



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fulton County YMCA

FALL II 2018 PROGRAM SESSION October 29-December 16

REGISTRATION

Members

Begins Oct 8th
General Public
Begins Oct 15th

- Registration done in person at the YMCA.
- Payment required at registration.
- Membership must be good through session to get member rate.
- 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.

Fulton County YMCA

213 Harrison St
PO Box 629
Johnstown, NY 12095

518-848-3447

518-848-3463 - fax

www.fultoncountyyymca.org
facebook.com/fultoncountyyymca.org
general@fultoncountyyymca.org

Mon-Fri 5:30am - 10 pm
Saturday 7 am - 6 pm
Sunday 8 am - 6 pm

www.fultoncountyyymca.org

We build strong kids, strong families, strong communities!

MEMBERSHIP

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. *

*A Joiners Fee is required for all new memberships or those not renewed within 30 days of expiration. Adult & Senior - \$50; Family - \$75.

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—\$20 General Public—\$50

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 4:30-5pm;
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 9:15-9:45

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

Minnow (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

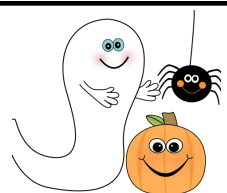
Beginner & Intermediate Tuesday 12-12:45pm

Advanced Tuesday 12:45-1:30pm

ADULT SWIM LESSONS (15 & up)

Beginner - Advanced Swimmers

Monday 5:15-6pm



**HAPPY HALLOWEEN
FAMILY FUN NIGHT**
Friday, October 26th
6-8PM

Sponsored by:



FREE for all families & children
Arts & Crafts...Games... Treats... Open Gym & Swim...
Giveaways... Costumes... GREAT FUN!



SPECIAL DAYS

Oct 5, 8, Nov 12, 21, 23, Dec
26-28, 31 & Jan 2

7am-5:30pm

A safe, fun alternative to sitting home for children grades K-6
on school holidays—swim, gym, games, crafts & more!



INDOOR SOCCER LEAGUE 6 ON 6 OFF THE WALL PLAY

LEAGUE PLAY BEGINNING DECEMBER 2ND

U-14 Boys & Girls Divisions; U-11 Co-ed Division

Just \$325 per team!

GREAT LOCAL COMPETITION; REFEREES;
NO MORE TRAVEL!



Team registration limited; deadline November 25th

Youth Basketball League (7-9yrs old)

Nov 5th-First day of practice for all at 5:30pm

Mon or Wed practice after that from 5:30-6:30pm

Games will be played on Saturday mornings at 9am
starting in December!

Volunteer coaches needed!!



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 5:15-6pm 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

AQUA YOGA (Ages 18 & up)

Enjoy a Yoga workout using water resistance. Wed 5-5:45 Mem: \$12 GP: \$45

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

WATERFRONT LIFEGUARD RECERT COURSE

Oct 27 8am-4pm. Must bring own CPR mask. Mem: \$100 GP: \$125

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.

SPECIAL DAYS (Grades K-6)

Kids enjoy a day full of fun at the Y when school is out - swim, gym, games & more! **Nov 12, 21, 23 Dec 26-29, 31 & Jan 2** Mem: \$25 GP: \$35 **Registration required at least 2 days in advance, \$5 late fee added after that.**

YOUTH & FAMILIES

BIDDY BASKETBALL (Ages 4-6)

Learn the basics & have fun. Includes free basketball. Tue 5-5:30pm Mem: \$29 GP: \$55

FAMILY PLAY TIME (Ages 0-4yrs)

Play with your child in the gym and meet other families. Wed 4-4:30 Mem: **FREE** GP: \$35

FRIDAY FAMILY FUN NIGHTS -

FREE for all families!! Parents & kids enjoy swim, gym, games & snacks together **6-8:30pm Oct 12, Nov 9 & Dec 14**

GYMNASTICS (Ages 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 (Ages 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! **Registration closes the Monday before program.** Plan your date night now! Fridays, 5-9:30pm. **Oct 5, Nov 2 & Dec 7** Family Mem: **FREE** All else: \$15

SPORTS OR SPLASH POOL BIRTHDAY PARTY

(Ages 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 BASKETBALL LEAGUE (Ages 7-9)

Our league emphasizes skill development & sportsmanship. Free t-shirt & basketball. **Volunteer coaches needed.** **FREE clinic Nov 5th & 7th. Team practices Mon or Wed 5:30-6:30 beginning Nov 12th. Games Saturdays 9-11am. Dec 1- Feb 9.** Mem: \$37 GP: \$58

YOUTH GAMES (Ages 7-13)

Active games & activities for fun & fitness! Tues 4:30-5pm Mem: **FREE** GP: \$40

YOUTH KARATE (Ages 6+)

Beginner & intermediate karate. Tue 6-7pm Mem: \$30 GP: \$55

YOUTH VOLLEYBALL (Ages 6-12)

Learn to set, serve, spike & more in this beginner class. Mon 6:30-7pm Mem: \$29 GP: \$55

YOUTH AIKIDO (Ages 5 and up)

Japanese martial arts program that incorporates flexibility, teamwork and respect. Fri 5-6p Mem: \$33 GP: \$65

TEENS

PRIME TIME (Ages 6-17)

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, Saturday 9-12:30pm.

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

TEEN NIGHT (Ages 13-17yrs old)

FREE to all Fulton County Teens Come join us for fun with your friends. Enjoy basketball, foosball, ping pong, music and more!! **Saturday Nov 3rd, 17th Dec 1st & 15th**

ADULTS

CO-ED ADULT VOLLEYBALL (Age 18+)

Volleyball for **competitive & more advanced** play Mon 7:30-9pm

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: \$42

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)

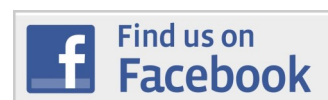
Learn Yoga poses and breathing techniques in this special program designed specifically to help relieve pain in back, hips, shoulders, knees and joints. Great for all including athletes. Tue 5:30-6:30pm. Mem: \$46 GP: \$69

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**
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
- ◆ **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
- ◆ **DINO FIT**
Exercise class using fundamental fitness equipment in our fitness center. Mon or Wed 4-5pm
- ◆ **FLEX N STRETCH**
Mon 5-5:30pm
- ◆ **INTERVAL BARRE STRENGTH**
Ballet aerobics & interval barre exercises. Tue 9-10am
- ◆ **METABOLIC CONDITIONING**
High intensity full body strength and cardio. Mon 6:30-7:30 pm
- ◆ **PEAK CARDIO & MORE**
Cardiovascular and strength training to build muscle and burn fat. Tue 5:30-6:30am
- ◆ **PILATES**
Tue 4-5pm or Thu 5-6 pm
- ◆ **SHRED 'N SCULPT**
Complete fitness workout combining strength, cardio & flexibility training. Wed 5:30-6:30pm
- ◆ **STABILITY BALL BOOTCAMP **NEW****
Core stability and strength training using stability ball and other equipment. Thu 9-10am
- ◆ **STEP 'N SCULPT**
Sun 9-10am
- ◆ **STRONG BY ZUMBA**
Music led high intensity workout. Thu 6-7pm; Fri 5:30-6:30am; 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**
Tue, Wed or Thu 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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