



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fulton County YMCA

**SPRING I 2019 PROGRAM SESSION**  
**February 25 - April 14**

## REGISTRATION

Members  
Begins Feb 11th  
General Public  
Begins Feb 18th

- 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 \$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.

**facebook.com/fultoncountyy**

## SWIM LESSONS

Swim lessons FREE with family membership.  
Youth member—\$22 General Public—\$55

### PARENT-CHILD SWIM LESSONS

Shrimp (6-18 months)

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)

Poliwoog 1 (Beginner) Ages 6-7

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

Poliwoog 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 February 23rd

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



the  
**20/20**  
Refer a Friend  
& you both receive  
20% OFF  
membership!

## MAKE IT A PLAY DATE



## Healthy Kids Day

**APRIL 13, 2019**



## SPECIAL DAYS

Feb 18-22; March 13

April 19 & 22-26

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: \$25 GP: \$60

**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

**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: \$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

**POOL RENTALS AVAILABLE**  
Great for large and small groups! Contact the Aquatics Director to see available times and rates. 518-848-3447 x157

**PRIVATE LESSONS**  
Work with the Aquatics Director to schedule lesson times with instructor. Call 518-848-3447 x157. Mem: \$20 GP: \$35

## PRESCHOOL & CHILDCARE

**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 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!  
**Feb 18-22; March 13; April 19 & 22-26**  
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 March 8 & April 12

**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 1st & April 5th Family Mem: Free GP: \$20

**FIT KIDS \*\*NEW** (Ages 5-14)  
Yoga, exercises and fun games to enhance fitness for our younger participants. Tue 4:15-5pm Mem: FREE GP: \$37

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

**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 HOCKEY** (Ages 5-12) Join Coach Husky for fun drills, skills & games. Free T-shirt. Sat Feb 23-April 6. 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. Tue 5:00-5:45pm; Mem: \$32 GP: \$60

**YOUTH KARATE** (Age 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 6:45-7:30pm Mem: \$29 GP: \$55

## TEENS

**TEEN CENTER** (Ages 6 and up) Free for members only. Mon-Fri 4-8pm & Sat 9am-12:30pm

**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!!  
**Saturdays 7-10 pm Feb 16th; March 2nd, 16th & 30th**

**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.

**INTRODUCTION TO WEIGHT TRAINING** (12 to 17yrs)  
Led by a certified personal trainer & held in our fitness center. Covering all aspects of weight training for general fitness, bodybuilding & powerlifting. Sat 1-2 pm Mem: Free GP: \$42

## ADULTS

**CO-ED ADULT VOLLEYBALL** (Age 18+)  
Recreational play for fun & fitness!  
Mon 7:30-9pm 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+)  
Learn & play this fun sport court game. Tue or Thu 10am-1pm or Thu 8-9pm 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 - \$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. 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 \$7/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: \$49 GP: \$70

## 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
- ◆ **BARREFLOW**  
Combines yoga, Pilates barre fitness and strength training. Fri 6-7pm or Sat 10-10:45am
- ◆ **BALLET BARRE \*\*NEW**  
A fusion of classical ballet & Interval Barre Exercises. Tue 9-10 am
- ◆ **BOOTCAMP**  
Group physical training for all intensities using interval exercises. Thu 5:30-6:30am; Sat 8-9am
- ◆ **CHAIR YOGA**  
Geared towards older adults. Yoga exercises done while seated.  
Tue 10:10-11:10am
- ◆ **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; Sat 9-9:45am
- ◆ **DANCE FITNESS**  
Dance your way to total body toning.  
Tue 6:30-7:15pm
- ◆ **FIT 45**  
Cardio, weights, resistance bands, flexibility & more all in 45 minutes. Fri 9-9:45am
- ◆ **FLEX N STRETCH**  
Mon 5-5:30pm
- ◆ **HIIT STEP**  
High intensity step aerobics & conditioning.  
Fri 5:30-6:15am
- ◆ **METABOLIC CONDITIONING**  
High intensity full body strength and cardio.  
Mon 6:30-7:30 pm
- ◆ **OCTOGON HIIT**  
High intensity functional fitness training.  
Mon 4-5pm
- ◆ **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**  
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
- ◆ **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
- ◆ **20/20/20**  
High intensity training/ kickboxing/ strength & core. Mon 4-5pm
- ◆ **WOMEN ON WEIGHTS**  
Tue, Wed or Thu 9:30-10:30am
- ◆ **ZUMBA**  
Mon 9-10am or 5:30-6:30pm; Wed or Fri 9-10am; Thu 10-11am; Fri 5:15-6pm; Sat 9-10am
- ◆ **ZUMBA GOLD**  
Zumba geared toward seniors. Thu 4-4:45pm

