



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF GREATER ERIE

MEMBER EXPERIENCE GUIDE

FALL SESSION



BE. BELONG. BECOME.

We're strengthening communities through Youth Development, Healthy Living, and Social Responsibility.

WHAT'S INSIDE

About Us/Focus Areas	3
Fall into Fitness.....	4
Locations	5
How to Hear From Us.....	13
Membership Rates	14
Referral Credit Program.....	15
Membership Benefits	16
Y360	17
Seniors.....	18
Financial Assistance	19
Program Registration	20

Active Older Adults	22
Adult Sports.....	23
Aquatics.....	26
Certifications.....	28
Childcare.....	29
Chronic Disease Prevention Programs.....	32
Community.....	34
Drop and Play.....	38
Get Started	40
Group Exercise.....	41
Group Interests.....	42
Holistic Workshops.....	44
Kid Zone.....	45
Martial Arts	46
Personal Training.....	47
Special Events.....	48
S.T.E.A.M.....	49
Toddler Time	50
Youth Programs	51
Youth Sports	55

YMCA Policies / Code of Conduct	59
Social Responsibility.....	62
Impact.....	65
Annual Campaign.....	66
Careers	67

PROGRAMS





WAY MORE THAN A GYM

The YMCA of Greater Erie is a leading nonprofit community resource providing services and programs in the areas of youth development, healthy living and social responsibility at 13 locations throughout rural, urban and suburban Erie County.

Together, these 75 programs reach more than 45,000 people each year.



YOUTH DEVELOPMENT

The Y believes that all kids deserve the opportunity to discover who they are and what they can achieve. That's why thousands of Erie's youth are engaged in programs that encourage Y core-values – character, honesty, respect and responsibility.

Programs Include:

Youth Sports, Swim Lessons, Fitness & Training, Martial Arts & Self Defense, Teen Center, Child Care, Meals for Kids, Summer Camp



HEALTHY LIVING

We're proud to support our members in their health journey, knowing it goes beyond cardio and weights. It's about building connections, gaining confidence, having energy and achieving well-being for the spirit, mind and body.

Programs Include:

Chronic Disease Prevention Programs, Community Speakers & Group Interest Gatherings, Holistic Workshops, Group Fitness Classes



SOCIAL RESPONSIBILITY

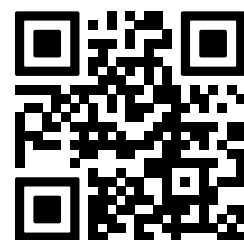
Across Erie County, the Y helps people give back and assist our neighbors through volunteerism, advocacy and support. The Y provides financial assistance so that everyone can benefit, and we partner with other area agencies to fill community needs.

Programs Include:

The Erie County Re-Entry Services & Support Program Alliance, Community Collections, Meals for Kids, Annual Campaign, Volunteer Opportunities

The Y isn't just a nonprofit, we are many nonprofits – filling the gaps and lifting our neighbors where ever there is need.

BE. BELONG. BECOME.



ymcaerie.org



IN THIS ISSUE...

FALL INTO FITNESS

As the leaves begin to turn and the excitement of a new school year fills the air, the YMCA of Greater Erie is here to help families make a smooth, joyful transition into fall! Our Y programs are designed to support kids and teens with afterschool enrichment, sports, creative arts, and leadership opportunities — all in a safe, welcoming space where they can build confidence, make new friends, and grow in mind, body, and spirit. We know back-to-school time can be both thrilling and challenging, and we're ready to help every young person start the season strong.

But it's not just about the kids — fall at the Y is also the perfect time for parents to focus on themselves! With the kids settled back into their routines, parents can enjoy wellness programs, group exercise classes, swimming, or even try something new like yoga or personal training. Whether you're looking to recharge, meet new friends, or achieve your own health goals, the YMCA of Greater Erie offers a supportive community and flexible options designed to help you thrive this season. Let us be your partner in creating a positive, empowering fall for the whole family!

Highlights:

- Fall Family Fun Day – Oct. 11 at Camp Sherwin
- STEAM – Engineer-It! In partnership with Wabtec Corporation. Explore the different fields of engineering by completing projects in the mechanical, electrical and material sciences – Oct 18th at Eastside Family YMCA.
- Drop & Play – Parent's Night Out! – Eastside Family and County YMCA



ymcaerie.org

YMCA LOCATIONS

Downtown

County

Eastside

Glenwood Park

Camp Sherwin

Downtown

31 West 10th Street • Erie, PA 16501 • 814-452-3261

County

12285 YMCA Drive • Edinboro, PA 16412 • 814-734-5700

Eastside

2101 Nagle Road • Erie, PA 16510 • 814-899-9622

Glenwood Park

3727 Cherry Street • Erie, PA 16508 • 814-868-0867

Camp Sherwin

8600 West Lake Road • Lake City, PA 16423 • 814-774-9416

Your membership gives you access to all of the YMCA locations above.

ASSOCIATION AMENITIES

Guarded Pools

- 3 Indoor Lap Pools: Downtown, Eastside, Glenwood
- 2 Indoor Family Pools: Eastside, Glenwood
- 1 Outdoor Lap Pool: Eastside
- 2 Outdoor Family Pools: Eastside and Camp Sherwin (heated)
- 2 Waterslides: Eastside (outdoor and indoor)

2 Whirlpools

- Eastside, Glenwood

4 Sauna/Steam Rooms

- County, Eastside, Downtown, Glenwood

Queenax Functional Training System

This jungle gym for adults features suspension straps, battle ropes, mobile parallels, torso trainers, pull up bars, punching bag and more.

- Eastside

3 Running Tracks

- Downtown, Eastside, Glenwood

Cycling/Spin

- Downtown, Eastside, Glenwood

4 Strength Training Centers

- County, Eastside, Downtown, Glenwood

6 Racquetball/Handball Courts

- Downtown (2), Eastside (2), Glenwood (2)

8 Gyms

- County (1), Downtown (2), Eastside (3), Glenwood (2)

4 Playgrounds

- County, Eastside, Glenwood, Camp Sherwin

Holistic Center

The YMCA of Greater Erie has led community-based health and well-being programs for 165 years. And it is with a steadfast commitment to our holistic approach that we offer a variety of mind/body workshops to give participants the opportunity for self-discovery and growth.

Sample Programs & Classes:

Holy Fire© Reiki – Reiki is a Japanese relaxation technique which reduces pain and stress and also promotes physical, mental, emotional and spiritual healing. There are no side-effects; you just feel wonderful!

Restorative Yoga – restorative yoga class which focuses on breathing into gentle stretches and relaxing the body to restore your Mind, Body and Soul.

- Glenwood



YMCA LOCATIONS

Downtown

County

Eastside

Glenwood Park

Camp Sherwin

DOWNTOWN

The Downtown YMCA, located in the heart of Erie's vibrant Renaissance District, welcomes members and program participants to its restored historic facility. We have been serving the region since 1910 through programs that nurture the potential of kids, improve the health of our community and support and give back to our neighbors. We are most well known in the community for social service outreach to families and Teens as well as NAEYC accredited quality early learning and school age enrichment programs.

<https://www.ymcaerie.org/branch/downtown>



AMENITIES

Wellness

- Boxing Studio
- Cycling Studio
- Group Exercise Studio
- Gymnasium
- Fitness Center
- Racquetball/Handball Courts
- Running Track
- Strength Training Center



CONTACT INFO

31 W 10th St
Erie, PA 16412
Phone: (814) 452-3261

HOURS

Monday–Friday, 6 a.m.–8 p.m.
Saturday, Closed
Sunday, Closed

Youth & Families

- Licensed Childcare
- Teen Center

Swimming & Aquatics

- Pool

Other Services

- Locker Rooms
- Sauna
- Private Men's Health Center



SCAN FOR MORE

YMCA LOCATIONS

Downtown

County

Eastside

Glenwood Park

Camp Sherwin

COUNTY

The County YMCA in Edinboro welcomes members and program participants from southern Erie County to its charming facility. We have been serving the region since 1999 through programs that nurture the potential of kids, improve the health of our community and support and give back to our neighbors. We are most well known in the community for our County Y Blue Dolphins Swim Team and Keystone Star quality early learning and school age enrichment programs.

<https://www.ymcaerie.org/branch/county>

AMENITIES

Wellness

- Group Exercise Studio
- Gymnasium
- Fitness Center
- Strength Training Center

Youth & Families

- Kid Zone
- Licensed Childcare
- Picnic Pavilion
- Playground
- Athletic Field

Other Services

- Locker Rooms
- Men's and Women's Saunas

Kid Zone

Member-only benefit Free babysitting for kids 6 weeks-12 years. Children using the Kid Zone service must be a member of the Y. Space is limited.

Monday-Friday 9:00am-11:30am

Saturday 8-11:30am

Hours are subject to change.



CONTACT INFO

12285 YMCA Drive
Edinboro, PA 16412

Phone: (814) 734-5700

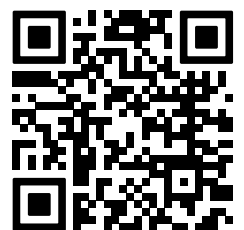
HOURS

Mon-Thursday: 5 a.m. – 9 p.m.

Friday: 5 a.m. – 8 p.m.

Saturday: 7 a.m. – 1 p.m.

Sunday: Closed



SCAN FOR MORE

YMCA LOCATIONS

[Downtown](#)[County](#)[Eastside](#)[Glenwood Park](#)[Camp Sherwin](#)

EASTSIDE

The Eastside Family YMCA, located in Harborcreek, welcomes members and program participants to its expansive facility. We have been serving the region since 1977 through programs that nurture the potential of kids, improve the health of our community and support and give back to our neighbors. We are most well known in the community for our competitive swim team and programs for active older adults, strong recreation partnerships with the surrounding townships as well as Keystone STAR quality early learning and school age enrichment programs.

<https://www.ymcaerie.org/branch/eastside>



AMENITIES

Wellness

- Cycling Classes
- Group Exercise Studio
- Gymnasium
- Fitness Center
- Obstacle Interval Training Center
- Racquetball/Handball Courts
- Running Track
- Strength Training Center

Swimming & Aquatics

- Family Pool w/Waterslide
- Lap Pool – Reservations Required
- Outdoor Pool & Slide Complex (Reservations required for lap pool)
- Whirlpool

Youth & Families

- Kid Zone
- Licensed Childcare
- Picnic Pavilion
- Playground
- Playing Fields

Other Services

- Locker Rooms
- Multipurpose Community Room
- Sauna
- Steam Room in Men's Locker Room
- Family Changing Room
- Family Restroom/Shower
- Birthday Parties

CONTACT INFO

2101 Nagle Road
Erie, PA 16510

Phone: (814) 899-9622

HOURS

Mon-Thurs. : 5am – 9pm

Friday: 5am – 8pm

Saturday: 7am – 5pm

Sunday: 8am – 3pm (Beginning Nov. 2)



Kid Zone

Member only benefit free babysitting for kids 6 weeks–7 years. Children using the Kid Zone service must be a member of the Y. Space is limited.

Monday–Saturday: 8:30am–12:00pm

Monday–Thursday: 5:30pm–8:00pm



SCAN FOR MORE

YMCA LOCATIONS

[Downtown](#)[County](#)[Eastside](#)[Glenwood Park](#)[Camp Sherwin](#)

GLENWOOD PARK

The Glenwood Park YMCA, located in Erie welcomes members and program participants to its expansive facility. We have been serving the region since 1962 through programs that nurture the potential of kids, improve the health of our community and support and give back to our neighbors. We are most well known in the community for holistic wellness and adaptive programs as well as Keystone STAR quality early learning and school age enrichment programs.

<https://www.ymcaerie.org/branch/glenwood>

AMENITIES

Wellness

- Cycling Classes
- Group Exercise Studio
- Gymnasiums
- Fitness Center
- Holistic Center
- Running Tracks
- Strength Training Center
- Racquetball/Handball (reservations required)

Swimming & Aquatics

- Family Pool
- Lap Pool – Reservations Available
- Whirlpool

Kid Zone – Adventure Area

Member only benefit Free babysitting for kids 6 weeks–12 years. Children using the Kid Zone service must be a member of the Y. Space is limited.

Mon. – Fri. 8:00am – 1:00pm

Mon. – Thur. 4:30pm – 8:30pm

Sat. – 9:00am – 1:00pm

Youth & Families

- Kid Zone
- Licensed Childcare

Other Services

- Locker Rooms
- Sauna
- Steam Rooms



CONTACT INFO

3727 Cherry Street
Erie, PA 16508

Phone: (814) 868-0867

HOURS

Mon–Thurs. : 5am – 9pm

Friday : 5am–8pm

Saturday: 7am – 5pm

Sunday: 8am – 3pm



SCAN FOR MORE

YMCA LOCATIONS

[Downtown](#)[County](#)[Eastside](#)[Glenwood Park](#)[Camp Sherwin](#)

CAMP SHERWIN

YMCA Camp Sherwin, located on the banks of Lake Erie, is a public outdoor recreation and camping center. We have been serving the region since 1912 as a destination for family and youth recreation and outdoor exploration. It is the perfect place to spend every season! Organized activities keep the kiddos smiling!

<https://www.ymcaerie.org/branch/camp-sherwin>

AMENITIES

Overnight Accommodations

- Cabins – modern and rustic
- Tent & RV Sites

Outdoor Recreation

- Air Jump Pillow
- Basketball Courts
- Ga-Ga Pit
- Heated life-guarded pool
- Hiking Trails
- Large Baseball/Soccer Fields
- Playground
- Spray & Play Park
- Stairway access to beach from the bluff
- Stocked catch and release fishing pond
- Sunset Point
- Volleyball Courts



CONTACT INFO

8600 West Lake Road
Lake City, PA 16423

Phone: (814) 774-9416

Summer Season:

Memorial Day — Labor Day

Spring Season:

April 15th — Memorial Day

Fall Season:

Labor Day — Nov 3rd
(Full Hook Ups Available)

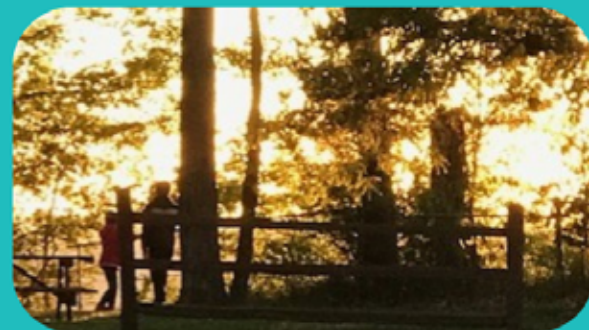


SCAN FOR MORE



2025 CAMP SHERWIN CAMPGROUND WEEKEND THEME & ACTIVITY SCHEDULE

(note: this schedule is subject to change without notice)



AUGUST 8-10 TREASURE HUNT & LAKE ST. MILE LONG YARD SALES

Embark on A THRILLING adventure this weekend! Upon checking in you will receive a check-list of items to discover throughout Camp Sherwin! Bring it back to the office completed to retrieve your treasure! Carry on the hunt for hidden gems at the 54th Mile Long Yard Sale in Lake City!

AUGUST 15-17 OUTERSPACE GLOW WEEKEND AND COLOR DANCE

Blast off into our Outer Space Glow Weekend! DJ Ray will be back this weekend for a COLOR DANCE! Packets of cornstarch color will be sold at the event. Kids can create a paper plate glow in dark UFO! Among other Space crafts!

AUGUST 22-24 MAD SCIENTIST, OOEY GOOEY GOOP & SLIME

Science is fun! Enter the Camp Sherwin Lab and join us in fun experiments! Learn how to create your very own slime, design your very own mini popsicle Mad Scientist to tag along throughout the weekend!

AUGUST 29-31 LABOR DAY WEEKEND

Join us for the last weekend of our regular camping season. We will be celebrating Labor Day all weekend long! Book now to secure your holiday weekend spot!

OCTOBER 24-26 BOO!! HALLOWEEN WEEKEND

BOO! Get spooky with our Halloween themed weekend. Participate in our camp site decorating contest and dress up in your favorite costume to compete in our very first costume contest! Continue the celebration with paper plate pumpkins and a spooky spider web craft!

THE CAMPING SEASON DOESN'T END HERE! FALL CAMPING IS THE BEST!

ENJOY OUR OFF SEASON RATES FOR CABINS, RV'S AND TENTS. BATHHOUSES STAY OPEN UNTIL NOV. 1
CAMP SHERWIN IS OPEN ALL YEAR OFFERING HARRINGTON HALL, SHAPER HOUSE AND ALL THREE POND
CABINS WITH ALL AMENITIES.

HARRINGTON HALL IS AVAILABLE FOR YOUR HOLIDAY PARTY! RESERVE NOW!

Things to do at camp:

Heated inground swimming pool, Jumping Air Pillow, Splash Pad, GaGa pit, volleyball, basketball, catch and release fishing pond, bluff access to Lake Erie, kickball/soccer field-and so much more!

YMCA CAMP SHERWIN

8600 West Lake Road
Lake City, PA 16423

814-774-9416
campsherwin@ymcaerie.com

HOW TO HEAR FROM US

Stay Connected with YMCA

At YMCA, staying connected with our members is a top priority. We want to ensure you receive all the latest updates, announcements, and important information regarding our programs, events, and services. Here's how you can hear from us:



Phone Number:

Keep your phone number updated in our records to receive text messages regarding important updates, event reminders, and more. Ensure your contact details are current to stay in the loop.



Email Address:

We communicate regularly via email to keep you informed about upcoming programs and special events. Make sure your email address is up-to-date to receive these important messages.



Website:

Visit our website regularly to access a wealth of information about our facilities, programs, and events. Our [website](#) is updated frequently with news, schedules, and resources to help you make the most out of your YMCA experience.



Y360 Message Center & Push Notifications:

Stay connected with our Y360 message center. Receive personalized notifications, updates, and reminders directly to your device, ensuring you never miss out on important YMCA news. Enable push notifications to stay informed in real-time about facility closures, class changes, and more.



Social Media :



Facebook

<https://www.facebook.com/YMCAofGreaterErie>



Instagram

<https://www.instagram.com/ymcaerie>



TikTok

<https://www.tiktok.com/@ymcaerie>



LinkedIn

<https://www.linkedin.com/company/ymca-of-greater-erie>

At YMCA, we're committed to keeping you informed and engaged every step of the way. By utilizing these communication channels, you can stay connected with us and make the most of your YMCA experience. If you have any questions or need further assistance with staying connected, don't hesitate to reach out to our friendly staff. Thank you for being a valued member of our YMCA community!

JOIN THE Y YOUR WAY!

New Rates, Ultimate Flexibility.



- ✓ **Individual Membership: \$38**
- ✓ **Add a Child/Children (age 0-20): \$10**
(this is not per child, this is the total to add a child or children)
- ✓ **Add an Adult (age 21+): \$12 per adult**
(maximum 4 adults on any circle)

- Maximum Number of Members on Any Circle Membership: 6
- No Household Living Requirement: Members can connect by choice, allowing for more flexibility in membership arrangements.
- Youth Only Memberships: All memberships start as an Individual Membership at \$38 per month. If you are looking for membership for your youth and the cost of an individual membership is a barrier for you, you will be eligible for a scholarship of \$10 off per month. [Complete the Financial Assistance application here.](#)
- If you are a member through an insurance program, such as Silver Sneakers, you are still able to add others to your circle. Please talk with a member of our Front Desk staff to learn more.

JOIN NOW

Annual Maintenance Fee

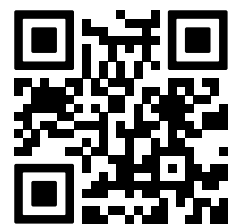
To help us make consistent investments in our facilities – and maintain an affordable monthly membership rate – we are implementing an Annual Maintenance Fee of \$25 per membership (not per member). This fee will go into effect for all membership types in 2025 — replacing the Joiner Fee — and allow us to enhance the atmospheres within each of our locations: think pools, locker rooms, gyms, and more. We promise to be transparent with how that income is being used and provide updates on the projects it will fund.

The Maintenance Fee will be drawn each year on March 20. Memberships placed on hold during that time will still be charged the maintenance fee.

Build Your Circle



With flexible options and family-friendly rates, you can choose who's in your circle with up to six members – even if you don't share the same address.



SCAN FOR MORE

REFERRAL CREDIT PROGRAM

As a member, you know the benefits of a Y membership: better physical health, opportunities to make friends, learning new skills. Now you can encourage the people in your life to prioritize their own well-being and earn a little something for yourself in the form of a \$25 credit.

Eligibility

- Current Members in good standing are eligible to participate.
- Referrals must be new members who have not held a YMCA membership in the past 12 months, and are starting their own membership circle (not joining an existing circle)

How It Works

- **Refer a Friend:** Share your Y Story with potential new members.
- **New Member Joins:** The referred person must sign up for a new Y Your Way Membership Circle and mention your name during registration.
- **Receive Credit:** Once the new member's membership is active (not on hold) and in good standing for 90 days, you'll receive a \$25 credit to your YMCA account.



Program Limitations

- There's no limit to the number of referrals you can make. Earn \$25 for each successful referral!
- Account credits can be used towards membership fees, health and wellness program registrations, or personal training sessions but cannot be redeemed for cash. Credits are not eligible to be used on childcare fees or the annual maintenance fee.

Promotion Period

- This referral program is ongoing, starting from Nov. 15, 2024.

Disclaimer

- The YMCA of Greater Erie reserves the right to modify or cancel the referral program at any time without prior notice. Members must comply with all program terms to be eligible for credits.

MEMBERSHIP BENEFITS

A Y membership gives you so much more than just a place to work out! Join a community that helps transform lives.

Free Benefits With Your Membership

- Membership access at all YMCA of Greater Erie Branches and YMCA Camp Sherwin (excluding Wabtec).
- Hundreds of in-person group exercise classes
- Adult aquatics classes
- Open use of indoor and outdoor pools, steam room and sauna
- Open use of the Obstacle Interval Fitness Center
- Racquetball and Pickleball play
- Family Gym Nights
- Get Started members-only program to set you on the path toward a fulfilling Y experience
- Member-only drop-in babysitting while you use the Y
- Youth fitness orientation
- Health and wellness programs, including nutrition and wellness seminars
- Guest speakers
- Senior Assessments
- Bible Study, Coffee Hour, Communi-Tea, Craft Corner, and Walking Club
- Unlimited guest passes to share with friends and family. Be sure to review the Guest Pass Policy.
- Y360 – Enjoy live or on-demand group exercise classes with YMCA instructors, explore nutrition classes, youth enrichment like crafts and education, fitness options and more. Stop searching through random videos online and find all your favorite content in one place!
- Reciprocal membership at YMCA's nationwide
- The opportunity to make new friends in an environment that facilitates social connection.

More Membership Benefits

- Access to Personal Training
- Member discounts on programs that require a fee, including Youth Sports, Child Care and Summer Camp



**Indoor & Outdoor
Pools**



**4 Member
Locations**



**Access
to Y360**



SCAN FOR MORE

MEMBERSHIP Y360

FREE FOR MEMBERS!

Enjoy live or on-demand group exercise classes with your favorite instructors, explore nutrition classes, youth enrichment, fitness options and more. YMCA360 is accessed through the YMCA of Greater Erie app, ymca360.org, and Smart TV apps Roku and Apple TV.

WHAT IS YMCA360?

YMCA360 is an on-demand video platform for our Y community. YMCA360 offers group exercise classes, youth sports training, wellbeing classes and more to serve you wherever you are. Whether you are at home or on the road, take the Y with you along with your favorite classes, instructors and more.

HOW DO I ACCESS YMCA360?

To log into the ymca360.org website and tv app, you must know your email associated with your membership. You will simply click the login button, enter your email address and zip code, and select your local YMCA branch. Once you complete this step, you will receive an email with a 6 digit passcode, which you will enter to gain access.

To log into the mobile app, enter the email and password you use for the ymcaerie.org website. This email will be the same as the email you use for ymca360.org and the tv app.

GET STARTED

YMCA360 offers both on-demand and live classes through the YMCA360 website and apps. Here's how to access:

Y360 Website

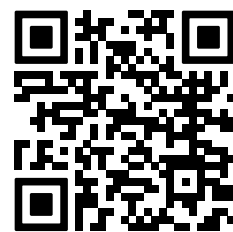
Apple TV App

Roku App

IOS App Store

Google Play

YMCA360



SCAN FOR MORE

MEMBERSHIP SENIORS

Through group exercise classes and aquatic programs that concentrate on mobility and flexibility, dance classes, social events, and volunteer activities, the YMCA is bringing Seniors / Active Older Adults (AOA) together for camaraderie, fellowship and fun!

For any questions regarding AOA Programs, please contact Karen McLellan at 814-899-9622 Ext. 3240 or kmclellan@ymcaerie.org.

GET STARTED

The Y participates in several Medicare Advantage programs including Silver Sneakers, FitOn and Renew Active which provides free memberships to the Y. Please bring your insurance card to the Y location of your choice or call in advance to check your plan's eligibility. If your plan does not include this benefit, the Y offers a variety of membership rates.

On your first visit, you'll be asked to sign a participation waiver.

FIND CLASSES

Classes focus on muscular strength, range of movement and activity for daily living skills. We offer many classes including Silver Sneaker Classic, Silver Sneaker Yoga, ZUMBA Gold, Healthy Back, Arthritis Foundation Aquatic Program. We also offer a number of chronic disease prevention programs that support healthy lifestyles including Diabetes Prevention, Fall Prevention and Blood Pressure Self Monitoring.

GET SOCIAL

The YMCA of Greater Erie offers special events, group outings and activities like book club, crafting and card clubs.

STAY HEALTHY

Join us for Senior Assessments and guest speakers throughout the year.



SCAN FOR MORE

MEMBERSHIP FINANCIAL ASSISTANCE



YMCAs are vital charitable organizations that want all people to feel welcome regardless of their personal circumstances. Perhaps its job loss, an extended illness, divorce– or any number of unforeseen situations – that cause an individual or a family to re-evaluate their involvement at the Y. It's in these most stressful times that the Y can be most helpful in filling the gaps until they are back on their feet.

The Y provides financial assistance for Y membership and program fees to ensure that all people have equal access to Y programs and services regardless of ability to pay.

We are able to provide this financial assistance through the generous donations of our members and friends of the Y through our annual campaign. If fees prove to be an obstacle to your Y participation, please inquire at your local Y branch.

AM I ELIGIBLE?

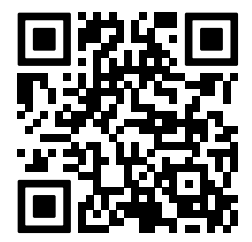
Eligibility is based upon many factors that consider household size, income, and personal circumstances. All applications are confidential.

HOW TO APPLY

Apply online at: <https://www.ymcaerie.org/join/financial/>

You'll need your most recent year's Federal Income Tax (1040 first two pages), (4) recent pay stubs, proof of child support and/or social security benefits (if applicable), food stamp or cash assistance determination letter (if applicable) and a written paragraph explaining your personal circumstances.

Return your completed application and required documentation to your local Y. A membership services coordinator will be in touch within 48 hours to discuss your application.



APPLY ONLINE

PROGRAM REGISTRATION

The YMCA of Greater Erie provides a wide variety of programs designed to bring families, children, and individuals together. Families can enjoy everything from swimming and sports to family game nights and special holiday events. For children, we offer youth sports leagues, swim lessons, art classes, martial arts and more, that focus on building confidence, teamwork, and new skills.

Individuals can explore a range of activities tailored to different interests and ages, including recreational sports, wellness workshops, and community service opportunities. From creative arts to outdoor adventures and social gatherings, there's always something exciting happening. The YMCA of Greater Erie is committed to providing diverse programs that help you stay active, engaged, and connected with others.

.....

2025 FALL SESSION

Fall Session: Sept. 15 – Nov. 8

Registration:

Early (Member Only) Tue. Sept. 2

Open (Members & Non-members) Mon. Sept. 8

Late (Members & Non-members) Wed. Sept. 10–Oct. 4

.....

2026 SESSIONS

Winter Session: Jan 1 – March 31 (12 weeks)

Registration:

Early (Members Only) Mon. Dec. 22

Open (Members & Non-members) Mon. Dec. 29

Spring Session: April 1 – June 30 (12 weeks)

Registration:

Early (Members Only) Mon. March 2

Open (Members & Non-members) Mon. March 9

Summer Session: July 1 – September 30 (12 weeks)

Registration:

Early (Members Only) Mon. March 2

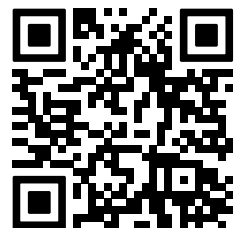
Open (Members & Non-members) Mon. March 9

Fall Session: October 1 – December 31 (12 weeks)

Registration:

Early (Member Only) Mon. Aug 24

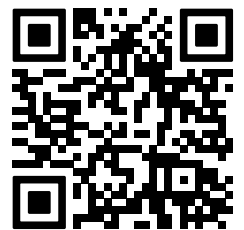
Open (Members & Non-members) Mon. Aug 31



SCAN FOR MORE

PROGRAMS

- **Active Older Adults**
- **Adult Sports**
- **Aquatics**
- **Certifications**
- **Childcare**
- **Chronic Disease Prevention Programs**
- **Community**
- **Drop and Play**
- **Get Started**
- **Group Exercise**
- **Group Interests**
- **Holistic Workshops**
- **Kid Zone**
- **Martial Arts**
- **Personal Training**
- **Special Events**
- **S.T.E.A.M.**
- **Toddler Time**
- **Youth Programs**
- **Youth Sports**



SCAN FOR MORE

ACTIVE OLDER ADULTS (AOA)

AOA SPEED DATING AND FRIENDING

Date: 10/1/25 • 11:00 AM **Location:** Rosco's Sports Bar and Grill

They say the older you get, the harder it is to make friends (and more). We're here to help!

Speed friending is a social activity where participants have short conversations with multiple people in a limited time. It's all about quickly connecting with others through interesting questions and brief chats. We even give you some topics to start conversations.

Join us at Rosco's Sports Bar and Grill for some controlled mingling. If you wish, stick around afterward for lunch (not included, so bring your wallet) with your new friends! Free and open to the public. Space is limited, registration is requested.

Questions? Please contact Karen at kmclellan@ymcaerie.org or 814-899-9622 Ext 3240.

[Click Here for Info and to Register](#)



BEGINNER LINE DANCE AT HOSE COMPANY 27

Date: 10/15/25 • 6:00 PM **Location:** Hose Company 27 (Fairfield)

We're taking our line dance out of the classroom for the night, no cowboy boots or experience required!

Join YMCA instructors at Hose Company 27 (Fairfield) for some music, dancing, and laughter as they lead you through line dances like Cupid Shuffle and Boot Scootin' Boogie. Instructors offer modifications with low-impact moves to accommodate those with balance concerns and even the stiffest hips and knees. There will be breaks throughout the evening, and the full restaurant and bar service will be available to order – Hose Company 27 members may pay with card or cash, non-members may order through members (cash Venmo).

Questions? Please contact Karen at kmclellan@ymcaerie.org or call 814-899-9622

[Click Here for Info and to Register](#)



MATURE DRIVER SAFETY

Date: 10/10/25 • 9:00 AM	Location: Eastside YMCA North Parking Lot)
Date: 10/24/25 • 9:00 AM	Location: County YMCA
Date: 10/27/25 • 9:00 AM	Location: JMC Ice Arena Parking Lot
Date: 12/3/25 • 9:00 AM	Location: Fireside Lounge

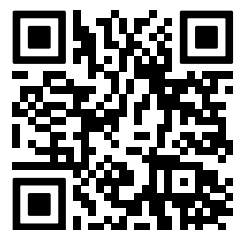
CarFit Checks:

These free events offer a 15-minute check-up where trained technicians assess 12 key areas of the driver's fit in their vehicle, providing education and promoting safe driving habits. Limited space available at each location. Registration required.

Tabling Event:

Dec 3 at Glenwood Y: Join representatives from PennDOT and The E (EMTA) for info about elderly driver safety classes that can help bring down your insurance rate and more! Registration is not required.

[Click Here for Info and to Register](#)



SCAN FOR MORE

ADULT SPORTS

PICKLEBALL

CAN YOU HAN-DILL THE PICKLE?

The craze that is sweeping the nation has made it to the YMCA of Greater Erie....PICKLEBALL!!

Pickleball is a paddleball sport (similar to a racquet sport) that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, with 26-40 round holes, over a net. We offer Adult Open Play times & Adult Instructional Sessions for members (see branch specific schedules below) as well as an Adult League for everyone and instructional clinics for the kiddos, too! [CLICK HERE](#) For Registration and Session Information.

OPEN PLAY

No registration required for general play! Instructor led sessions require registration. Nets/Pickleballs are provided by the YMCA during Open Play Sessions, but require setup/teardown by participants.

Downtown YMCA (North Gym)

Monday: 5:30 PM to 7:45 PM
(1 court- Intermediate/Advance)
Friday: 5:30 PM to 7:45 PM
(1 court- Intermediate/Advance)
Saturday: 9 AM to 12:45 PM thru May 27th

Glenwood Park YMCA (Gilmore Gym)

*Unless noted otherwise, Pickleball is Social Play, open to ALL LEVELS with no restrictions/reservations of levels on specific courts – everyone plays with everyone

Sunday: 9:00 AM – 12:30 PM
Monday: 9:00 AM – 10:45 AM (2 Courts Only)
12:00 PM – 2:00 PM
Tuesday: 9:00 AM – 11:30 AM
Beginner/Novice Only
11:30 AM – 1:30 PM
Intermediate/Advanced Only
Wednesday: 9:00 AM – 10:45 AM (2 Courts Only)
12:00 PM – 2:00 PM
Thursday: 8:00 AM – 11:00 AM
Intermediate/Advanced Only
11:00 AM – 12:25 PM
Beginner/Novice Only
Friday: 9:00 AM – 10:45 AM (2 Courts Only)
12:00 PM – 2:00 PM

County YMCA

Monday: 6:00 PM – 9:00 PM
Tuesday: 11:00 AM – 2:00 PM
Wednesday: 6:00 PM – 9:00 PM
Thursday: 11:00 AM – 2:00 PM
Friday: 8:45 AM – 11:00 AM
Saturday: 7:00 AM – 9:00 AM

Eastside Family YMCA

Monday: 11:00 AM – 1:00 PM
Intermediate/Advance – Gym 1
Tuesday: 11:00 AM – 1:00 PM
Beginner/Novice – Gym 1
Wednesday: 11:00 AM – 1:00 PM
Intermediate/Advance – Gym 1
Thursday: 11:00 AM – 1:00 PM
Beginner/Novice – Gym 1
Friday: 11:00 AM – 1:00 PM
Intermediate/Advance – Gym 1



Days and Times are subject
to change. Please scan the QR Code
for up to date schedules.



SCAN FOR MORE

ADULT SPORTS

PICKLEBALL – SKILLS CLINIC

Eastside Family – Session Dates: 9/18/25 – 10/23/25

Looking to take your pickleball game from beginner to novice? Join Level 1 certified pickleball instructor Sherry Elchynski for a six week clinic at the Eastside Y to develop your skills. Each week will have learning objectives but not limited to the objectives only..

Week 1: Learn the rules, proper grip, court layout and dinking game

Week 2: Improving dinking, serving and serve return

Week 3: Third shot drops and lobs

Week 4: Game situation strategy

Week 5 & 6: Continued skills development and game strategy

To learn more, contact Cait at cmowris@ymcaerie.org.

[Click for Information and Registration](#)

PICKLEBALL – ADULT LEAGUE (18+)

Eastside Family Y, Glenwood Park – Session Dates: 10/5/25 – 11/16/25

League Info (Doubles)– males, females, or mixed allowed

- Begins October 5, 2025
- Sundays at Glenwood Park YMCA or Eastside YMCA
 - teams will be assigned at both locations throughout season
- Times*: 1:00pm and 1:50pm (Are subject to change depending on # of teams)
- Two Divisions: Novice (2.0 to 2.9) & Intermediate (3.0 to 4.0)
 - Not sure which to register for? You can do a [self-evaluation of skill rating](#)
- 6 weeks of round-robin games with playoffs for top teams
- Playoffs
 - November 16, 18
 - Seeded by Wins/Losses – total points used as tiebreaker

Registration

- Have a team? Sign up individually (*LIST PARTNER'S NAME WHEN REGISTERING*)
- Just you? No problem! Register and we'll place you with another individual who registers

Sub List

- Can't commit for the season, but want to play when needed? Register for our sub list. NO FEE
- Signing up for the sub list DOES NOT GUARANTEE you'll be contacted
 - Teams who need a sub will have to pull from sub list

To learn more, contact Alex Jay at ajay@ymcaerie.org

[Click for Information and Registration](#)



SCAN FOR MORE

ADULT SPORTS

ADULT BASKETBALL

3 on 3 Women's League

Branch: Glenwood Park Dates: 10/6/25 – 11/10/25

League Details:

- Half court 3 on 3 basketball
- Dates: Monday nights , 10/6 – 11/24
- Games start at 6:00pm
- 6-week league – 5 regular season, 1 playoff
- 6 player limit per team
- League Fee – \$150 per team
- Teams designate team colors prior to start of league
- Must have 2 colors to avoid having same color as opponent (i.e. white and red)
- Referees included
- Divisions are tentative – will be decided depending on number of teams
- Recreational and intermediate divisions

Rules:

- Games are played to a target score of 50 (standard scoring) or 30 min. running clock, whichever comes first
 - Clock stops last two minutes on dead balls, made baskets, fouls
 - OT – overtime only occurs if score is tied when the 30-minute clock expires
- Target score to closest 10 (i.e. if score is 35-35, play to 40)
- If there is a live ball change of possession (i.e. defensive rebound, steal), the ball must be taken back outside the 3-point line before the offense can try to score.
 - Dead ball change of possession results in check at the top of the key
- Teams get two (2) 30 second timeouts per game
- Subs – substitutions can be made on dead balls or after made baskets prior to check up
- Check up – required at top of the key after change of possession (i.e. made baskets, out of bounds), and non-shooting fouls
 - NO throw ins after dead balls, play always start with a check
 - Teams must pass ball in before they can score
- Shooting Fouls – if shooting foul occurs, player gets one (1) free throw worth 2 points
 - If fouled while shooting a 3, shooter gets one (1) free throw worth 3 points
 - If an AND 1 occurs, shooter gets one (1) free throw worth 1 point (standard)
- Offense will have 5 seconds to pass the ball in after receiving the check from the defense (similar to standard 5 second violation)
- All other standard basketball rules apply

[Click for Information and Registration](#)



SCAN FOR MORE

AQUATICS

FIND YOUR SWIM SKILLS. FIND YOUR Y.

Glenwood

Fall Session:

Sept. 15 – Nov. 8

(Classes meet once a week for 8 weeks.
Days and times TBD)

Registration:

Early (Members Only): Sept 2

Open: Sept. 8

Late: Sept. 10 – Oct. 4

Eastside

Fall Session:

Oct 13 – Dec 13 (No 11/24–29 or 11/25–12/1)

(Classes meet once a week for 8 weeks.
Days and times TBD)

Registration:

Early (Members Only): Sept. 29

Open: Oct 6

Late: Oct 8 – Nov. 1

County

Fall Session:

Sept. 15 – Nov. 8

(Classes meet once a week for 8 weeks.
Days and times TBD)

Registration:

Early (Members Only): Sept 2

Open: Sept. 8

Late: Sept. 10 – Oct. 4

SWIM LESSONS

Parent/Child (ages 6 months–3 years)

Stage A/Water Discovery, Stage B/Water Exploration

[View Summer Sessions](#)

Preschool (ages 3–5 years)

Stage 1/Water Acclimation, Stage 2/Water Movement, Stage 3/Water Stamina

[View Summer Sessions](#)

School Age (ages 6–12 years)

Stage 1/Water Acclimation, Stage 2/Water Movement, Stage 3/Water Stamina, Stage 4/Stroke Introduction, Stage 5/Stroke Development, Stage 6/Stroke Mechanics

[View Summer Sessions](#)

Adults (ages 18 & up)

Stage 1/Water Acclimation, Stage 2/Water Movement, Stage 3/Water Stamina, Stage 4/Stroke Introduction, Stage 5/Stroke Development, Stage 6/Stroke Mechanics

[View Summer Sessions](#)

Teen & Adult (ages 12+)

Stage 1/Water Acclimation, Stage 2/Water Movement, Stage 3/Water Stamina, Stage 4/Stroke Introduction, Stage 5/Stroke Development, Stage 6/Stroke Mechanics

[View Summer Sessions](#)

Private & Semi-Private

Private (1 swimmer) and semi-private lessons (2 swimmers of the same household with similar swimming ability) are a great option for swimmers ages 3 and up and looking to accomplish specific objectives. These lessons give you individualized attention to help improve or acquire swimming skills.

[View Summer Sessions](#)



Swim Starters:

- Stage A/Water Discovery
- Stage B/Water Exploration

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Swim Basics:

- Stage 1/Water Acclimation
- Stage 2/Water Movement
- Stage 3/Water Stamina

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit Jump, push, turn, grab.

Swim Strokes:

- Stage 4/Stroke Introduction
- Stage 5/Stroke Development
- Stage 6/Stroke Mechanics

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



Scan for more
information
on lesson
selection
and stage
description.



AQUATICS

WATER ARTHRITIS CLASS

Arthritis Foundation Aquatic Program: gentle movements in the water to increase one's range of motion, muscle strength, and endurance. Instructors offer variety and progressions to accommodate different abilities. Participants can enjoy a safe exercise option that helps to increase awareness of arthritis exercise principles, joint protection, and relaxation techniques.

[View Classes](#)

AQUATIC GROUP EXERCISE CLASSES

Water Fitness classes use the water's resistance to create an environment that improves cardiovascular conditioning; strength and endurance; and flexibility and balance. It provides a lower-impact alternative to land-based exercise.

[View Classes](#)

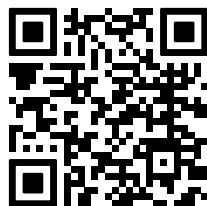


SWIM TEAM

Every kid has swimming abilities – there's a little Olympian Swimmer in each of them. Help yours find their swimming potential through YMCA Swim Team! Swimmers of all ages and abilities participate in our Swim Teams. Led by caring coaches, we emphasize individual improvement through stroke technique and practice, a strong work ethic and teamwork through competitive swimming. Swimmers compete locally with the opportunity to advance to the district, state and national level. Competitive Swim Team programs are offered at the County and Eastside Family Ys.

[View Blue Dolphins Swim Team](#)

[View Eastside Family Y Swim Team](#)



SCAN FOR MORE



CERTIFICATIONS

CPR CERTIFICATION

Course Options:

Basic Life Support (BLS), Adult First Aid (AFA), Emergency Use of Medical Oxygen (EUMO).

This training program through the American Safety and Health Institute for **Basic Life Support (BLS)** is intended to assist healthcare provider, including professional rescuers, in learning or refining BLS skills for patients of all ages. These critical, potentially life-saving skills include performing high-quality cardiopulmonary resuscitation (CPR) and automated external defibrillation (AED) as a single provider and part of a team. BLS also includes knowing how to relieve foreign body airway obstruction. This blended course also includes **First Aid (FA) and Emergency Oxygen (optional for non-YMCA employees)**.

After verified registration, you will be emailed a link from HSI to complete the self-directed online course and test; **please allow two business days to receive your training email**. The online training must be completed prior to the in-person meeting to TEST you on skills.

In-person skills check will be completed as a group; training dates may be changed due to low attendance. You will be contacted if rescheduling is necessary.

****No charge for active YMCA of Greater Erie Employees****

[General Inquiry Certification Course Information](#)

PEDIATRIC CPR, AED & FIRST AID (BLENDED TRAINING)

The Health & Safety Institute Pediatric CPR, AED & First Aid training program has been specifically designed to meet national certification standards for childcare providers and teachers. Training covers infant, child, and adult CPR, AED and first aid.

After verified registration, you will be emailed a link from HSI to complete the self-directed online course and test; please allow two business days to receive your training email. The online training must be completed prior to the in-person meeting to TEST you on skills.

In-person skills check will be completed as a group; training dates may be changed due to low attendance. You will be contacted if rescheduling is necessary.

****Free to YMCA of Greater Erie Staff****

[General Inquiry Certification Course Information](#)

BABYSITTING COURSE (AGES 11 – 18)

The Child and Babysitting Safety (CABS) program, facilitated by ASHI-certified YMCA instructors, gives teenagers and young adults everything they need to know for safe and successful babysitting. The program teaches how to get started with a business, working with parents and children, and key safety, caregiving, and first aid tips. Program includes skills check and certification card.

[View Available Sessions](#)



SCAN FOR MORE

CHILDCARE

Locations

COUNTY YMCA

12285 YMCA Drive
Edinboro, PA 16412
General: (814) 734-5700

DOWNTOWN YMCA

31 W 10th St
Erie, PA 16501
General: (814) 452-3261

EARLY LEARNING CENTER

3507 Poplar Street
Erie, PA 16508
General: (814) 464-2980

EARLY LEARNING UNIVERSITY

301 Darrow Road
Edinboro, PA 16412
General: (814) 734-8020

EASTSIDE FAMILY YMCA

2101 Nagle Road
Erie, PA 16510
General: (814) 899-9622

GLENWOOD PARK YMCA

3727 Cherry Street
Erie, PA 16508
General: (814) 868-0867

THE Y AT ELK VALLEY ELEMENTARY

2556 Maple Avenue
Lake City, PA 16423
General: (814) 774-5602 ext. 1054

THE Y AT FIRST PRESBYTERIAN CHURCH- WATERFORD

112 West 3rd Street
Waterford, PA 16441
General: (814) 679-2074

THE Y AT MCKEAN ELEMENTARY SCHOOL

5120 West Road
McKean, PA 16426
General: (814) 273-1033 ext. 4024

THE Y AT NORTHWESTERN ELEMENTARY

10450 John Williams Ave.
Albion, PA 16401
General: (814) 815-8082

THE Y AT SUMMIT UNITED METHODIST CHURCH

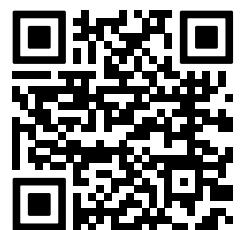
1510 Townhall Road
Erie, PA 16509
General: (582) 867-7511

THE Y AT WATTSBURG ELEMENTARY

10780 Wattsburg Road
Erie, PA 16509
General: (814) 824-4150

YMCA CAMP SHERWIN

8600 West Lake Road
Lake City, PA 16423
General: (814) 402-1225



SCAN FOR MORE

CHILD CARE PROGRAMS

Branch Programs

Camp Sherwin Keystone STAR Level 4	Preschool, Before and After School, Schools Out Fun Day, Summer Day Camp
County Keystone STAR Level 4	Before and After School, Schools Out Fun Day, Summer Day Camp
Downtown YMCA NAEYC Accredited Keystone STAR Level 4	Infant, Toddler, Pre-School/Pre-K Counts, Before and After School, Schools Out Fun Day, Summer Day Camp
Eastside Family YMCA Keystone STAR Level 4	Infant, Toddler, Pre-School/Pre-K Counts, Before and After School, Schools Out Fun Day, Summer Day Camp
Glenwood Park YMCA	Toddler, Pre-School/Pre-K, Before and After School, Schools Out Fun Day, Summer Day Camp

Affiliate YMCA Programs

Early Learning Center	Infant, Toddler, Pre-School, Pre-K/Pre-K Counts, ITCS program
Early Learning University Keystone STAR Level 4	Infant, Toddler, Pre-School/Pre-K Counts, Summer Care
Elk Valley Elementary Keystone STAR Level 4	Before and After School (at Camp Sherwin), Traditional PreK (AM or PM), PreK Wrap for EVES PreK
McKean Elementary School Keystone STAR Level 4	Before and After School, Preschool
Northwestern Elementary Keystone STAR Level 4	Preschool, Pre-K, Pre-K Counts, Traditional Pre-K, Before and After School, Schools Out Fun Day
St. Peter's-Waterford Keystone STAR Level 4	Before and After School, Pre-K Counts, Schools Out Fun Day, Summer Day Camp, Traditional Pre-K
Summit United Methodist Church Keystone STAR Level 4	Before and After School, Pre-K Counts, Schools Out Fun Day, Summer Day Camp, Traditional Pre-K
Wattsburg Elementary Keystone STAR Level 4	Preschool, Pre-K, Traditional Pre-K, Pre-K Counts, Before and After School, Schools Out Fun Day

CHILDCARE KEYSTONE STARS

Y programs are licensed by the Office of Child Development, PA Department of Public Welfare and meet YMCA of the USA Quality Check Standards. Like a hotel rating system, Y programs are accredited by the Pennsylvania Keystone STARS program. That's important to you as a parent because you can be sure your kids are thriving in the highest quality learning environment with qualified, certified teachers who annually seek continuing education and certifications in CPR/First Aid, Water Safety, Fire Safety & Child Development.

All Y programs are either Keystone 3 or 4 accredited. Each stars designation has its own research-based performance standards. These standards measure areas of childcare and education.

What you can expect from the quality rating is:

- Professional development and training for our teachers; half to two-thirds of the staff have completed or are enrolled in credentials or degrees
- Literacy activities including reading, story-telling and encouraging written and verbal communication
- Parent and community resources are used effectively in the quality delivery of the program
- Business, organizational and staff compensation practices are maximized
- A review of the program center by a nationally recognized environment rating scale that indicates a high quality score

CONSCIOUS DISCIPLINE

YMCA of Greater Erie embraces a positive approach to behavioral strains by applying research-informed and evidence-based practices known as Conscious Discipline® and offers in-house behavior consultation for educators.

Conscious Discipline® takes a unique approach to classroom management and provides solutions for social and emotional learning and self-regulation. The program is intended to help adults regulate themselves enough to support children who are also learning how to regulate.

Conscious Discipline® is trauma-informed and based on brain research and evidence and its tactics focus on the adult first, and the child second.

Learn more from our discipline support videos on our Family Resources page.

<https://www.ymcaerie.org/family-resources/>



SCAN FOR MORE

CHRONIC DISEASE PREVENTION PROGRAMMING

YOUR HEALTH. OUR MISSION.

BLOOD PRESSURE SELF -MONITORING

Take Action to Improve Your Heart Health!

This 4-month, evidence-based program helps adults with hypertension lower and manage their blood pressure. Goals include a reduction in blood pressure, better blood pressure management, increased awareness of triggers and enhanced knowledge to develop healthier eating habits. Participants will learn proper measuring techniques, record and track blood pressure at home, and attend monthly nutrition seminars.

Do you qualify? You must...

- be at least 18 years old
- have been diagnosed with high blood pressure
- not be at risk for lymphedema (swelling that generally occurs in one of your arms or legs)
- not have experienced a recent cardiac event within the last 12 months
- not have atrial fibrillation or other arrhythmias

Questions...Contact cdp@ymcaerie.org OR 814-899-9622 Ext. 3237

[Click Here for Program Information](#)



DIABETES PREVENTION PROGRAM

Redefine Your Health. Transform Your Life.

Diabetes Prevention Program (DPP) is a 12-month evidence-based lifestyle changing program aimed at reducing your risk of developing Type 2 Diabetes. Program led in a small group setting facilitated by a National Prevent T2 Lifestyle Coach. As a participant in the YMCA's Diabetes Prevention Program, you will take 25 classes over the course of a year surrounded by a group of supportive people with common goals who care about your well-being.

Do you qualify? Click the Link

[Diabetes Risk Test](#)

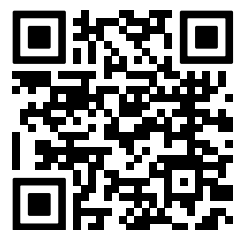
Qualifying factors (and/or):

- At least 18 years old,
- Overweight (BMI $\geq$ 25),
- Diagnosed with gestational diabetes.
- Risk Test score (5 or higher)
- Blood Tests Include: A1c (5.7%-6.4%)
- Fasting Plasma Glucose (100-125mg/dL)
- 2-hour plasma glucose (140-199 mg/dL)

NOTE- Register to receive a call from the DPP program manager to verify your qualifications and enrollment for this program.

Questions...Contact cdp@ymcaerie.org OR 814-899-9622 Ext. 3237

[Click Here for Program Information](#)



SCAN FOR MORE

CHRONIC DISEASE PREVENTION PROGRAMMING

A MATTER OF BALANCE

Learn to manage concerns around falling and overcoming the fear of falling. During this 8-week course, you will work as a group to overcome the mental and physical fears of falling. The class incorporates exercises for strength and flexibility to improve your balance, as well as a survey to assess fall hazards in your home and other surroundings.

Questions...Contact cdp@ymcaerie.org OR 814-899-9622 Ext. 3237

[Click Here for Program Information](#)



SMOKING CESSATION

THE STAGES OF QUITTING:



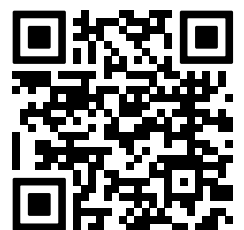
There are many reasons to quit smoking – for your kids, for your grandkids, for your health, for your budget... Once you decide to quit, we can help.

Join the Y's free 6-week program to get the help you need to quit. Six 1-hour sessions will give you tools to help you quit for good: education, the support, and free Nicotine Replacement Therapy.

This program is open to members and non-members alike.

Questions...Contact cdp@ymcaerie.org OR 814-899-9622 Ext. 3237

[Click Here for Program Information](#)



SCAN FOR MORE

COMMUNITY

COMMUNITY HEALTH



The YMCA of Greater Erie has always been dedicated to its mission of helping and enriching our community and ALL those who live in it. One way we accomplish this is by providing our members opportunities to prioritize their health and wellness. Through seminars, in-house events, and even partnerships with community organizations, we want to make our community a better, happier, and healthier one.

[CLICK HERE for 2025 Community Health Information](#)



Blood Bank Bloodmobile

Giving blood is a simple, safe way to make a big difference in people's lives.

Donating blood can help:

- People who go through disasters or emergency situations
- People who lose blood during major surgeries
- People who have lost blood because of a gastrointestinal bleed
- Women who have serious complications during pregnancy or childbirth
- People with cancer or severe anemia, sometimes caused by thalassemia or sickle cell disease

Before You Donate

If you want to donate blood, it's important to ensure you meet the requirements and are properly prepared.

You'll need to be:

- At least 16 years old to donate whole blood (at least 17 to donate platelets) in most states
- Weigh at least 110 pounds
- In good health and feeling well

Hosted by the Community Blood Bank of NWPA (Bloodmobile). Donate to help out local NWPA hospitals.

If you have any questions, our branch contacts are listed below.

- County location: Kelly 814-734-5700 | khumes@ymcaerie.org
- Eastside Family location: Shelly 814-899-9622 | ssheridan@ymcaerie.org

Open to the public, registration is not required.

[View Available Sessions](#)

Hands-Only CPR

Branch: Eastside Family Y. Glenwood Park

Join the Nation of Lifesavers movement!

Hands-only CPR is a "public awareness campaign to get more people to act when they encounter a cardiac arrest. Starting point to get more people to learn CPR." In a few minutes learn how and practice delivering chest compression.

*Hands-only CPR does not replace or meet the requirements for a CPR certification.

To learn more, Contact Ellen at cdp@ymcaerie.org OR 814-899-9622 Ext. 3237

[View Available Sessions](#)

COMMUNITY

COMMUNITY HEALTH (Continued)



Annual Health & Wellness Fair at Eastside YMCA

Branch: Eastside Family Y

It's time again for our annual Health & Wellness Fair! Vendors from across the area will be on hand to provide you with health screenings and information on a variety of topics – healthy living, personal care, nutrition, aging, and much more! Each attendee will receive a door prize ticket for their chance to win a Fitbit Versa 3. Basket raffle tickets will be available for purchase for \$5.

Over 40 vendors are scheduled. Topics and screenings offered will include:

- Posture Screening/Analysis
- Foot Analysis
- Utility Payment Assistance Info
- Senior State Services
- Housing
- Volunteer Opportunities

No registration required.

Questions? Please contact Karen McLellan at kmclellan@ymcaerie.org or call 814-899-9622

[View Available Sessions](#)

From Armistice Day to Veterans' Day: The History of November 11

Branch: Glenwood Park

On November 11, we celebrate and observe Veterans' Day, but that wasn't always the case. Join retired Collegiate Academy History teacher Brian Sheldon on November 10 for an engaging and informative talk on the history behind Veterans' Day.

No registration is required. Questions? Please contact Karen at kmclellan@ymcaerie.org or call 814-899-9622 ext 3240.

[View Available Sessions](#)

Parkinson's Support Group

Branch: Eastside Family Y

Join us for monthly peer led Parkinson's support group. During the one hour meeting, we will discuss things Parkinson's-related as well as incorporate exercises. The program is free and open to the public. No registration required.

For questions, please contact Ellen ehill@ymcaerie.org or call 814-899-9622

[View Available Sessions](#)

Diabetes Prevention and Maintenance

Branch: Eastside Family Y

November is Diabetes Awareness Month, join the YMCA Chronic Disease Prevention staff in this informative talk.

Free and open to the public. No registration is required.

[View Available Sessions](#)

COMMUNITY

COMMUNITY HEALTH (Continued)



It's Unacceptable! World Osteoporosis Awareness Day

Branch: Eastside Family Y

"It's Unacceptable!" shines a light on the ongoing, yet largely preventable, crisis in osteoporosis care.

Despite impacting more than 500 million people globally, osteoporosis continues to be vastly underdiagnosed and undertreated. Alarming, up to 80% of those who experience osteoporotic fractures receive no diagnosis or follow-up care. The consequences are life-altering: chronic pain, reduced mobility, loss of independence, elevated risk of future fractures, and early mortality.

Presented by:

Cheryl Curtis, PT, WCS, BCB-PMD
Board Certified Women's Health Specialist
OB/GYN Associates of Erie

[View Available Sessions](#)

LECOM Flu Shot Clinic

Branch: County, Eastside Family Y*, Glenwood Park

Protect yourself from this year's influenza strain! Come to the Y and get your flu shot for the upcoming flu season. LECOM staff will be here to administer FREE vaccines to anyone ages 9 to 99. All insurances are accepted, just bring your primary health insurance card.

For more information call LECOM 814-844-3293 or visit dontlettheflubugyou@lecomslc.org. Walk-ins Welcome! Registration is not required.

**Flu Shot and Covid Booster Clinic - Eastside Family Y*

[View Available Sessions](#)

Nutrition and Eye Health

Branch: Eastside Family Y

Join Becca Swick, Director of Outreach and Education for the Diabetes Prevention Program at the Sight Center of NWPA, for an informational presentation about the importance of good nutrition as it relates to eye health. Free and open to the public. Registration not required.

Questions? Please contact Karen at kmclellan@ymcaerie.org or call 814-899-9622 ext 3240.

[View Available Sessions](#)

Senior Fitness Assessments

Branch: Eastside Family Y

Participants will be assessed on their strength, balance, cardio endurance, agility, and flexibility. Test results will help individuals identify specific health goals and appropriate programs and classes.

New in 2025 We are adding a cognitive piece to the assessments!

A comfortable outfit and sneakers should be worn. For the most accurate results, participants should avoid vigorous exercise before the fitness assessments. FREE and OPEN to the community! No registration required.

[View Available Sessions](#)

COMMUNITY

COMMUNITY HEALTH (Continued)

Financial Literacy Series with Rebich Investments

Branch: Eastside Family Y, Glenwood Park

Whether it's the price of eggs or the price of housing, everyone these days has an opinion on the health and well being of our economy. That's why we asked the experts at Rebich Investments to come and talk about how we can protect ourselves from real or perceived economic volatility. Join us for this 3-part series. No registration is required. Free and open to the public.

[View Available Sessions](#)

.....

The Importance of Financial Planning

Branch: Eastside Family Y

Just as with writing a will, it's important to start planning your legacy early so that when the time comes, your affairs are in order. Join financial advisor James J. Piersol III of Equity Advisors for advice on how best to prepare your legacy and assist with any questions or special requests you may have. No registration required. Free and open to the public.

[View Available Sessions](#)

.....

Lunch & Learn: Preventing Falls and Injuries

Branch: Eastside Family Y

Join Alyssa Peterman from Heritage Health Care for lunch at the Y, as you falls prevention, as well as preventing injury when maintaining your home exterior. Advance registration is required, space is limited. Free and open to the public.

[View Available Sessions](#)



YMCA AETNA SPEAKER SERIES

Strengthening communities is at the core of the YMCA's cause. Throughout the year, partner organizations in the community will be coming to educate and provide information on a number of topics to our members.

Branch: County

Lana Kunik on Proper Nutrition

8/19/25 - Tuesday - 11:00 am - 1 hr

Paige Tempski from Marquette Savings Bank on Fraud & Scams

9/16/25 - Tuesday - 11:00 am - 1 hr

Christi McNamara on Medicare

10/21/25 - Tuesday - 11:00 am - 1 hr

Joe Benacci on Veteran Benefits

11/18/25 - Tuesday - 11:00 am - 1 hr

Christmas Celebration with Fun & Games

12/16/25 - Tuesday - 11:00 am - 1 hr

[View Available Sessions](#)

Branch: Glenwood Park

Sarah Reed - Nursing Home Expectations

9/17/25 - Wednesday - 9:30 am - 1 hr

Christi McNamara - AETNA Benefits

10/15/25 - Wednesday - 9:30 am - 1 hr

Lisa Schwab - Real Estate Downsizing

11/19/25 - Wednesday - 9:30 am - 1 hr

Christmas Party!

12/17/25 - Wednesday - 9:30 am - 1 hr

[View Available Sessions](#)

Sponsored by:



DROP & PLAY

DROP & PLAY PROGRAMS



Our Drop & Play programs are designed to give parents and caregivers a well-deserved break while providing children with a safe, fun, and engaging environment. Whether it's a Parents Night Out, or an Early Release Day Activity, these experiences allow families to enjoy time apart with peace of mind.

Children participate in themed activities that may include games, crafts, swimming, and active play—led by trained YMCA staff who focus on safety, relationship-building, and joyful movement. Parents benefit from dedicated time for self-care, errands, or rest, while their kids build friendships and create lasting memories.

Programs are available for a variety of ages. Because sometimes the healthiest thing a family can do is give everyone space to recharge.

[CLICK HERE for Registration and Session Information](#)



Crochet Club Clinic – Eastside Family Y

Get hooked on creativity! In this fun and relaxed 3-day clinic, kids will learn the basics of crochet—from how to hold a hook to stitching simple patterns. Whether they're brand new or just need a refresher, participants will build confidence, patience, and creative skills while working on their own mini projects. All supplies are provided, and no experience is needed—just a willingness to try something new and have fun!

- Ages: 8-12
- Duration: 3 Evenings (Dec. 2nd-4th, 6pm-7pm)
- Supplies: All materials provided
- Focus: Creativity, Skill-Building, and Community

To learn more, contact Cait at cmowris@ymcaerie.org OR 814-899-9622 Ext. 3241

[View Available Dates](#)

ESY – Fit & Fun Break Club (Early Release Day) – Eastside Family Y

School's out early on November 3rd—and the Y is ready with an afternoon of fun! From 1:00–5:30 PM, our Fit & Fun Break Club offers a safe, exciting space for kids to play, create, and connect. Children will enjoy active games, hands-on crafts, a healthy snack, and wind down with a movie to wrap up the day. It's the perfect blend of movement and relaxation—led by caring staff who prioritize joy, friendships, and belonging.

- Ages: School aged kids 5-10 years old
- Time: 1:00 PM – 5:30 PM
- Location: Eastside/GE Room
- What to Bring: Comfortable clothes, water bottle, and a smile!ty

To learn more, contact Cait at cmowris@ymcaerie.org OR 814-899-9622 Ext. 3241

[View Available Dates](#)

Youth and Family Gym Nights – Eastside Family Y

We understand it's hard to find open gym play time for kids and families. That's why we are designating time in the gym for a "NO PICKUP BALL ZONE", reserving it for families and youth up to age 17. Registration is not required.

Youth and Family Gym nights WEEKLY (M, TU, TH, FRI) from 6 – 8pm in Gym 2! No games, just fun!

[View Available Dates](#)

DROP & PLAY

Parents' Night Out – Eastside Family Y

Looking for some adult time? Send the kids to Parents' Night Out!

Kids (3 to 11, MUST BE POTTY TRAINED) enjoy a movie and fun night while parents enjoy a night to themselves. Make it a date night, clean the house, or just put up your feet and relax while your child(ren) have some pizza, watch a movie, play some games, and do some crafts. Leave the fun to us!

Space Limited, REGISTER BEFORE THEY FILL UP!

To learn more, contact Ellen at ehill@ymcaerie.org OR 814-899-9622 Ext. 3237

- 09/19/25: Back to "shule" with Megamind – 5:00 pm – 4 hrs
- 11/14/25: Colors Of The Wind – 5:00 pm – 4 hrs

[View Available Dates](#)



Parents' Outing Events – County Y

A Parents' Night Out event is the perfect opportunity for your children to have a fun time with friends while you run errands, go on a date, or take some time for yourself! The Y's enthusiastic staff will guide your children through fun activities that can include: arts & crafts, open gym play, dance parties, theme-based movies and more!

In addition the fun activities described above, registration includes: dinner, drinks and a snack.

To learn more, contact [Shannon Kelley](#).

- 10/17/25 Halloween Party – 5:00 pm – 4 hrs
- 12/05/25 Christmas Party – 5:00 pm – 4 hrs
- 12/14/25 Last Minute Christmas Shopping – 1:00 pm – 3 hrs

[View Available Dates](#)

Parents' Afternoon Out – Eastside Family Y

What might you do with four child-free hours less than two weeks before Christmas? Finish up some shopping, start some baking, wrap some gifts, or maybe just take a bubble bath? Well, now's your chance to make it happen!

Kid Zone and Child Care staff are planning a fun afternoon with movies, crafts, board games, and activities for kids ages 3 – 10. We'll also have pizza, Christmas Cookies, cocoa, and a visitor from the North Pole! Kids will make up official wish lists (we'll be on hand to help the little ones) to give to Kris Kringle, who is scheduled to make an appearance sometime during the afternoon. We'll return the wish lists to parents in Top Secret envelopes as a keepsake, along with small polaroid Santa pics.

To learn more, contact Ellen at ehill@ymcaerie.org OR 814-899-9622 Ext. 3237

[View Available Dates](#)

Sponsored by:

DONATOS PIZZA
Every piece is important.™

GET STARTED

ON YOUR FITNESS JOURNEY

With every membership, you will receive three complimentary sessions with a wellness coach. These sessions are designed to support you in pursuit of your health journey. You'll meet to discuss your needs, interests, goals, and develop an achievable plan for success.

What It's Not

Your Get Started appointments are NOT a series of fitness assessments or a medical type of appointment. It's not a cookie-cutter workout or one-sized fits all program; it is different for everyone.

Who Should Attend?

Everyone! Whether you're new to exercise, have dabbled in it your whole life or are comfortable in your regular program, we will help you make the most of your Y membership. The Get Started experience is an opportunity for us to create your personalized road map for success.

Why It's Important

Members who attend their first Get Started appointment within the first two weeks of joining the Y are 6X more likely to achieve their goals, whatever they may be.

What You Should Expect

Session One • PLAN

During your first session, we'll talk about your goals and interests and help you come up with a plan

Session Two • ACT

Whether it's attending your first group fitness class or meeting with a member of our aquatics team, **whatever you decide, this is where your plan takes action**

Session Three • EVALUATE

We want to hear how it's going for you. We'll review your progress, compare it to the goals set in the first session and make any changes necessary.

[Click Here for Registration Information](#)



SCAN FOR MORE

GROUP EXERCISE

ENERGIZE, CONNECT, AND THRIVE



At the YMCA, our Group Exercise classes are at the heart of building a stronger, healthier community. Whether you're looking to boost your energy with high-intensity workouts, find balance through yoga and Pilates, or dance your way to fitness, our diverse lineup of classes has something for everyone. Led by expert instructors, each class is designed to inspire

and motivate, no matter your fitness level. Join us to move, connect, and thrive together in a welcoming environment that makes every workout feel like a celebration of health and community.

[Click Here for Class Schedules](#)

Be sure to select your branch or branches to view schedule.



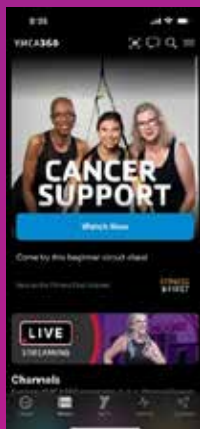
Y360 includes member-only FREE access to a full-ON DEMAND library and LIVE classes and programs— from anywhere, at any time. To access Y360, you'll need to have set-up your online member account. [Click here](#) for a helpful video in setting up your account.



[Click Here to Learn More](#)



Explore YMCA360 programs in our channel line-up.



A NEW WAY TO CONNECT

Download the YMCA360 Mobile App

- Stay up-to-date with classes
- Check-in
- Track workouts
- Compete in challenges
- And so much more!



APPLE



ANDROID

GROUP INTERESTS



Are you looking to enhance your membership experience? We offer many options for you to connect with others. Join one of our interest groups to share your talents and skills, or discover a new hobby.

The Y is dedicated to connecting members to our mission and cause, deepening relationships and connections, and building community within our interest groups, and programs.

[CLICK HERE for More Group Interests Information](#)



Activities with LIFE-NWPA Seasonal Craft

Eastside Family Y

Session: 12/3/25

Get together with staff from LIFE-NWPA for a craft or activity with friends. No registration required, free and open to the public.

[Click for Information](#)

Arts & Crafts with Heritage Home Health – Christmas Craft

Eastside Family Y

Session: 12/10/25

Join Alyssa from Heritage Home Health in the lobby for a fun and easy craft. No registration required.

[Click for Information](#)

Card and Game Club

Eastside Family Y

Sessions: 9/19/25 – 12/19/25

Looking for something to do between classes and the Meet & Greet? Join us for cards and/or board games in the Lobby!

[Click for Information and Registration](#)

Monthly Matinee Movie

Eastside Family Y

Sessions: 9/17/25 – 12/17/25

Join us on the third Wednesday of the month at 1pm in the GE Room. Chairs set up and movie provided. You may bring a camp chair, blanket, snack, and/or drink if you wish. Cost is \$2. Movie TBA

[Click for Information and Registration](#)

GROUP INTERESTS

Philharmonic Christmas Concert/Bus Trip

Eastside Family Y, Glenwood Park

Session: 12/7/25

It's not Christmas season until the Philharmonic has their Come Home For The Holidays concert! Join your friends at the Y, and get dropped off and picked up right at the door of the Warner Theater.

Already have your ticket? You can sign up to ride the bus with us if you'd like.

We can not promise particular seats, only seat groups. If a substitution must be made, you will be refunded the difference. Registration will open when final pricing has been determined. At this time, seat cost for members ranges from \$30 to \$65; for non-members, \$35 to \$70. Choose rate plan A, B, C, or D to correspond with Warner seating charts.

Tickets purchased after November 18 may not be seated with the group.

Questions? Please contact Karen McLellan at kmclellan@ymcaerie.org or 814-899-9622.

[Click for Information and Registration](#)



Pilates for Winter Sports: Strengthen to Shred

Eastside FamilyY

Sessions: 10/27/25 – 11/17/25

Get winter-ready with Gary Foster in this 4-week Pilates series designed to build the core strength, flexibility, and balance you need to excel on the slopes, trails, and rink. Whether you're skiing, snowboarding, skating, or just staying active in cold weather, this class supports your spirit, mind, and body. Join a supportive community, improve your performance, and prevent injuries—all while having fun and feeling your best. All levels welcome!

To learn more, contact Cait at cmowris@ymcaerie.org OR 814-899-9622 Ext. 3241

[Click for Information and Registration](#)

Trivia Tuesday

Eastside FamilyY

Sessions: 9/16/25 – 12/16/25

Match wits with your friends on a wide range of topics, including classic TV and music, history, and more!

[Click for Information and Registration](#)

HOLISTIC WORKSHOPS



The YMCA of Greater Erie has led community-based health and well-being programs for more than 150 years. The triangle in our logo is a symbol of a person's essential unity-spirit, mind and body. And it is with a steadfast commitment to our holistic approach that we offer a variety of mind/body workshops to give participants the opportunity for self discovery and growth.

[CLICK HERE for Holistic Workshop Information](#)



Crystal Healing Workshop – Glenwood Park

Embrace your Crystals, & Explore Crystal Healing!

In this system of Reiki, the practitioner communicates with and directs the energy of Reiki telepathically through the use of a Reiki crystal placed energetically in the practitioners heart chakra. Working with Mikao Usui's Reiki Crystal of Awakening, the practitioner can bring Reiki healing into the field and systems within the body, bring healing into specific organs, mental and emotional issues, cord cutting, and a variety of other ways.

During this group healing experience, Crystal Reiki healing energy will be brought into the energy centers and major systems within the body. Each participant will have their own unique healing experience.

Dress comfortably and be open to receiving this gentle, but powerful healing energy.

Bring your favorite crystals to this fun, interactive class and learn about their sacred geometry, metaphysical properties, and how to use them for energetic healing. Using a combination of lecture and guided practice, participants will be able to identify various types of crystals, the influence of shape, and color as well as how to communicate with their crystal.

- 09/18/25 Clearing Energies for Fall – 2:00 pm
- 10/23/25 Tuning the Energy Fields – 2:00 pm
- 12/11/25 Christmas Journey – 2:00 pm

[View Available Sessions and Register](#)

Dream Interpretation Course – Glenwood Park

Have you ever been interested in learning more about your dreams? In this 4-week course, you will learn techniques that assist in dream interpretation and practice dream sharing in a group setting. Dream interpretation offers a deeper connection to self, provides clarity and support, and can even guide meaningful decision making in your waking life!

You may begin to prepare for this course by recording dreams for group interpretation.

- 09/22/25 – 10/13/25 Session I – 6:45 pm
- 10/28/25 – 11/18/25 Session II – 6:30 pm

[View Available Sessions and Register](#)

Holy Fire® Reiki – Glenwood Park

Holy Fire III Peace® Reiki, a system of Reiki developed by William Rand and the International Center for Reiki Training, is a soft, but powerful, system of Reiki that heals, empowers, purifies, and guides. This Reiki healing energy can be combined with both Usui and Karuna Reiki and healing can be done in person, at a distance, or in group-guided meditations.

During this group guided meditation, the Holy Fire ®Reiki energy will work directly with each participant, providing a unique healing experience for each person, based upon their intention. Dress comfortably and bring your intentions or vision for change that you would like to experience.

- 10/09/25 Tibetan Singing Bowls – 2:00 pm
- 11/06/25 Embracing Gratitude – 2:00 pm
- 01/15/26 New Year Intentions – 2:00 pm

Facilitator: Marg Mechlenburg, Usui/Holy Fire III © Karuna © Reiki Master Teacher

[View Available Sessions and Register](#)

KID ZONE



We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills, and relationships that lead to positive behaviors, better health, and educational achievement.

Kid Zone exists for the purpose of providing a safe, nurturing environment for children while their parents utilize the YMCA facility.

Our collective spirit is characterized by Honesty, Respect, Responsibility, and Caring. We are respectful of the beliefs, values, and cultural diversity of the children and their families. We strive toward developing a strong partnership with families.

We will guide children toward open communication when conflict arises, identifying together respectful, peaceful solutions. As adults, we will model this same behavior among ourselves.

Find more details on our policies and procedures in our [Kid Zone Parent Handbook](#).

Check out ongoing Parents' Outings and Family Fun Nights under our [Family Strengthening Program](#).

[CLICK HERE for Kid Zone Programs](#)



Adventure Area – Glenwood Park

Free babysitting for kids 6 weeks–12 years. For Y members only.

Monday–Friday 8:00am–1:00pm

Monday–Thursday 4:30–8:30pm

Saturdays 9:00am–1:00pm

[Click for More Information](#)

Kid Zone – Eastside Family Y

Free babysitting while you work out for kids 6 weeks–7 years. For Y members only.

Monday–Friday 8:30am–12pm

Monday–Thursday evenings 5:30–8pm

Saturday 8:30am–12pm

[Click for More Information](#)

Kid Zone – County

Free babysitting for kids 6 weeks–12 years. For Y members only.

Monday– Friday 9am–11:30am

Saturday 8–11:30am

Hours Subject to change.

[Click for More Information](#)

MARTIAL ARTS



The YMCA welcomes professional instructors in various disciplines of martial arts and self-defense.

Learn how to use your strength effectively, maintain cardiovascular fitness, improve flexibility and coordination in our Martial Arts programs.

Embracing the mental and spiritual elements of martial arts will improve the mind's focus and enable you to develop self-control, build confidence and manage stress. These classes are not meant to promote fighting. Our focus is on instilling values such as discipline, self-awareness, and developing an ability to put mind over matter.

Class size is limited and registration is required.

[CLICK HERE for Registration and Session Information](#)



Youth Martial Arts

Mixed Martial Arts

School Age Mixed Martial Arts: Ages 8-15 - Glenwood Park

Session Dates: 10/2/25 - 10/23/25

Unlock and nurture the physical potential within your child through learning a fusion of diverse martial art styles. This 8 week class instills discipline, cultivates self-confidence, and nourishes the spirit through learning techniques and the physical conditioning used by professional (pro) MMA athletes.

LOCATION: Holistic Center

[View Available Sessions and Register](#)

PERSONAL TRAINING

WORKOUTS ARE BETTER WITH A BUDDY



More and more people, beginner, start/stop and veteran exercisers, alike, are working with personal trainers because they offer a practical and affordable means of getting and staying healthy. Stop by the Membership Desk or call your branch to make an appointment.

This YMCA program is designed to match you with a Personal Trainer who will develop a wellness routine to help you stay motivated and provide you with a workout designed for you to meet your personal wellness goals.

In addition to offering a FREE initial health assessment and orientation of the YMCA exercise equipment with your membership, the Y offers individual personal training.

A personal trainer is a fitness professional who develops and implements an individualized approach to physical fitness. Trainers help an individual assess their level of physical fitness and help motivate them to work towards their personal wellness goals.

[CLICK HERE for Personal Training Package Options](#)



Women on Weights

Led by a female certified personal trainer, this class is designed for women looking to gain proficiency in the free weights. Each session occurs in a small group environment, where you'll acquire knowledge about the equipment and proper techniques, empowering you to exercise independently with different equipment.



County Women On Weights

Fall Session Dates: 9/16/25 – 10/28/25

[View Available Sessions and Register](#)

Eastside Women On Weights

Fall Session 1 Dates: 9/19/25 – 10/31/25

Fall Session 2 Dates: 9/25/25 – 10/30/25

[View Available Sessions and Register](#)

Glenwood Women On Weights

Fall Session Dates: 9/24/25 – 11/05/25

[View Available Sessions and Register](#)

SPECIAL EVENTS



The YMCA offers a variety of special events for adults, kids and families. We welcome all people to join us!

[CLICK HERE for More Special Events Information](#)

Y U Steppin'

Eastside Family

Session Date: 9/20/25

Join Eastside Y Fitness Staff to help raise money towards the annual campaign in a fun and energetic way with Y U Steppin'! 90-minutes of fun to dance and move your way to 10,000 steps. Whether you are sitting or standing Y U Steppin' is designed to energize and keep you moving to fun tunes. Do not forget to wear your smart watch, pedometer or fitness tracking device to track your steps! Person with the most steps at the end of the event will select Y swag of their choice!

Registration fees help make a meaningful impact on individuals in Chronic Disease Prevention Programs, Swim Lessons and/or After School programs by providing access to programs at free or reduced cost.

To learn more, contact Shelly at ssheridan@ymcaerie.org OR 814-899-9622 Ext. 3241

[Click for Information and Registration](#)



S.T.E.A.M.



Empowering Young Minds to Achieve, Relate, and Belong Through Discovery

At the Y, we believe that all young people deserve opportunities to explore their potential and discover their purpose. Our S.T.E.A.M. (Science, Technology, Engineering, Arts, and Mathematics) Program is designed to nurture curiosity, spark creativity, and build critical thinking skills—all in a safe, supportive environment rooted in our core values of caring, honesty, respect, and responsibility.

[CLICK HERE for S.T.E.A.M. Information](#)



ENGINEER-IT!

Eastside Family

Session Date: 10/18/25

Wabtec presents STEM workshops at the Eastside YMCA. Join Wabtec engineers for a fun afternoon to Engineer-It! In a hands on experience learn about the different fields of engineering by completing projects in the mechanical, electrical and material sciences. When all is said and done you will leave with your brain filled with knowledge and a project in hand.

To learn more, Contact Ellen at ehill@ymcaerie.org OR 814-899-9622 Ext. 3237

[CLICK HERE for Information and Registration](#)

TODDLER TIME

BOND, PLAY, AND LEARN IN A SAFE, FUN ENVIRONMENT

These programs are designed for you and your kiddo to spend quality time together while participating in fun games, sports, swim time (if applicable), and much more! Join our Y Staff as they guide you and your child through activities that encourage learning, creativity, and laughter—all in a safe, caring environment.

Parent/Guardian must actively participate with their child.



Parent & Child Gym: Ages 18 months – 2 years Eastside Family Y

In addition to the time you'll get bonding with your little one, this program allows young children to explore and get comfortable with the gym and equipment in a safe space. With the presence of a guardian and instructor, children can enjoy activities while building confidence, coordination, and connections.

Eastside Fall Session I Dates: 9/18/25 - 10/09/25

Eastside Fall Session II Dates: 10/16/25 - 11/06/25

[View Available Sessions and Register](#)



YOUTH PROGRAMS



CHEERLEADING

Cheerleading is a team activity that involves rooting for a team or performing a routine in a competition. Cheerleaders may perform routines that include chanting slogans, dancing, stunting, and acrobatics.

[CLICK HERE for All Cheerleading Programs](#)



School Age Cheer Skills Development: Ages 5 – 10 – Eastside Family Y

Join instructor Brianna Carle to learn how to work as a team on basic cheer moves, chant and sideline cheers as well as a dance. All levels welcome. Dress comfortably, bring your sneakers (no wet shoes), and have a water bottle on hand for breaks.

One 4-week Session: Ages 5 – 10. Parents are invited on the final day for a performance. Certificates of skills completed will be issued. No class on October 4th.

For questions, please contact Cait at cmowris@ymcaerie.org

[View Available Sessions and Register](#)



TUMBLING

The YMCA tumbling program embraces the Y's Mission by creating a safe and nurturing environment for children to become strong, confident gymnasts who are honest, responsible, respectful, and caring friends and teammates.

[CLICK HERE for All Tumbling Programs](#)



Preschool Tumbling – Ages 2-5 – Eastside Family Y

Introduction to basic tumbling skills and class setting. Achievement goals vary with age. Parents may accompany children until confidence is reached. Only thing to bring is water and a smile! No class on October 4th.

Fall Session 1 Dates: 9/20/25 – 10/18/25 (11:00 am)

Fall Session 2 Dates: 9/20/25 – 10/18/25 (11:30 am)

[View Available Sessions and Register](#)

YOUTH PROGRAMS



DANCE

Youth dance classes offer a multitude of benefits beyond just learning dance moves, impacting physical, mental, social, and emotional development. These benefits include improved physical health, boosted self-confidence, enhanced cognitive skills, and development of crucial life skills like teamwork and communication.

[CLICK HERE for All Dance Programs](#)



Preschool Beginner Dance Ages: 3 – 5 – Eastside Family Y

Fall Session Dates: 11/1/25 – 11/22/25

Introduce your little one to the joy of movement in our Preschool Beginner Dance class! Designed for preschoolers, this beginner-level program blends basic ballet and jazz techniques in a playful, encouraging environment. Children will build coordination, rhythm, and confidence through creative movement, simple routines, and imaginative play. No experience necessary—just twirling energy and tiny toes ready to move!

- Ages: 3–5 yrs
- Attire: Comfortable clothing or dancewear
- Focus: Movement, Music, and Confidence—All with a Smile

Saturdays, November 1st, 8th, 15th and 22nd at Eastside Y at 10am in Studio 2.

To learn more, contact Cait at cmowris@ymcaerie.org

[View Available Sessions and Register](#)

School Age Beginner Dance: Ages 6–10 – Eastside Family Y

Fall Session Dates: 11/1/25 – 11/22/25

Step into Dance: Ballet & Jazz for Beginners

Perfect for kids ages 6–10, this high-energy class introduces the foundational techniques of ballet and jazz in a fun and supportive setting. Dancers will learn basic steps, improve balance and flexibility, and explore rhythm and expression—all while building confidence and having a blast! Whether it's their first dance class or they're just getting started, every child will feel welcomed and encouraged to shine.

- Ages: 6–10
- Attire: Dancewear or comfortable clothing, ballet/jazz shoes recommended
- Focus: Technique, Creativity, Confidence, and Fun

Saturdays, November 1st, 8th, 15th & 22nd, at Eastside Y at 11am in Studio 2.

To learn more, contact Cait at cmowris@ymcaerie.org

[View Available Sessions and Register](#)

YOUTH PROGRAMS



YOUTH FITNESS & TRAINING

At the Y, we offer a number of programs for youth of all ages to introduce them to healthy habits and routines, exercise safety and fitness and conditioning.

[CLICK HERE for All Youth Fitness & Training Programs](#)



F.A.S.S.T: Ages 8 – 12 – Glenwood Park

F.A.S.S.T. is the Y's new Youth Functional Fitness training program. Standing for Flexibility, Agility, Speed & Strength Training, this program is designed for boys and girls, ages 8 – 12, regardless of their sport of choice. This is a sports-focused training program, led by one of YMCA's Personal Training staff in which participants will do various activities and drills that are essential to sports, in general. Whatever sport your child aspires to excel in, this training will aid them in their athletic journey. Please note, this program does not contain sport-specific skill training (i.e. – how to dribble a basketball, how to throw a football, etc.) – this is general fitness training for young athletes. Additionally, this program is designed for children who are currently active in sports and want to further enhance their exercise routine.

Fall Session Dates: 10/28/25 – 11/20/25

[View Available Sessions and Register](#)

School Age Intro to Table Tennis: Ages 8-12 – Glenwood Park

Are you looking to get your child into something new? Was there always an interest, but nowhere to begin? The Y is excited to bring Table Tennis for our School Age participants. Join National Ranked Table Tennis player and champion from Ukraine, Aleksandr Grebelnyi, for 8 weeks as he takes the kids through skills and drills that will improve their gameplay.

What Can You Expect?

- Learn basic table tennis elements (grip, foot work, serve hit, strategy)
- How to do basic multi joints movements (squats, push ups, lunges)
- Working on discipline and kids learn to achieve their goals and build their character

Fall Session Dates: 9/30/25 – 11/18/25

[View Available Sessions and Register](#)

Eastside Kids on Weights – Eastside Family Y

This introductory fitness class is designed to teach kids ages 8–10 how to move confidently and safely in the gym. Led by a certified personal trainer, Kids on Weights focuses on proper form, technique, and age-appropriate strength exercises. Over the 6 week class, participants will learn how to use equipment responsibly, build body awareness, and develop lifelong habits for fitness—all in a fun, supportive environment.

Parents can choose to sign up for the full 6 week session, or pay a weekly drop in rate.

- Age: 8-12yrs
- Focus: Form, Safety, Strength and Confidence
- Dates & Times: Thursdays, September 25th– October 30th at 5:30pm
- Room: OIFC

Questions? Email Cait at cmowris@ymcaerie.org

Fall Session Dates: 9/25/25 – 10/30/25

[View Available Sessions and Register](#)

YOUTH PROGRAMS



YOUTH FITNESS ORIENTATION (AGES 8-14)

At the Y, keeping youth safe is our top priority. We've developed a youth orientation to the Y's Wellness Centers that concentrates on the components for a safe cardio and strength workout. We've designed this course in consultation with industry experts to make sure that equipment and exercises support healthy muscular growth. We appreciate your active participation in making sure that your kids are safely using equipment and properly performing exercises. Youth are also educated about our fitness Code of Conduct and YMCA Character Values.

Youth 8-10 will complete the Youth Fitness Orientation alongside their parents and a Y staff member. Parents may accompany youth 11 & up; however, this is not required.

Upon completion, youth 8-10 **must be accompanied by an adult** (21 & up) while working out. To ensure safety, the adult must be working out alongside the child, not just in the same area.

After registration, you will be contacted by our Wellness Center staff to schedule a day and time to meet. We will do our best to accommodate requests, but availability may be limited due to staffing

Upon completion, a note will be made in the participant's membership record.

Orientations are approximately 1 hr. long.

[CLICK HERE for All Youth Fitness Orientation Programs](#)



Youth Wellness Center Orientation - County

[Click Here to Register](#)

Youth Wellness Center Orientation - Downtown

[Click Here to Register](#)

Youth Wellness Center Orientation - Eastside Family Y

[Click Here to Register](#)

Youth Wellness Center Orientation - Glenwood Park

[Click Here to Register](#)

YOUTH SPORTS



VOLUNTEER COACHING OPPORTUNITIES

We're seeking volunteers interested in coaching youth sports. Our coaches make YMCA youth sports possible and create a lifelong impact on children by encouraging participation and emphasizing sportsmanship and strong character while they are learning basic sport skills. When you become a volunteer, the Y will introduce you to coaching and provide specific resources to the sport you coach. If your child is a player, getting involved at their practices can help them feel comfortable to practice with you outside of official practice time.

[Apply Today!](#)



INTRO TO SPORTS & MOVEMENT

In a fun learning environment, qualified staff introduce children to sports, swimming basics, pool activities, movement/exercises and other fun activities! Some programs are just for the children, and some require parent participation. Whether you want to work out while your child safely learns and plays, or you want to learn and play with them - we have something for you!

[CLICK HERE for More Intro to Sports Information](#)

Preschool Gym

The Preschool Gym program introduces the basic skills of a variety of sports (possibilities: soccer, basketball, ball hockey, etc.) as well as fun exercise games (possibilities: freeze tag, use of large parachute, obstacle course, etc.)

Preschool Gym may be hosted inside or outside based on the weather forecast through the duration of the class. Prior notice would be given to parents if the option of going outside is a possibility.



Preschool Gym: Ages 3-5 County, Glenwood, Eastside Family Y

Cost: Member \$15 Non-Member \$35

County Fall Session Dates:

Session I: 9/17/25 - 10/08/25

Session II: 10/15/25 - 11/05/25

Glenwood Fall Session Dates:

Session I: 9/17/25 - 10/08/25

Session II: 10/15/25 - 11/05/25

Eastside Family Y Fall Session Dates:

Session I: 9/18/25 - 10/09/25

Session II: 10/16/25 - 11/06/25

[Click for Information and Registration](#)

Preschool/School Age Gym: Ages 4-6 County, Glenwood, Eastside Family Y

Cost: Member \$15 Non-Member \$35

County Fall Session Dates:

Session I: 9/17/25 - 10/08/25

Session II: 10/15/25 - 11/05/25

Glenwood Fall Session Dates:

Session I: 9/17/25 - 10/08/25

Session II: 10/15/25 - 11/05/25

Eastside Family Y Fall Session Dates:

Session I: 9/18/25 - 10/09/25

Session II: 10/16/25 - 11/06/25

[Click for Information and Registration](#)

YOUTH SPORTS



BASKETBALL

From building stronger skills to gaining self-confidence, our youth basketball program is about more than just the game. It is about building the whole child from the inside out. Our coaches focus on the youth basketball players' development of building core skills such as ball handling, defense, offense, rebounding, shooting, conditioning and more. We're creating team players and future leaders through team sports. Your kids will learn good sportsmanship and teamwork, develop positive friendships and you'll build a network of like-minded parents.



[CLICK HERE for More Basketball Information](#)

PLAY LEAGUE **Session Dates: 01/17/26 - 03/28/26**

All YMCA House teams will be scheduled for one (1) practice weekly at the Glenwood Park YMCA. Volunteer coaches are welcome to add in extra practices (if you choose and are able to secure an off-site location). All divisions of PLAY League consist of YMCA House teams and school teams, mixed together. School teams are organized/ran by the school coordinator/coach. The players registering will be placed on YMCA House teams that are coached by a volunteer (typically a parent).

A: PLAY – Kindergarten CoEd – Glenwood Park

This league is co-ed and is for boys and girls that are currently in Kindergarten. This league is 3v3 full court in a half gymnasium setting. Coaches also serve as referees in terms of calling fouls, etc. There will be a score/time keeper at all games. All games are on Friday evenings at the Glenwood Park YMCA.

[Click for Information and Registration](#)

B: PLAY – Grades 1-2 CoEd – Glenwood Park

This league is co-ed and is for boys and girls that are currently in Grades 1-2. This league is 5v5 full gym and has (1) PIAA official and score/time keeper assigned to each game. All games are on Wednesday & Friday evenings at the Glenwood Park YMCA.

[Click for Information and Registration](#)

C: PLAY – Grades 3-4 Boys – Eastside Family Y

This league is for boys that are currently in Grades 3 & 4. We offer two (2) divisions of 3-4 Boys. Our Developmental Division, for those who are newer, haven't mastered the fundamentals yet or are not ready for the higher level of competition) and an Advanced Division (for those who are of a higher skill level and want to play against better competition). Both Divisions keep scores and have their own playoffs and championships – the rules will just be adapted. This league is 5v5 full gym and has (2) PIAA officials and score/time keeper assigned to each game. All games are on Friday evenings at the Eastside YMCA.

[Click for Information and Registration](#)

D: PLAY – Grades 3-4 Girls – Eastside Family Y

This league is for girls that are currently in Grades 3 & 4. We offer two (2) divisions of 3-4 Girls. Our Developmental Division (for those who are newer, haven't mastered the fundamentals yet or are not ready for the higher level of competition) and an Advanced Division (for those of a higher skill level or who want to play against better competition). Both Divisions keep scores and have their own playoffs and championships – the rules will just be adapted. **If either division ends up with less than four (4) teams, divisions will be combined without advanced notice. This league is 5v5 full gym and has (2) PIAA officials and score/time keeper assigned to each game. All games are on Friday evenings at the Eastside YMCA.

[Click for Information and Registration](#)

E: PLAY – Grades 5-6 Boys – Glenwood Park

This league is for boys that are currently in Grades 5 & 6. This league is 5v5 full gym and has (2) PIAA officials and score/time keeper assigned to each game. All games are on Wednesday evenings at the Glenwood Park YMCA.

[Click for Information and Registration](#)

F: PLAY – Grades 5-6 Girls – Glenwood Park

This league is for girls that are currently in Grades 5 & 6. This league is 5v5 full gym and has (2) PIAA officials and score/time keeper assigned to each game. All games are on Wednesday evenings at the Glenwood Park YMCA.

[Click for Information and Registration](#)

YOUTH SPORTS



SOCCER LEAGUE

We have indoor and outdoor leagues played through the year at County, Eastside & Glenwood Park YMCAs. The league plays on Saturdays only and is played following a practice and game format that allows for two weeks of just practices, two weeks of mini practices followed by a game and then four weeks of games only. The goal of the program is for players to learn the basic skills and strategies of soccer; such as: dribbling, passing, shooting, formations, offense/defense, etc.

[CLICK HERE for More Soccer League Information](#)



Fall CoEd Indoor League: Ages 4-13

County, Eastside Family Y, Glenwood Park

Session: 10/18/25 - 12/13/25

THIS LEAGUE RUNS ON SATURDAYS ONLY!

County Y League

- played solely in the gymnasium at the County Y

Eastside/Glenwood Y League

- 4/5 & 6/7 Year Old Divisions
 - practice and play all games at their home branch
- 8-10 & 11-13 Year Old Divisions
 - practice and play majority of games at home branch
 - play a few weeks of games at the other Y against their branch's teams



Season Format

Practices begin: October 18th

4/5 Year Olds & 6/7 Year Olds

- 2, 40-minute practices
- 2 weeks of mini-practice followed by games
- Remaining Weeks – 4 more games
- 9am to 1pm tentative timeframe. Schedules will be sent out after teams are finalized.

8-10 Year Olds & 11-13 Year Olds

- 2, 40-minute practices
- 1, 30-minute practice
- Remaining Weeks – 6 games
- 9am to 1pm tentative timeframe. Schedules will be sent out after teams are finalized.



NO GAMES NOVEMBER 29th

Financial Assistance is Available! [Apply here.](#)

NOTE: No external refunds will be issued for sports leagues/programs – any refund issued will be as a credit towards future YMCA programs. Refunds will not be issued once practices start. Refund requests must be made, in writing, at least one week prior to the start of the season.

[Click for Information and Registration](#)

YOUTH SPORTS

SOCCER (Continued)

Fall CoEd Indoor League: Ages 14–17

County, Eastside Family Y, Glenwood Park

Session: 10/18/25 – 12/13/25

THIS LEAGUE RUNS ON SATURDAYS ONLY!

County Y League

- played solely in the gymnasium at the County Y

Eastside/Glenwood Y League

- practice and play home games at home branch
- play a few weeks of games at the other Y against their branch's teams

Season Format

Practices begin: October 18th

14–17 Year Olds

- 2, 45-minute practices
- 4 games

NO GAMES NOVEMBER 29th

Financial Assistance is Available! [Apply here.](#)

NOTE: No external refunds will be issued for sports leagues/programs – any refund issued will be as a credit towards future YMCA programs. Refunds will not be issued once practices start. Refund requests must be made, in writing, at least one week prior to the start of the season.

[Click for Information and Registration](#)

YMCA POLICIES

PAGE 1 OF 2

Annual Membership Renewals

A renewal notice will be mailed to you approximately one month prior to your renewal date. Note that memberships paid for by monthly bank draft will not require a renewal notice and are continuous until cancellation.

Membership Cancellations

Members who pay their monthly membership fee through a monthly automatic withdrawal need to cancel their membership by the 20th of the month in order to stop the draft that occurs on the first of the month. To cancel a membership, members must do so in person by filling out a cancellation form at the Membership Desk.

Membership Identification

Upon joining the Y, Membership Staff will take your digital photograph and you will be given a membership tag. Your tag is valid at all Erie Y branches if you are a Metro member. Should you lose your tag, there is a \$5/tag replacement fee. You may "skip" the tag and check-in using the Y's Mobile App.

Membership Holds

Holds will be granted for medical and seasonal reasons only. Your membership can be put on hold by bringing in a note from your doctor. Holds must be requested prior to the absence and before the 20th of the month in order to stop the automatic withdrawal for the next month. Holds are limited to 120 days and are not required to be taken consecutively.

Returned Payments

For checks or automatic drafts returned, members will be assessed a \$5 fee. Please ensure that all your personal information is current in our system, this includes current bank account information and expiration dates if applicable on your membership.

Personal Items

The Y does not guarantee the security of personal belongings. Therefore we ask that you leave valuables at home. If you feel you must bring valuables, secure banks of lockers are available. Locks are encouraged to be used in the locker rooms but may not be left on lockers overnight. The Y is not responsible for lost or stolen items.

Privacy Policy

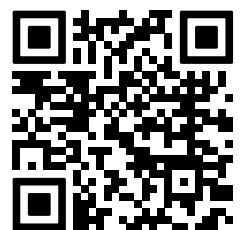
Your privacy is important to us. View our privacy policy at <https://www.ymcaerie.org/privacy-policy/>.

Safety & Protection

The YMCA of Greater Erie conducts regular sex offender screenings on all members. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation and remove visitation access. The YMCA of Greater Erie utilizes video surveillance technology throughout Y property.

Breastfeeding

In accordance with Pennsylvania state law, mothers are welcome to breastfeed at the YMCA.



SCAN FOR MORE

YMCA POLICIES

PAGE 2 OF 2

Locker Rooms

The YMCA of Greater Erie is an inclusive organization open to all. We welcome all people regardless of ability, age, background, ethnicity/race, faith, gender, self-reported gender identity and/or expression or sexual orientation. In keeping with our commitment to diversity and inclusion, and to ensure everyone feels welcome at the Y, we give transgender individuals the opportunity to choose the locker room they are most comfortable with. The policy of the YMCA of Greater Erie is to allow each individual to self-identify their gender. Alternative facilities are available for all members desiring more privacy. We do ask if preoperation, transgender individuals use a bathroom stall or enclosed shower to change.

Service Animals

In compliance with the American Disabilities Act, the YMCA of Greater Erie welcomes service animals to accompany people with disabilities in all areas of the facility where the public is normally allowed to go. Please see Y staff upon entrance to the facility.

Odor-Free Environment

Our YMCA strives to create a pleasant and healthy environment for all. The Y encourages members, guests and staff to be mindful of their use of scented products including lotions, oils, colognes, perfumes, sprays and products intended to be smoked or inhaled. These products may be irritants to others and create health issues for people with allergies or respiratory issues.

The Y can refuse access to anyone whose added scents are overpowering or irritating to others. This includes odors of tobacco products and marijuana use. The Y is tobacco-free and drug-free campus.

Program Refund Policy

All registration and enrollment fees are non-refundable. If you have an extenuating circumstance, you may provide a written request at least 1 week prior to the start of the program. The Program Director may issue an account credit to be used for a future program or fee.

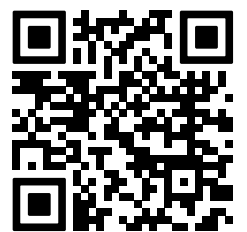
The YMCA reserves the right to cancel classes or programs at any time due to scheduling conflicts or insufficient enrollment. Should the YMCA cancel a class or program, we will make every attempt to schedule a make-up time and date. If the YMCA cancels a class or program without a make-up time and date, then a credit or refund will be issued in the original form of payment.

Credits or Refunds will not be given to participants who fail to attend programs or classes.

Some programs offer a multi-child discount. The first child will be charged the full rate and each additional child receives the discount, if applicable. This is for multiple children of the same family enrolled in the same session of the same program.

Only one discount per program registration applies, if applicable (i.e. if receiving a scholarship discount, a multi-child discount will not apply).

Financial assistance is available for some programs; see a member service associate for more information.



SCAN FOR MORE

CODE OF CONDUCT

Using the principles of Caring, Honesty, Respect and Responsibility as a guide, we implement the following Code of Conduct to ensure all who participate in the Y enjoy a safe, welcoming and comfortable environment. We ask individuals to behave in a manner that upholds these principles at all times when they are in our facility or participating in our programs. Specifically, actions that do not adhere to these guidelines and are not permitted include:

- Wearing inappropriate attire, including swimsuits and workout attire; clothing with vulgar/profane writing or language is not allowed
- Using angry or vulgar language including swearing, name-calling or shouting
- Making physical contact with a person in any angry or threatening manner
- Engaging in sexual activity or contact with another person
- Harassing or intimidating by words, gestures, body language or other menacing behavior
- Stealing or destruction of property
- Carrying or concealing any weapons, devices or objects which may be used as a weapon
- Smoking — all Y membership and program centers offer a smoke-free environment
- Any other conduct of an inappropriate, threatening or offensive nature
- Refusing to adhere to staff requests
- Photography is prohibited within the Y, including the use of camera phones
- Disregard of safety, rules and regulations is prohibited
- Deliberate abuse or misuse of YMCA property or the property of others

Members and guests are encouraged to be responsible for their own personal comfort and safety. Please report any unacceptable behavior to a Y staff person immediately. Members and guests are asked to limit cell phone usage as not to disrupt others.

Members and guests are asked to play personal music with earphones/earbuds.

The appropriate Y staff member will investigate all reported incidents. Suspension or termination of membership privileges may result from a violation of the Code of Conduct.

In accordance with Pennsylvania state law, mothers are welcome to breast-feed at the YMCA.

In compliance with the American Disabilities Act, the YMCA of Greater Erie welcomes service animals to accompany people with disabilities in all areas of the facility where the public is normally allowed to go. Please see Y staff upon entrance to the facility.

The YMCA of Greater Erie utilizes video surveillance technology throughout Y property.

Our YMCA strives to create a pleasant and healthy environment for all. The Y encourages members, guests and staff to be mindful of their use of scented products including lotions, oils, colognes, perfumes, sprays and products intended to be smoked or inhaled. These products may be irritants to others and create health issues for people with allergies or respiratory issues.

The Y can refuse access to anyone whose added scents are overpowering or irritating to others. This includes odors of tobacco products and marijuana use. The Y is tobacco-free and drug-free campus.



SCAN FOR MORE

SOCIAL RESPONSIBILITY

GET INVOLVED!

We know that when we work as one, we move people and communities forward. That's why we are committed to providing support to our neighbors and opportunities for kids, adults and families to give, join in or advocate in the name of stronger communities.

Social Services

To bring about meaningful change, individuals need ongoing encouragement and tools. We're here day-in and day-out to provide the resources our community needs to address the most pressing social issues: societal re-entry, childhood hunger, summer learning loss, chronic disease prevention and more. We work to make sure every child, family and community has what they need to achieve their best.

Global Services

At the Y, building a strong global community begins at home. Ys in the U.S. help young people develop cultural competencies, diverse populations connect to the community and individuals around the world gain access to life-changing resources and support. As an interconnected global network, the Y has the resources and solutions to build bridges and make our changing communities stronger—both at home and abroad.

Volunteerism & Giving

The generosity of others is at the core of our existence. It is only through the support of our hundreds of volunteers and public and private donors that we are able to give back to the Erie community.

Advocacy

We are a powerful ally and advocate for our communities. Our experience and strong relationships in 10,000 neighborhoods across the nation mean that we are able to organize grassroots efforts and influence public policy around a range of social issues including child welfare, education and public health.



SCAN FOR MORE

SOCIAL RESPONSIBILITY

MEALS FOR KIDS

Strengthening families is at the heart of the Y's commitment to our community. With rising costs at the grocery store, you may know a child who might be at risk for going hungry. The Y is serving up free food and fun for kids ages 2-18; no income requirement. Kids can stop by for a healthy meal.

This program is free and open to the public. More sites are added during summer months during critical out-of-school time.

Meals for Kids Mondays-Fridays:

- ✓ **Downtown Y**
31 West 10th Street
Snack: 3:30-4:15 p.m.
Dinner: 4:30-6 p.m.
- ✓ **John Horan Garden Apartments**
30 Tacoma Road
Snack: 2:45-3:15 p.m.
Dinner: 5:30-6:30 p.m.
- ✓ **Erie Heights Apartments**
4020 Garden Avenue
Snack: 2:45-3:15 p.m.
Dinner: 5:30-6:30 p.m.



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. For more information visit, fsd.usda.gov.



SCAN FOR MORE

SOCIAL RESPONSIBILITY

VOLUNTEER OPPORTUNITIES



HELP US MAKE A DIFFERENCE

Become agents of a cause and volunteer. Volunteering is an essential way the Y engages people and helps them to be healthy, confident, and connected to others. The role of volunteers distinguishes the Y as a place where everyone can take an active role in bringing about meaningful, enduring change in the community. Volunteers are vital to the success of the Y. Without them, we wouldn't be able to meet the needs of our community.

Be a part of meaningful, enduring change

The Y is a volunteer- founded, volunteer-led organization. When you volunteer at the Y, you take an active role in creating significant change right in your own neighborhood. Whether you want to help people improve their overall health, support children and youth as they grow into adults, create a welcoming environment, or simply make a difference in someone's life, the Y has a wide variety of volunteer opportunities to match your passion, skills and schedule, including coaching youth sports, participating on boards and committees, and coordinating special events.



Volunteer Opportunities

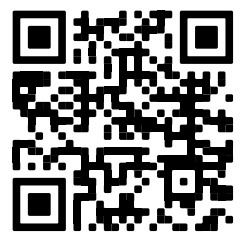
There is no other volunteer organization quite like the Y. Each of our volunteers helps move people and communities forward, delivering the benefits of good health, strong connections, greater self-confidence and a sense of security to all who seek it.

Volunteering is more than just sharing your time and passion, it's about the satisfaction of knowing you are helping people become stronger, giving back to your community and gaining valuable work experience that will enhance your career opportunities.

Here are just a few of the many benefits you can receive from volunteering:

- New skills, increased confidence and enhanced leadership skills
- Fulfillment from knowing you are making a difference in your community
- Valuable work experience
- New friends from all walks of life
- Being a part of an organization with a history of giving back to its community
- Completing community service hour requirements

Contact Corey Wolff to learn more or sign up: cwolff@ymcaerie.org



SCAN FOR MORE

IMPACT

FOSTERING LEARNING. RECLAIMING HEALTH. NOURISHING BODIES.

Each day, the YMCA impacts our community by supporting individuals of all ages—children, adults, seniors, and families—through initiatives that safeguard, educate, connect, heal, nurture, and inspire.

Annually:

- ✓ **298,990 meals** are served to children under age 18.
- ✓ **250 teens** come to the Teen Center.
- ✓ **1,600 children** are safer in and around water through the Y's youth swim lessons.
- ✓ **2,150 children** thrive in our high-quality childcare programs.
- ✓ **250 individuals** lower blood pressure and blood sugar, lose weight and quit smoking.
- ✓ **400 clients** find direction, resources and a new career following release from prison through the Y's Re-Entry program.
- ✓ **450 children** come to the free Summer Parks program to enjoy crafts, games, meals, and swimming with Y staff.
- ✓ **150 children** attend the year-round Kids Club at Erie's public housing sites.
- ✓ **2,150 children** learn teamwork and build relationships in youth sports like basketball, soccer, and T-ball.

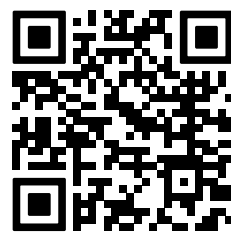
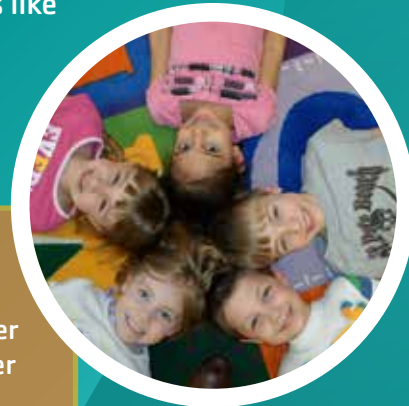
Childcare

"I had one week to find childcare for my two young grandchildren. Their mother is a Sergeant 1st Class in the US Army. She was stationed in Germany but serving in Afghanistan. The grandchildren were in Germany with their father when she learned that children services came in and took the kids. My daughter was given one week to get out of Afghanistan, get to Germany to pack up the grandkids and bring them to me in Erie, and then be back in Afghanistan.

I contacted the YMCA and told them my dilemma, and they accepted the two grandkids right away. The staff was amazing, very helpful and accommodating. The kids' teachers were also amazing. Very caring and understanding. Both kids really liked their teachers, and they learned a lot.

I do not know what I would have done if the YMCA did not have childcare."

Brenda Wurch



SCAN FOR MORE

ANNUAL CAMPAIGN

BUILDING A STRONGER COMMUNITY TOGETHER

YMCAs are vital charitable organizations that want all people to feel welcome and benefit from our programs regardless of their personal circumstances. Perhaps its job loss, an extended illness, divorce, or any number of unforeseen situations that cause an individual or a family to re-evaluate their involvement at the Y. It's in these most stressful times that the Y can be most helpful in filling the gaps until they are back on their feet.

The Y provides financial assistance, called scholarships, for Y membership and program fees through the generous donations to our Annual Campaign.

With an annual goal of \$300,000, supporters of the YMCA of Greater Erie can help everyone in our community to **Be, Belong & Become.**

A YMCA Scholarship isn't just access to pools and treadmills...

For some, it may be better physical health – stamina, mobility, fewer medications.

For others, it may be mental and emotional wellness – a break from loneliness, feeling included, making friends and a warm welcome.

For families, it may be quality time – cheering on the kids in youth sports and making memories fishing at Camp Sherwin.

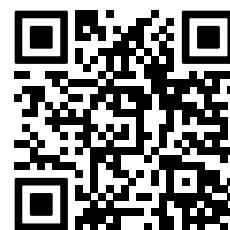
For children – a reliable meal, confidence in a swimming pool or a pat on the back from a teammate.

For a caregiver – a small break to focus on their own needs and recharge for others.

For young people – a safe space to go after school with people who inspire them.

**While your membership helps you belong,
your gift helps everyone belong.**

To learn more or to support the Y's Annual Campaign: Contact Deanna Renaud, Vice President of Financial Development, at 452-1432 ext. 252, drenaud@ymcaerie.org or visit: <https://www.ymcaerie.org/donate/>



DONATE NOW

CAREERS

At the YMCA of Greater Erie, we value our people. Working for us means you'll enjoy great work/life balance and a range of benefits which improve your well-being and help you develop as an individual. At the Y, you will be able to put your experiences, abilities and energy to work as you impact the lives of those around you. Staff members at the YMCA inspire others with an invigorated purpose and sense of personal pride. If you possess a positive attitude and a desire to make a difference in the lives of others, there are many opportunities at the YMCA of Greater Erie.



Our Culture

- ✓ **The Y Experience** – The Y Experience is built from our mission and encompasses the values and philosophy by which we serve and operate
- ✓ **Welcoming** – We are open to all. We are a place where you can be yourself and find yourself in others.
- ✓ **Genuine** – We value you and embrace your individuality.
- ✓ **Hopeful** – We believe in you and your potential to do good in the world.
- ✓ **Nurturing** – We support you as you become the best-version-of-yourself.
- ✓ **Determined** – Above all else, we are on a relentless quest to make our community stronger, beginning with you.

Benefits and Requirements

Believing that people deserve the best, YMCAs offer competitive wage and benefit packages for full and part time employees. Please note that benefits vary depending on position and employment status:

- Health & dental insurance
- Disability and life insurance
- Funded retirement plan
- Flexible work schedule
- Free YMCA membership
- Discounted program fees, including childcare
- Paid time off and holidays

Requirements

- Must have reliable transportation
- Must obtain CPR, AED, Oxygen Administration and First Aid certifications within the first 30 days of employment. Certification paid for by the YMCA.
- Successful completion of pre-employment drug screen and background screening

Join Our Team



SCAN FOR MORE