (Ages 12-15)

Weight lifting class for teens ages 12-15, with limited or no experience with resistance training. Emphasis placed on safety, etiquette, and proper lifting technique. 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

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

WELLNESS WORKSHOPS

Body 101; Physical Therapy Lecture Series

"What Hurts and What to do About It"

Presented by Dr. Tessa Sager, PT, DPT

Register today for one, or all, of our monthly Physical Therapy wellness workshops at Warren YMCA. Register online at warrenymca.org or at the YMCA Front Welcome Desk. Each session will be presented on the first Tuesday of the month in Program Room #4. No cost to attend but pre-registration is required.

Presented by Dr. Tessa Sager, PT, DPT and hosted by the Warren YMCA.

Neck and Shoulders:	Tuesday, September 2 nd11:00-11:45 am.....FREE
Hips and Back:	Tuesday, October 7 th11:00-11:45 am.....FREE
Pelvic Floor and Prostate:	Tuesday, November 4 th11:00-11:45 am.....FREE
Knees and Ankles:	Tuesday, September 2 nd11:00-11:45 am.....FREE

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 be on the court at all times during play. 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 through early December.

TEAMS MUST REGISTER AND PAY ENTIRE TEAM FEE AT THE YMCA FRONT DESK BEFORE REGISTRATION DEADLINE.

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

ROAD & ADVENTURE RACES FALL 2025



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 Tuttle-town-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 Tuttle-town-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 encouraged to have a race crew standing by for assistance if needed.

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

Date: Saturday, September 13, 2025

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

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.

Email: Chris Dolan at chris@warrenymca.org with any questions.

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.**

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 are 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: Monday thru Friday (Thursday is swimming in the Y Pool.)

Time: 1:00-2:00 pm

Fitness at the Sheffield Facility

Days: Monday thru Thursday (Thursday is art day.)

Time: 1:30-2:30 pm

Fall 2025 Session Dates:

Sept. 2nd – Oct. 5th (Register Aug 6th)

Oct. 6th – Nov. 9th (Register Sept. 24th)

Nov. 10th – Dec. 14th (Register Oct. 29th)

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

Champion Swim (Private Swim Sessions for Champion Swimmers Ages 3-17)

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. ADA locker room is available.

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.

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

Daily.....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. **Instructors: Jen Hale & Shelley Lewis**

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

KIDZfit – Winter Outdoor Fun **Begins w/ Nov/Dec Session

KIDZfit Outdoor Fun is for youth ages 5-12 years. Classes will be held outdoors and activities will include cross-country skiing (equipment provided), snow play, sled riding, etc. Be sure to dress for the weather. Be sure to join us for this, fun all-inclusive environment! Max enrollment = 6 (due to limited cross-country skis)

Instructors: Jen Hale/Shelley Lewis

Saturdays.....1:00-1:30 pm.....\$10.00 YMCA Members / \$20.00 Non-Members

AQUATICS

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

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.
- *Cost is for a 5-week session of lessons.

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

Monday/Wednesday.....10:00-10:30 am.....\$17.00 YMCA Members / \$36.00 Non Members
Saturday.....9:30-10:00 am.....\$14.00 YMCA Members / \$28.00 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.....10:30-11:00am.....\$17.00 YMCA Members / \$48.00 Non Members
Monday/Wednesday.....4:30-5:00pm.....\$17.00 YMCA Members / \$48.00 Non Members
Tuesday/Thursday.....4:30-5:00pm.....\$17.00 YMCA Members / \$48.00 Non Members
Friday.....5:30-6:00 pm.....\$14.00 YMCA Members / \$42.00 Non Members
Saturday.....8:30-9:00 am.....\$14.00 YMCA Members / \$42.00 Non Members

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

Monday/Wednesday.....4:00-4:30pm.....\$17.00 YMCA Members / \$48.00 Non Members
Tuesday/Thursday.....4:00-4:30pm.....\$17.00 YMCA Members / \$48.00 Non Members
Friday.....5:00-5:30 pm.....\$14.00 YMCA Members / \$42.00 Non Members
Saturday.....9:00-9:30 am.....\$14.00 YMCA Members / \$42.00 Non Members

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

Monday/Wednesday.....4:30-5:15pm.....\$20.00 YMCA Members / \$54.00 Non Members
Saturday.....8:30-9:15am.....\$16.00 YMCA Members / \$48.00 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 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

SWIM LESSONS FOR CHILDREN & ADULTS cont'd.

Home School Swim Instruction

Progressive swim lessons for the home-school or cyber school student. Lessons are once per week and are offered in 5-week sessions. Participants must have a signed swim waiver on file to register. Max participants = 8.

Monday10:00 - 10:45 am.....\$16.00 YMCA Members / \$48.00 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. Open to 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
Weekdays.....Morning/Afternoon weekday lessons also available. Please email Caroline for details.

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.

1/2 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

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).....9:00 - 10:00 am.....\$12.00 YMCA Members
\$40.00 Non Members

Tuesday, Thursday (PM)....(**Sept/Oct session**).....7:30 - 8:30 pm.....\$12.00 YMCA Members
\$40.00 Non Members

Wave Runners

A fitness class that is 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 (**Sept/Oct**).....5:30 - 6:15 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.

Classes will run Saturdays during the 5-week Fall Sessions.

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

September 6th – October 4th

October 11th – November 8th

Registration: Register during 5-week session sign-up dates.

Grades: 5th-12th

Days: Saturdays.....9:00 – 10:00 am.....\$20.00 YMCA Members/\$40.00 Non-Members

YMCA Dolphin Swim Team

A competitive swim team for boys and girls ages 5-18 who are YMCA members. Perfect for kids interested in competitive swimming. Major emphasis is on stroke development, teamwork and the development of the YMCA's four core values of respect, responsibility, caring and honesty. Participants must be able to swim one length of the pool using the crawl stroke without stopping. If not at this level, participants may contact Danielle Mumford, Aquatics Director, to set up a time to test ability. Must register at the Y Front Welcome desk due to required paperwork.

During the 1st week of practice NEW swimmers are welcome to give swim team a try before signing up. They will swim with their age group.

First official week of practice schedule: Begins Early September. Date **TBA'd**

Novice (8 & under):

Monday-Thursday, 5:00-6:00 pm

Cadet (9 & 10 years)

Prep (11 & 12 years)

Junior (13 & 14 years)

Senior (15-18 years)

Monday-Thursday, 5:00-7:00 pm

Cadet-Senior:

Friday, 4:00-5:00 pm

Cost –Due by October 13th\$170.00 YMCA Members Only
Each additional child in family.....\$100.00
WAHS Swimmers (Grade 9-12).....\$50.00

AQUATIC SPECIALITY PROGRAMS contd.

YMCA Lifeguard 2-day Certification Course – Oct. 4th/5th

The YMCA Lifeguard Course will be a 2-day certification course scheduled for Saturday/Sunday in October. This course is for anyone who is age 16 and older. The first class will be a water **pre-test** on **Monday, September 22nd from 7:00-8:00 pm**. Participants must be able to do the following swimming skills in order to pass the water pre-test: front crawl stroke, breast stroke, side stroke, elementary back stroke, front dive, surface dive to bottom of 12 foot and retrieve an object, treading water and underwater swimming.

The course consists of ASHI BLS, ASHI Emergency Oxygen Administration, ASHI First Aid, YMCA Lifeguard e-lessons, and the YMCA Lifeguard Course. After successful completion of all these, the participant is eligible for a lifeguard position anywhere in the United States.

If assistance is needed with payment, please contact Dani Mumford at 814-726-0110, ext. 1116 or email dani@warrenymca.org

Dates Sat/Sun, Oct. 4th/5th8:00 am – 4:00 pm.....\$180.00 YMCA Members / \$210.00 Non-Members
(**Water Pre-test: Monday, September 22nd 7:00-8:00 pm**)

Rainbow Swim (SNAP – Special Needs Aquatic Program)

This swim is set aside for anyone with a physical or mental handicap. Rainbow Swim will be held on Friday evenings from 6:00 – 7:00 pm beginning September 13, 2024. This swim class works on improving motor and social skills. The swim time is split between lessons and fun swim. There is **NO fee** for this program which is sponsored by the YMCA and the Don Mills Achievement Center. Sue Nielsen is the coordinator. Volunteers are always needed to help. *For more information on this program or to volunteer, contact the Don Mills Achievement Center at 723-5730.*

Fridays (beginning Friday, Sept. 12, 2025).....6:00-7:00pm.....FREE
(**NO** December classes)

Mermaid 101 / Mermaid Birthday Parties

A once in a lifetime opportunity to experience being a Mermaid! Class fee includes rental of a mermaid tail, mono-fin, and a photo shoot in and above water. Participants will safely be taught how to use a mermaid tail, dive for treasure, blow bubble kisses, dives and rolls. Must have basic swim skills such as float on front and back, roll from front to back, swim 25 meters unassisted and tread water for 60 seconds.
Instructor: Jill Hunter

If interested in scheduling a session or booking a birthday party, please email dani@warrenymca.org.

Cost..... \$60.00 per 1.5 hour session/per person.

YOUTH/TEEN SPORT LEAGUES

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

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: Closed for the 2025 Season. Be sure to register April-June 2026 for next year!

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: Closed for the 2025 season. Be sure to register April-June for the 2026 season!

Coaches Meeting: TBA'd

Contact: Dylan Johnson, YMCA Youth Flag Football League Coordinator

Basketball Leagues:

The YMCA offers an instructional basketball league for both boys and girls in grades 1 – 6. Volunteer coaches and referees are always needed and no experience in coaching is necessary. All volunteers must obtain required clearances and provide copies of clearances to the YMCA before the 1st practice. Information and assistance with obtaining clearances is available through the YMCA. **Details and registration forms will be published in the fall. Check with Front Desk after September 1st or email Andrew Papalia, Youth Sports Coordinator, andrew@warrenymca.org.**

YMCA Girls Biddy Basketball League (1st – 6th grades)

Season: November – December

YMCA Boys Biddy Basketball League (1st – 6th grades)

Season: January - March

CHILD/YOUTH/TEEN DEVELOPMENT

INFANT/TODDLER/YOUTH PROGRAMS AND CLASSES

Tiny Tumblers (Ages 3-5)

Children ages 3 to 5 will learn basic tumbling skills with an emphasis on balance and coordination. Participants should wear gymnastics leotards or t-shirt tucked into shorts/leggings. Longer hair should be pulled back into a ponytail. Participants **MUST** be completely potty-trained. Max participants = 13/class. Please choose only 1 class time.

****This is an Early Registration class once participant is enrolled.***

Tuesday, Thursday.....2:15-2:55 **OR** 3:00-3:40 pm.....\$28.00 YMCA Members
\$56.00 Non-Members

Progressive Gymnastics (K thru age 15)

In this class, the student focuses on the fundamentals of gymnastics. Students in this program are developing a solid understanding of skills and learning basic movements. Skills to be developed include cartwheels and handstands on floor, pullovers, casts on bars, squat-ons, proper springboard entry on vault, and beginning beam skills involving balance and movement. All participants **must** be enrolled in kindergarten up to 15 years old to participate in this class. Groups are separated by age and skill level.

****This is an Early Registration class once participant is enrolled.***

Tuesday, Thursday.....3:45 - 4:45 pm.....\$30.00 YMCA Members
\$60.00 Non-Members

NOTE: Any girls interested in joining the competitive Warren Powerhouse Gymnastics Team must first go through a tryout. The girls will be working on different levels, conditioning and preparation to compete in league meets. Contact Chris Dolan at 814-726-0110 for additional details.

Weight Lifting for Teens (Ages 12+)

A specialty weightlifting 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 Power lifting 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 are 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

KIDZfit – YOUTH All-Inclusive 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!
Max enrollment = 10.

Instructors: Jen Hale & Shelley Lewis

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

CHILD/YOUTH/TEEN DEVELOPMENT cont'd.

INFANT/TODDLER/YOUTH PROGRAMS AND CLASSES

KIDZfit – Winter Outdoor Fun **Begins w/ Nov/Dec Session

KIDZfit Outdoor Fun is for youth ages 5-12 years. Classes will be held outdoors and activities will include cross-country skiing (equipment provided), snow play, sled riding, etc. Be sure to dress for the weather. Be sure to join us for this, fun all-inclusive environment!

Max enrollment = 6 (due to limited cross-country skis)

Instructors: Jen Hale/Shelley Lewis

Saturdays.....1:00-1:30 pm.....\$10.00 YMCA Members / \$20.00 Non-Members

Gym Time Fun Bounce & Play **Begins w/ The Nov/Dec Session

Gym Time Fun is geared for the young ones who are ready to jump and play in our gymnasium! Kids can enjoy jumping in the Bounce House or they can try a sport combined with organized stretching and instruction. This is a parent/guardian participation class. Please be aware of illnesses and only attend when healthy. Boys and girls ages 2.5 – 4 years old are welcome to register for a 5-week session.

Instructor: Ashley Geiser, Volunteer

Monday.....9:30-10:15 am.....\$12.00 YMCA Members / \$20.00 Non Members

Bouncing Frenzy – Exercise & Fun for Kids **Begins with the Nov/Dec Session

Children ages 2-10 can exercise and have fun in the Bounce House on Mondays between the hours of 10:30 am – 12:30 pm. Located in the East Gymnasium. Non-member children can purchase a bouncing pass for \$5.00/per visit. YMCA Member children are FREE. This is not a staff supervised program; therefore parent/guardian must directly supervise child. Waiver is required. Stop at Front Desk to sign.

Monday.....10:30 am – 12:30 pm.....FREE YMCA Members / \$5.00 Non Members

Indoor Jr. Golf Program – Ages 5 & Up **Begins w/ the Nov/Dec Session

Our Junior Golf Program is aimed at building knowledge, skills and a love for the game of golf. Participants will be divided into 3 age groups: ages 5-7, 8-10, 11-17. Younger golfers will meet for 30 minutes and ages 11+ for 45 minutes. Classes will meet 1 time per week and will be held in the gymnasium. All equipment will be provided. Registration runs with our 5-week session format.

Instructor: Andrew Papalia, Youth Sports Coordinator

Day: Mondays

Age/Time:

5-7 years: 4:00-4:30 pm

8-10 years: 4:30-5:00 pm

11 & up: 5:00-5:45 pm

Cost:

Ages 5-10 years: \$15.00 members / \$30.00 non-members (5-week session fee)

Ages 11 & up: \$20.00 members / \$40.00 non-members (5-week session fee)

FAMILY EVENTS

Kiwanis 'Ready, Set, Grow'

The Kiwanis early learning project 'Ready Set Grow' aims to enhance early childhood developmental health and learning by fostering parent-child engagement. This event provides resources such as books, health screenings, school supplies, and activities to prepare children for a successful school experience.

Date: Wednesday, August 20, 2025

Time: 5:00-7:00 pm

Ages: 3-8 years

Where: Warren YMCA

Register: No fee to attend. Please pre-register [online](#) or at the Y Front Welcome Desk

Contact: Andrew Papalia for more details. Email andrew@warrenymca.org

Halloween at the Y

Sponsored by the Kiwanis Club of Warren

Join us for a day of fall festivities, ghosts, goblins and more! This year we will utilize the entire YMCA and will divide attendance by groups and ages. The event is free for the community, but we do require pre-registration to attend. Some of the activities will include our popular Zombie Hunt, Haunted School Bus, Pumpkin Carving Contest (bring your already carved pumpkin), and Costume Contest. New for 2024 - a Petting Zoo from 4:00-6:00 pm. Local vendors and agencies will be on hand with displays and information and sponsorships! Be sure to pre-register and attend during the appropriate age group time frame.

Date: Sunday, October 19, 2025

Times:

Sensory children: **3:00-4:30 pm** (All activities will be available with less stimulation.)

Ages 0-9: **4:30-6:00 pm**

Ages 10 & up: **6:00-7:30 pm**

Registration: Must pre-register by Wednesday, October 16th. Or call the Y at 814-726-0110 to register.

Cost: FREE to community

Contact: Andrew Papalia, Youth & Family Sport Coordinator for more information.

Santa's Workshop Adventure

Join us for a magical, family adventure to Santa's workshop located at the Warren State Hospital grounds. Park at the Interfaith Chapel, 33 Main Drive, Warren, PA and follow the signs to his workshop. Doors will not open until 6:00 pm when the adventure begins! We will meet Santa and Mrs. Claus along with Santa's workers and special elves. Children will paint a cookie with Mrs. Claus and help assemble toys for children all over the world. A surprise gift from Santa will be available to pick up at the Y the week after the event. All proceeds from this event will go to support the TOY SHOP which serves Warren County. A family experience not to be missed! Register early as space is limited.

Date: **Date TBA'd**.....6:00 – 7:30 pm.....\$25.00/family

BIRTHDAY PARTIES

Birthday Parties at the Y

Let the birthday party begin! Book a 2-hour birthday party for Saturday from 2:00-4:00 pm. Or a pool party on Sunday from 2:00-4:00 pm. Party space rental includes use of Birthday Party room (Program Room #4) for the 1st hour to enjoy snacks, birthday cake, presents, etc. and a 2nd hour in one of the following fun areas:

SATURDAYS:

*Character Club Playspace:	Ages 9 and under.	Fifteen (15) total participants.
*Bounce House Fun in the Gymnasium:	Ages 10 and under.	Thirty (30) total participants.
*Basketball/Free Play:	Ages 10 & up.	Thirty (30) total participants.

SUNDAYS: (POOL)

*Swim Party:	Ages 10 & up.	Twenty-five (25) total participants.
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(Ages 9 & under must be accompanied by an adult in the water.)

*Must have a signed swim waiver on file or parent must sign before party date.

Reservations MUST be made 4 weeks in advance. ***Payment in full is due at registration. A 50% refund will be issued ONLY if the party is cancelled in writing/email 2-WEEKS PRIOR to the reserved party date. NO refund is available if cancelled less than 2 weeks from the reserved party date, as this reservation has prevented other rental opportunities.***

Email andrew@warrenymca.org.

To schedule a party, please book online through our home page or at the Y Front Welcome Desk. First come, first serve for the available party dates listed on our website. Must book 4 weeks in advance. A Birthday Party Facility Usage Contract is required to be signed and submitted within 24 hours of booking party. Download the contract from our website or pick up at the Y Front Welcome Desk.

Days/Time:

Saturday 2:00-4:00 pm

Sunday (POOL) 2:00-4:00 pm (Available November thru May only)

Cost: \$125.00 YMCA Members / \$150.00 Non-Members (2-hour party)

Payment: Payment in full is due at registration.

Ages:

Character Club and Bounce House for ages 10 & under.

Basketball/Gymnasium Play/Swim for ages 10 & up. (Pool – 9 & under must be accompanied by an adult in the water.)

Registration Reservations: See our website for available party dates.

Contact: Andrew Papalia, Youth & Family Coordinator

Mermaid 101 / Mermaid Birthday Parties

A once in a lifetime opportunity to experience being a Mermaid! The class fee includes rental of a mermaid tail, mono-fin, and a photo shoot in and above water. Participants will safely be taught how to use a mermaid tail, dive for treasure, blow bubble kisses, dives and rolls. Must have basic swimming skills such as float on front and back, roll from front to back, swim 25 meters unassisted and tread water for 60 seconds. Instructor: Jill Hunter

If interested in scheduling a personalized session or booking a birthday party, please email Dani Mumford, Aquatics Director at: dani@warrenymca.org.

Cost.....\$60.00 per 1.5 hour session/per person.

ARTS/ HUMANITIES/ ANNUAL SUPPORT



Annual LIVESTRONG Trash & Treasure Sale at the Warren Y – August 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.

Annual Craft Show at the Sheffield YMCA – September 2025

Sheffield Y will host a craft show on Saturday, September 13th from 8:00 am - 3:00 pm. Vendors from all around the area will present their hand-crafted items and home-based business merchandise. A basket raffle will also be held and all proceeds will go to the Sheffield YMCA for equipment, programs and more! Stop by and shop and say hello!

Date: Saturday, September 13, 2025

Time: 8:00 am - 3:00 pm

Vendor Registration: Now open. Call the Sheffield Y or register online.

Vendor Registration Deadline: September 10th.

Vendor Cost: \$15 per space (Vendors must bring their own table.)

Vendor Set-up: Friday, Sept. 12th from 7:00 - 9:00 pm

Contact: Jennifer Goerlich for more information. jeng@warrenymca.org

Annual United Fund Basket Raffle - November 2025

The United Fund of Warren County supports our Youth memberships each year with a financial gift from their annual fundraising drive. To give back to this fund, the Warren County YMCA holds a gratitude basket raffle during the 1st week of November with all proceeds going to the United Fund of Warren County. These baskets are created by the YMCA staff, the board of directors and local businesses. They can range anywhere from toys to fitness supplies, lottery tickets, gift cards and/or food baskets and more.

Stop by the YMCA Lobby to purchase tickets to try and win one or more of these generous baskets! All proceeds are presented to the United Fund Campaign of Warren County after the drawing on Friday of basket week.

Date: November 2025 (Date TBA'd)

Where: YMCA Front Lobby

ARTS/ HUMANITIES/ ANNUAL SUPPORT cont'd.

Special Ops Auction - December 2025

The Special Ops Auction is held annually in December. This event supports the Warren County YMCA operations and aids the YMCA in being able to continue to offer outstanding services to all of Warren County. For this auction, the YMCA Board of Directors solicits items from the community which are held for auction during this fun and exciting evening event at the Conewango Club. Items that have been collected for past auctions include, a penthouse villa vacation in Florida, an autographed NFL helmet, tickets to major sporting events, autographed sports equipment, gift certificates to local restaurants and businesses, hunting adventure trips, and much more! This event is held both online and in person and everyone is welcome to attend.

Auction items are listed online and the link will be available on our website prior to the event. This allows bidders to submit bids prior to the live auction and makes it fun for everyone. Who knows, this may be the event where you win the perfect Christmas or Birthday gift for that special someone!

Date: December 2025 (Date TBA'd)

Time: Doors Open at 5:00 pm. Live Auction Begins at 7:00 pm.

Location: Conewango Club, 201 Market Street. Warren, Pa.

Partnership Music ARTs

The Warren County YMCA, in an effort to meet every child and adult's 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.

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.**

Fall 2025
Opens Tuesday, Sept. 2nd
Babysitting/Child Watch Hours

Monday - Friday	7:45 am - 1:00 pm
Monday - Thursday	5:00 pm - 7:30 pm (Friday hours after Nov. 1 st)
Saturday	8:00 am - 12:00 pm (Begins Nov 1 st)

Babysitting Closings:
Monday, Aug. 18th thru Sept. 1st (Evenings)
Thursday, Nov. 27th through Saturday, Nov. 29th

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 Fall Hours through October 25th:

Monday-Thursday: 1:30-4:45 pm
Monday-Thursday: 7:30-8:30 pm
Friday: 1:30-8:00 pm
Saturday: 8:00 am - 7:00 pm
Sunday: Closed Sundays until November 2nd

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

***Character Club is NOT open for usage during our staffed Childwatch/Babysitting hours. Page 25**

Y EARLY LEARNING CENTER CARE

<u>PreK1 Program</u>	<u>Preschool</u>	<u>Yer's Care</u>	<u>School Age Care</u>
<p>For toddlers age 24-36 months. This is a year-round program. Class size is limited.</p> <p>This program is designed to:</p> <ul style="list-style-type: none"> *Facilitate your child's social/emotional needs through a warm and nurturing environment. *Offer opportunities to develop their cognitive, fine motor and gross motor skills. *Your child will be introduced to social experiences with peers through role play, teacher-led playing and discovery play. *Introduce/expand their self-help skills <p>Days:.....Monday-Friday</p> <p>Time:.....6:00 am – 5:00 pm</p> <p>Annual Registration fee:.....\$40.00</p> <p>Weekly Cost: Member& NM.....\$165.00</p> <p><small>*This cost includes: AM/PM snack,1 gym class</small></p> <p>Late Payment fee.....\$20.00 Late Pick-up.....\$5.00 per minute after 5:15 pm</p> <p>Parent Provides: *Soft Sleep Items (Nap is on Cot) *Diaper/Pull Ups *Wipes *Change of Clothing *Nut free lunch</p> <p>REGISTRATION DATES: When openings are available</p>	<p>A traditional Preschool program for ages 3-5. This is a nine-month program, running from September to May. *Must be potty-trained.</p> <p>This program provides:</p> <ul style="list-style-type: none"> *Learning environment through age-appropriate activities. *Expands social/emotional peer skills. *Two swim classes and 1 gym class per week. *A curriculum which closely aligns with Warren County School District to help prepare your child for entering Kindergarten. *AM snack is provided. <p>Registration fee:..\$40.00</p> <p>3-year-old class: Tues/Wed/Thurs Time: 8:30 – 11:30 am</p> <p>Cost Monthly: Member.....\$135.00 Non-Member.....\$170.00</p> <p>4-year-old class: Monday thru Friday Time: 8:00 am–12:00 pm</p> <p>Cost Monthly: Member.....\$200.00 Non-Member.....\$235.00</p> <p>Late Payment fee: \$20.00 Late Pick-up fee: \$5.00 per minute after 12:00pm</p> <p>REGISTRATION DATES: Members: March 4, 2026 Non-Mem: March 11, 2026</p>	<p>This care program is for ages 3-5 who are enrolled in our Preschool program. This is a nine-month program, running from September to May in conjunction with our Preschool. *Must be potty-trained.</p> <p>This program provides:</p> <ul style="list-style-type: none"> *Learning environment through age-appropriate activities. *Expands social/emotional peer skills. *Offer a structured, fun and safe place where children can learn cooperative and leadership skills. *PM snacks are provided daily. <p>Days:.....Monday-Friday</p> <p>Time:.....6:00 am – 8:30 am12:00 noon – 5:00 pm</p> <p>Registration fee:.....\$40.00</p> <p>Weekly Cost: (3 yr old Yer's Care) Member.....\$125.00 Non-Member.....\$135.00</p> <p>Weekly Cost: (4 yr old Yer's Care) Member.....\$110.00 Non-Member.....\$120.00</p> <p>Late Payment fee.....\$20.00 Late Pick-up.....\$5.00 per minute after 5:15 pm</p> <p>Parent Provides: *Soft Sleep Items (Nap is on Cot) *Change of Clothing *Nut free lunch</p> <p>REGISTRATION DATES: I Members: March 4, 2026 Non-Mem: March 11, 2026</p>	<p>Children currently enrolled in <u>Kindergarten through 4th grade</u> are offered care before and after school along with No School Days, cancellation of school days and 2-hour Delays.</p> <p>This program provides:</p> <ul style="list-style-type: none"> *Availability to participate in other YMCA activities. *A structured, fun and safe place where children can learn cooperative and leadership skills. *PM snacks are provided. <p>Registration Fee:.....\$40.00</p> <p>Weekly Fees: AM Care: (6:00am – Bus P/U) Member.....\$25.00 Non-Member.....\$35.00</p> <p>PM Care: Member.....\$45.00 Non-Member.....\$55.00</p> <p>AM & PM Care: Member.....\$65.00 Non-Member.....\$75.00</p> <p>Late Payment fee.....\$20.00 Late Pick-up fee.....\$5.00 (per minute after 5:15 pm)</p> <p>2-Hour Delay Member.....\$20.00 Non-Member.....\$30.00</p> <p>NSD/Cancelled School: (7:30 am – 4:30 pm) Member.....\$45.00 Non-Member.....\$60.00</p> <p>Before/After (NSD) 6:00-7:30 am / 4:30-5:00 pm Member.....\$12.00 Non-Member.....\$20.00 **MUST pre-register for NO School Days and be enrolled in Childcare.</p> <p>**MUST bring a nut-free lunch for NSD & Cancelled school.</p> <p>REGISTRATION DATES: TBA'd when openings available</p>

If you sign up for any of the services listed above, you will be charged whether your child attends or not.

The Y Early Learning Center is PA-DHS facility and is a Keystone Star 3 participant.

Part time care in these programs IS NOT OFFERED. (Contact Harmonie Kibbey for waitlist inquiry.)

Warren County School District provides all bus transportation to and from the following schools:

St. Joe's and Warren Area Elementary Center.

*****Based on our Warren County YMCA Building Policy:**

IF A CHILD IS UNDER THE AGE OF 10 THEY MUST BE REGISTERED FOR THE APPROPRIATE AGE PROGRAMS LISTED OR THEY WILL NOT BE PERMITTED IN THE BUILDING WITHOUT A RESPONSIBLE ADULT/GUARDIAN.***

Warren YMCA School Age Childcare (SAC) for 2025-2026

*This group will focus on children entering **K to Age 10***

Non-Refundable/Non-Transferable Registration Fee: \$40.00 Members & Non-members

<u>Weekly Time:</u>	<u>Member Fee:</u>	<u>Non-Member Fee:</u>
AM / PM Care (6:00-8:00 AM / 3:00-5:00 PM)	\$65.00 / week	\$75.00 / week
PM Only Care (3:00-5:00 PM)	\$45.00 / week	\$55.00 / week
AM Only Care (6:00-8:00 AM)	\$25.00 / week	\$35.00 / week
2 Hour Delay* (6:00-10:00 AM)	\$20.00 / day	\$30.00 / day
NSD/School Cancellation**	\$45.00 / day	\$60.00 / day
B/A NSD (6-7:30 am / 4:30-5:30 pm)	\$12.00 / day	\$20.00 / day

****Bus transportation by WCSD to the school is ONLY available to those enrolled in SAC AM or AM/PM Care****

*****Must have all required paperwork completed/filed per PA DHS regulations*****

NSD schedule follows WCSD cancellation schedule. NSD Care is only offered on days WCSD is closed.

Contact Harmonie Kibbey email: harmonie@warrenymca.org