



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Fulton County YMCA

FALL I 2019 PROGRAM SESSION

September 3 – October 20

REGISTRATION

Members

Begins August 19th

General Public

Begins August 26th

- 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.

We build strong kids, strong families, strong communities!

MEMBERSHIP

Youth \$175/yr. - up to 18 yrs*

Adult \$50/mo. - 19-61 yrs

Senior \$45/mo. - 62 yrs & up

Family \$75/mo. - Family membership

includes all individuals that reside in the household. Individuals 19 and older must provide proof of residency. *

*A Joiners Fee is required for all new memberships or those not renewed within 30 days of expiration. Adult & Senior - \$50; Family - \$75. **No joiners fee for Youth memberships.**

Call or stop by the YMCA for a free tour & details about member benefits.

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.

FINANCIAL ASSISTANCE

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.

SWIM LESSONS

Swim lessons **FREE** with family membership.

Youth member—\$22 General Public—\$55

PARENT-CHILD SWIM LESSONS

Shrimp (6-18months)

Thursday 5-5:30pm or Saturday 8:15-8:45am

Perch (18-36 months)

Thursday 5-5:30pm or Saturday 8:15-8:45am

PRESCHOOL SWIM LESSONS (3-5 years)

Pikes (Beginners)

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

Eels (Intermediates)

Monday 12-12:30pm; Friday 4:30-5pm or Saturday 8:45-9:15 or 9:15-9:45am

Rays (Advanced-intermediates without floats)

Saturday 9:45-10:15am

Starfish (Advanced without floats)

Saturday 9:45-10:15am

YOUTH SWIM LESSONS (6-14 years)

Polliwog 1 (Beginner) Ages 6-7

Monday 4-4:45pm or Saturday 10:15-11am

Polliwog 2 (Beginner) Ages 8-14

Friday 4-4:45pm or Saturday 10:15-11am

Guppy (Advanced Beginner)

Tuesday 4-4:45pm or Saturday 11-11:45am

Minnnow (Intermediate)

Tuesday 4-4:45pm or Saturday 11:45am -12:30pm

Fish (Advanced Intermediate)

Thursday 4-4:45pm or Saturday 11:45am-12:30pm

Flying Fish (Advanced)

Thursday 4-4:45pm or Saturday 11:45am-12:30pm

Shark (Swimmer)

Thursday 4-4:45pm or Saturday 11:45am-12:30pm

Home School Swim Lessons (3-17 yrs)

Preschool Tuesday 11:30am-12pm

Beginner & Intermediate Tuesday 12-12:45pm

Advanced Tuesday 12:45-1:30pm

ADULT SWIM LESSONS (15 & up)

Beginner - Advanced Swimmers

Monday 5:15-6pm

Fulton County YMCA

213 Harrison Street

PO Box 629

Johnstown, NY 12095

518-848-3447

518-848-3463 - fax

www.fultoncountyyymca.org

general@fultoncountyyymca.org

Mon-Fri 5:30am - 10 pm

Saturday 7 am - 6 pm

Sunday 8 am - 6 pm



School Age Child Care

Grades K-6

Now registering for 19-20 school year!

**EXERCISE
LEARN & PLAY
AFTER THE
SCHOOL DAY**



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!



5K & KIDS RUN

SATURDAY OCTOBER 5, 2019 ■ 9:00 AM

\$20 FOR PRE-REGISTRATION BY 9/27/19

OUR ANNUAL FUN RUN IN SUPPORT OF LOCAL

YOUTH ATHLETICS

***FREE T-SHIRT FOR ALL PARTICIPANTS**

Y Swim Team Try-outs



**WE WANT
YOU
ON OUR TEAM!**

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



A TIME FOR FAMILIES TO LEARN, GROW & THRIVE

FREE
AND OPEN TO THE PUBLIC

Sept 13..... Oct 11

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: \$25 GP: \$60

FLYING FISH SWIM TEAM (Ages 6-21)
Compete in local league against teams throughout the Northeast. Season: September to March. 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 5:15-6pm Family Membership: FREE
Adult member: \$22 GP: \$55

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: \$35

COMBINED AQUA-ROBICS (Ages 18 & up)
Deep and Shallow water workout combining aqua-strength training with our deep water aerobics. Thu 5:30-6:15pm Mem: Free GP: \$35

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: \$7/class

PRIVATE LESSONS
Work with the Aquatics Director to schedule lesson times with instructor. Please call 848-3447 x157.
Mem: \$20 GP: \$35

PRESCHOOL & CHILDCARE

PLAYMATES PRESCHOOL (Ages 3 & 4) Fun filled, age appropriate curriculum & qualified teachers. Full week. 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 2019-20 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.

SPECIAL DAYS (Grades K-6)
Kids enjoy a day full of fun at the Y when school is out - swim, gym, games & more! **Oct 14 & 15.** 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 13 & October 11

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 4-8pm & Sat 9am-12:30pm. Also open during holiday breaks and school closings. Follows 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.

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 - \$90/\$125; 5 Sessions - \$145/\$205; 10 Sessions - \$250/\$370
2 person training with our certified trainers
3 Sessions - \$110/\$145; 5 Sessions - \$175/\$220; 10 Sessions - \$300/\$400.

STRENGTH & MORE
Geared for older adults. Wed or Fri 10:30-11:15am Free for YMCA members or \$7/class for all others.

Coming in Fall II

Youth Volleyball, Bidy 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: \$16/session;
GENERAL PUBLIC: \$37/program day/session

- ◆ **BALANCE & STABILITY FOR FALL PREVENTION**
Mon 10:30-11:15am
- ◆ **BARRE FLOW**
A fusion of yoga, pilates, barre fitness & classical strength training. Sat 10-11 am
- ◆ **BOOTCAMP**
Group physical training for all intensities using interval exercises. Thu 5:30-6:30am
- ◆ **CARDIO SCULPT **NEW**
Consisting of intervals of weight training, core strength and cardio exercises. Wed 5-6pm
- ◆ **CHAIR YOGA**
Geared towards older adults. Yoga exercises done while seated. Tue 10:10-11:10am
- ◆ **CORE STRENGTH & CONDITIONING**
Core stability & strength training using stability balls & other equipment. Thu 9-10am
- ◆ **CYCLE & TONE**
30 minutes of bike, then 30 minutes of weight training exercises. Wed 9-10am
- ◆ **CYCLING**
Mon or Wed 5:30-6:15am; Tue or Thu 9-10am; Mon 6-7pm; Wed 6-7pm; Sat 9-9:45am
- ◆ **DANCE FITNESS**
Dance your way to total body toning. Tue 6:30-7:15pm
- ◆ **DINO FIT**
High intensity functional fitness training Tue 5-6pm
- ◆ **FIT 45**
Cardio, weights, resistance bands, flexibility & more all in 45 minutes. Mon or Fri 9-9:45am
- ◆ **FLEX N STRETCH**
Mon 5-5:30pm
- ◆ **INTERVAL STRENGTH**
Interval based full body conditioning. Sat 9-10am
- ◆ **PEAK CARDIO & MORE**
Cardiovascular and strength training to build muscle and burn fat. Tue 5:30-6:30am
- ◆ **PILATES**
Series of controlled movements to develop strength, conditioning & endurance. Tue 4-5pm or Thu 5-6pm
- ◆ **STEP BOOTCAMP**
Sun 9-10am
- ◆ **STRONG BY ZUMBA**
Music led high intensity workout. Thu 6-7pm
- ◆ **TABATA**
High intensity training with rounds of 20 seconds on, 10 seconds off. Sun 8-9am
- ◆ **20/20/20**
High intensity training/ kickboxing/ strength & core. Mon 4-5pm
- ◆ **WOMEN ON WEIGHTS**
Tue or Thu 9:30-10:30am
- ◆ **ZUMBA**
Mon 5:30-6:30pm; Wed 9-10am; Fri 5:15-6pm;
- ◆ **ZUMBA GOLD**
Zumba geared toward seniors. Thu 4-4:45pm

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