

YMCA Without Walls

Movement • Nature • Connection

All programs are weather dependent. In the event of rain or unsafe conditions, outdoor programs will be canceled.

YMCA Without Walls brings fitness, recreation, and connection beyond the building and into our shared outdoor spaces. Participants are invited to join at their own pace—whether for movement, rest, community, or all three.

PROGRAM DESCRIPTIONS

Guided Nature Hike: Cole's Woods

Level: Beginner-friendly

Intensity: Low

Ideal for: New walkers, active older adults, beginners, anyone seeking mindful movement

Description:

A relaxed, welcoming group walk through the scenic trails of Cole's Woods. These hikes move at an easy, conversational pace with opportunities to pause, explore, and enjoy the outdoors together. Designed to support physical activity, mental clarity, and social connection.

What to Expect:

- Small-group environment
- Mostly flat, well-maintained trails
- Frequent check-ins and optional breaks

What to Bring:

- Comfortable walking shoes
 - Weather-appropriate clothing
 - Water
-

Beginner Run/Walk

Level: Beginner / Re-entry

Intensity: Low–Moderate

Ideal for: First-time runners, walkers, or those returning after time off

Description:

A low-pressure run/walk program using simple intervals on a flat, predictable loop. Participants choose their own pace and are supported every step of the way. This is not a race—encouragement and consistency are the priority.

What to Expect:

- Interval-based format (walk/run options provided)
- Inclusive, judgment-free atmosphere
- Coach guidance and encouragement

What to Bring:

- Supportive sneakers
 - Water
 - Optional fitness tracker or watch
-

Bodyweight Bootcamp

Level: All Levels (modifiable)

Intensity: Moderate

Ideal for: Participants seeking strength, cardio, and mobility outdoors

Description:

A dynamic, full-body workout using bodyweight exercises and open space. Movements are demonstrated with options to increase or decrease intensity as needed. Participants are encouraged to listen to their bodies and rest when needed.

What to Expect:

- Mix of strength, cardio, and mobility
- Standing and floor-based exercises
- Clear modifications for all levels

What to Bring:

- Yoga mat or towel
 - Water
 - Athletic shoes
-

What's Up Walk

Level: All levels

Intensity: Very Low

Ideal for: Members looking to connect, ask questions, or walk casually

Description:

A gentle, relaxed walk around the track with YMCA leadership present. This is an open and welcoming space for conversation, questions about the Glens Falls Branch, or simply enjoying time together outdoors.

What to Expect:

- Casual pace
- Open dialogue and community connection
- No fitness pressure

What to Bring:

- Comfortable shoes
 - Curiosity and conversation (optional!)
-

Social Snack, Stretch & Play

Level: All levels

Intensity: Very Low / Restorative

Ideal for: Anyone seeking rest, connection, and community

Description:

Time to slow down and connect. This hour includes light stretching, seated relaxation, conversation, and board games. Movement is optional—belonging is the priority.

What to Expect:

- Gentle stretching and rest options
- Board games and social connection
- Come-and-go flexibility

What to Bring:

- Your own snack and drink
 - A favorite board game (optional)
-

Mountain Hikes (Pilot Knob, Buck Mountain, Pinnacle, Cat & Thomas)

Level: Easy–Moderate (varies by location)

Intensity: Moderate

Ideal for: Participants with hiking experience or readiness for uneven terrain

Description:

These guided hikes explore regional trails with elevation changes and reward participants with scenic views. Each hike is rated and described in advance so participants can choose what feels right for them.

What to Expect:

- Group pacing with rest stops
- Uneven terrain and elevation gain
- Emphasis on safety and shared experience

What to Bring:

- Sturdy hiking shoes
 - Water and optional snacks
 - Sun/weather protection
-

Group Disc Golf

Level: All levels

Intensity: Low–Moderate

Ideal for: Beginners, families, and anyone looking for playful movement

Description:

A laid-back group outing at Crandall Park focused on fun, fresh air, and laughter. No prior disc golf experience required—just a willingness to try something new.

What to Expect:

- Casual rules and instruction as needed
- Social, supportive atmosphere
- Plenty of laughs

What to Bring:

- Comfortable shoes
 - Disc (if you have one; sharing encouraged)
-

Kickball

Level: All levels / All ages

Intensity: Moderate

Ideal for: Families, groups, and playful movers

Description:

A classic, inclusive game combining elements of baseball and soccer. Designed to encourage teamwork, laughter, and joyful movement rather than competition.

What to Expect:

- Simple rules
- Team-based play
- High-fun, low-pressure environment

What to Bring:

- Athletic shoes
 - Water
-

OVERALL EXPECTATIONS

- **Come as you are.** Participation, pacing, and rest are always optional.
- **Choose what fits.** Attend one activity or stay for several in a row.
- **Respect the space and each other.** Inclusive, welcoming behavior is expected.
- **Weather dependent.** Outdoor programs are canceled in rain or unsafe conditions.

Movement, rest, and connection are all invited. YMCA Without Walls is about meeting people where they are—outside, together.