



**EXERCISE YOUR HEART
IN MORE WAYS THAN ONE.**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY YMCA OF THE GLENS FALLS AREA

SUMMER SESSION:

Summer I: June 26-July 30

Summer II: July 31-August 26

SUMMER 2017 PROGRAM GUIDE

Family YMCA of the Glens Falls Area

REGISTRATION BEGINS

Members: June 5

Nonmembers: June 12

SUMMER HOURS 6/24/17-9/11/17

FRONT ENTRANCE

M-F: 5AM-10PM

SAT: 6AM-5PM

SUN: 7AM-4PM

BACKDOOR ENTRANCE

M-R: 3:30-7PM; F: 3:30-6PM

SAT: 8AM-12PM

YMCA IS CLOSED JULY 4TH

VISIT US ONLINE @ www.glensfallsymca.org

YMCA Adirondack Center

Learn more about the YMCA Adirondack Center on the back cover.



Here is the impact of the Glens Falls YMCA in our community during 2016

19,500 PEOPLE SERVED
in 2016.

9,605 PEOPLE SERVED
who were members

896



CHILDREN

in child care
& day camps

\$375,663

RAISED

through special events and
contributions



\$368,855

AWARDED

in scholarship assistance and
given in program support

2583

SCHOLARSHIPS

Awarded to local
community members

\$ 139k
IN YMCA
MEMBERSHIP
ASSISTANCE

\$ 164k
IN YMCA
PROGRAM
ASSISTANCE

\$ 51k
IN YMCA
CHILDCARE
ASSISTANCE

was awarded to struggling youths, families, and individuals in our
community between September 1st, 2015 and August 31st, 2016

100%
OF DONATIONS
BENEFIT OUR COMMUNITY

In 2015-2016, YMCA financial assistance supported
children, individuals, and families in our service area:



50 FAMILIES

BECAME SAFER WITH Y PARENTING CLASSES

Comparable courses cost struggling families nearly \$400.

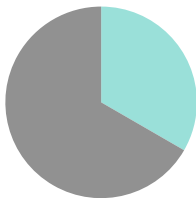
Adirondack
Argyle
Athol
Bolton Landing
Brandon, VT
Brant Lake
Chestertown
Clemons
Comstock
Cossayuna

Diamond Point
Fort Ann
Fort Edward
Gansevoort
Glens Falls
Granville
Hadley
Hampton
Hartford
Hudson Falls

Johnsburg
Kattskill Bay
Lake George
Lake Luzerne
Middle Granville
North Creek
North Granville
North River
Pottersville
Queensbury

Salem
Shushan
South Glens Falls
Stony Creek
Warrensburg
Wevertown
Whitehall

1 in 3



**AFTER SCHOOL CLUB
YOUTHS**

received YMCA financial
assistance to attend

33%



**OF SUMMER
CAMPERs**

met new friends, learned to
swim, experienced new
places and gained new role
models thanks to financial
assistance

39



YOUTHS IMPACTED
by our summer reading
program

51% maintained
reading level

49% improved reading
level

100% knew more words

95



CHILDREN

participated in the free safety
around water program

210

VOLUNTEERS
gave their time

117



TEEN NIGHT
participants

485
DONORS

to the Annual
Campaign

DID YOU KNOW?

Here is the impact of the Glens Falls YMCA in our community during 2017:

We are for SOCIAL RESPONSIBILITY



Jeanette has developed a close-knit group of friends at the Y who support her and keep her company.



JEANETTE'S STORY

Jeanette moved to the Glens Falls area with her late husband around 1990 from Armonk, NY, which is located in Westchester County. Shortly after moving to the area, she enrolled in the Water Workout class led by Phyllis Hudson and has continued to participate throughout the years. Her friends from the Water Workout class wanted to celebrate Jeanette's 92nd birthday recently so they surprised her with a party in our lobby!

Jeanette's friends keep an eye on her because even though she walks with a cane, she can become unsteady while using it. She has developed a close-knit group of friends at the Y who support her and keep her company. You can often find Jeanette in the lobby after class surrounded by her companions drinking coffee and chatting about their lives.

What is Your Y Story?

The Y has been making opportunities possible for over a hundred years. What has the Y done for you?

Share your Y story with us and be entered into a raffle to win a "Y" basket. The first 15 submissions will receive a Y beach towel.

Contest Dates: June 5th – June 19th

Guidelines:

- Stories should be 250 words or less.
- Stories must be submitted by Friday, June 19th.
- Please submit only stories you are authorized to share. Stories may be used for YMCA promotions.

Contact Lynelle Mykins at 793-3878 or lmynkins@glensfallsymca.org with questions.



MY Y STORY

Whether you come to the Y to work, play or give, whether you are 5 or 55, we want to know what the Y means to you.

Please take a moment and share with us why you come to, work for, volunteer with, or give to the Y. Share your experience, your fond memories, your passion, or what keeps you coming back.

Y Stories may be used or posted to communicate the benefits of the Y.

NAME

LOCATION

Include your name and location only if you wish to be identified with your Y story. If you need additional space or wish to share your experience through drawing or illustration, use the back side. THANK YOU!

To learn more or register go to www.GLENSFALLSYMCA.org

EVERYTHING FOR YOU AND YOUR FAMILY AT THE GLENS FALLS YMCA

MEMBER BENEFITS:

- FREE Group Exercise classes
- 3 hours of babysitting a day, 1.5 hours for free (family membership)
- Free swim lessons for children 6mos to 4 years old (family membership)
- Free Family Nights (family membership)
- Members benefit by being able to register in advance for each of our sessions! Online, in person or by phone.

AMENITIES:

- 6 lane 25 yard indoor pool
- Hot tub
- Basketball court
- 2 Group Fitness studios
- Cycling Studio with 34 top of the line Keiser bikes
- 1/16th of a mile indoor track
- 4 handball/wallyball/racquetball courts
- 125 pieces of cardio and exercise equipment

ACTIVE OLDER ADULT ACTIVITIES

- All Adult Activities list plus...
- Chair Yoga
- Zumba® Gold
- Retro Fit
- Yoga For Everyone
- Pool & Water Exercise classes
- Basketball
- Pickleball
- Silver Sneakers Classic®

ALWAYS SOMETHING NEW!

5V5 PICK-UP BASKETBALL

- Tuesday - 8:30pm-10:00pm Gym B
- Thursday - 8:30pm-10:00pm Gym B

FAMILY GYM TIME

- Saturday - 1-3pm Gym B
- Sunday - 12-2pm Gym B

PICKLE BALL

- Tuesday - 12-2:30pm Gym A & B
- Thursday - 12-2:30pm Gym A & B
- Sunday - 10-11:30am Gym B

Visit our Gym Calendar at www.glensfallsymca.org

FAMILY ACTIVITIES:

- Attend monthly family night
- Attend special events for Y members and the community
- Play on the playground
- Shoot hoops in the gym
- Swim together during Family Swim Time
- Volunteer together
- Play sports on the fields outside
- Run or walk together around the track
- Have a Birthday party
- Attend gymnastics meets and recitals

ADULT ACTIVITIES

- Join Masters swim team
- Water and land group exercise classes
- Work out in the wellness center
- Cycling classes in our cycling studio
- Volunteer
- Join a committee, The Y Board or assist with fundraising
- Take swim lessons
- Play pick up sports like pickleball, basketball and racquetball
- Enjoy our hot tub and swimming pool
- Get fit with a Personal Trainer
- Enjoy adult gymnastics
- Jump start your membership with the Get Fit Ready Fit Program

GROUP EX CLASSES

ADULT GROUP EXERCISE CLASSES Drop-in adult health and wellness classes are open to members ages 14 and older. Unless otherwise specified, classes are free for members and day pass visitors. Note: Classes, dates, times and pricing are subject to change without notice. To verify information, please visit our website.

CARDIO

Cardio Kickbox
Fit Strike
Retro Fit
SilverSneakers Classic®
Step

STRENGTH

Body Sculpt
Rock Bottoms
Sculpt & Strength
Suspension Training

COMBO

20-20-20
BOOM! Muscle®
C.a.M.P.
Cardio Combo
Core N More
F.I.T. Fusion
INSANITY Live®

TABATA

Tabata
Total Fit
Step/Sculpt
Strong® by Zumba
HIIT the Step
ZUMBA® Burst
ZUMBA Toning®

MIND/BODY

BOOM! Mind®
Chair Yoga
Yoga For Everyone
Pilates
Pilates Advanced
Yoga Flow

INDOOR CYCLING

Cycling
Cycling - Boot Camp
Cycling - Power Spin
Virtual Cycling

WATER CLASSES

Advanced Aqua Running
Aqua Explosion
Aqua Fit
Water Workout
Aqua Sampler
Deep Water Jogging
Senior Aqua Fit
Aqua Rehab

PROGRAMS FOR EVERY AGE

BABY (0-2 YEARS OLD) ACTIVITIES

- Playtime in Childwatch
- Parent child swim lessons
- Mommy and Me youth development classes
- Parent child gymnastics
- Exercise with mom in our MommyFit Class
- Play with our staff during Drop and Shop hours
- Early Learners class
- And more

Early Learners offers hands-on learning experiences, social interactions, physical play, and many other components to help develop your early learner's readiness for Preschool!

3-5 YEARS OLD ACTIVITIES

- Tiny Tot Sports classes
- Sports, gymnastics or swimming birthday party
- Dance classes
- Play sports at the Y
- Learn to swim in group, private or semi-private swim lessons
- Preschool
- PrimeTime
- Play with our staff during Drop and Shop hours
- Camp Chepontuc during the summer



6-12 YEARS OLD ACTIVITIES

- Camp Chepontuc during the summer
- Swim in the pool or take swim lessons
- Participate in After School at one of our 8 sites
- Mighty Mites and Sports Clinics
- Kid's Night Out
- Sports, gymnastics or swimming birthday party
- Play basketball in the gym
- Try out for the Swim Team or Gymnastics Team
- Learn discipline through a karate class
- Performing arts classes (ex. Dance & Theatre)
- Play Racquetball
- PrimeTime



TEEN ACTIVITIES

- Become a Leader in Training (LIT) during Summer Camp
- Try out for the Swim Team
- Swim in the pool or enroll in swim lessons
- Play basketball in the gym
- Obtain Fit Teen certification & work out in the Wellness Center
- Participate in Teen Leaders & Youth and Government
- Become a Y volunteer

To learn more or register go to www.GLENSFALLSYMCA.org

EMPLOYMENT AND VOLUNTEERING AT THE Y



VOLUNTEERS ENSURE A BRIGHTER FUTURE

It is through the support of Volunteers that the Y is able to learn, grow and thrive with our community. When you volunteer at the Y, you take an active role in bringing about meaningful and enduring change right in your own neighborhood. For more information about our opportunities, contact Kristen Flynn at kflynn@glensfallsymca.org. It's easier than ever to lend a hand and your participation can make all the difference.



WHAT IS TOGETHERHOOD?



Togetherhood is all about giving back and creating the change you want to see in our community. The goal of Togetherhood is to give Y members and friends an opportunity to meet, share their ideas for making a positive difference, and volunteer through group-led service projects. Projects may be small, such as offering volunteers for a day at local soup kitchens or churches, or can be larger group-led initiatives.

DISCOVER THE DIFFERENCE. EMPLOYMENT WITH A PURPOSE

The Y is a major non-profit employer in Glens Falls community. We offer a great working environment and competitive pay.

COMMITMENT

Y staff are committed to: teaching youth positive life skills, values and an ethic of service, developing health in spirit, mind and body, offering quality experiences that are affordable and efficiently managed, encouraging participation by all members of our community and creating an environment where everyone aspires to be their best.

Positions become available within the Family YMCA of the Glens Falls Area every day. Below is a list of departments that hire supplemental staff:

- Summer Y Camps, Traditional Day Camp, Sports Camp, Gymnastics, Performing Arts/Theater and Fine Arts
- Member Services Representatives
- Aquatics - Lifeguards & Swim Instructors
- Gymnastics, Performing Arts, Dance Instructors
- Fitness & Wellness - Group Exercise Instructors, Personal Trainers, Wellness Staff
- Maintenance Staff

Visit www.glensfallsymca.org, look for the employment tag on the bottom to download an employment application.

Be sure to indicate what position you are applying for in the appropriate place. Please do not write "any" in that location.

The Family YMCA of the Glens Falls Area is an Equal Employment Opportunity and Affirmative Action Employer.

SUMMER CAMP REGISTRATION NOW OPEN!

All camps focus on the Y's core values:

CARING HONESTY RESPECT RESPONSIBILITY

the Y
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR SUPER SUMMER AWAITS!

BREAKFAST AND LUNCH INCLUDED FOR ALL CAMPERS!

SUMMER CAMP
glensfallsymca.org

SEE WHAT'S NEW FOR 2017
Family YMCA of the Glens Falls Area see page 2!

GYMNASTICS CAMPS

Explore the world of gymnastics. Boys and girls can challenge themselves to learn new ways of moving and orienting themselves through their environment; from beginner through our level 9/10 team athletes. All our camps do gymnastics and related activities for 3 hours each morning, while our various weeks offer different choices for the afternoons. Other activities may include field trips, swimming, crafting, group games, outdoor play and more. Boys and girls are welcome. ★ **Gymnastics is for children ages 6-18**

SPORTS CAMP

Sports Camp is here for boys and girls looking to learn new sports or advance their skills in the sports they already know and love. Campers will be split into age and skill levels so our coaches can help develop their skills in the most effective way. ★ **Sports camp is for children ages 5-12**

CHOOSE YOUR SUMMER FUN!

YMCA summer camps provide children with positive and fun experiences that build confidence, new friendships and a feeling of community that will last beyond summer. Glens Falls YMCA camp staff go through rigorous training to ensure the safety and positive experience of each child.

TRADITIONAL DAY CAMP: 5 TRIBES

Explore the fun and adventure that awaits your camper this summer! With themed weeks and activities to go along with them, every camp week is fun-filled and action-packed. ★ **5 Tribes is for children entering 1st grade through 6th grade.**

ACORNS

The fun starts early for our littlest campers! Half-day and full-day camps led by camp counselors trained specifically to work with preschoolers. Our Acorns will experience theme-based activities, crafts and outdoor play! ★ **Acorns are 3 years old to entering Kindergarten.**

TEEN CAMPS AND LEADERS IN TRAINING

Our Teen Camps and Leaders in Training programs give kids entering grades 7 -12 the opportunity to explore their independence, develop leadership skills, and have fun with friends. ★ **Camps and Leaders in Training-ages entering grades 7 through 12.**

FINE & CREATIVE ARTS

Make new friends and get your creative juices flowing through the exploration of many different forms of art-making including mixed media collage, painting, sculpting and more. ★ **Fine & creative arts is for campers ages 6-13.**

HALF DAY SPECIALTY CAMPS

At our Specialty Camps, your child can pick from several activities that they can focus on for the entire session. Topics include, but aren't limited to arts, Babysitter's Bootcamp, Mad Science, and Nuts about Nature ★ **Half day specialty camps are for children entering 1st through 12th grade depending on the camp.**

MUSICAL THEATRE AND PERFORMING ARTS

Do you want to learn to act, sing, dance or even write a play? Would you like to express your creativity and build confidence in your ability to perform in front of a crowd? We are offering three different performing arts camps this summer including Musical Theatre Camp, Dance Camp and a Performing Arts Camp. Give us a try. ★ **Musical Theatre and Performing Arts camps are for campers ages 7-13.**

BREAKING NEWS!

Each camper will receive **FREE dental care through a partnership with Hudson Headwaters Health Network!**

YOUTH DEVELOPMENT

KIDS NIGHT OUT! 8 WEEKS – 12 YRS

Friday 7/21, 6:00-10:00pm \$10/\$15 (\$5 increase day of event)

Everyone deserves a fun night out once in a while, including the kids! Let us handle the fun and games while you relax! During Kid's Night Out the kids will enjoy dinner, bounce houses, arts & crafts, and tons of gym time.

JOIN US FOR THE ONLY KID'S NIGHT OUT OF THE SUMMER!

AFTER SCHOOL CLUB GRADES K-6

School Days Sept - June, Dismissal-5:45pm

2 Days - \$140/\$165; 3 Days - \$182/\$213; 4 Days - \$214/\$245; 5 Days - \$245/\$287 (per month)

Come Spend Your Afternoons With Us! Our After School Club runs safely and conveniently at your child's school from the time they are dismissed until 5:45pm! The program includes physical activity, homework time, snack, enrichment activities, and choice time! Throughout the school year we also focus on a different social responsibility project each month! There is a \$15 non-refundable registration fee. Upon registration, participants will be asked to pay the \$15 registration fee and the 1st month IN FULL. After the initial payment, fees will be collected one week before the 1st of the month of service. 1/2 day Holiday Camp is included in the After School Club Rate. Pre-Registration is still required to reserve a spot.

The Y accepts county daycare benefits (DSS).

HOLIDAY CAMP GRADES K-6

7:45am-6:00pm, School Vacation Days Sept-June Full Day \$45/\$85, Week \$210/\$250 (per time offered)

Spend your school breaks with us! Holiday Camp runs on most school conference and vacation days right at the YMCA from 7:45am-6:00pm and is open to students ages 5-12. Holiday Camp activities include arts & crafts, enrichment time, physical activity, and much more! Registration must be done at the YMCA and must be completed at least 5 days in advance of the vacation or conference day. There will be a \$15 late registration fee incurred if registered fewer than 5 days before the vacation or conference day.

EARLY LEARNERS 2 YEAR OLDS T, R 9:15-10:45am, \$50/\$75 (per month)

Get ready for Preschool with us! Early Learners provides experiences for socialization, routine, basic pattern recognition, counting, letters, free play, rhythm and music exploration, and more! Available for children ages 2. Potty training is recommended but not required.

PRESCHOOL 3-4 YEAR OLDS Starting Kindergarten in 2019 M-F 9:00-11:30am. Starting Kindergarten in 2018 M-F 12:30-3:30pm, Preschool AM - \$210/\$262 (per month) / Preschool PM - \$236/\$288 (per month)

The Glens Falls Family YMCA Preschool Program offers a variety of activities for children between the ages of 3-5.

These activities include, but are not limited to, swim lessons, sports sessions, and Kindergarten Readiness.

\$15 registration fee waived if enrolled in automatic payment.

KID'S CORNER 8 WEEKS – 6 YRS Monday-Friday 8:30am-1pm. \$220/mo (per month) Family Member 1st 1.5 hrs free \$3/hr after member \$3/hr, non member \$6/hr With our new daily schedule we keep your child safe, active, and engaged while you take time for yourself! 1.5 hrs per day/per child free with any family membership while in building. Call 761-5637 to make a reservation.

KID'S CORNER 8 WEEKS – 3 YRS Monday-Friday 3:45pm-8:00pm. Saturday & Sunday 9:00am-1:00pm. \$220/mo (per month) Family Member 1st 1.5 hrs free \$3/hr after member \$3/hr, non member \$6/hr With our new daily schedule we keep your child safe, active, and engaged while you take time for yourself! 1.5 hrs per day/per child free with any family membership while in building. Call 761-5637 to make a reservation.

DROP & SHOP 8 WEEKS – 3 YRS Monday AND Friday 9am-1pm. \$5/hour for members only Drop your child off and take some time for yourself! We offer a safe, fun, and enriching atmosphere for your child so you can run errands, work out, or even just sit in the lobby and have a cup of coffee.

PRIMETIME 4YRS-6YRS Monday-Friday 3:45-8pm, Saturday & Sunday 9am-1pm. Family Member 1st 1.5 hrs free \$3/hr after member \$3/hr, non member \$6/hr

Primetime is the new alternative to Kid's Corner for children ages 4-6. With Primetime, you know your child will be safe and having fun with new friends!

That means that you can recharge! Take a class, go for a swim, read, or just relax in our lobby with coffee and friends! First 1.5 hours free with family membership!

Call 761-5637 to make a reservation.



SWIM LESSONS

Class Name:	Age	Day	Time	Fee (FM) SU1/SU2	Fee (M) SU1/SU2	Fee (NM) SU1/SU2
Parent/Child (6 mo-36mos)						
SKI	6mo-18mo	S	10:00-10:30am	Free/Free	\$57.50/\$46	\$57.50/\$46
SKI	6mo-18mo	S	11:00-11:30am	Free/Free	\$57.50/\$46	\$57.50/\$46
Perch	19mo-36mo	S	9:00-9:30am	Free/Free	\$57.50/\$46	\$57.50/\$46
Perch	19mo-36mo	S	10:30-11:00am	Free/Free	\$57.50/\$46	\$57.50/\$46
Perch Plus	30mo-36mo	S	9:30-10:00am	Free/Free	\$57.50/\$46	\$57.50/\$46
Pike with Parent	3-5yr	S	11:30-12:00pm	Free/Free	\$57.50/\$46	\$57.50/\$46

Preschool Age(3-5 years)

Pike	3-5yr	M	4:00-4:30pm	\$30/\$24	\$30/\$24	\$60/\$48
Pike	3-5yr	M	4:35-5:05pm	\$30/\$24	\$30/\$24	\$60/\$48
Pike	3-5yr	T	4:00-4:30pm	\$24/\$24	\$24/\$24	\$48/\$48
Pike	3-5yr	W	4:00-4:30pm	\$30/\$24	\$30/\$24	\$60/\$48
Pike	3-5yr	R	4:00-4:30pm	\$30/\$24	\$30/\$24	\$60/\$48
Pike	3-5yr	S	9:00-9:30am	\$30/\$24	\$30/\$24	\$60/\$48
Pike	3-5yr	S	9:35-10:05am	\$30/\$24	\$30/\$24	\$60/\$48
Pike	3-5yr	S	11:40-12:10pm	\$30/\$24	\$30/\$24	\$60/\$48
Eel	3-5yr	M	4:00-4:30pm	\$30/\$24	\$30/\$24	\$60/\$48
Eel	3-5yr	M	4:35-5:05pm	\$30/\$24	\$30/\$24	\$60/\$48
Eel	3-5yr	T	4:00-4:30pm	\$24/\$24	\$24/\$24	\$48/\$48
Eel	3-5yr	W	4:00-4:30pm	\$30/\$24	\$30/\$24	\$60/\$48
Eel	3-5yr	R	4:00-4:30pm	\$30/\$24	\$30/\$24	\$60/\$48
Eel	3-5yr	S	9:00-9:30am	\$30/\$24	\$30/\$24	\$60/\$48
Eel	3-5yr	S	9:35-10:05am	\$30/\$24	\$30/\$24	\$60/\$48
Eel	3-5yr	S	11:40-12:10pm	\$30/\$24	\$30/\$24	\$60/\$48
Ray	3-5yr	M	4:00-4:30pm	\$30/\$24	\$30/\$24	\$60/\$48
Ray	3-5yr	T	4:00-4:30pm	\$24/\$24	\$24/\$24	\$48/\$48
Ray	3-5yr	S	9:00-9:30am	\$30/\$24	\$30/\$24	\$60/\$48
Ray/Starfish	3-5yr	W	4:00-4:30pm	\$30/\$24	\$30/\$24	\$60/\$48
Ray/Starfish	3-5yr	R	4:00-4:30pm	\$30/\$24	\$30/\$24	\$60/\$48
Ray/Starfish	3-5yr	S	11:40-12:10pm	\$30/\$24	\$30/\$24	\$60/\$48
Starfish	3-5yr	M	4:35-5:05pm	\$30/\$24	\$30/\$24	\$60/\$48
Starfish	3-5yr	S	9:35-10:05am	\$30/\$24	\$30/\$24	\$60/\$48

Youth Age (6-12 years)

Polliwog	6-12yr	T	4:35-5:15pm	\$24/\$24	\$24/\$24	\$48/\$48
Polliwog	6-12yr	W	4:35-5:15pm	\$30/\$24	\$30/\$24	\$60/\$48
Polliwog	6-12yr	R	4:35-5:15pm	\$30/\$24	\$30/\$24	\$60/\$48
Polliwog	6-12yr	S	10:10-10:50am	\$30/\$24	\$30/\$24	\$60/\$48
Polliwog	6-12yr	S	10:55-10:35am	\$30/\$24	\$30/\$24	\$60/\$48
Guppy	6-12yr	M	5:10-5:50pm	\$30/\$24	\$30/\$24	\$60/\$48
Guppy	6-12yr	T	4:35-5:15pm	\$24/\$24	\$24/\$24	\$48/\$48
Guppy	6-12yr	W	4:35-5:15pm	\$30/\$24	\$30/\$24	\$60/\$48
Guppy	6-12yr	S	10:10-10:50am	\$30/\$24	\$30/\$24	\$60/\$48
Guppy	6-12yr	S	10:55-10:35am	\$30/\$24	\$30/\$24	\$60/\$48
Minnow	6-12yr	M	5:10-5:50pm	\$30/\$24	\$30/\$24	\$60/\$48
Minnow	6-12yr	T	4:35-5:15pm	\$24/\$24	\$24/\$24	\$48/\$48
Minnow	6-12yr	R	4:35-5:15pm	\$30/\$24	\$30/\$24	\$60/\$48
Minnow	6-12yr	S	10:10-10:50am	\$30/\$24	\$30/\$24	\$60/\$48
Fish	6-12yr	W	4:35-5:15pm	\$30/\$24	\$30/\$24	\$60/\$48
Fish/FlyingFish	6-12yr	R	4:35-5:15pm	\$30/\$24	\$30/\$24	\$60/\$48
Fish/FlyingFish	6-12yr	S	10:55-11:35am	\$30/\$24	\$30/\$24	\$60/\$48
Flying Fish	6-12yr	M	5:10-5:50pm	\$30/\$24	\$30/\$24	\$60/\$48

Adult Swim Lessons (18+ years)

Adult Beginner	18+	T	8:00-8:45am	\$20/\$20	\$20/\$20	\$30/\$30
Adult Intermediate	18+	R	8:00-8:45am	\$25/\$20	\$25/\$20	\$37.50/\$30

SWIM TEAM

GATORS SWIM TEAM

6yr – 18yr. Ages are variable depending on group. Gators focus on stroke development, character and discipline to reach goals. The Glens Falls YMCA is a year-round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. The team is divided into age groups and skill levels so that swimmers can progress as they gain maturity, strength, and commitment.

The goal of our team is to provide a supportive environment for swimmers to learn achievement, teamwork, and self-discipline, while having a great time. Swimmers compete in our Adirondack YMCA league with other local teams, and can choose to compete through the YMCA and the United States Swimming Association at local, state, regional and national venues.

Our coaches, as members of the American Swimming Coaches Association, have access to the most comprehensive training and certification program for youth coaches of any sport in the United States. They provide assurances that the time children spend in swimming will be quality time.

TRIATHLON CLUB

Specialized schedule based on swimming ability. Train for the sport of triathlon with the Gators Team, becoming stronger at swimming and advancement in strength training, to become fitter and faster. \$45 per month. Must be a member.

MASTERS

"Masters" swimmers are over 18 years-old and range from beginners, triathletes and former competitive swimmers. Groups are small enough that beginners can work on basic swim techniques while more experienced swimmers can work on conditioning, speed, and efficiency. Skills for open water swimming are offered. Professional coaching is on deck to lead workouts and provide feedback. \$5 drop-in or monthly registration.

AQUA FITNESS

Class Name:	Age	Day(s)	Time	Fee (M) SU1/SU2	Fee (NM) SU1/SU2	Instructor	Description
Water Workout	18-99	M-F	9:00-10:00am	FREE	\$40/32	Phyllis	Intermediate
Aqua Rehab	18-99	M/w/F	10:00-10:45am	\$20/\$16	\$40/32	Phyllis	Requires Dr. permission
Aqua Rehab	18-99	M	10:45-11:30am	\$28	\$40/32	Phyllis	Requires Dr. permission
Senior Aqua Fit	50+	M/W/F	2:30-3:30pm	FREE	\$5/class	Phyllis	Beg/Inter
Advanced Aqua Running	18-99	T/R/F	10:00-10:45am	FREE	\$40/32	Phyllis	*Advanced, must see instructor prior to starting
Deep Water Jog	18-99	T/R	10:45-11:30am	FREE	\$40/32	Phyllis	Inter/Advanced
Aqua Explosion	18-99	T/R	5:25-6:25pm	FREE	\$40/32	Jessica	Advanced



For more information about the GATORS SWIM TEAM or to try out, contact Dennie Swan-Scott at Dscott@glensfallsymca.org

HEALTH & WELLNESS

ADULT WELLNESS

Class Name:	Age	Day(s)	Time	Fee (M)	Fee (NM)	Dates
Women on Weights SUMMER (8 week session)						
Women on Weights	14+	M	6:00-7:00pm	\$55	\$110	(6/19-8/7)
Women on Weights	14+	T	8:30-9:30am	\$55	\$110	(6/20-8/8)
Women on Weights	14+	T	9:30-10:30am	\$55	\$110	(6/20-8/8)
Women on Weights	14+	W	6:00-7:00pm	\$55	\$110	(6/21-8/9)
Women on Weights	14+	R	8:00-9:00am	\$55	\$110	(6/22-8/10)
Women on Weights	14+	R	9:00-10:00am	\$55	\$110	(6/22-8/10)

WIN BY LOSING! All levels, age 14+. Classes on Wednesdays. Fee \$80 (Members only.)

Participants are eligible to attend the Last Minute Workout and one small group training session scheduled at various times throughout the week. All sessions are led by one or more of our Certified Personal Trainers! Weds. at 5:30-6:30pm, **5 weeks 7/24-8/27**

PERSONAL TRAINING

	Fee (M)	Fee (NM)
Personal Training Private 1 on 1 introductory Package 3 Sessions	\$109	\$209
1 Session (\$50)	\$50	\$150
5 Sessions (\$37 per)	\$185	\$285
10 Sessions (\$31 per)	\$310	\$410
Semi Private Trainings: 2 clients 1 trainer		
1 Session (\$32.50 per)	\$65	\$165
5 Sessions (\$23.50 per)	\$235	\$335
10 Sessions (\$20.50 per)	\$410	\$510

SPORTS

Summer Session 6/26-8/26 (9weeks)
No Class Tuesday, July 4th

SPORTS

Class Name:	Age	Day(s)	Time	Fee(FM/M)	Fee(NM)
Tiny Tots Basketball	3-5	M	4:00-4:45pm	\$40	\$80
Mighty Mites Basketball	6-7	M	5:00-5:45pm	\$40	\$80
Tiny Tots Soccer	3-5	T	4:00-4:45pm	\$40	\$80
Mighty Mites Soccer	6-7	T	5:00-5:45pm	\$40	\$80
Tee Ball	3-5	W	4:00-4:45pm	\$50	\$100
Floor Hockey	5-9	W	5:00-6:00pm	\$50	\$100
Tiny Tots Soccer	3-5	R	4:00-4:45pm	\$40	\$80
Mighty Mites Soccer	6-7	R	5:00-5:45pm	\$40	\$80
Tiny Tots Basketball	3-5	S	9:00-9:45pm	\$40	\$80
Mighty Mites Basketball	6-7	S	10:00-10:45pm	\$40	\$80
Tiny Tots Soccer	3-5	S	9:00-9:45pm	\$40	\$80
Mighty Mites Soccer	6-7	S	10:00-10:45pm	\$40	\$80
Little Dragons	5-7	S	9:00am-9:45am	\$40	\$80
Shito Ryu	8-15	R/S	6:30pm-7:30pm/ 10:00am-11:00am	\$70	\$140
Shito Ryu	8-15	R/S	7:30pm-8:30pm/ 11:00am-12:00pm	\$70	\$140
Pickleball	18+	T/R	12:00pm-2:30pm - Free for Members/\$5 drop in for nonmembers		

FM = Family Membership • M = Membership • NM = Non-Member

Fit Teen Certification: The Fit Teen program is designed for 10-13 year olds to earn access to the Wellness Center after completion of both the Fit Teens Course/Quiz as well as a Fit Teen Fitlinx Orientation with a certified trainer. Class offered Wednesday Evenings 5:00-6:30pm and Saturday Mornings 9:00-10:30am. FREE with Family Membership! \$20 for Members.

LEVEL UP

14+, \$150, Members Only, (6/26-8/20) - 8 wks
Join forces with our team of specialized trainers and coaches equipped with the knowledge and experience to drive you to a higher level of fitness, strength and education that is personally aligned with your goals. This brand new program was developed to push you harder through an 8 week curriculum consisting of a weekly classroom session followed by an intense group workout designed exclusively for our LEVEL UP participants.



11TH Annual Kids TRYathlon JUNE 17TH, 2017

Race starts at 8am,
Check-in begins 7am
Members: \$10
Nonmembers: \$20

For Boys & Girls Ages 6 to 14. Sign up for a fun and challenging course around the Glens Falls YMCA! All participants will receive an award and a T-shirt. Choose the course that best fits you.

To learn more or register go to GLENSFALLSYMCA.org

GYMNASTICS & DANCE

Summer 1 (5 weeks) 6/26-7/30
No Class Tuesday, July 4th

Summer 2 (4 weeks) 7/31-8/26

GYMNASTICS TEAMS (tryouts for new participants required) July 3-28 / August (see dates)

Leve Name:	Age	Day(s)	Time	Fee (M)	Drop-in Fee
Girls Level 2	5+	T/R	4:00-6:30pm	\$75	\$10 per day
Girls Level 3	5+	T/R	4:00-6:30pm	\$75	\$10 per day
Girls Level 4	5+	M/W	4:15-6:45 & R 6:00-8:45pm	\$95	\$10 per day
Girls Level 5 & 6	5+	M/W/R	6:15-9:00pm	\$95	\$10 per day
Girls Level 7-10	5+	M/W	4:30-7:15pm & F 5:00-7:30pm	\$95	\$10 per day
Boys (Levels 4-7)	5+	M/R	4:15-6:45pm	\$80	na
Gliders Drop in Practice in Level 2 & 3	5+	T/R	4:30-6:30pm	na	\$10 per day
August 7-11, 14-18, 21-25. Gliders Drop in Practice Level 4-10	5+	M/W	4:15-7:00pm	na	\$10 per day
August 7-11, 14-18, 21-25. Girls L4-10	9+	F	4:30-6:30pm	na	\$10 per day
Open workout August 7-11, 14-18, 21-25.	5+	M/R	4:15-6:00pm	na	\$10 per day
Boys Team Drop in Practice August 14-18, 21-25.					

The Glens Falls YMCA Glider Girls Gymnastics team is levels 2 through 10. Call to try out.
The Glens Falls YMCA Gladiators Gymnastics team is levels 4 through 6 currently. Call to tryout.



PRESCHOOL GYMNASTICS

Class Name:	Age	Day(s)	Time	Fee (M)	Fee (NM)
Tumbling Tots	2-3yr	F	4:30-5:10pm	\$37/na	\$55/na
Minigymmie	3-4yr	T	4:20-5:00pm	\$32/\$40	\$48/\$60
Kindergym	4-5yr	W	4:15-5:00pm	\$49/\$40	\$74/\$60

GIRLS PROGRESSIVE GYMNASTICS

Class Name:	Age	Day(s)	Time	Fee (M)	Fee (NM)
Intro to gymnastics	5-9yr	R	4:20-5:20pm	\$49/na	74/na
Rizing Staz	6-11yr	M	4:15-5:15pm	\$49/\$40	\$74/\$60
Rizing Staz	6-11yr	T	5:30-6:30pm	\$40/na	\$60/na
Shooting & super star	6-11yr	W	4:20-5:40pm	\$66/\$53	\$99/\$79

TEEN/ADULT GYMNASTICS

Class Name:	Age	Day(s)	Time	Fee (M)	Fee (NM)
Adult gymnastics	16-adult	Su	2:30-4:00pm	Free	\$50
Teen gymnastics	10-16yr	T	6:40-8:00pm	\$40/na	\$60/na
Boys Gymnastics					
Boys Gymnastics	6-12yr	T	5:00-5:50pm	\$49/na	\$74/na
Jedi-nastics (Parkour)	8-13yr	T	4:10-4:55pm	\$40/na	\$60/na

DANCE CLASSES

Class Name:	Age	Day(s)	Time	Fee (M)	Fee (NM)
Dance-n-beats, A-B-C	3-4yr	T	4:30-5pm	\$32/\$48	na/na
Dance-n-beats, A-B-C	4-5yr	T	5:10-5:50pm	\$37/\$59	na/na
Ballet & creative movement	6-10yr	T	6-6:50pm	\$40/\$60	na/na
Street Jam	5-7yr	W	5:35-6:10	\$37/\$59	\$37/\$59
Street Jam	8-13yr	W	6:15-7:00	\$37/\$59	\$37/\$59
Ballet/ Jazz B	9-17yr	W	7:05-8:00	\$40/\$60	na/na

PRIVATE LESSONS

Class Name:	Age	Day(s)	Time	Fee (M)	Fee (NM)
Private Lesson- half hr	na	by apt	varies	30	45 (not by session)
Private lessons 10 pack	na	by apt	varies	270	na (not by session)
Private lessons- 5 pack	na	by apt	varies	135	na (not by session)

GYMNASTICS BIRTHDAY PARTIES

Class Name:	Age	Day(s)	Time	Fee (M)	Fee (NM)
Birthday Parties (party for 8)	3 & older	by apt		125	175
Birthday Parties (party for 16)	3 & older	by apt		185	235
Birthday Parties					
Add an activity (30 min), party 16,	3 & older	by apt		30	30
Birthday Parties					
Add an activity (30 min), party 8,	3 & older,	by apt		45	45

FM = Family Membership • M = Membership • NM = Non-Member



WHAT'S HAPPENING @ THE YMCA ADIRONDACK CENTER!

WHAT IS THE YMCA ADIRONDACK CENTER?

The YMCA Adirondack Center is a YEAR-ROUND Multigenerational Program Center. Program and services will be offered for all ages but our focus is to clear away barriers for youth to be successful, to eliminate generational poverty, and to serve the unmet needs of all ages. Partnerships with service related organizations will be pivotal to further serve the needs of the Adirondack communities.



NO MORE LEARNING GAP – SUMMER LITERACY PROGRAM 2017

Our goal is to bridge the summer reading gap! This summer program is in its second year and runs from 9:00-2:00pm Monday-Thursday and 9:00-4:00pm on Friday. The program provides children entering grades 1st-3rd with literacy support through the summer months to prevent reading loss. A typical day consists of a morning component focusing on active learning and an afternoon component consisting of a camp like setting offering recreation, arts & crafts and weekly field trips. Transportation provided within the North Warren school district.

For more information contact Tammie LaGuerre, Center Director at 518 494-4422.



Y ACHIEVERS- STARTING IN THE FALL

The Y Achievers Program runs on the North Warren School Calendar, beginning September 18th. This program provides a safe environment for your tween/teen grades 6-8 to be with friends while participating in organized and fun activities. We focus on Health & Wellness providing recreational opportunities daily, Enrichment using STEAM activities (Science, Technology, Engineering, Art & Math), Academic Success providing daily homework times with tutoring support, and Character Development activities and mentoring that provide youth with the tools needed to grow into successful young adults. Y Achievers gives your middle-school student something fun and constructive to do after school each day!

For more information contact Tammie LaGuerre, Center Director at 518 494-4422.

COMMUNITY PROGRAMMING: Spring Session Runs 7/5/17-8/11/17

Class	Grade	Day	Time	Fee
No More Learning Gap- Summer Literacy Program	1 st -3 rd	M-R	9:00-2:00pm	Free/Sliding Scale
		F	9:00-4:00pm	
Thursday Night Live!	6 th -8 th	R	7:00-10pm	\$5
Theater Camp	5 th -8 th	M-F	9:00am-12:00pm	\$30
Culinary Camp	5 th -8 th	M-R	9:00-4:00pm	\$75
Astronomy	3 rd -5 th	Sat	11am	\$5

YOUTH- ELEMENTARY TO 4TH GRADE

No More Learning Gap - Summer Literacy Program 7/5/17-8/18/17

- 1st-3rd grades
- M-R 9:00-2:00pm, F 9:00-4:00pm
- YMCA Adirondack Center

Astronomy Saturday, July 22 11:00am

TWEEN/TEEN- 5TH GRADE-8TH GRADE

Thursday Night Live! 7/13/17- 8/17/17

- Thursdays 7-10:00pm
- Cost \$5 per child or \$10 maximum per family
- Opportunities for socialization, recreation and team challenges. End the night with an outdoor movie on the lawn.

Culinary Camp August 7-10. Space is limited!

- YMCA Adirondack Center
- 9:00-4:00pm
- 5th-8th grades
- Youth will have the opportunity to learn basic cooking skills, kitchen safety as well as create delicious cuisine!

Theater Camp July 10-14

- 9am-12noon
- 5th-8th grades
- North Warren Central School Auditorium
- Live Performance @ 7:00pm on Friday, July 14th in the NWCS Auditorium