



Fulton County YMCA

WINTER 2010 PROGRAM SESSION JANUARY 4th - FEBRUARY 21st

REGISTRATION

Members
Begins December 7*
General Public
Begins December 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 - 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 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. Assistance made possible due to YMCA Strong Kids Campaign.

SWIM LESSONS

*Member Registration begins 12/14; GP-12/21
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 (Non-swimmer)

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

Polliwog 2 (Beginner)

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 Beginner

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

SATURDAY TEEN NIGHTS

7-10pm

FREE for all Fulton County teens 13-17

DECEMBER

5, 12, 19

JANUARY

9, 16, 23, 30



FEBRUARY

6, 20, 27

MARCH

6, 13, 20, 27

Open Gym...Open Swim...Music...Games...

Special Events...Tournaments & more!

Mutual of Omaha

BREAKout Swim Clinic

FRIDAY, DECEMBER 11th

5-9pm



Join us for an amazing clinic experience with Olympic champions. For details call Mark Mosconi 725-5010.



YMCA Indoor Soccer Tourney

SUNDAY, FEBRUARY 14th

U12, U14 & U17 Boys & Girls Divisions

For details contact Courtney Wilday, YMCA PE Director—
848-3447 or cwilday@fultoncountyyymca.org

REGISTER EARLY!

AQUATICS

FLYING FISH SWIM TEAM (Age 6 & up)

Compete against YMCA & USA teams in NYS & the Northeast Oct—March. Youth must be Y member. Practices: Mon-Thu 6:30-9:00pm \$100 + meet fees & uniform required.

WATERFRONT LIFEGUARD COURSE Age 15+

ARC certification, swim skill test required. Mon & Wed 4:30-7pm January 11- February 10 Members: \$200 General Public: \$245

WATERFRONT LIFEGUARD RECERTIFICATION

Must have current cert. Thursday, January 7th 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 8:45-9:30am Mem: Free Gen Public: \$4/day

CPR-FPR COURSE (Age 12+)

ARC certification fees, & mask included. Tue & Thu, January 19th & 21st, 6-9pm. Members: \$50 General Public: \$70

CPR-FPR RECERTIFICATION (Age 12+)

Thurs, Feb 25th 6-8pm Mem: \$20 GP: \$30

FIRST AID (Age 12+) ARC certification.

Thurs, Jan 28th 6-8:30pm Mem: \$25 GP: \$35

FIRST AID RECERTIFICATION (Age 12+)

Thurs, Feb 25th 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 program on FMCC campus, 7:30am-5:00pm, follows college calendar. Ages 18 mos-5 yrs. Call Ann Day at 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 at the Y when school is out—swim, gym, games & more!
January 18 and February 11, 12, 15
7:00am - 5:30pm Mem: \$15; Gen Public: \$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 the Teen Center—games, movies, computers & more. Free for Y family members only while at Y. Mon-Fri 5-7:30pm

YOUTH & FAMILIES

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

Enjoy moving to the music & learning hip-hop dance moves for fun & fitness. Monday 5-6pm Members: \$25 Gen Pub: \$48

FRIDAY FAMILY FUN NIGHTS - FREE for all!

Parents & kids enjoy a fun night together - swim, gym, games, refreshments & more. 6:00-8:30pm — January 22nd, February 19th

New - FLOOR HOCKEY (Ages 5 & 6)

Great fun while learning the game, free t-shirt Saturday 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 develop strength, flexibility, endurance & balance. Friday 6:15-7pm Mem:\$30 Gen Pub: \$55

New - JEWELRY MAKING FOR KIDS (8-12yr)

Tue 5-6pm Mem: \$30 GP: \$48 + materials

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

Fun activities & active play with others. Thurs 5-5:30pm. Mem: FREE Gen Pub: \$30

New - MOVE & GROOVE PLAY GROUP (3yr)

Fun & active play in the gym gets them movin Thurs 5:30-6pm Mem: FREE Gen Pub: \$30

New - 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 swim, gym, games, movie, crafts & snacks! Friday 6-9pm. Jan 29th, Feb 26th Mem: \$6 GP: \$12

PRESCHOOL (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 weekly fun drills, skills & games. Free t-shirt. Saturdays, 7 & 8 yrs 10:30-11:45am; 9-12yrs 12-1:45pm Feb 6th—Mar 27th Mem: \$30 Gen Pub: \$50

YOUTH KARATE (Age 6 & up)

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

TEENS

INDOOR SOCCER LEAGUE U12, U14 & U17

Fast paced hour games for girls & boys teams Sundays—1/17-3/7. Coach & roster required to register. \$375 per team.

TEEN CENTER (Age 13-17)

Board & table games, music, computers & an area to be with friends. Free for members only Mon-Fri 4--8pm. Free for all Fulton County teens with ID - Tues & Thurs 5-8pm.

SATURDAY TEEN NIGHTS (Age 13-17)

See front page for details & dates. School ID or Y mem card required to enter. Funded by NYS OCFS and Fulton Co. Youth Bureau.

ADULTS

New - BEADED JEWELRY MAKING (16+)

Feb 11 & 12 10:30am-12pm Mem:\$20 GP:\$35

New - PAINT A PORTRAIT (16+) Mon 7-9pm,

Jan 4-Feb 15 Mem: \$49 GP: \$75 + materials

New - QUILTING (16+) Monday 12:30-3pm

Jan 5—Feb 16 Mem: \$30 GP: \$59 + materials

ADULT VOLLEYBALL (Age 18 & up)

Enjoy pick up games with friends for fun & fitness! Mon 7:30-10m, Wed or Fri 7-10pm Members: FREE General Public: \$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 tennis court rentals by reservation only. Mon, Wed, Fri 6-9am; Tues & Thurs 1-3pm; Saturday 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 pick-up games with friends for fun & fitness! Thu 6-7pm Mem: Free Gen Pub: \$45

New - PICKLE BALL (Age 18+)

Learn & play this fun game for fun & fitness! Mon or Wed 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)

Basic yoga postures & breathing techniques. Beginner: Monday 6:30-7:30pm or Thur 5-6pm; Intermediate: Thursday 6-7pm Members: \$35 General Public \$58

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

Enjoy increased vitality, flexibility & balance. Tue & Thu 12-1:30pm Mem: \$20 GP: \$45

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 Free for both members & general public
- ◆ New - ARTHRITIS FOUNDATION TAI CHI Feel great, stay fit & keep moving. Thurs 9:30-10:30am Free for members & GP.
- ◆ 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
- ◆ CARDIO-STRENGTH FUSION Tue 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
- ◆ New - DRUMS ALIVE! Aerobics, rhythms & drums Thu 4-5pm or Sat 9:30-10:30am
- ◆ FAMILY WORKOUT (Parents & kids 5-14) Monday 4-5pm
- ◆ HIP-HOP Mon 6:30-7:30pm or Sat 12-1pm
- ◆ LOW-IMPACT AEROBICS Wednesday 9-10am or 5-5:45pm
- ◆ PILATES Mon or Wed 4-5pm
- ◆ PILATES FOR SENIORS Monday 11:30am-12:30pm
- ◆ SALSA AEROBICS Tue 6-6:45pm
- ◆ STEP 'N SCULPT Wed 6:30-7:30pm or Sunday 9-10am
- ◆ New - 30/30 CARDIO + SCULPTING Tuesday 4-5pm
- ◆ New - TAI CHI CHIH Slow, gentle movements great for all ages. Thursday 3-4pm
- ◆ TONE 'N SCULPT Monday 9-10am
- ◆ WOMEN ON WEIGHTS Wed 5:30-6:30pm; Tue or Thu 10:30-11:30am
- ◆ ZUMBA Saturday 11am-12pm