




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fulton County YMCA

FALL I 2018 PROGRAM SESSION September 4– October 21

<p>REGISTRATION</p> <p><u>Members</u> Begins August 13th</p> <p><u>General Public</u> Begins August 20th</p> <ul style="list-style-type: none"> Registration done in person at the YMCA. Payment required at registration. Membership must be good through session to get member rate. Programs are non-refundable except for medical or relocation (proof required). Membership card or program card must be scanned at desk when attending programs. The YMCA may cancel, combine or postpone classes due to lack of enrollment. 	<p>We build strong kids, strong families, strong communities!</p>	
<p>Fulton County YMCA 213 Harrison Street PO Box 629 Johnstown, NY 12095</p> <p>518-848-3447 518-848-3463 - fax www.fultoncountyyymca.org general@fultoncountyyymca.org</p> <p>Mon-Fri 5:30am - 10 pm Saturday 7 am - 6 pm Sunday 8 am - 6 pm</p>	<p>MEMBERSHIP</p> <p>Youth \$125/yr. - up to 18 yrs* Adult \$45/mo. - 19-61 yrs Senior \$39/mo. - 62 yrs & up Family \$66/mo. - Family membership includes all individuals that reside in the household. Individuals 19 and older must provide proof of residency. *</p> <p>*A Joiner's Fee is required for all new memberships or those not renewed within 30 days of expiration. Adult & Senior - \$50; Family - \$75. No joiner's fee for Youth memberships.</p> <p>Call or stop by the YMCA for a free tour & details about member benefits.</p> <p>DAY PASSES Youth \$5 Adult \$12 Senior \$10 Family \$20 Limited to 6 passes/year before being required to join YMCA as a member or a program participant. Ask about membership benefits at desk.</p> <p>FINANCIAL ASSISTANCE</p> <p>Financial assistance is available to all youth, adults & families that qualify. No one that qualifies will be denied access to the YMCA due to an inability to pay stated fees. Pick up an application at our Member Service Desk & return with required proof of financial need. The process is confidential & we want to help you. Assistance is made possible due to annual YMCA Strong Kids Campaign annual fundraising events.</p> 	<p>SWIM LESSONS</p> <p>Swim lessons FREE with family membership. Youth member—\$20 General Public—\$50</p> <p>PARENT-CHILD SWIM LESSONS <u>Shrimp (6-18months)</u> Thursday 5-5:30pm or Saturday 8:15-8:45am <u>Perch (18-36 months)</u> Thursday 5-5:30pm or Saturday 8:15-8:45am</p> <p>PRESCHOOL SWIM LESSONS (3-5 years) <u>Pikes (Beginners)</u> Monday 12-12:30pm; Friday 4:45-5:15pm; Saturday 8:15-8:45; 8:45-9:15; 9:15-9:45 or 9:45-10:15am <u>Eels (Intermediates)</u> Monday 12-12:30pm; Friday 4:45-5:15pm or Saturday 8:45-9:15 or 9:15-9:45am <u>Rays (Advanced-intermediates without floats)</u> Saturday 9:45-10:15am <u>Starfish (Advanced without floats)</u> Saturday 9:45-10:15am</p> <p>YOUTH SWIM LESSONS (6-14 years) <u>Polliwog 1 (Beginner) Ages 6-7</u> Monday 4-4:45pm or Saturday 10:15-11am <u>Polliwog 2 (Beginner) Ages 8-14</u> Friday 4-4:45pm or Saturday 10:15-11am <u>Guppy (Advanced Beginner)</u> Tuesday 4-4:45pm or Saturday 11-11:45am <u>Minnow (Intermediate)</u> Tuesday 4-4:45pm or Saturday 11:45am -12:30pm <u>Fish (Advanced Intermediate)</u> Thursday 4-4:45pm or Saturday 11:45am-12:30pm <u>Flying Fish (Advanced)</u> Thursday 4-4:45pm or Saturday 11:45am-12:30pm <u>Shark (Swimmer)</u> Thursday 4-4:45pm or Saturday 11:45am-12:30pm</p> <p>Home School Swim Lessons (3-17 years) Preschool Tuesday 11:30am-12pm Beginner & Intermediate Tuesday 12-12:45pm Advanced Tuesday 12:45-1:30pm</p> <p>ADULT SWIM LESSONS (15 & up) <u>Beginner - Advanced Swimmers</u> Monday 5:15-6pm</p>

School Age Child Care

Grades K-6  Register now!

NYS licensed before & after school care serving Johnstown, Gloversville & Mayfield Schools. Safe, affordable care, caring staff, homework time, crafts, indoor/outdoor play, new friends & lots of fun!


Y Swim Team Try-outs



Join successful Y Flying Fish Team - Ages 6 & up See the desk for more information or visit www.flyingfishswimteam.com

ARTS PROGRAMS

Check out all the monthly programs we have to offer in the Art Room. Schedules are available at the front desk, online and on our Facebook page.




Family FUN Night

A TIME FOR FAMILIES TO LEARN, GROW & THRIVE

FREE AND OPEN TO THE PUBLIC

Sept 14..... Oct 12
6-8:30 PM

AQUATICS

DEVELOPMENTAL SWIM TEAM (Ages 6-18)
Pre-competitive swimmers looking to prepare for swim team or help fine tune their strokes and increase endurance. Prerequisite: Must be a Fish Swimming ability or able to complete 50 continuous yards (2 lengths) in the pool doing front crawl with rotary breathing and 50 yards of back crawl. Mon & Wed 4-4:45pm Mem: \$23 GP: \$58

FLYING FISH SWIM TEAM (Ages 6-21)
Compete in local league against teams throughout the Northeast. Season: September to March. Practices: Practice to begin in late Sept. **Youth membership, team fees, meet fees & uniform required.** Parent volunteers needed. For team fees see front desk or visit flyingfishswimteam.com

ADULT SWIM LESSONS (Ages 15+)
Swim lessons for any level beginner to advanced. Mon 5:15-6:15 pm Family Membership: FREE Adult member: \$20 GP: \$50

AQUA-ROBICS (Ages 18 & up)
A great workout using water resistance for all fitness levels, Tue 9-9:45am or 5-5:45pm Mem: Free GP: \$33

COMBINED AQUA-ROBICS (Ages 18 & up)
Deep and Shallow water workout combining aqua-strength training with our deep water aerobics. Thu 9-9:45am or 5:30-6:15pm Mem: Free GP: \$33

SR. AQUA-FIT (Ages 62+)
Low-impact workout for active older adults. Mon, Wed, Fri - 8:45-9:30am or 9:30-10:15am Mem: Free GP: \$6/class

PRIVATE LESSONS
Work with the Aquatics Director to schedule lesson times with instructor. Please call 848-3447 x157. Mem: \$18 GP: \$30

PRESCHOOL & CHILDCARE

PLAYMATES PRESCHOOL (Ages 3 & 4) Fun filled, age appropriate curriculum & qualified teachers. Full week, 9am -12pm. Convenient monthly payments. For details call Kelly 848-3447.

PLAYMATES DAYCARE CENTER (6wks-5yrs) NYS licensed, separate areas for age groups. Monday-Friday 6:30am-5:30pm. For more information call Kelly 848-3447.

FMCC PLAYMATES DAYCARE CENTER
NYS licensed on FMCC campus, 7:30am-5pm, follows college calendar. Ages 6 weeks -5 yrs. Call Ann Day 762-5333.

SCHOOL AGE CHILD CARE (Grades K-6)
Register now for 2018-19 school year. NYS licensed before & after school care serving Johnstown, Gloversville & Mayfield school districts. Register now - limited openings!

BABYSITTING (Age 6mos-5 yrs, 3hr max)
Mon-Sat 9am-12:30pm & Mon-Fri 4-7pm. Family membership - up to 1 1/2 hrs free/day/child; All else \$5/hr.

PRIME TIME (Ages 6-12)
Supervised fun in Teen Center. Free for Y family members only while at Y. Children 6 & 7 must be signed in & out by an adult. Mon-Fri 4-8pm & Sat 9am-12:30pm

SPECIAL DAYS (Grades K-6)
Kids enjoy a day full of fun at the Y when school is out - swim, gym, games & more! **Oct 5 & 8.** Mem: \$25 GP: \$35 **Registration required at least 2 days in advance, \$5 late fee added after that.**

YOUTH & FAMILIES

FRIDAY FAMILY FUN NIGHTS - FREE for all area families!! Enjoy swim, gym, games, & snacks. Together as a family.
6-8:30pm September 14 & October 12

FAMILY PLAY TIME (Ages 0-4yrs) Play with your child in the gym and meet other families. Wed 4-4:30 pm Mem: Free GP: \$35

GYMNASTICS (Age 18mos & up)
18 mos-2 yrs - Parent-child intro to fun basics. Thu 3-3:30 Mem: \$29 GP: \$55
3yrs-Learn basic tumbling Thu 3:40-4:10 Mem: \$29 GP:\$55
4-5 yrs -More challenging skills & fun Thu 4:20-5:05 Mem: \$35 GP: \$64
6-7 yrs-skill building progressions & fun. Thu 5:15-6:00 Mem: \$35 GP: \$64
8-14 yrs- skill building progressions & fun Thu 6:10-6:55 Mem: \$35 GP: \$64

HOME SCHOOL PE (5-18yr) Come sample various activities for kids of all ages. Tues 10:15-11am (K-6) & 11-11:45 (7-12) Mem: \$13 GP: \$24

PARENTS NIGHT OUT (Ages 5+) Parents enjoy a night out, kids enjoy the Y! **Minimum needed to run program. Registration closes the Monday before program.** Plan your date night now! Fridays, 5-9:30pm. **Oct 5** Family Mem: Free All else: \$15

SPORTS OR SPLASH POOL BIRTHDAY PARTY (Age 5+) Up to 24 children enjoy fun in the pool or gym (choice of soccer or basketball) & in our party room Saturday or Sunday afternoons. Y provides a birthday party leader for your group & birthday child receives a free Y t-shirt Mem: \$100 GP: \$150

YOUTH GAMES (Ages 7-13)
Active games & activities for fun & fitness! Tues 4:30-5pm Mem: FREE GP: \$40

YOUTH KARATE (Age 6+)
Beginner & intermediate karate. Tue 6-7pm Mem: \$30 GP: \$55

TEENS

TEEN CENTER (Ages 6 and up) Free for members only. Mon-Fri 10am-2pm or 4-7pm & Sat 9am-12:30pm. Also open during holiday breaks and school closings. Follow Johnstown School District calendar

YOUTH FITNESS CENTER ORIENTATIONS Youths 12-13 years old are allowed to use our fitness center until 6pm and after 6pm, if accompanied by a parent/guardian. All youth, ages 12-17, require a one time orientation. Our Fitness Center attendants can help you with an orientation.

TEEN BODYBUILDING (12 to 17yrs)
Led by a certified personal trainer & held in our fitness center. Sat 1-2 pm Mem: Free GP: \$42

ADULTS

CO-ED ADULT VOLLEYBALL (Age 18+)
Volleyball for **competitive & more advanced** play Mon 8-9:30pm
Recreational play for **fun & fitness!** Wed 7-8:30pm Mem: FREE GP: \$30

CO-ED INDOOR SOCCER (Age 18+)
Enjoy pick-up games with friends for fun & fitness! Tue 8:30-9:45pm Mem: \$10 GP: \$30

PICKLEBALL (Age 18+)
Join & play the fastest growing game in the U.S. Tue or Thu 10am-1pm or Thu 8-9:30pm Mem: Free GP: \$20

KARATE (Age 14+)
Kai Do San Sport Karate, all levels. Tue & Thu 7:15-9:00pm Mem: \$35 GP: \$64

MEN'S NOONTIME BASKETBALL (Age 18+)
Free for members only. Pick up games. Monday, Wednesday, Friday 12-2pm.

PERSONAL TRAINING PACKAGES (12+)
3 Sessions - \$85/\$120; 5 Sessions- \$140/\$200; 10 Sessions- \$250/\$370 **2 person training with our certified trainers** 3 Sessions - \$105/\$140; 5 Sessions - \$170/\$215; 10 Sessions - \$300/\$400. General Public may only purchase Personal Training on a one time basis.

STRENGTH & MORE
Geared for older adults. Wed or Fri 10:30-11:15am Free for YMCA members or \$6/class for all others.

THERAPUTIC YOGA (Age 14 & up)
Learn Yoga poses and breathing techniques in this special program designed specifically to help relieve pain in back, hips, shoulders, knees and joints. Great for all including athletes. Tue 5:30-6:30pm. Mem: \$46 GP: \$69

Coming in Fall II

Youth Volleyball, Biddy Basketball, Youth Basketball League, Aikido

Halloween Family Fun Night
sponsored by:

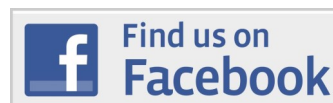


GROUP EXERCISE

(Ages 14+)

Choose programs & days from bulleted list.
MEM: **Free** up to **3 program** days/week/session.
Additional program days: \$15/session;
GENERAL PUBLIC: \$35/program day/session

- ◆ **BALANCE & STABILITY FOR FALL PREVENTION**
Mon 10:30-11:15am
- ◆ **BARREFLOW**
Combines yoga, Pilates barre fitness and strength training. Fri 6-7pm or Sat 10-10:45am
- ◆ **BODY BURN **NEW****
Full Body Weight training. Sat 9:15-10 am
- ◆ **BOOTCAMP**
Group physical training for all intensities using interval exercises. Mon 4-5pm; Thu 5:30-6:30am
- ◆ **CHAIR YOGA**
Geared towards older adults. Yoga exercises done while seated. Tue 10:10-11:10am or Thu 11-12am
- ◆ **CIRCUIT STATION BURN**
Circuit stations designed for short intervals of high intensity exercise. Thu 9-10am
- ◆ **CYCLE & TONE**
30 minutes of bike, then 30 minutes of weight training exercises. Wed 9-10am; Tue 6-7 pm
- ◆ **CYCLING**
Mon, Wed or Fri 5:30-6:15am; Tue or Thu 9-10am Mon 6-7pm; Wed 6-7pm; or Sat 9-10am
- ◆ **DANCE FITNESS**
Dance your way to total body toning. Tue 6:30-7:15pm; Thu 10-11 am
- ◆ **DINO FIT**
Exercise class using fundamental fitness equipment in our fitness center. Tue or Thu 4-5pm
- ◆ **FLEX N STRETCH**
Mon 5-5:30pm
- ◆ **INTERVAL BARRE STRENGTH**
Ballet aerobics & interval barre exercises. Tue 9-10am
- ◆ **METABOLIC CONDITIONING **NEW****
High intensity full body strength and cardio. Mon 6:30-7:30 pm
- ◆ **PEAK CARDIO & MORE **NEW****
Cardiovascular and strength training to build muscle and burn fat. Tue 5:30-6:30 am
- ◆ **PILATES**
Thu 5-6 pm
- ◆ **SHRED 'N SCULPT **NEW****
Complete fitness workout combining strength, cardio & flexibility training. Wed 5:30-6:30pm
- ◆ **STEP 'N SCULPT**
Sun 9-10am
- ◆ **STRONG BY ZUMBA**
Music led high intensity workout. Mon 8-9 am; Thu 6:30-7:30pm; Sat 8-9 am
- ◆ **TABATA**
High intensity training with rounds of 20 seconds on, 10 seconds off. Sun 8-9am
- ◆ **TOTAL BODY WORKOUT**
Consisting of intervals of weight training, core strength and cardio exercises. Wed 4:30-5:30pm
- ◆ **WOMEN ON WEIGHTS**
Mon or Wed 9:30-10:30am
- ◆ **ZUMBA**
Mon 9-10am or 5:30-6:30pm; Tue 8-9am; Wed or Fri 9-10am; Fri 5:15-6pm
- ◆ **ZUMBA GOLD**
Zumba geared toward seniors. Thu 4-4:45pm



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