



FALL 2022 PROGRAM GUIDE

GREATER JOHNSTOWN COMMUNITY YMCA



WELCOME TO THE Y!

Welcome to the Greater Johnstown Community YMCA! We look forward to meeting you and supporting you on your journey to a healthy lifestyle! Please check our website for program registration open dates.

Hours of Operation:

Monday – Thursday	5:30 a.m. to 9 p.m.
Friday	5:30 a.m. to 8 p.m.
Saturday	7 a.m. to 6 p.m.
Sunday	10 a.m. to 4 p.m.



MEMBERSHIP

We offer a variety of memberships to fit you and/or your family's unique needs. Choose the one that's right for you:

Single Adult	\$43/month
Family (2 adults and dependant children).....	\$66.50/month
Household (up to 3 adults and dependant children)...	\$72/month
Senior Citizen (age 62 & older)	\$34.25/month
Senior Citizen Family	\$54/month
Single Parent Family	\$57.75/month
Young Adult (ages 18-30)	\$26/month
Youth (ages 17 & under)	\$16/month



NON-MEMBERS

Not ready to enjoy the unlimited benefits of full facility membership? Select programs have the option to register as a Non-Member. Look for our non-member pricing for programs and classes throughout this guide.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL INTO FITNESS

GREATER JOHNSTOWN COMMUNITY YMCA

1

WEEK FREE TRIAL

ANYTIME DURING THE
MONTH OF SEPTEMBER



\$0

JOINER FEE

JOIN BY
SEPTEMBER 30TH

Give the Y a try for FREE for one week anytime in September.
If you love us, join by the end of the month and pay no joiner fee!

WHAT COMES WITH A GREATER JOHNSTOWN COMMUNITY YMCA MEMBERSHIP?

- Pool
- Fitness Center
- Gymnasium
- Free Weight Room
- Indoor walking track
- Raquetball Court*
- Locker Rooms
- Group Exercise Classes
- Child Watch Services*
- Discounted pricing on ALL adult & youth programs, lessons, classes, etc.*
- YWellness 24/7: Our virtual fitness platform
- Nationwide membership at participating YMCAs

*Some benefits of membership incur small additional fees for services, programs, and space rentals

Greater Johnstown Community YMCA
100 Haynes St., Johnstown, PA 15901
814.535.8381
johnstownpaymca.org
[facebook/gjcymca](https://facebook.com/gjcymca)

**LEARN MORE ABOUT
MEMBERSHIP HERE:**

SCAN ME





YOUTH PROGRAMS

All of the programs listed in this section are 6-week programs and begin the weeks of September 11 and October 30 unless otherwise noted.



Little Ninjas

Let the little ones run, jump, climb and tumble through our ninja course. Divided into two age groups, it's non-stop, energy-burning fun! Tennis shoes/sneakers are required.

Tiny Ninjas (3 to 6 years old)

- Tuesdays, beginning Sept. 13, 5:15 to 6 p.m. OR
- Saturdays, beginning Sept. 24, 10:15 to 11 a.m.

Basic Ninjas (7 to 9 years old)

- Tuesdays, beginning Sept. 13, 6 to 6:55p.m. OR
- Saturdays, beginning Sept. 24, 11 to 11:55 a.m.

Members: \$67.50/ Non-members: \$135

Multipurpose Room, 2nd floor



Biddy Ball

Introducing the love for basketball to our littlest players with loosely structured play to help kids develop basic motor & socialization skills. Tennis shoes/sneakers are required. Participants are encouraged to bring their own basketball and water bottles.

Preschoolers, ages 3 to 6 years old

Wednesdays OR Fridays, 5:15 to 6 p.m.

Members: \$45 / Non-members: \$60

Gymnasium



Soccer Skills & Drills

Come learn fundamental skills of soccer using exciting drills and game situations in a fun and friendly atmosphere. Tennis shoes/sneakers are required. Please bring your own soccer balls and water bottles.

Kids, ages 7 to 12 years old

Thursdays, 6 p.m.

Members: \$45/ Non-members: \$60

Gymnasium

YOUTH PROGRAMS



Swim Lessons

Building confident kids – that's what our comprehensive swim program does for kids of all ages.

Swim Starters, 6 to 36 months

- Parent/Child Class – Stages A & B
- Meets once a week for 30 minutes
- Mondays OR Wednesdays, 5 p.m. OR Saturdays at 9:45 a.m.
- Members \$29; Non-members \$58

Swim Basics, 3 to 5 year olds

- Stages 1 – 3
- Meets once a week for 30 minutes
- Mondays OR Wednesdays, 5 p.m. OR Saturdays at 9:45 a.m.
- Members \$44.50; Non-members \$89

Swim Basics, 6+ years old

- Stages 1 – 3
- Meets once a week for 40 minutes
- Mondays OR Wednesdays, 5:35 p.m. OR Saturdays at 9 a.m.
- Members \$44.50; Non-members \$89

Swim Strokes, 6+ years old

- Stages 4 – 6
- Meets once a week for 40 minutes
- Mondays OR Wednesdays, 6:20 p.m.
- Members \$44.50; Non-members \$89

GJY Swim Team

September – March

GJY Swimming has a long history of success and has grown to be one of the most competitive YMCA swim teams in Western Pennsylvania. Swim team members must have YMCA memberships. A one-month trial period is available for those not sure if they are ready for competitive swimming.

This fee will be deducted from the season's fee if joining the team.

Novice – 8 Under

Practices: Monday thru Thursday, 5 to 6 p.m.
\$240/season or \$40/month

Intermediate – 12 and under

Practices: Monday thru Friday, 5 to 6:30 p.m.
\$372/season or \$62/month

Advanced – 13 and over

Monday & Wednesday. 6:30 to 8:30 p.m.
Tuesday, Thursday, Friday, 5 to 7 p.m.
\$372/season or \$62/month

For questions, call Glenn Giles,
GJY Swim Team Coach at 814.535.8381x243





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

READ. PLAY. CREATE. TOGETHER. TUESDAYS FOR TWO.

AT THE GREATER JOHNSTOWN COMMUNITY YMCA

These programs are designed to give parents and children an opportunity to play together in our new Child Watch space! Each week, staff will lead participants through a story, guided play activities based on the theme, and a craft project. A great way for parents and children alike to meet Child Watch staff and get familiar with the facility before our grand opening!

AGES: 2 – 4 years

DATES & THEMES:

- Sept 13 – Snow Day Surprises
- Sept 20 – Cars & Trucks
- Sept 27 – Going Camping
- Oct 4 – Dinosaur Day
- Oct 11 – Prince & Princess Tea Party
- Oct 18 – (Not So) Spooky Halloween

TIME: 10 to 11:30 a.m.

COST: Members: \$10

Non-Members: \$15

All 6 Weeks: M:\$40/NM:\$70



FOR MORE INFORMATION:

Maggie Kimmel

Child Watch Coordinator

P: 814.535.8381 Ext. 240

mkimmel@johnstownpaymca.org

Parents must remain in the Child Watch space during programs.
These programs are not intended to be childcare.
Space is limited. Please pre-register to guarantee your space.



5th & 6th Grade Basketball League



This 8-week league is perfect for existing teams or individual players to join and play!



Girls' League
Games on Sundays
10/2 – 12/4

Must register by Sept. 12

Boys' League
Games on Saturdays
10/29 – 12/17

Must register by Oct. 1

\$35/Member; \$45/Non-Member

BIRTHDAY PARTIES

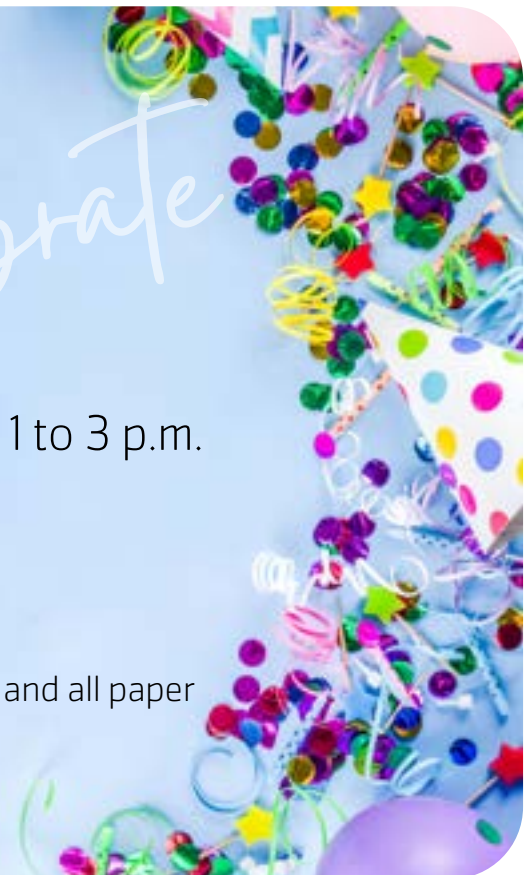
celebrate

Saturdays: 1 to 3 p.m. or 4 to 6 p.m. OR Sundays: 1 to 3 p.m.

Choose your activity: swimming, gym time, arrow tag or ninja room!

Rental includes one-hour activity and one-hour party room rental and all paper products for 10 kids + 10 adults

Members: \$200; Non-members: \$260





ESPORTS PARTIES

GREATER JOHNSTOWN COMMUNITY YMCA

Kids 16 – 20 yrs.



- Team or solo brackets for your choice of game on any available device
- Choose from Fortnite, Rocket League, and more!
- Lights, music and tech support are provided

Kids 12 – 16 yrs.

- Choose from Fortnite (up to 12 players) or Mario Kart 8 (up to 8 players)
- Can also include physical challenges and game trivia
- Lights, music and tech support are provided

- Parties must be scheduled at least two weeks in advance
- A separate space is available if party includes food/cake/snacks as part of party time
- Members: \$350/3 hours; Non-members: \$440/3 hours; additional time available with fee.

Hourly Rentals

No Party? No Problem! Schedule a time to play during open room time. Check website for room time availability.

Members: \$4/hr or \$13/4 hrs
Nonmembers: \$8/hr or \$32/4 hrs

Junior High After School



**Mondays – Thursdays, 3 to 7 p.m.
Fridays, 3 to 9 p.m.**

**5th – 8th
graders**

Join us after school everyday for fun beginning Sept. 12!

The Y's after school program for middle schoolers focuses on self-development and leadership, as well as community impact and involvement, all while having a ton of fun! Kids pick from the following clubs to kick-off the year!

Flex and Fun:

Participants in this 6 week course will be taught body mechanics and ways to be more flexible, to improve performance in all sports, and to promote healthy exercise, followed by games and sports of all kinds.

Tabletop Time:

Come learn to play chess, board games, card games, and other traditional forms of games. We will talk about game strategy, logic, and communication; all over a good game!

Find Your Success, Lessons for Leaders:

Life can be difficult to navigate, especially at a young age. Participants in this 6 week program will explore relatable stories and experiences to find the best in themselves, engaging in discussions about perspective, empathy, self reliance, and social engagement.

Must be pre-registered. Stop in at our Welcome Desk or register on our website!

Members: \$3/ Non-members: \$6

Safe Place Nights

Every Friday, 7 to 9 p.m.
Even more fun and
free food!





STRENGTH & AGILITY TRAINING FOR YOUTH

This program aims to help high school athletes build healthier, stronger mechanics of movement, more competent athletic skills, more effective speed and power production, and faster footwork, whether in the water or on land. Discover a different approach to cardio activity as you master fancy footwork on the agility ladder. Engage your brain as you develop better balance and stability in single-leg exercises. Challenge your coordination in bodyweight exercises. And involve your brain as you immerse yourself in mindful training, not just for better sports performance, but to establish healthier routines for a healthier lifestyle.

- **SPEED**
- **STABILITY**
- **BALANCE**
- **STRENGTH**
- **AGILITY**
- **POWER**

Cost per month: \$40/members
\$60/non-members

Begins September 9

Every Friday

**1:15 to 2:15 p.m. OR
2:30 to 3:30 p.m.**

GREATER JOHNSTOWN COMMUNITY YMCA

Ages 13 – 19



LIFEGUARD CERTIFICATION COURSE

This comprehensive course offers up to date information on how to guard, anticipate, and prevent problems and to take action to help those in need. CPR, First Aid, and AED certifications are included in the cost of the program. Participants must pass a swim test on the first day of class in order to remain registered. Those passing the course will receive the American Red Cross Lifeguard Certification. This course is blended learning with online work being done at one's own pace.

AGES: 15+

DATES:

- Sept. 10 & 11, 8 a.m. to 5 p.m.
- Oct. 15 & 16, 8 a.m. to 5 p.m.
- Nov. 5 & 6, 8 a.m. to 5 p.m.

COST: Members: \$190
Non-Members: \$280

FOR MORE INFORMATION:
Mike Siers
P: 814.535.8381 Ext. 222
MSiers@johnstownpaymca.org



Pre-registration and payment are required one week before start of class. Swim participants must pass a swim test before they can be registered for the class. Call or Email Mike Siers to schedule the swim test.



CHILD WATCH

»»» Opening Fall 2022

Monday – Friday 5 to 8 p.m.

Just for kids ages 6 months to 10 years old!

All of our staff are first aid and cpr certified and have all clearances on file. They have also completed additional training through Praesidium, an abuse prevention program. Parents and guardians can be certain their kiddos are in the best of hands – playing, reading, and having fun – all while you workout or attend one of our classes/programs.

Members only: \$2/child OR \$5/family – 1 1/2 hour time limit



ADULT PROGRAMS



Adult Swim Lessons

This class teaches basic swim skills to those 14 years and older who wish to become more proficient swimmers. The class focuses on freestyle, backstroke, survival strokes, and treading. This class is perfect for future lifeguards, those entering the military, or anyone who wants to become a better swimmer.

September 13 – Oct. 18 and Nov. 1 – Dec. 13

Tuesdays at 5 p.m.

Members: \$44.50/Non-members: \$89



Leadership Night

Led by the Y's CEO, Shawn Sebring, this monthly leadership night will focus on Craig Groeschel's Leadership Podcast. After a short video, the group will have a small group discussion on the video's content followed by Q&A time with community leaders in attendance.

November 29 & December 27, 6:30 p.m.

Small meeting room near gymnasium

Members: FREE/Non-members: \$5



Salsa Dancing

This 6-week Introduction to Salsa Dancing class is not only an effective and fun form of cardio, the movements in the lower body make it a great workout for your hips, legs, and glutes. Join our very own Atayay Robles for this 6-week Latin dance class!

Begins Monday, Sept. 19 and Oct. 31

Mondays at 6:30 p.m.

Members: \$60/ Non-members: \$90



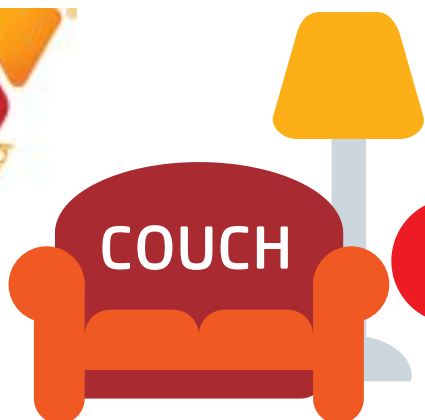
Esports

Esports isn't just for kids! Adults can get in on the gaming too during our open hourly rentals. Schedule a time to play during open room times. Check website for room and time availability.

Esports Room, second floor

Members: \$4/hour or \$13/four hours

Non-members: \$8/hour or \$32/four hours



to



5k



TRAIN TO RUN AMERICAN RED CROSS VAMPIRE 5K

SATURDAY, OCTOBER 15

Kickoff event: September 6 at 6 p.m

- Meet in the gym at the Y
- Bring a towel & water bottle
- Dress for a workout



Get off the couch and join us to train for this race supporting our local American Red Cross. Sign up on our website before September 6 to get a free t-shirt to wear on race day. At kickoff event, receive a training calendar, training and nutrition tips, and group run schedule for some Saturdays at 7:30 a.m. Cost includes training, tshirt, and 30-day trial to YWellness 24/7. Y members and non-members welcome! Runners should register for the race separately.

Members: \$30/Non-members: \$50





**DON'T MISS A
SINGLE THING!**

We have even more great things planned for this fall! Stay in the know of new programs and classes being added all the time!

- Make sure we have your email address on file to receive our two monthly newsletters: THIS is Y and In the Y Loop
- Check our website often for the latest program information:
www.johnstownpaymca.org
- Follow us on our social media!



GJCYMCA



@johnstownpaymca



**Greater Johnstown
Community YMCA**





GROUP EXERCISE

All of our Group Exercise classes are FREE for members, unless otherwise noted. Age 15 and older are welcome unless otherwise specified. All classes are adaptable to ability, strength, and fitness level.

NEW CLASS ALERT!

HIGH Low is a low impact aerobics experience based on traditional aerobics principles creating a steady state cardio workout. This action packed, full body blast will challenge you while at the same time keeping it LOW. HIGH Low uses cardio and toning tracks choreographed with simple fitness moves that result in a high energy, fun, and effective group fitness class that will keep you coming back for more!

HIGH Low



Tuesdays, 7 to 8 a.m.
Begins September 20
Multipurpose Room

NEW CLASS ALERT!

This class is full of rhythm and groove as you dance to the music while paying attention to your core, arms, and butt. You are sure to break a sweat during this low impact, heart pumping Latin dance style fitness class!

Dance & Burn



Thursdays, 6 to 7 p.m.
Begins September 22
Multipurpose Room



GROUP EXERCISE

Pick up a class schedule each week in the lobby or view on our website.
Most classes remain the same each week, but some do vary.

CLASS DESCRIPTIONS

(L) = Low Intensity

(M) – Medium Intensity

(H) = High Intensity

Barre (L, M) – Barre is brilliant! Low impact but highly effective. Incorporate postures from ballet, Pilates, and yoga. Specific moves are used to balance while focusing on isometric strength training at the same time, combining high reps of small range of motion movements. Benefits are improved posture, muscle definitions, increased flexibility, and reduced stress. Any fitness level can and **SHOULD** do it!

Metamorphosis Mayhem (M, H) – A metabolic workout (can be modified for anyone). It's got HIIT, Tabata, and strength training...a little bit of everything for every body.

Pump & Tone (M) – Barbell and free weight workout designed to tone and sculpt your muscles with a music-based routine. High reps, light weights; All levels welcome!

Silver Sneakers (L, M) – A fun, basic dance movement-inspired class incorporating easy-to-follow movement patterns, upper body strength development, and balance challenges. Class members will use a chair, a Silver Sneakers ball, resistance tubing, and handheld weights. Does not involve moving down to the floor. Beginner to intermediate.

Circuit Workout (L, M) – Standing, low-impact movement pattern alternating with standing or seated upper body strength work. Class members will use handheld weights, resistance tubing, and a Silver Sneakers ball. Does not involve moving down to the floor. Class is suited for nearly every fitness level. Beginner to intermediate.

Chair Yoga (L, M) – Standing as well as seated yoga poses, along with flow movements are designed to promote flexibility, balance, strength, and range of movement. Class members will use a chair, Silver Sneakers Ball, and at times a non-flexible towel or strap. Does not involve moving down to the floor. All levels welcome.

Lunch Time Power Hour (M, H) – This class is a mix of a step aerobic cardio routine that you build during class paired with strength training using a variety of dumbbells, kettlebells, Bosu balls and other equipment. No class is complete without some core work and a cooldown stretch. Every movement is modifiable to fit your fitness level!

Morning Move (L, M) – Strength and conditioning with the use of free weights and other resistance equipment including stability balls and making use of the Nautilus Room, all with a twist of education as a group personal training session.

HIGH Low (L, M) is a low impact aerobics experience based on traditional aerobics principles creating a steady state cardio workout. This action packed, full body blast will challenge you while at the same time keeping it **LOW**. **HIGH Low** uses cardio and toning tracks choreographed with simple fitness moves that result in a high energy, fun, and effective group fitness class that will keep you coming back for more!



GROUP EXERCISE

In the Zone with Zing (L, M) - This class offers the advantage of individual attention within a group setting with as much or as little guidance as you wish. The goal is to encourage bodyweight movement and exercise without employing much equipment, in the hope that you would try some of the exercises on your own at home. The movements will include dead bugs, bird dogs, inchworms, various kinds of stretching patterns, varying degrees of squats and bends, bear crawls, crab walks...etc.

Step & Strength (M, H) - This class is a mix of a step aerobic cardio routine that is learned and built upon throughout class with strength exercises built in to allow for a break in cardio movements. Expect a full body workout through the use of dumbbells, kettlebells, resistance bands, BOSU balls, and more! Every movement is modifiable to fit your fitness level.

HIIT (L, M, H) - This 45 minute class delivers a full body workout utilizing functional fitness movements, cardio, kettlebells, and other training equipment to develop a full body workout. Tabata formatting is used throughout this class with a :20 work, :10 rest while cycling through stations for four rounds. There is a bonus core circuit of three rounds to follow with plenty of time after to allow for a post-workout stretch!

Silver Sneakers Aqua (L, M) - Join us for this 45min high energy, low-impact workout in the pool! You will be challenged by the resistance of the water while using your pool noodle to help you stay afloat for some moves. This is a great class for all fitness levels, as it is easy on the joints, but gets your heart rate pumping!

Aqua Butts & Guts (L, M) - This 45min class uses the resistance of the water and bodyweight paired together to make for a great full-body workout. You will work up a good sweat but leave the pool refreshed. This low impact workout is great for anyone looking for a full workout while being kind to your joints.

Bootcamp (M, H) - This hour long class often travels throughout the building and beyond! Some days you are running through the gym and up the stairs, other days you will spend it all in the multi-purpose room. There are a variety of strength movements from bodyweight to dumbbells and kettlebells. You can go as easy or as hard as you would like making this workout work for you!

Strength and Tone (L, H) - This class is based on weight training that is focused on toning and building lean muscle. You will definitely break a sweat in this class with the focus being on the weights and low impact on the joints.

Dance and Burn (L, M) - This class is full of rhythm and groove as you dance to the music while paying attention to your core, arms, and butt. You are sure to break a sweat during this low impact, heart pumping Latin dance style fitness class!

Step (M, H) - This cardio based class gets your heart rate pumping with the use of a step and light weights. Everything is modifiable for all fitness levels. The weights provide just enough push for resistance as well as building lean muscle.



FITNESS SAMPLER DAY

**Saturday, Sept. 17
9:00 a.m.
MultiPurpose Room**

JOIN US FOR A QUICK SAMPLING OF OUR GROUP EXERCISE CLASSES!

Silver Sneakers w/ Dee
Pump & Tone w/ Jen
HIGH Low w/ Elise*
Strength & Tone w/ Christina
Circuit w/ Christina
Step w/ Christina
HIIT w/ Kristina
Power Hour w/ Kristina
----- BREAK -----
Boot Camp w/Jay
Metamorphosis Mayhem w/ Lisa
Barre w/ Lisa
In the Zone w/ Zing
Dance & Burn w/ Jaye*
Morning Move w/ Cathy
Chair Yoga w/ Cathy
Water Aerobics Demo w/Julie (bring your suit or just observe!)



*Brand new class!

Curious about our group exercise classes? Stop by for all or just part of this 2+ hour event!
Meet our awesome instructors and get a feel for which class suits your workout level! Bring
a friend, sneakers and a water bottle and be ready to M-O-V-E!!!
Light refreshments will be available afterwards!

Members: FREE/ Non-members: \$10
Pre-registration is required!





MY Y FITNESS PASS

Group Exercise Classes

Not a Y member? You can still join any of our group exercise classes with the My Y Fitness Pass!

- Bootcamp
- Strength & Tone
- Lunch Power Hour
- Barre
- Metamorphosis Mayhem
- HIIT Fitness
- In the Zone
- Step
- Circuit
- And more!

Group Exercise
Class Schedule



Each punchcard is \$100 and is good for 10 classes. Must be used within 90 days of purchase; cannot be used towards purchase of membership or any other services. Cannot be replaced if lost or stolen.

Available now at our Welcome Desk!

24/7
YWellness

YWellness 24/7, powered by BurnAlong. Virtual wellness anytime, anywhere.

YWellness 24/7, provides live and on-demand classes in training, mindfulness, nutrition, and stress management, as well as family programs.



Scan to sign-up for
a free 30 day trial!

- Strength training
- Cardio
- Cycling
- Tai Chi
- Yoga
- Dance
- Bootcamp
- Balance
- Core
- And much more!

FREE with a
YMCA membership;
\$12/month for virtual only
membership





Healthy You in 22

6-week program to jumpstart your journey

The Healthy You in 22 program guides you in jump starting your journey down a path of living a healthy lifestyle. We provide you with foundational tools including:

- nutritional guidance
- fitness
- accountability
- unlimited access to a personal trainer
- individualized goal setting
- mental wellness
- overcoming obstacles

We will meet three times each week and each session includes 30-minutes of discussion and 30-minutes of movement.

Oct. 31 – Dec. 16

Choose a time slot that works best for you!

Cost: \$120/members; \$180/non-members



For more info contact

Kristina Marinkovich:

kmarinkovich@johnstownpaymca.org

814.535.8381 Ext. 226

BLOOD PRESSURE SELF MONITORING

Take control of your blood pressure! This four-month program, is for adults 18+ who have been diagnosed with high blood pressure, are on blood pressure medicine and have NOT had a cardiac episode, atrial fibrillation or any arrhythmias in the last 12 months.

Participants must :

- take and record their BP twice a month
- attend a monthly nutrition education seminar
- attend 2 consultations per month with our Heart Healthy Ambassador

Members: \$20/month; Non-members: \$25/month

NUTRITION CLASSES

Our nutrition classes are designed and required for those participating in the high blood pressure self-monitoring program, but are open also to all members as well. Each month focuses on a different aspect of diet. These classes are free but registration is required in order to attend even if you are enrolled in the high blood pressure program.

All classes are offered monthly on
Wednesdays at 9:30 a.m. and 5 p.m.

- September 14 - Eating for Heart Health
- October 12 - DASH Diet
- November 16- Lowering Your Sodium Intake
- December 14 - Shopping, Cooking, and Prepping Your Food

For more info contact Kristina Marinkovich:
kmarinkovich@johnstownpaymca.org; 814.535.8381 Ext. 226





Education | Motivation | Inspiration

Personal Training

Build a personalized wellness plan
with an instructor that inspires you!

Instructors:

Zing, Kristina, Cathy

By appointment only.

Pricing & packaging →
available on our website.



For more info contact:

Kristina Marinkovich:

kmarinkovich@johnstownpaymca.org

814.535.8381



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CELEBRATING 150+ YEARS!

THE Y. BETTER TOGETHER

MAKING AN IMPACT THROUGH GIVING

Greater Johnstown Community YMCA | 100 Haynes Street, Johnstown, PA 15901 | 814.535.8381 | www.johnstownpaymca.org

GREATER JOHNSTOWN COMMUNITY YMCA ANNUAL SUPPORT CAMPAIGN

2022 PLEDGE FORM

September 1 – December 31

1 Donor Information

Donor Name

Recognition Name: Please print clearly as you, your company, or family wish to be recognized

Street Address

City

State

ZIP

Email Address

Phone Number

2 My Commitment Circle one

Helper - \$25

Follower - \$250

Booster - \$50

Advocate - \$500

Friend - \$100

Supporter - \$1000

Payment Options

- ☐ Check (make payable to Greater Johnstown Community YMCA)
☐ Bank draft for monthly withdraw (please include a voided check) ☐ 1st ☐ 15th
☐ Credit Card

Name as appears on card

Date of Pledge

Card number

Security Code

☐ MC

☐ Visa

☐ AMEX

☐ Discover

Please bill me:

One Time (immediately)

OR

Quarterly (August, November, February, March)

3 Donor Signature

Donor Signature

Date of Pledge

Helper: \$25

You help a child receive meals through our After School Feeding Program for one week.

Booster: \$50

You help a child fight obesity by keeping them active in a youth sports program.

Friend: \$100

You help stop summer learning loss for a youth by providing a week of summer day camp.

Follower: \$250

You provide 6 children the opportunity to learn to swim which could one day save their life.

Advocate: \$500

You provide a Senior Citizen a full year of membership, giving them the ability to stay active, prevent chronic disease, and make new friends in the Y community.

Supporter: \$1000

You give an entire family a full year of membership allowing them to be a part of the Y community which otherwise they may not afford on their own.

1/4
of our members need financial assistance through our scholarship assistance

100%
of every dollar raised through our annual campaign goes to helping people to connect, grow and learn

The Y's Focus & Impact

- Youth are empowered to reach their full potential through Youth Development
- People are healthier inside and out through Healthy Living
- Neighbors are creating a brighter community through Social Responsibility



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CELEBRATING **150+ YEARS!**
THE Y. BETTER TOGETHER
MAKING AN IMPACT THROUGH GIVING

GREATER JOHNSTOWN COMMUNITY YMCA ANNUAL SUPPORT CAMPAIGN

BENEFITS OF GIVING

Helper: \$25

- Name listing in our annual report

Booster: \$50

- Name listing in our annual report

Friend: \$100

- Name listing in our annual report
- Shout out on social media thanking you for your support

Follower: \$250

- Name listing in our annual report
- Shout out on social media thanking you for our support
- Name included in our Wall of Fame

Advocate: \$500

- Name listing in our annual report
- Shout out on social media thanking you for your support
- Name included in our Wall of Fame
- Special mention in one month of our email newsletter

Supporter: \$1000

- Name listing in our annual report
- Shout out on social media thanking you for your support
- Name included in our Wall of Fame
- Special mention in one month of our email newsletter
- Recognition on TVs in the building for 2-weeks throughout the year

Details & Deadlines:

- Wall of Fame: Dec. 31, 2022
- Annual Report: May 1, 2023

Greater Johnstown Community YMCA
100 Haynes Street, Johnstown PA 15901
814.535.8381

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