



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fulton County YMCA

## SPRING I 2018 PROGRAM SESSION February 26– April 15

### REGISTRATION

#### Members

Begins Feb 5th

#### General Public

Begins Feb 12th

- 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.

**Fulton County YMCA**  
213 Harrison St  
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

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. **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—\$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 4:45-5:15pm;

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 9:15-9:45

#### 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

### YOUTH FLOOR HOCKEY

Starting Feb 24th

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Join Coach Tim  
for drills....  
skills....games



### HEALTHY KIDS DAY

April 14th

10am-1pm



FREE fun for all! Games, Gym,Swim, Face Painting, Bounce  
Obstacle Course, Giveaways, Healthy Snacks & more!



### SPLASH WEEK APRIL 2-6



#### FREE SWIM LESSONS

Non-swimmers & beginners ages  
6 mos — 14 years that are not  
YMCA members.

Must be signed up by March 29th

### SPECIAL DAYS

Feb 19-23 • Mar 14 & 30

Apr 2-6

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

**AQUA-ROBICS** (Ages 18 & up)  
A great workout using water resistance for all fitness levels, Tue 9-9:45 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 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

**WATERFRONT LIFEGUARD RECERT COURSE**  
Feb 17 8am-4pm. Must bring own CPR mask.  
Mem: \$100 GP: \$125

**WATERFRONT LIFEGUARD** (Age 15 & Up)  
During Splash week! Dates and time TBA  
Mem: \$300 GP: \$350

## 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** (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 2017-18 school year. NYS licensed before & after school care serving Johnstown, Gloversville & Mayfield school districts. Register now - limited openings!

**BABYSITTING** (Age 6 months-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!  
Dec 26-29, Jan 15th & 26th, Feb 19-23  
Mem: \$25 GP: \$35 Registration required at least 2 days in advance, \$5 late fee added after that.

## YOUTH & FAMILIES

**FIT KIDS** (5-12yrs) Group exercise, activities, games & yoga. Fri 4:30-5:15pm  
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 area families!!** Enjoy swim, gym, games, & snacks. Together as a family. 6-8:30pm Feb 9, Mar 9 & Apr 13

**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. Mar 2, Apr 6 & May 4 Family Mem: Free GP: \$15



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**GYMNASTICS** (Age 18 months & 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

**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 GOLF** (Ages 6-16) Learn the basics from Mike Iannotti, Certified Teaching Professional. Feb 28, Mar 7, 14 & 21; 6-10yr 5:15-6pm; 11-16yr 6:15-7pm Mem: \$40 GP: \$58

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

**YOUTH HOCKEY** (Ages 5-12) Join Coach Husky for fun drills, skills & games. Free T-shirt. Sat Feb 24-April 7. 5&6yr 9-9:45am; 7-9yrs 10-11:15am; 10-12yrs 11:30-12:45 Mem: \$35 GP: \$58

**YOUTH INDOOR SOCCER** (5-10yr) Get ready to play outdoors by tuning up your skills & enjoy fast paced indoor drills & games. Free water bottle. Tues 5-7yr 5:30-6pm; 8-10yr 6-6:30pm Mem: \$29 GP: \$55

**YOUTH KARATE** (Age 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 5-6pm Mem: \$33 GP: \$65

## TEENS

**TEEN CENTER** (Ages 6 and up) Free for members only. 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.

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

## ADULTS

**ADULT VOLLEYBALL** (Age 18+)  
Recreational play for fun & fitness!  
Wed 7-8:30pm Mem: FREE GP: \$49

**CO-ED INDOOR SOCCER** (Age 18+)  
Enjoy pick-up games with friends for fun & fitness!  
Tue 8:30-9:45pm Mem: Free 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: \$52

**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
- ◆ **BOOTCAMP**  
Group physical training for all intensities using interval exercises Mon 4-5pm; Thu 5:30-6:30am or Sat 8-8:45am
- ◆ **CARDIO BLAST/CORE & MORE**  
High intensity cardio and core workout. Tue 5:30-6:30am
- ◆ **CARDIO SCULPT/INTERVAL STRENGTH**  
Strength circuits & cardio routines  
Wed 5:30-6:30pm
- ◆ **CHAIR YOGA**  
Geared towards older adults. Yoga exercises done while seated.  
Tue 10:10-11:10am
- ◆ **CIRCUIT STATION BURN \*\*NEW**  
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 or Tue 6-7pm
- ◆ **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 \*\*NEW**  
Exercise class using fundamental fitness equipment in our fitness center  
Tue 4-5pm
- ◆ **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
- ◆ **STEP 'N SCULPT**  
Sun 9-10am
- ◆ **TABATA**  
High intensity training with rounds of 20 seconds on, 10 seconds off.  
Sun 8-9am or Mon 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; Thu 10-11am; Fri 5:15-6pm or Sat 9-10am
- ◆ **ZUMBA GOLD \*\*NEW**  
Zumba geared toward seniors  
Thu 4-4:45pm

www.fultoncountyyymca.org