



Fulton County YMCA

SUMMER 2010 PROGRAM SESSIONS I: July 5-August 1 / II: August 2-29

REGISTRATION

Members

Begins June 7*

General Public

Begins June 14*

- 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 - 9pm
Saturday 7am - 5pm
Sunday 8am - 5pm

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 6/14; GP-6/21
Swim lessons free with family membership.
Youth member—\$9 General Public—\$24

PARENT-CHILD SWIM LESSONS

Shrimp (6-18months)

Wednesday 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)

Tuesday 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)

Wednesday 12-12:30pm; 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

ART CAMPS

July 5-9, 9-11am - Ages 8-12
August 10-13 or August 16-20
9-10am - Ages 4-5

Dream... Create... fun!



SPORTS CAMPS

Ages 6-12, 9am - 12pm

Basketball July 5-9

Tennis July 12-16

Soccer July 26-30

Gymnastics August 9-13

Field Hockey August 2-6

Sports Sampler July 19-23 or August 16-20

Free YMCA sports bag to each camper



The experience that lasts a lifetime.

June 28th - September 3rd

Camp Iroquois - Ages 4-5

Camp Agaming - Ages 6-13

Camp 9am-4pm. Optional extended care 7am-5:30pm

Swimming, field trips, sports, games & more endless summer fun! Camp scholarships available, apply early!

REGISTER EARLY!

AQUATICS

NEW - FLYING FISH SUMMER LEAGUE

Ages 6-21 compete in Suburban swim league against YMCA & USA teams in NYS & the northeast June 14th - August 7th. Practice: Mon 7-9pm & Wed 6:30-9pm, meets on Thursdays. Contact YMCA for fees & details.

MASTERS SWIMMING (Age 18+)

Practice in a group setting w/ some coaching. Optional: Join USMS & swim meets. Wed 5:15-6pm Mem \$10; GP \$20; USMS \$35

YOUTH INNER TUBE WATERPOLO Age 8-17 Learn & play this active game for fun & fitness. Fri 7:45-8:30pm Mem: \$9 GP: \$24

WATERFRONT LIFEGUARD COURSE Age 15+ ARC certification, swim skill test required. 6/18 - 5-7pm; 6/19, 6/20, 6/24, 6/25 - 10am-6pm Members: \$200 Gen Pub: \$245

AQUA-ROBICS (Age 18 & up)

A great workout using water resistance for all fitness levels, Mon or Tue 6-7pm; Tue or Thu 9-10am Members - Free Gen Pub - \$29

DEEP WATER AQUA-ROBICS Age 18+

Great workout for all levels using deep end water resistance, no swim skills required. Tue or Thu 5:15-6pm Mem: Free GP: \$29

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 Gen Pub: \$4/day

CPR-FPR COURSE (Age 12+) ARC certification July 12 & 14, 6-9pm. Mem: \$50 GP: \$70

CPR-FPR RECERTIFICATION (Age 12+) June 3 or Aug 11; 6-8pm Mem: \$20 GP: \$30

FIRST AID (Age 12+) ARC certification. July 21st, 6-8:30pm Mem: \$25 GP: \$35

FIRST AID RECERTIFICATION (Age 12+) June 3 or Aug 11; 8-9pm Mem: \$10 GP: \$15

CAMP

For details on all our camps get our brochure at Y or www.fultoncountymca.org.

NEW - ART CAMPS (Ages 4-12)

Your budding artist can express their imagination in this new camp full of creativity!

NEW - CAMP IROQUOIS (Ages 4 & 5)

Your young camper will enjoy fun-filled days & make new friends. June 28 - Sept 3

CAMP AGAMING DAY CAMP (Ages 6-13)

Register now so your kids will enjoy endless summer fun. June 28th - Sept 3rd

SPORTS CAMPS (Ages 6-12)

Soccer, tennis, basketball, field hockey, gymnastics & sports sampler.

CHILDCARE

PLAYMATES DAYCARE CENTER (6wks-5yrs) NYS licensed, 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.

SCHOOL AGE CHILD CARE (Grades K-6)

Now registering for 2010-11 school year! NYS licensed before & after school care serving Johnstown, Gloversville & Mayfield school districts.

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

Mon-Fri 9am-12:30pm & 4-7:30pm, Sat 9am-1pm. Family membership - up to 1 1/2 hrs free/day/child; Youth mem \$3/hr GP \$5/hr.

PRIME TIME (Ages 6-12)

Supervised fun in Teen Center—games, computers & more. Free for Y family members only while at Y. Children 6 & 7 must be signed in & out by an adult. Mon-Fri 4-8pm

YOUTH & FAMILIES

FRIDAY FAMILY FUN NIGHTS - FREE for all!

Parents & kids enjoy swim, gym, games, snacks & more. 6-8:30pm - June 11th, July 9th, August 13th

PARENT-TOT OUTDOOR FUN (18mo-2yr)

Fun outdoor activities & play with group. Thurs 5-5:30pm. Mem: FREE Gen Pub: \$17

MOVE & GROOVE PLAY GROUP (3 & 4 yr)

Fun, active play indoors & outdoors! Thurs 5:30-6pm Mem: FREE Gen Pub: \$17

NEW - MINI-GAMES (Age 5 & 6)

Outdoor games, sports, fitness & fun play. Thu 4-4:45pm Mem: FREE Gen Pub: \$20

PARENTS NIGHT OUT (Ages 3-11)

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! Friday, 6-9pm. June 18, July 16, Aug 20 Mem: \$6 GP: \$12

PRESCHOOL (Ages 3 & 4)

Fun filled afternoons with lots of learning & kindergarten readiness activities. *Now registering for 2010-11 school year!*

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

NEW - OUTDOOR YOUTH FITNESS 5-13 yrs

Active games & activities for fun & fitness Tues 4-5pm Mem: FREE GP: \$17

YOUTH KARATE (Age 6+ - 8 week session)

Beginner & intermediate karate. Tue 6-7pm Members: \$28 General Public: \$54

TEENS

TEEN CENTER (Ages 13-17)

Free for members only Mon-Fri 4-8pm, free for all Fulton Co teens - Tue & Thu 5-8pm.

NEW - OUTDOOR FLOOR HOCKEY (13-17)

Enjoy co-ed pick-up games. **Session 1 only** Thu - 6:30-8pm. Mem: Free Gen Pub: \$20

NEW - OUTDOOR BASKETBALL (13-17)

Play co-ed, pick-up games. **Session 2 only** Thu, 6:30-8pm. Mem: Free Gen Pub: \$20

NEW - OUTDOOR KICKBALL (Ages 10-14)

Enjoy organized co-ed games with friends. Wed, 4-5pm Mem: Free Gen Pub: \$17

ADULTS

ADULT VOLLEYBALL (Age 18 & up)

Play for fun & fitness! **Session 1:** Thursday 7-10 pm; **Session 2:** Mon & Wed 7-10pm; Mem: FREE GP: \$25

NEW - CO-ED OUTDOOR SOCCER Age 18+

Enjoy pick-up games with friends for fun & fitness! Tue 7-8:30pm Mem: FREE GP: \$25

INDOOR TENNIS

Indoor rentals by reservation. Call for times & days. Fee: \$26/hour.

MEN'S NOONTIME BASKETBALL (Age 18+)

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

KARATE (Age 14 & up - 8 Week Session)

Kai Do San Sport Karate, all levels. Tues & Thu 7-9pm Members: \$34 Gen Public: \$62

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—renew your spirit, mind & body. Monday 6:30-7:30pm Mem: \$35 GP: \$58

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

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



INTERNATIONAL FOOD FESTIVAL

Thursday, July 22nd 3:15-5pm

Join us in celebrating our international week at camp by stopping by for a taste of foods from around the world. Buy tickets to sample different cuisine from soup to nuts! Proceeds will be donated to the Haiti YMCA to help in their earthquake recovery so they can continue their camp, after-school programs & other youth services. *Bon appétit!*

YGROUP EXERCISE

We build strong kids, strong families, strong communities.

FITNESS (Ages 14 & up)

Unless specified otherwise, programs listed below are offered both Session 1 & 2.

Choose programs & days from bulleted list. MEMBERS: Free up to 3 program days/week/session. Additional program days:\$8/session; GENERAL PUBLIC: \$16/program day/session

- ◆ **BALANCE & STABILITY FOR FALL PREVENTION** Monday 10:30-11:15am
- ◆ **BOOTCAMP** Wednesday 7:30-8:30pm
- ◆ **CARDIO KICKBOX** Mon 7:30-8:30pm or Fri 9-10am
- ◆ **NEW - CORE STRENGTH** Wed 8:30-9pm
- ◆ **COUNTRY LINE DANCING** Tue 5-5:45pm - *Session 1 only.*
- ◆ **CYCLING** Mon or Wed 6:15-7:00am & 6-7pm Tues or Thurs 9-10am Tue or Thu 4-4:45pm - *Intro to Cycling* Thu 6-7pm
- ◆ **DRUMS ALIVE!** Aerobics, rhythms & drums Thu 4-4:45pm
- ◆ **FAMILY OUTDOOR WORKOUT** Adults & kids 5-14 enjoy fun fitness together! Mon 4-5pm
- ◆ **HIP-HOP** Wed 6:30-7:30pm - *Session 2 only.*
- ◆ **LOW-IMPACT AEROBICS** Wed 9-10am; Fri 5:15-6pm
- ◆ **NEW - MUSCLE SCULPTING** Get ready for this targeted toning workout Mon 8:30-9pm
- ◆ **PILATES** P1: Mon 4-5pm P2: Wed 4-5pm
- ◆ **PILATES FOR SENIORS** Mon 11:30am-12:30pm
- ◆ **PI-YO** Renew your spirit, mind & body through stretching, relaxation & flexibility exercises influenced by pilates & yoga Wed 5-5:30pm
- ◆ **STEP 'N SCULPT** Wed 5:45-6:30pm or Sunday 9-10am
- ◆ **50/50 CARDIO + SCULPT** Tue 4:15-5pm
- ◆ **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