



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fulton County YMCA

## WINTER 2019 PROGRAM SESSION December 31-Feb 17

### REGISTRATION

#### Members

Begins Dec 17th

#### General Public

Begins Dec 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 - 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](https://www.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)

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)

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

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

##### Polliwoq 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



### 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.



### SPECIAL DAYS

Dec 26-28 & 31 • Jan 2 & 31

Feb 18-22

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

### FLYING FISH SWIM TEAM (Ages 6-21)

Compete in local league against teams throughout the Northeast. Season: September to March. Practices: Practice to begin in late Sept. **Youth membership, team fees, meet fees & uniform required.** Parent volunteers needed. For team fees see front desk or visit [flyingfishswimteam.com](http://flyingfishswimteam.com)

### ADULT SWIM LESSONS (Ages 15+)

Swim lessons for any level beginner to advanced. Mon 5:15-6pm Family Membership: FREE Adult member: \$20 GP: \$50

### 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: \$33

### 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: \$33

### 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

## 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 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!

**Dec 26-28 & 31, Jan 2nd & 21st, Feb 18-22**

Mem: \$25 GP: \$35 **Registration required at least 2 days in advance, \$5 late fee added after that.**

## YOUTH & FAMILIES

### BIDDY BASKETBALL (Ages 4-6) Learn the basics

& have fun. Includes free gift. Tue 5-5:30pm Mem: \$29 GP: \$55

### FRIDAY FAMILY FUN NIGHTS - FREE for all area families!!

Enjoy swim, gym, games, & snacks. Together as a family. **6-8:30pm Jan 11 & Feb 8**

### 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. **Jan 4, Feb 1 & Mar 1** 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 BASKETBALL LEAGUE (Ages 7-9)

Our league emphasizes skill development & sportsmanship. Free t-shirt & basketball. **Volunteer coaches needed to run a successful league. Practices Mon or Wed 6-7 & games Saturday's 9-11. Dec 1- Feb 9.** Mem: \$37 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 23-April 6.** 5 & 6yr 9-9:45am; 7-9yrs 10-11:15am; 10-12yrs 11:30-12:45 Mem: \$35 GP: \$58

### 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 Dec 15th Jan 5th & 19th Feb 2nd & 16th**

### 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+)

Volleyball for **competitive & more advanced** play Mon 7:30-9pm

Recreational play for **fun & fitness!**

Wed 7-8:30pm 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

◆ **BODY BURN**  
Full Body Weight training. Sat 9:15-10 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

◆ **DANCE FITNESS**  
Dance your way to total body toning. Tue 6:30-7:15pm

◆ **FIT 45 \*\*NEW**  
Cardio, weights, resistance bands, flexibility & more all in 45 minutes. Fri 9-9:45am

◆ **FLEX N STRETCH**  
Mon 5-5:30pm

◆ **HIIT STEP \*\*NEW**  
High intensity step aerobics & conditioning. Fri 6:30-7:15am

◆ **INTERVAL BARRE STRENGTH**  
Ballet aerobics & interval barre exercises. Tue 9-10am

◆ **METABOLIC CONDITIONING**  
High intensity full body strength and cardio. Mon 6:30-7:30 pm

◆ **OCTOGON HIIT \*\*NEW**  
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; Sat 8-9 am

◆ **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 \*\*NEW**  
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

◆ **ZUMBA GOLD**  
Zumba geared toward seniors. Thu 4-4:45pm