



Fulton County YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL II 2017 PROGRAM SESSION October 30-December 17

REGISTRATION

Members
Begins Oct 9th
General Public
Begins Oct 16th

- 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

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.

www.fultoncountyyymca.org

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 27th
6-8pm

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

Youth Basketball League (7-9yrs old)

Nov 6th-First day of practice for all at 6pm

Mon or Wed practice after that from 6-7pm

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

Volunteer coaches needed to run a successful league.



ARTS PROGRAMS

Check out all the new programs we have to offer in the Art Room.

Schedules are available at the front desk, online and on our Facebook page.



SPECIAL DAYS

Oct 6, 9, Nov 10, 22, 24,
Dec 26-29

7am-5:30pm

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



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

AQUA-ROBICS (Ages 18 & up)

A great workout using water resistance for all fitness levels, Tue5-5:45pm 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 5:30-6:15pm Mem: Free GP: \$33

AQUA YOGA (Ages 18 & up)

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

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. 2, 3 & 5 day options, 9am -12pm. Convenient monthly payments. For details call Kelly 848-3447.

PLAYMATES DAYCARE CENTER (Ages 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 **2016-17 school year.** NYS licensed before & after school care serving Johnstown, Gloversville & Mayfield school districts. Register now - limited openings!

BABYSITTING (Ages 6mos-5 yrs, 3hr max)

Mon-Sat 9am-12:30pm & Mon-Fri 4-7pm. Family membership - up to 1 1/2 hours 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, Saturday 9-12:30pm.

SPECIAL DAYS (Grades K-6)

Kids enjoy a day full of fun at the Y when school is out - swim, gym, games & more! **Oct 6 & 9 Nov 10, 22, 24 Dec 26-29** 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

DANCING KIDS (Ages 4-13yrs)

Keep fit to music. Wed 4:30-5:15 Mem: FREE GP: \$42

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 13, Nov 10 & Dec 8**

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! **Minimum needed to run program. Registration closes the Monday before program.** Plan your date night now! Fridays, 5-9:30pm. **Oct 6, Nov 3 & Dec 1** 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 to run a successful league. Practices Mon or Wed 6-7 & games Saturday's 9-11, Dec 2- Feb 10.** 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 AIKIDO (Ages 5 and up)

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

TEENS

TEEN CENTER (Ages 6 and up)

Free for members. Mon-Fri 4-8pm & Sat 9am-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 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 4th, 18th Dec 2nd & 16th

ADULTS

CO-ED INDOOR SOCCER (Ages 18+)

Enjoy pick-up games with friends for fun & fitness! Tue 8:30-9:45pm Mem: \$10 GP: \$30

INDOOR TENNIS Indoor rentals by reservation.

Call for times & days. Fee: \$30/hour.

PICKLEBALL (Ages 18+)

Learn & play this fun sport court game. Tue or Thu 10am-1pm or Thu 8-9pm Mem: Free GP: \$52

KARATE (Ages 14+)

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

MEN'S NOONTIME BASKETBALL (Ages 18+)

Free for members only. Pick up games. Monday, Wednesday, Friday 12-2pm.

PERSONAL TRAINING PACKAGES (Ages 14+)

3 Sessions - \$85/\$120; 5 Sessions- \$140/\$200; 10 Sessions- \$250/\$370 **2 person training with our certified trainers** 3 Sessions - \$105/\$1140; 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 (Ages 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

◆ BOOTCAMP

Mon 8-9am or Thu 5:30-6:30am Sat 8-8:45am

◆ CARDIO BLAST/CORE & MORE

High intensity cardio and core workout. Tue 5:30-6:30am

◆ CARDIO SCULPT/INTERVAL STRENGTH

Wed 5:30-6:30pm

◆ CHAIR YOGA

Geared towards older adults. Yoga exercises done while seated. Tue 10:10-11:10am

◆ CORE STRENGTH & CARDIO

Mon 4-5pm

◆ CYCLE & TONE

30 minutes of bike, then 30 minutes of weight training exercises Wed 9-10am

◆ 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

NEW! Dance your way to total body toning Tue 6:30:15pm

◆ FLEX N STRETCH

Mon 5-5:30pm

◆ INTERVAL BARRE STRENGTH

Ballet aerobics & interval barre exercises Tue 9-10am

◆ PILATES

Thu 5-6pm

◆ PILOXING- Pilates and Kickboxing

Fri 9-10am

◆ PUMPED

Cardio resistance training, floor & core exercises using both body weight and props Thu 9-10am

◆ STEP 'N SCULPT

Sun 9-10am

◆ STEN 'N TIME

Dance fitness geared towards seniors Thu 4-4:45pm

◆ TABATA

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 or Thu 8-9am; Wed 9-10am; Fri 5:15-6pm or Sat



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