



Fulton County YMCA

SPRING I 2010 PROGRAM SESSION MARCH 1st - APRIL 18th

REGISTRATION

Members
Begins February 8*
General Public
Begins February 15*

- 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.
- *Registration for swim lessons begins one week later.

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 - 10pm
Saturday 7am - 6pm
Sunday 8am - 6pm

We build strong kids, strong families, strong communities!

MEMBERSHIP

Youth \$100/yr. - up to 17yrs

Adult \$40/mo. - 18-61 yrs*

Senior \$35/mo. - 62 yrs & up*

Family \$55/mo. - two adults & dependent children through age 17 & full-time college students (minimum 12 credits) through age 24, residing in the same household. Proof of residency, dependency & FT college status may be required.*

*A Joiners Fee is required for all new memberships or those not renewed within 30 days of expiration.

Adults & 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 and fundraising events.

SWIM LESSONS

***Member Registration begins 2/15; GP-2/22**
Swim lessons free with family membership.
Youth member—\$15 General Public—\$42

PARENT-CHILD SWIM LESSONS

Shrimp (6-18months)

Tuesday 6-6:30pm; Saturday 8:45-9:15am;
Sunday 8:30-9am

Perch (18-36 months)

Thursday 6-6:30pm; Saturday 8:45-9:15am;
Sunday 8:30-9am

PRESCHOOL SWIM LESSONS (3-5 years)

Pikes (Beginners)

Monday 12-12:30pm; Saturday 9:15-9:45am or
9:45-10:15am; Sunday 9-9:30am or 9:30-10am

Eels (Intermediates)

Wednesday 12-12:30pm; Saturday 9:15-9:45am;
Sunday 10-10:30am

Rays (Advanced-intermediates without floats)

Wednesday 12-12:30pm; Saturday 9:45-10:15am

Starfish (Advanced without floats)

Saturday 9:45-10:15am

YOUTH SWIM LESSONS (6-14 years)

Polliwog 1 (Beginner) Ages 5-7

Monday 3:45-4:30pm; Saturday 10:15-11am;
Sunday 10:30-11:15am

Polliwog 2 (Beginner) Ages 8-14

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

Guppy (Advanced Beginner)

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

Minnow (Intermediate)

Wednesday 3:45-4:30pm; Saturday 11-11:45am

Fish (Advanced Intermediate)

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

Flying Fish (Advanced)

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

Shark (Swimmer)

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

Home School Swim Lessons (3-17 yrs)

Beginner - Tuesday 12:30-1:30

Intermediate/Advanced Tuesday 12:30-1:30pm

TEEN & ADULT SWIM LESSONS (15 & up)

Beginner - Advanced Swimmer

Monday 5:15-6pm; Thursday 11:30am-12:15pm

SATURDAY TEEN NIGHTS

FREE for all Fulton County teens 7-10pm

FEBRUARY 6, 20, 27 & MARCH 6, 13, 20, 27

FAMILY FUN NIGHTS

February 19th & March 12th - 6-8:30pm

FREE for all families—open gym, swim, crafts & more!

Camp Open House

February 15th 4-5:30pm & March 12th 5-6:30pm

Camp Agaming - ages 6-13 years

Camp Iroquois - ages 3 1/2 -5 years

**Sports Camps - basketball, soccer, field hockey,
tennis, gymnastics & sports samplers**

GAMES...CRAFTS...REFRESHMENTS...INFORMATION & FUN!



YMCA Indoor Soccer Tourney

SUNDAY, FEBRUARY 14th

U12, U14 & U17 Boys & Girls Divisions

Contact Courtney Wilday, YMCA PE Director—

848-3447 or cwilday@fultoncountyyymca.org



YMCA Blood Drive
THURSDAY, MARCH 18th

12:30-6:30pm

Reservations preferred, walk-ins accepted.

REGISTER EARLY!

AQUATICS

NEW- MASTERS SWIMMING (Age 18+)

Practice in a group setting w/ some coaching. Optional: Join USMS & swim meets. Wed & Sun 5:15-6pm. Mem: \$20 GP: \$40 USMS: \$35

NEW- YOUTH INNER TUBE WATERPOLO

Age 8-17 Learn & play this active game for fun & fitness. Fri 7:45-8:30pm Mem: \$15 GP: \$40

WATERFRONT LIFEGUARD COURSE Age 15+

ARC certification, swim skill test required. Mon & Wed 5:30-8:30pm, April 26th - May 26th Members: \$200 General Public: \$245

WATERFRONT LIFEGUARD RECERTIFICATION

Must have current cert. Thursday, March 18th 6-9pm Members: \$70 General Public: \$90

AQUA-ROBICS (Age 18 & up)

A great workout using water resistance for all fitness levels, Mon & Wed 6-7pm Tue & Thu 9-10am Members - Free General Public - \$58

DEEP WATER AQUA-ROBICS (Age 18+)

A great workout for all fitness levels. Uses deep end water resistance - no swim skills req'd. Tue & Thu 5:15-6pm Mem-Free GP- \$58

SR.AQUA-FIT (Age 62+)

Low-impact workout for active older adults. Mon, Wed 8:45-9:30am or 9:30-10:15am; Fri 9-9:45am Mem: Free Gen Public: \$4/day

CPR-FPR COURSE (Age 12+)

ARC certification March 8th & 9th, 6-9pm. Mem: \$50 GP: \$70

CPR-FPR RECERTIFICATION (Age 12+)

Feb 25 or Apr 13th, 6-8pm Mem: \$20 GP: \$30

FIRST AID (Age 12+)

ARC certification. Thur, March 4th, 6-8:30pm Mem: \$25 GP: \$35

FIRST AID RECERTIFICATION (Age 12+)

Feb 25 or Apr 13th, 8-9pm Mem: \$10 GP: \$15

CHILDCARE

PLAYMATES DAYCARE CENTER (6wks-5yrs)

NYS licensed program, separate areas for age groups. Monday-Friday 6:30am-5:30pm. For more information call 848-3447.

FMCC PLAYMATES DAYCARE CENTER

NYS licensed on FMCC campus, 7:30am-5pm, follows college calendar. Ages 18 mos-5 yrs. Call Ann Day 762-5333 or 848-3447

SCHOOL AGE CHILD CARE (Grades K-6)

NYS licensed before & after school care serving Johnstown, Gloversville & Mayfield school districts. Call Y for registration information.

SPECIAL DAYS (Grades K-6)

Kids enjoy a day full of fun when school is out! Feb 11, 12, 15 7am - 5:30pm Mem:\$15 GP: \$25 Same day registration add \$10 to above fees.

New- SNOW DAYS (Grades K-6)

If J'twn or G'ville schools cancel, try our 7am-5:30pm program at the Y. Call for details.

BABYSITTING (Age 6mos-5 yrs, 3hr max)

Babysitting for families using Y. Mon-Fri 9am-12:30pm & 4-7:30pm, Sat 9am-1pm. Family membership - up to 1 1/2 hrs free/day/child. Youth members \$3/hr. General Public \$5/hr.

PRIME TIME (Ages 6-12)

Supervised fun in Teen Center—games, computers & more. Free for Y family members only while at Y. Mon-Fri 5-7:30pm

YOUTH & FAMILIES

NEW- CHILDREN'S ART CLASS (Ages 4-6)

Fun projects! Wed 5:30-6:30pm Mem:\$25 GP\$48

CHILDREN'S HIP-HOP (Age 6-13)

Enjoy music & learn hip-hop dance moves for fun & fitness! Mon 5-6pm Mem: \$25 GP: \$48

FRIDAY FAMILY FUN NIGHTS - FREE for all!

Parents & kids enjoy swim, gym, games, snacks & more. 6-8:30pm — Feb 19 & Mar 12

New- MICRO SOCCER (Ages 5 & 6)

Great fun learning & playing off the walls, free t-shirt. Sat 9-10am Mem: \$25 GP: \$48

GYMNASTICS (Age 18mos & up)

18 mos-3 yrs - Parent-child intro to fun basics. Fri 4:30-5pm Mem: \$25 GP: \$48

4-6 yrs -More challenging skills & fun.

Friday 5:15-6pm Mem: \$30 Gen Public: \$55

7-9+ yrs - skill-building progressions & fun.

Friday 6:15-7pm Mem:\$30 Gen Pub: \$55

NEW- BEAD MAKING FOR KIDS (8-12yr)

Apr 12 & 14, 6:30-7:30pm Mem: \$9 GP: \$15

PARENT-TOT PLAY GROUP(18mo-2yr)

Fun activities & active play with others.

Thurs 5-5:30pm. Mem: FREE Gen Pub: \$30

MOVE & GROOVE PLAY GROUP (3yr) Fun & active play in the gym gets them moving!

Thurs 5:30-6pm Mem: FREE Gen Pub: \$30

MINI-GYMIES (Age 4)

Games, sports, fitness & fun active play. Tues 5-5:45pm Mem: FREE Gen Pub: \$35

PARENTS NIGHT OUT (Ages 3-11)

Parents enjoy a night out, kids enjoy the Y! Fri 6-9pm. Feb 26; Mar 19. Mem: \$6 GP: \$12

PRE-SCHOOL (Ages 3 & 4)

Fun filled afternoons with lots of activities. Mon—Fri 12:30-3:30pm. Call Kelly for details.

SPLASH POOL BIRTHDAY PARTY (Age 5+)

Up to 16 children enjoy fun in the pool & in our party room Saturday or Sunday afternoons. Y provides a birthday party leader for your group & birthday child receives a free birthday t-shirt Mem: \$75 GP: \$100

YOUTH FITNESS (Age 5-14)

Music, steps, games, balls & props for a fun time! Tues 4-5pm Mem: FREE Gen Pub \$28

YOUTH FLOOR HOCKEY (Age 7-12)

Join Coach Tim Husky for fun, games, & free t-shirt. Feb 6—Mar 27 Sat 7-8 yrs 10:30-11:45am; 9-12yr 12-1:45pm Mem:\$30 GP:\$50

NEW- INDOOR SOCCER LEAGUE (7-12 yrs)

Fast play off the walls, free jersey, coaches needed. Apr 10 - May 22 Practice M/W 5-6pm Sat games: Div I (7&8) 10:30am -12:30pm; Div II (9-12) 12:30-2:30pm Mem: \$30 GP: \$50

YOUTH KARATE (Age 6 & up)

Beginner & intermediate karate. Tue 6-7pm Members: \$25 General Public: \$48

TEENS

NEW- BEAD MAKING WORKSHOP (13-18)

Apr 19 & 21, 6:30-7:30pm Mem: \$9 GP: \$15

NEW- CO-ED PICK-UP BASKETBALL (13-17)

Full court. Thu 6-7:30pm Mem FREE GP: \$45

INDOOR SOCCER LEAGUE U14 & U17

Fast paced games for girls & boys. Sun 3/14 - 4/25. Coach & roster to register \$375/team.

TEEN CENTER (Age 13-17)

Free for members only Mon-Fri 4--8pm. Free for all Fulton Co teens w/ ID - Tue & Thu 5pm

SATURDAY TEEN NIGHTS (Age 13-17)

School ID or Y mem card needed to enter. Funding: NYS OCF&S & Fult. Co Youth Bureau

ADULTS

ADULT BEADED JEWELRY MAKING (16+)

Mar 24 & 25 10:30am-12pm Mem:\$20 GP:\$35

QUILTING (16+) Monday 12:30-3pm March 1st—12th.

Mem: \$30 GP: \$59 + materials

ADULT VOLLEYBALL (Age 18 & up)

Play for fun & fitness! Mon 7:30-10pm; Wed 7-10pm; Fri 7-10pm Mem: FREE GP: \$45

CO-ED INDOOR SOCCER (Age 18+)

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

INDOOR TENNIS

Indoor rentals by reservation. M-W-F 6-9am; Tue-Thu 1-3pm; Sat 7-8:30am. Fee: \$26/hour.

MEN'S NOONTIME BASKETBALL (Age 18+)

Free for members only. Pick up games. Monday, Wednesday, Friday 12-2pm

WOMEN'S PICK-UP BASKETBALL (18+)

Enjoy full-court games with friends for fun & fitness! Thu 7:30-9pm Mem: Free GP: \$45

PICKLE BALL (Age 18+)

Learn & play this fun game for fun & fitness! Wed or Thu 11am-12pm Mem: FREE GP: \$45

KARATE (Age 14 & up)

Kai Do San Sport Karate, all levels. Tues & Thu 7-9pm Members: \$30 Gen Public: \$55

SILVER SNEAKERS

Geared for older adults. Wed or Fri 10:30-11:15pm Free for Medicare-eligible members or \$4/class for all others.

YOGA (Age 14 & up)

Learn yoga postures & breathing techniques. Mon 6:30-7:30pm or Thu 5-6pm; Intermediate: Thu 6-7pm Mem: \$35 Gen Pub: \$58

AIKIDO (Age 14 & up) non-violent martial art.

Enjoy increased vitality, flexibility & balance. Tue, Wed, Thu 12-1:30pm Mem: \$30 GP: \$55

FITNESS (Ages 14 & up)

Choose programs & days from bulleted list. MEMBERS: Free up to 3 program days/week/session. Additional program days:\$14/session GENERAL PUBLIC: \$28/program day/session

- ◆ ABS BLAST Mon 8:30-9pm or Sat 8-8:30am
- ◆ ARTHRITIS EXERCISE Tuesday 1-2pm
- ◆ ARTHRITIS TAI CHI
Feel great, keep moving Thu 9:30-10:30am
- ◆ BALANCE & STABILITY FOR FALL PREVENTION Monday 10:45-11:30am
- ◆ BOOTCAMP Wednesday 7:30-8:30pm
- ◆ CARDIO KICKBOX
Mon 7:30-8:30pm or Fri 9-10am
- ◆ COUNTRY LINE DANCING Tue 5-5:45pm
- ◆ CYCLING
Mon or Wed 6:15-7:00am & 6-7pm
Tues 7-8pm
Tues or Thurs 9-10am & 6-7pm
Tue or Thu 4-4:45pm - *Intro to Cycling*
Sat 7-8am or 10-11am
- ◆ DRUMS ALIVE! Aerobics, rhythms & drums Thu 4-4:45pm or Sat 9-10am
- ◆ FAMILY WORKOUT Adult/kids 5-14 Mon 4-5pm
- ◆ HIP-HOP
Mon 6:30-7:30pm; Sat 11:30am-12:30pm
- ◆ LOW-IMPACT AEROBICS
Wed 9-10am or 5-5:45pm; Fri 5:15-6pm
- ◆ PILATES P1: Mon 4-5pm P2: Wed 4-5pm
- ◆ PILATES FOR SENIORS
Mon 11:30am-12:30pm
- ◆ NEW- POWER FUSION
Pilates, yoga & mat work done to pop music for a powerful workout. Tue 10-11
- ◆ SALSA AEROBICS Tue 6-6:45pm
- ◆ STEP 'N SCULPT Wed 6:30-7:30pm or Sunday 9-10am
- ◆ NEW- RUNNING 101
Basic training & conditioning for safe running & train to run a 5K. Thu 7-8pm
- ◆ 50/50 CARDIO + SCULPT Tue 4:15-5pm
- ◆ TAI CHI CHIH Gentle yet powerful movements for health & fitness Thu 2:45-3:45pm
- ◆ TONE 'N SCULPT Monday 9-10am
- ◆ WOMEN ON WEIGHTS Wed 5:30-6:30pm; Tue or Thu 10:30-11:30am
- ◆ ZUMBA Saturday 10:30am-11:30am