



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Fulton County YMCA

## SUMMER 2017 PROGRAM SESSION July 3-August 20

### REGISTRATION

#### Members

Begins Jun 12

#### General Public

Begins Jun 19

- 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 - 9 pm

Saturday 7 am - 5 pm

Sunday 8 am - 5 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.

**FACEBOOK.com/fultoncountyy**

### 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)

Tuesday 12:30-1pm; Friday 4:30-5pm;  
Saturday 8:15-8:45; 8:45-9:15; 9:15-9:45 or 9:45-10:15am

##### Eels (Intermediates)

Tuesday 12:30-1pm; 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 3:45-4:30pm; or Saturday 10:15-11am

##### Polliwog 2 (Beginner) Ages 8-14

Friday 3:45-4:30pm or Saturday 10:15-11am

##### Guppy (Advanced Beginner)

Tuesday 3:45-4:30pm or Saturday 11-11:45am

##### Minnow (Intermediate)

Tuesday 3:45-4:30pm or Saturday 11:45am -12:30pm

##### Fish (Advanced Intermediate)

Thursday 3:45-4:30pm or Saturday 11:45am-12:30pm

##### Flying Fish (Advanced)

Thursday 3:45-4:30pm or Saturday 11:45am-12:30pm

##### Shark (Swimmer)

Thursday 3:45-4:30pm or Saturday 11:45am-12:30pm

### WATERFRONT LIFEGUARD COURSE

June 26-30, 9am-4pm

A pre-course assessment will be done. Participants must pass this to continue the course. No refunds will be given. Attendance at all classes is mandatory.



Mem: \$300 GP: \$350



### ARTS PROGRAMS

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

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



### SPORTS CAMPS

Basketball...Gymnastics...  
Volleyball...Sports Sampler



Register early - limited enrollment in each camp! Stop by the front desk and sign-up!



### SUMMER DAY CAMPS



#### AGAMING IROQUOIS

AGES 6-14

AGES 4 & 5

June 26th—Sept 1st 2017

A Summer of Memories



## AQUATICS

**DEVELOPMENTAL SWIM TEAM** (Age 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 3:45 - 4:30pm Mem: \$23 GP: \$58

**FLYING FISH SUMMER SWIM TEAM**(6-21)  
Compete in Suburban swim league against YMCA & USA teams in the area. Practice begins June 5. Mon & Tue 6-8pm; Thurs meets. Mem: \$105 GP: \$150.

**AQUA-ROBICS** (Age 18 & up)  
A great workout using water resistance for all fitness levels, Mon 5-5:45pm or Wed 6-6:45pm Mem: Free GP: \$33

**AQUA-STRENGTH TRAINING** (Age 18 & up)  
Deep and shallow workouts, designed to help build strength using low-impact water resistance training Thu 5:30-6:15pm Mem: Free GP: \$33

**AQUA YOGA** (Age 18 & up)  
Enjoy a Yoga workout using water resistance. Wed 5-5:45 Mem: \$12 GP: \$45

**DEEP WATER AQUA-ROBICS** (Age 18 & up)  
Great workout for all levels using deep end water resistance, no swim skills required. Wed 5:15-6pm Mem: Free GP: \$33

**SR.AQUA-FIT** (Age 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** (Age 15 & Up)  
Must pass prerequisite swim. **June 26-30 9am-4pm** 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 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.

**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 10-2 & 4-7pm, Saturday 9 - 12:30pm.

## YOUTH & FAMILIES

**DANCING KIDS** (4-13yrs) Keep fit to music. Wed 5:15-6pm Mem: FREE GP: \$42

**FRIDAY FAMILY FUN NIGHTS - FREE for all families!!** Parents & kids enjoy swim, gym, games & snacks together **6-8:30pm July 14 & Aug 11**

**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 KARATE** (Age 6+)  
Beginner & intermediate karate. Tue 6-7pm Mem: \$30 GP: \$55

**YOUTH AKIDO** (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)  
Mon-Fri 10-2 & 4-7pm & 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.

## ADULTS

**INDOOR TENNIS**. Indoor rentals by reservation. Call for times & days. Fee: \$30/hour.

**PICKLEBALL** (Age 18+)  
Learn & play this fun sport court game. Tue or Thu 10am-1pm or Thu 8-9pm **Play will depend on Sports Camps.** Mem: Free GP: \$20

**KARATE** (Age 14+)  
Kai Do San Sport Karate, all levels. Tue & Thu 7:15-8:45pm 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

(Age 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**  
Tue 8-9am or Thu 5:30-6:30am
- ◆ **CARDIO BLAST/CORE & MORE**  
High intensity cardio and core workout. Tue 5:30-6:30am
- ◆ **CARDIO SCULPT/INTERVAL STRENGTH**  
Wed 5:30-6:30pm
- ◆ **NEW-CARDIO WEIGHT FUSION**  
Dance exercises plus weight training Tue 6:30-7:15pm
- ◆ **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 8-9am or Thu 6-7pm
- ◆ **CYCLING**  
Mon, Wed or Fri 5:30-6:15am; Mon 6-7pm; Wed 6-7pm; or Sat 9-10am
- ◆ **FLEX N STRETCH**  
Mon 5-5:30pm
- ◆ **NEW-INTERVAL BARRE STRENGTH**  
Ballet aerobics & interval barre exercises Wed 9-10am
- ◆ **PILATES**  
Thu 5-6pm
- ◆ **PILOXING**- Pilates and Kickboxing Tue 9-10am
- ◆ **PUMPED**  
Cardio resistance training, floor & core exercises using both body weight and props Thu 9-10am
- ◆ **STEP 'N SCULPT**  
Wed 6:30-7:30pm or Sun 9-10am
- ◆ **TABATA**  
Thu 8-9am or 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; Fri 9-10am or 5:15-6pm or Sat 9-10am

[www.fultoncountyyymca.org](http://www.fultoncountyyymca.org)

[FACEBOOK.com/fultoncountyy](https://www.facebook.com/fultoncountyy)