

YMCA Without Walls

Programs are subject to weather. If raining, programs will be canceled.
Please check Facebook and Website for updates.

Monday, May 27

Time	Program	Level	Meeting Location	Primary Lead
9:00 AM	Hike Through Cole's Woods	Beginner	Meet in the parking lot behind the YMCA, in front of the Rec Center	Carol
10:00–11:00 AM	Bodyweight Bootcamp	All Levels	Track to the right of the YMCA	Carrie

Tuesday, May 28

Time	Program	Level	Meeting Location	Primary Lead
7:00–8:00 AM	Beginner Run/Walk	Beginner	Cole's Woods Track (right of Glens Falls Y entrance)	Zara
9:00–10:00 AM	Hike Through Cole's Woods	Beginner	Parking lot behind the YMCA, in front of the Rec Center	Zara

Wednesday, May 29

Time	Program	Level	Meeting Location	Primary Lead
9:00–10:00 AM	Hike Through Cole's Woods	Beginner	Parking lot behind the YMCA, in front of the Rec Center	Zara
10:00–11:00 AM	Bodyweight Bootcamp	All Levels	Cole's Woods Track (right of Glens Falls Y entrance)	Carrie
11:00 AM–12:00 PM	What's Up Walk	All Levels	Cole's Woods Track (right of Glens Falls Y entrance)	Lauren
12:00–1:00 PM	Social Snack, Stretch & Play	All Levels	Camp Picnic Tables (right of Glens Falls Y entrance)	Lauren

Thursday, April 30

Time	Program	Level	Meeting Location	Primary Lead
7:00–8:00 AM	Beginner Run/Walk	Beginner	YMCA outdoor loop	Zara
9:00 AM	Mountain Hike: Pilot Knob Preserve	Easy	Trailhead (1142 Pilot Knob Road)	Dennie
2:00–3:30 PM	Group Disc Golf	All Levels	Gazebo in front of the YMCA (walk to course together)	Preston

Friday, May 1

Time	Program	Level	Meeting Location	Primary Lead
9:00 AM	Mountain Hike: Buck Mountain	Moderate	Trailhead (1750 Pilot Knob Road)	Dennie

Saturday, May 2

Time	Program	Level	Meeting Location	Primary Lead
9:30–10:30 AM	Kickball Game	All Levels / All Ages	Cole's Woods Track (right of Glens Falls Y entrance)	Justin

Sunday, May 3

Time	Program	Level	Meeting Location	Primary Lead
4:00–5:30 PM	Group Disc Golf	All Levels	Gazebo in front of the YMCA (walk to course together)	Preston

Monday, May 4

Time	Program	Level	Meeting Location	Primary Lead
9:00 AM	Hike Through Cole's Woods	Beginner	Parking lot behind the YMCA, in front of the Rec Center	Carol
10:00–11:00 AM	Bodyweight Bootcamp	All Levels	Cole's Woods Track (right of Glens Falls Y entrance)	Carrie

Tuesday, May 5

Time	Program	Level	Meeting Location	Primary Lead
7:00–8:00 AM	Beginner Run/Walk	Beginner	Cole's Woods Track (right of Glens Falls Y entrance)	Zara
9:00–10:00 AM	Hike Through Cole's Woods	Beginner	Parking lot behind the YMCA, in front of the Rec Center	Zara

Wednesday, May 6

Time	Program	Level	Meeting Location	Primary Lead
9:00–10:00 AM	Hike Through Cole's Woods	Beginner	Parking lot behind the YMCA, in front of the Rec Center	Carol
10:00–11:00 AM	Bodyweight Bootcamp	All Levels	Cole's Woods Track (right of Glens Falls Y entrance)	Carrie
11:00 AM–12:00 PM	What's Up Walk	All Levels	Cole's Woods Track (right of Glens Falls Y entrance)	Lauren
12:00–1:00 PM	Social Snack, Stretch & Play	All Levels	Camp Picnic Tables (right of Glens Falls Y entrance)	Lauren

Thursday, May 7

Time	Program	Level	Meeting Location	Primary Lead
7:00– 8:00 AM	Beginner Run/Walk	Beginner	Cole's Woods Track (right of Glens Falls Y entrance)	Zara
9:00 AM	Mountain Hike: Pinnacle Mountain	Moderate	Trailhead (139 Edgecomb Pond Road, Bolton Landing)	Dennie
2:00– 3:30 PM	Group Disc Golf	All Levels	Gazebo in front of the YMCA	Preston

Friday, May 8

Time	Program	Level	Meeting Location	Primary Lead
9:00 AM	Mountain Hike: Cat & Thomas Mountains	Moderate	Trailhead (759 Valley Woods Road, Bolton Landing)	Dennie

Sunday, May 10

Time	Program	Level	Meeting Location	Primary Lead
4:00–5:30 PM	Group Disc Golf	All Levels	Gazebo in front of the YMCA	Preston