



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fulton County YMCA

SUMMER 2019 PROGRAM SESSION JULY 1 – AUGUST 18

REGISTRATION

Members
Begins June 17th
General Public
Begins June 24th

- 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 \$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 (6-18months)

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 4:45-5:15pm 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)

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

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!

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.



SUMMER CAMPS

AGAMING & IROQUOIS

July 1 - August 30

Swim; Field Trips;
Arts & Crafts; STEM;
Sports; Songs &
Friends!

Before & After Care
Hours Included



SUMMER SWIM CLINIC

Mondays & Tuesdays

6-8pm

Coached offseason workouts in preparation for swim seasons

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

SUMMER SWIM CLINIC (Ages 6-17)
Offseason workouts with coaching focused on stroke development, endurance and preparation for swim seasons.
Mon & Tue 6-8pm Mem: \$55 GP: \$80

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-WORKOUT (Ages 18 & up)
A great workout using water resistance for all fitness levels, Tue or 5-5:45pm
Mem: FREE GP: \$35

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: \$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!

June 27th September 3rd
Mem: \$25 GP: \$35
Registration required at least 2 days in advance, \$5 late fee added after that.

SUMMER CAMP AGAMING (Ages 6+)
Mem: \$120/ week GP: \$160/ week

SUMMER CAMP IROQUOIS (Ages 4-5)
Mem: \$150/ week GP: \$160/ week

Join us for the "Best Summer Ever" with Daily Swim, Arts and Crafts, Field Trips, Sports & Games, Community interaction our new STEM programming Summer fun and much more!
*Contact the Y for more details

July 1 - August 30

9am-4pm *Before and after care available at no charge 7-9am and 4-5:30pm



YOUTH & FAMILIES

FRIDAY FAMILY FUN NIGHTS - FREE for all area families!! Enjoy swim, gym, games, & snacks. Together as a family. 6-8:30pm July 12th, August 9th, September 13th

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

SUMMER SPORTS CAMPS (Ages 6-14)
Basketball: July 22-26
Gymnastics: July 15-19 OR August 12-16
Lacrosse: July 29-August 2
Volleyball: August 5-9
Mem: \$45 GP: \$60

***\$20 discount w/same week Camp Agaming registration (occasional field trip conflict)**

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

TEENS

GIRLS JV & VARSITY BASKETBALL LEAGUES
Team registration with coach for basketball league. Games for JV and Varsity levels. Certified referees and scorekeepers. July 8-August 1
Cost: \$375 per team

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.

ADULTS

PICKLEBALL (Age 18+)
Learn & play this fun sport court game.
*Play Depends on Sports Camps
Tue or Thu 10am-1pm 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.

RETURNING THIS FALL!

Parents Night Out

Youth Volleyball

Homeschool P.E.

Gymnastics

Youth Games

Biddy Basketball

Teen Night

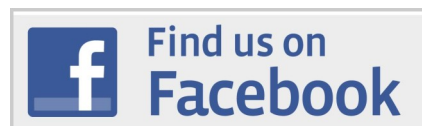
* New Programming

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
- ◆ **BALLET BARRE**
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; 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**
Interval based full body conditioning.
Sat 9-10am
- ◆ **PEAK CARDIO & MORE**
Cardiovascular and strength training to build muscle and burn fat. Tue 5:30-6:30am
- ◆ **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 5:30-6:30pm; Wed 9-10am; Fri 5:15-6pm;
- ◆ **ZUMBA GOLD**
Zumba geared toward seniors. Thu 4-4:45pm



VISIT OUR WEBSITE
WWW.FULTONCOUNTYYMCA.ORG