



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF GREATER ERIE

MEMBER EXPERIENCE GUIDE

WINTER SESSION



BE. BELONG. BECOME.

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

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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

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.

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

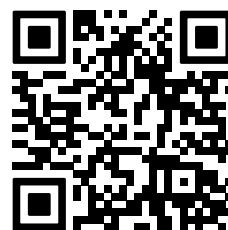
Open (Members & Non-members) Mon. March 9

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

- **Infants and Toddlers**
- **Preschool**
- **School-Age**
- **Tweens and Teens**
- **Adult**
- **Active Older Adults**
- **Aquatics**
- **Community Events**



SCAN FOR MORE

INFANTS AND TODDLERS



TUMBLING

Eastside Y

Introduce your little one to the joy of movement! This fun, nurturing class helps children explore balance, coordination, and basic tumbling skills in a playful setting. Achievement goals vary by age as kids build confidence and celebrate progress at their own pace. Parents are welcome to join until their child feels ready to tumble independently. All you need to bring is water—and a big smile! Each session is a 4-week program.

Session: 1/10/2026–1/30/2026

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

PARENTS' NIGHT OUT

County Y

A Parents' Afternoon and 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!

**Evening Sessions: 2/06/2026 County
3/27/2026 County**

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



PRESCHOOL

INTRO TO TAEKWONDO

Eastside Y

Discover the power of discipline, movement, and fun in our Youth Taekwondo class—designed especially for children ages 4 to 9! This dynamic program introduces students to the fundamentals of martial arts, including basic kicking, punching, and self-defense techniques. As they train, children also build balance, coordination, confidence, and self-esteem in a supportive and energetic environment.

Session: 1/6/2026–1/27/2026

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



TUMBLING

Eastside Y

Introduce your little one to the joy of movement! This fun, nurturing class helps children explore balance, coordination, and basic tumbling skills in a playful setting. Achievement goals vary by age as kids build confidence and celebrate progress at their own pace. Parents are welcome to join until their child feels ready to tumble independently. All you need to bring is water—and a big smile! Each session is a 4-week program.

Session: 1/10/2026–1/30/2026

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

INTRO TO SPORTS – PRESCHOOL GYM

County Y, Eastside Y, Glenwood Y

Our Preschool Gym program introduces young children to the basic skills of a variety of sports in a fun and encouraging setting. Each week highlights a different sport—such as soccer, basketball, ball hockey, baseball, or tumbling—along with playful exercise games that build coordination, confidence, and teamwork.

Sessions: 1/14/2026–2/4/2026

1/15/2026–2/5/2026

2/11/2026–3/4/2026

2/19/2026–3/12/2026

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

PARENTS' NIGHT OUT

County Y, Eastside Y

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Evening Sessions: 2/06/2026 Eastside

2/06/2026 County

3/27/2026 County

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

PRESCHOOL BEGINNER DANCE

Eastside Y

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. Through this 4-week session, 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!

Session: 2/04/2026–2/25/2026

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

SCHOOL-AGE

MIXED MARTIAL ARTS

Glenwood Y

Unlock and nurture the physical potential within your child through learning a fusion of diverse martial art styles. This 4 week class instills discipline, cultivates self-confidence, and nourishes the spirit through learning techniques and the physical conditioning used by professional (pro) MMA athletes.

Sessions: 1/05/2026–1/26/2026
2/09/2026–3/02/2026
3/16/2026–4/06/2026

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



INTRODUCTORY VOLLEYBALL SKILLS DEVELOPMENT

County Y

Designed for new players, our Intro to Volleyball program helps kids develop essential skills, improve coordination, and learn the basics of gameplay—all while having fun and staying active. This program will meet twice a week for four weeks to develop skills for serving, setting, blocking, hitting/spiking and defense strategies.

Session: 1/6/2026–1/29/2026

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

INTERMEDIATE VOLLEYBALL SKILLS DEVELOPMENT

County Y

A perfect step for those who've completed an intro program or have basic experience. Participants refine their core volleyball skills, improve consistency, and learn beginner gameplay strategies—all in a fun, supportive environment.

Session: 1/6/2026–1/29/2026

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



INTRO TO TAEKWONDO

Eastside Y

Discover the power of discipline, movement, and fun in our Youth Taekwondo class—designed especially for children ages 4 to 9! This dynamic program introduces students to the fundamentals of martial arts, including basic kicking, punching, and self-defense techniques. As they train, children also build balance, coordination, confidence, and self-esteem in a supportive and energetic environment.

Session: 1/6/2026–1/27/2026

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

INTRO TO KARATE

County Y

This program is a fantastic way for kids to stay active, build confidence and learn self defense. It teaches children discipline, respect, and self-control in a fun and supportive environment. Through basic techniques like punches, kicks, and blocks, kids improve their coordination, balance, and strength.

Session: 1/10/2026–1/31/2026

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

SCHOOL-AGE

CHEERLEADING SKILLS DEVELOPMENT

Eastside 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.

Session: 1/10/2026-1/30/2026

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



INTRO TO TABLE TENNIS

Glenwood Y

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.

Session: 1/12/2026-3/02/2026

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

INTRO TO SPORTS – SCHOOL AGE GYM

County Y, Eastside Y, Glenwood Y

The Preschool/School Age 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.)

Sessions: 1/14/2026-2/4/2026

1/15/2026-2/5/2026

2/11/2026-3/4/2026

2/19/2026-3/12/2026

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



BASEBALL SKILL DEVELOPMENT

Glenwood Y

Are you ready to take your game to the next level? The Glenwood Y is excited to be able to offer a session of Baseball Skills Development. Whether they are currently playing the sport elsewhere, or new to the game, kids can definitely expect to hone their skills during these 4 weeks.

Mercyhurst University baseball player, Raniel Ventura, will draw from his experience as a current player to aid participants work on the basics of hitting, fielding, and throwing.

Session: 1/25/2026-2/15/2026

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

SCHOOL-AGE

F.A.S.S.T.

Glenwood Y

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 Fitness 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.

Sessions: 2/5/2026–2/26/2026
3/12/2026–4/2/2026

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



PARENTS' NIGHT OUT

County Y, Eastside Y

A Parents' Afternoon and 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!

Evening Sessions: 02/06/2026 Eastside
2/06/2026 County
3/27/2026 County

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

FIT AND FUN BREAK CLUB

Eastside Y

School's out February 16th—and the Y is ready with an afternoon of fun! From 1:00–5:00 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.

February 16th — 1pm–5pm

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

KIDS ON WEIGHTS

Eastside Y

This introductory fitness class is designed to teach kids ages 8–12 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 4 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.

Session: 2/19/2026–3/12/2026

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

SCHOOL AGE BEGINNER DANCE

Eastside Y

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.

Session: 2/05/2026–2/26/2026

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

TWEENS AND TEENS

CHILD AND BABYSITTING SAFETY TRAINING

County Y, Eastside Y, Glenwood Y

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.

Sessions: 1/19/2026	County Y beginning at 1pm
2/16/2026	Eastside Y beginning at 12pm
2/23/2026	Glenwood Y beginning at 9am
3/07/2026	Glenwood Y beginning at 9am

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

F.A.S.S.T.

Glenwood Y

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 Fitness 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 aide them in their athletic journey.

Sessions: 2/5/2026–2/26/2026
3/12/2026–4/2/2026

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

PARENTS' NIGHT OUT

County Y, Eastside Y

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Evening Sessions: 2/06/2026 County
3/27/2026 County

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

INTRO TO DUNGEONS AND DRAGONS

Glenwood Y

Does your child have an active and wild imagination? Have they ever wanted to be the hero in a story of their creation? Here is their opportunity to do so. Step into a world of imagination and adventure! In this beginner-friendly Dungeons & Dragons workshop, kids will become brave heroes, explore magical lands, and work together to solve exciting challenges while in the safe space of the Glenwood YMCA. Participants of all levels of experience are welcome. Bring your creativity and get ready for a fun-filled journey where anything is possible!

Session: 3/21/26–3/28/26

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



ADULT

WOMEN ON WEIGHTS

Led by a certified personal trainer, this class is designed for women looking to gain proficiency with 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. Level 1 and Level 2 (only available at Eastside).

County Women on Weights Level 1

Session: 1/5/2026–2/16/2026

Eastside Women on Weights Level 1

Session: 1/9/2026–2/20/2026

Eastside Women on Weights Level 2

Session: 2/19/2026–3/26/2026

Glenwood Women on Weights Level 1

Sessions: 1/07/2026–2/18/2026

1/20/2026–3/3/2026

2/21/2026–4/4/2026

3/4/2026–4/15/2026

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

ADULT PICKLEBALL LEAGUE

Eastside Y, Glenwood Y

League play will begin Sunday, January 11th and will consist of six (6) pre-determined matches plus playoffs for top teams (Playoffs will be February 22). Games will be scheduled around 12:00 PM and 12:50 PM at both the Glenwood Park and Eastside YMCA.

Sessions: 1/11/2026–2/22/2026

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

ADULT VOLLEYBALL LEAGUE

Glenwood Y

As a reintroduction of Volleyball Leagues at the Y, we will start with one league. This league is open to teams of any ability. The league itself will be recreational in the sense that it is "call your own" officiating and everyone wants to have fun and just play volleyball and competitive in the sense that score will be kept and there will be a winner and a loser.

Sessions: 1/26/2026 – 3/16/2026

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

ADULT INDOOR FUTSAL LEAGUE

Eastside Y

Pronounced foot-saal, it is a variation of soccer adapted specifically for indoor play in a gymnasium. With a smaller, lightly-weighted ball, and out-of-bounds areas it allows for coed play of 5v5 while eliminating the safety issues of the walls. Common format is 2 males, 2 females and a goalkeeper on the court at a time, but always a minimum of 2 females (not counting the goalkeeper).

Sessions: 2/1/2026–3/15/2026

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

PILATES FOR WINTER SPORTS

Eastside Y

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!

Sessions: 1/13/2026–2/3/2026 2/10/2026/3/4/2026

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



ADULT



HOLY FIRE® REIKI

Glenwood Y

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.

Sessions: 1/15/2026	New Year Intentions
1/29/2026	Embracing World Peace with Tibetan Bowls
2/26/26	Connecting with Authentic Self
3/12/2026	Releasing Stress with Tibetan Bowls
3/26/26	Renewing Energies and Emerge Into Spring

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

DREAM INTERPRETATION COURSE

Glenwood Y

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!

Session: 2/03/2026–2/24/2026

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

SCOTTISH COUNTRY DANCING AT THE BOSTON STORE

Boston Store

Prepare for a night of music and fun as we transform the Boston Store lobby into a Scottish ceilidh (kay-lee)! Join Scotland native and Harborcreek resident Sheila Sweet to learn easy and fun dances suitable for beginners and all fitness levels.

Thursday, March 5th from 6:00pm–9:00pm

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

EXPERIENCE THE ALCHEMY

County Y

Unwind, restore, and reconnect in this 60-minute holistic workshop designed to help you release tension and reset your nervous system. Experience the Alchemy blends 45 minutes of gentle yin yoga—focused on deep stretching and mindful stillness—with a 15-minute Reiki experience featuring a guided meditation using Holy Fire® Reiki energy.

Session: 1/16/2026 and 2/20/2026

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

CRYSTAL HEALING WORKSHOP

Glenwood Y

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.

Session: 2/12/2026

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

ACTIVE OLDER ADULTS



COFFEE TALK – FRAUD PREVENTION AND CURRENT TRENDS

Eastside Y

Learn more about how to protect yourself from falling victim to bank fraud in this informative talk from the experts in the Fraud Prevention Department at Marquette Savings Bank. No registration required. Free and open to the public

Wednesday, January 14th beginning at 10am

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

DUCKPIN BOWLING 55+

Five Iron Golf

Keep the Winter Blues at bay by hanging with your friends from the Y! Meet at Five Iron Golf for a couple hours of duckpin bowling. Cost covers two hours of duckpin bowling (Noon to 2pm). Food and drink is separate, so don't forget to bring your card or wallet. Bus transportation available from Eastside and Glenwood.

Monday, January 19th beginning at 12pm

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

SPEED MINGLING 55+

Five Iron Golf

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

Join us at Five Iron Golf for some controlled mingling. If you wish, stick around for lunch (not included, so bring your wallet) with your new friends!

Space is limited, registration is requested.

Thursday, February 12th from 11:30am-12:30pm

Wednesday, March 25th from 11:30am-12:30pm

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



ACTIVE OLDER ADULTS

SENIOR FITNESS ASSESSMENTS

Glenwood 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. No registration required. Free and Open to the Public.

Wednesday, February 18th
9:00am-11:00am

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



ACTIVITIES WITH LIFE-NWPA

County Y, Eastside Y, Glenwood Y

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

Wednesday, February 27th – County Y beginning at 11:00am

Wednesday, March 11th – Eastside Y beginning at 10:00am

Wednesday, March 11th – Glenwood Y beginning at 12:00pm

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



LUNCH AND LEARN: HERITAGE HEALTH CARE

Eastside Y

Join Alyssa Peterman from Heritage Health Care for lunch at the Y, as you learn information about health and safety issues.

Advance registration is required, space is limited. Free and open to the public.

Friday, March 13th beginning at 11:30am

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

AQUATICS

FIND YOUR SWIM SKILLS. FIND YOUR Y.

Glenwood

Winter Session:

Jan. 13 – March 5

(Classes meet once a week for 8 weeks)

Registration:

Early (Members Only): Dec. 22

Open: Dec. 29

Late: Jan. 7

Eastside

Winter Session:

Jan. 26 – March 21

(Classes meet once a week for 8 weeks)

Registration:

Early (Members Only): Jan. 12

Open: Jan. 19

Late: Jan. 21



SWIM LESSONS

Parent/Child (ages 6 months–3 years)

Stage A/Water Discovery, Stage B/Water Exploration

[View Winter Sessions](#)

Preschool (ages 3–5 years)

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

[View Winter 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 Winter 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 Winter 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 Winter 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 Winter 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.



COMMUNITY EVENTS

BLOODMOBILE

Eastside Y

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.

Friday, January 2nd 8:00am-1:00pm

Friday, February 27th 8:00am-1:00pm

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

SOUPER BOWL CHALLENGE

Eastside Y, Glenwood Y

Get in the game and help tackle hunger!

From January 4th to February 6th, donate canned soup and non-perishable items to represent your favorite conference — AFC or NFC.

At the end of the challenge, we'll pull one winner from the AFC donors and one winner from the NFC donors to receive a special prize!

Bring your cans and other non-perishable items, show your team spirit, and make a difference in our community. Donations will be accepted at Glenwood Y and Eastside Y.

Donations will be distributed to local food pantries and soup kitchens.

1/5/2026-2/6/2026

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





INDOOR SOCCER

Ages 4 – 13

Have a child interested in soccer? Have a soccer player that wants to play more? Have an athlete that wants to try something new and/or just stay active in the off-season? Our Youth Indoor Soccer League has everyone covered!

Children can play with school mates/friends and make new friends - all while learning the fundamentals of soccer in a fun and safe environment. Our coaches are volunteer-based, typically parents, with all of their up-to-date PA Clearances. Spend more time with your child, make a difference in another child's life, and volunteer to be a coach!

NO TRYOUTS - EVERYONE PLAYS! When kids have fun, we all win!

All practices/games are Saturdays ONLY

Session begins March 28th

Y Members: \$15/child, Non-Members: \$75/child
(Financial Assistance available, contact Alex Jay)

For more info or to register, scan the QR Code -->





TOGETHER WE CONNECT THE DOTS

2026 DOT
CHALLENGE

START YOUR YEAR WITH PURPOSE

As we step into a new year, there's no better time to set intentions and celebrate fresh beginnings.

Join us for our 2026 Dot Challenge - your exclusive chance as a YMCA member to start 2026 with purpose. Each dot represents your commitment to showing up, giving back, and investing in a healthier you and a stronger community.

When you complete the challenge, you'll not only feel the pride of your achievement—you'll also receive a Limited-Edition Dot Challenge T-Shirt as a symbol of your dedication.

HOW IT WORKS

- Sign up at the Membership Desk for the challenge and commit to starting the year strong.
- Receive your dot and write your name on the front of the dot. On the back, write your last name, phone number, and t-shirt size.
- Place your Dot on the Dot Wall.
- Complete 25 visits between January 12th and February 28th. Make sure to mark your dot each visit!
- Finish the challenge and claim your Limited-Edition Dot Challenge T-Shirt!

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.

YMCA LOCATIONS

Downtown

County

Eastside

Glenwood Park

Camp Sherwin

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: 6am - 8pm
Saturday: 9am - 1pm
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

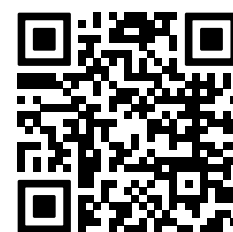
HOURS

Mon-Thursday: 5am - 9pm

Friday: 5am - 8pm

Saturday: 7am - 1pm

Sunday: 11am - 3pm



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
- 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 - 2pm



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
- 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 – 2pm



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

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.



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

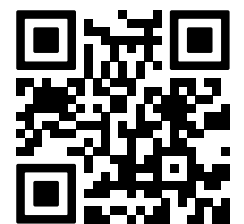
To help us make consistent investments in our facilities – and maintain an affordable monthly membership rate – we are implementing an Annual Maintenance Fee of \$25 per membership (not per member). This fee will go into effect for all membership types in 2025 — replacing the Joiner Fee — and allow us 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.
- 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**



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 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?

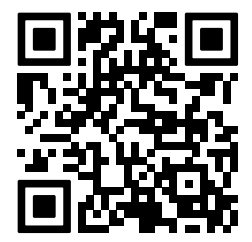
Eligibility is based upon many factors that consider household size, income, and personal circumstances. All applications are confidential.

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

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

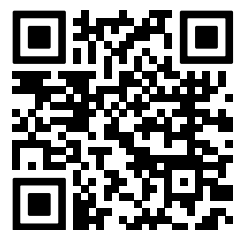
Your privacy is important to us. View our privacy policy at <https://www.ymcaerie.org/privacy-policy/>.

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

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.

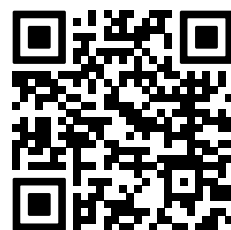
Childcare

"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.

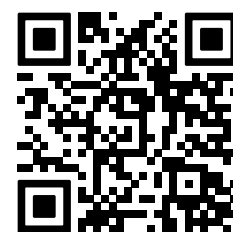
For children – a reliable meal, confidence in a swimming pool or a pat on the back from a teammate.

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