



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

Fulton County YMCA

Fall I 2017 PROGRAM SESSION September 5-October 23

REGISTRATION

Members

Begins Aug 14th

General Public

Begins Aug 21st

- 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 \$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)

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)

Polliwog 1 (Beginner) Ages 6-7

Monday 4-4:45pm; 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 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 years)

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



Register now!

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!

Y Swim Team Try-outs



Join successful Y Flying Fish Team - Ages 6 & up
See the desk for more information

ARTS PROGRAMS

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

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



FAMILY FUN NIGHTS

Sept 8..... Oct 13

6-8:30

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

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 4 - 4:45pm
Mem: \$23 GP: \$58

FLYING FISH SWIM TEAM (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. Team fee is a sliding scale depending on the number of children participating in swim team.

AQUA-ROBICS (Age 18 & up)

A great workout using water resistance for all fitness levels. Tue 5-5:45pm
Mem: Free GP: \$33

COMBINED AQUA-ROBICS (Age 18 & up)

Deep and Shallow water workout combining aqua-strength training with our deep water aerobics. Thu 5:30-6:15pm Mem: Free GP: \$33

AQUA YOGA (Age 18 & up)

Enjoy a Yoga workout using water resistance. Wed 5-5:45pm Mem: \$12 GP: \$45

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

CPR/FIRST AID-RECERTIFICATION (Age 12+)

ASHI Certification. Must hold current certifications
Sept 18 6-9pm or Oct 28 8am-12pm
Mem: \$50 GP: \$60

WATERFRONT LIFEGUARD RECERT COURSE

Oct 28 8am-4pm. Must bring own mask.
Mem: \$100 GP: \$125

PRESCHOOL & CHILDCARE

PLAYMATES PRESCHOOL (Ages 3 & 4) Fun filled, age appropriate curriculum & qualified teachers. Full week, 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 4-8pm & Sat 9am-12:30pm

SPECIAL DAYS (Grades K-6)

Kids enjoy a day full of fun at the Y when school is out - swim, gym, games & more! **Oct 6 & 9.** Mem: \$25 GP: \$35 **Registration required at least 2 days in advance, \$5 late fee added after that.**

YOUTH & FAMILIES

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

FAMILY PLAY TIME (Ages 0-4yrs) Play with your child in the gym and meet other families. Wed 4-4:30
Mem: Free GP: \$35

FRIDAY FAMILY FUN NIGHTS - FREE for all families! Parents & kids enjoy swim, gym, games & snacks together **6-8:30pm Sept 8 Oct 13**

GYMNASTICS (Age 18mos & 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

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. **Oct 6** Family Mem: Free All else: \$15

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 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 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

CO-ED INDOOR SOCCER (Age 18+)

Enjoy pick-up games with friends for fun & fitness! Tue 8:30-9:45pm Mem: \$10 GP: \$30

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 Mem: Free GP: \$52

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.

THERAPEUTIC 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
Mon 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
- ◆ CHAIR YOGA
Geared towards older adults. Yoga exercises done while seated. Tue 10:10-11:10am
- ◆ CORE STRENGTH & CARDIO
Mon 4-5pm
- ◆ COUNTRY HEAT LIVE
Aerobics & toning exercises set to county music, Git R Done! Mon 6:30-7:30pm or Thu 6-7pm
- ◆ CYCLE & TONE
30 minutes of bike, then 30 minutes of weight training exercises
Wed 9-10am or Thu 6-7pm
- ◆ CYCLING
Mon, Wed or Fri 5:30-6:15am; Tue or Thu 9-10am; Mon 6-7pm; Wed 6-7pm; or Sat 9-10am
- ◆ FLEX N STRETCH
Mon 5-5:30pm
- ◆ INTERVAL BARRE STRENGTH
Ballet aerobics & interval barre exercises
Tue 9-10am
- ◆ PILATES
Thu 5-6pm
- ◆ PILOXING- Pilates and Kickboxing
Fri 9-10am
- ◆ PUMPED
Cardio resistance training, floor & core exercises using both body weight and props
Thu 9-10am
- ◆ STEP 'N SCULPT
Sun 9-10am
- ◆ TABATA
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; Tue or Thu 8-9am; Wed 9-10am; Fri 5:15-6pm or Sat 9-10am

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