



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fulton County YMCA

## SPRING II 2019 PROGRAM SESSION April 29– June 16

### REGISTRATION

#### Members

Begins Apr 15th

#### General Public

Begins Apr 22nd

- 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.



### 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 4:45-5:15pm;  
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 4:45-5:15pm 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)

##### Poliwoq 1 (Beginner) Ages 6-7

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

##### Poliwoq 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

### 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!

### FAMILY FUN NIGHTS



May 10...June 14...July 12

6-8:30

Games...Snacks...Open gym & swim  
**FREE FUN for all FAMILIES !!!**

### ARTS PROGRAMS

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

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



Celebrate With Us!!

Splash and Gym Parties



Book your party for time in the pool or gym & private party room. See front desk for details.



## 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-WORKOUT (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)

**Now Registering for 2019-20 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!

**April 19 & 22-26, June 27th**

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 April 12th, May 10th, & June 14th**

### 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. **May 3rd & June 7th** Family Mem: Free GP: \$20

### 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 INDOOR SOCCER (5-10yr) Keep tuned up during

the outdoor season, refine 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 6-7pm Mem: \$29 GP: \$55

## 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.

### 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 8-9:30pm 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 - \$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.

### 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

### Coming This Summer!

Summer Camp's Best Summer Ever!

Outdoor and Indoor Youth Leagues for Basketball and Soccer

Sports Camps

Art Camps

Summer Swim Team

Lifeguard classes

## 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
- ◆ **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
- ◆ **DINO FIT \*\*BACK BY POPULAR DEMAND**  
High intensity functional fitness training Tue 5-6pm
- ◆ **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
- ◆ **INTERVAL STRENGTH \*\*NEW**  
Interval based full body conditioning. Sat 9-10am
- ◆ **METABOLIC CONDITIONING**  
High intensity full body strength and cardio. Mon 5:30-6:30 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 or Thu 9:30-10:30am
- ◆ **ZUMBA**  
Mon 9-10am or 5:30-6:30pm; Wed 9-10am; Thu 10-11am; Fri 5:15-6pm;
- ◆ **ZUMBA GOLD**  
Zumba geared toward seniors. Thu 4-4:45pm