

YOUTH

YOUTH SPORTS & FITNESS FOR PRESCHOOLERS

LITTLE SPROUTS SOCCER (ages 3-4)
 Day(s): Wednesday, 10-10:30am
 FEES: Member \$16 / Non-Member \$48

SOCCER 'N SWIM (ages 3-4)
 Day(s): Thursday, 9:15-10:30 am; Friday, 9:45-11am
 FEES: Member \$28 / Non-Member \$90

LITTLE DUNKERS BSKTBALL (ages 3-4)
 Day(s): Monday 3-3:30pm or Saturday 12-12:20pm
LITTLE DUNKERS & SWIM (ages 3-4)
 Day(s): Tuesday 10:15-11:30 or Wednesday 2:45-4:00pm or Sunday 11:15am-12:30pm
 FEES: Member \$28/Non-Member \$90

MINI KICKERS SOCCER (age 4)
 Day(s): Tuesday 4:4-30pm or 4:30-5pm
 FEES: Member \$16 / Non-Member \$48

LITTLE DRAGONS KARATE (ages 4-7) — Instr. Mike Berkowitz
 Day(s): Saturday, 9-9:45am
 FEES: Member \$24 / Non-Member \$50



YOUTH SPORTS & FITNESS FOR SCHOOL AGE KIDS & TEENS

KICKERS INDOOR SOCCER (ages 5-6)
 Day(s): Monday 4-4:45pm or Wednesday, 4:00-4:45
 FEES: Member \$18 / Non-Member \$54

Y DRIBBLERS BSKTBALL (ages 5-6)
 Day(s): Tuesday 4:00-4:45pm or Thursday, 4:00-4:45pm
 Saturday 8:15-9am
 FEES: Member \$18 / Non-Member \$54

LITTLE DRAGONS KARATE (ages 4-7) — Instr. Mike Berkowitz
 Day(s): Saturday, 9-9:45am
 FEES: Member \$24 / Non-Member \$50



FAMILY WORKOUT (ages 5-14 with parent)

Designed for a parent/child workout!
 Day(s): Saturday 12-12:55pm
 FEES: Member Free / Non-Member \$56

FUNTASTIC FITNESS 4 KIDS (ages 3-10)
 Day(s): Thursday 4-4:30pm (ages 3-5); Thursday, 4:30-5:15pm (ages 6-10)
 FEES: Member Free / Non-Member \$56

LITTLE YOGIES (ages 6-16) — Lisa / Certified Kripalu Instr.
 A playful approach to yoga for kids! Class includes age appropriate postures and relaxation techniques. While teaching the many benefits of yoga including improved concentration, coordination, flexibility, balance and self-awareness.
 Day(s): Sunday 9:15-9:45am (ages 6-10); Sunday 10-10:45am (ages 6-10) in the Youth & Family Room
 FEES: Member Free / Non-Member \$56

YOUTH BSKTBALL LEAGUE (YBL)

SLAMMERS (ages 7-8)
 Day(s): Saturday 9-10am
 FEES: Member \$20 / Non-Member \$60

SCOOTER GAMES (ages 7-8)
 Day(s): Wednesday 4-4:30pm
 FEES: Member \$16 / Non-Member \$48

JUGGLERS SOCCER (ages 7-9)
 Day(s): Monday 4:45-5:30
 FEES: Member \$18 / Non-Member \$54

FLOOR HOCKEY (ages 7-9)
 Day(s): Thursday 4:00-4:45
 FEES: Member \$18 / Non-Member \$54

OFF THE WALL (ages 8-13)
 Combine entertainment with FUN physical activity using the Sportwall. Games are customized to provide members with opportunities that enhance social interaction and allow for developing concepts for successful team play.
 Day(s): Saturday, 9:30-10am (ages 8-10); Saturday, 10-10:30am (ages 11-13)
 FEES: Member \$20 / Non-Member \$40



STRONG HEALTHY KIDS (ages 8-13)

Youth Strength Training
 Day(s): Tuesday & Thursday 4:30-5:15pm
 FEES: Member \$26 / Non-Member \$52

KARATE (ages 8-15) — Instr. Mike Berkowitz & Dave Lundy
Beginner – New Students, White & Yellow Belts
 Day(s): • Thursday 6:30-7:30pm & Saturday 10-11am
Intermediate Level I – Orange, Green & Blue Belts
 Day(s): • Thursday 7:30-8:30pm & Saturday 11am-12pm
Intermediate Level II – Purple & Brown Belts
 Day(s): • Tuesday 6:30-7:30pm & Friday 6:30-7:30pm
Advanced – Black Belts & Instructors
 Day(s): • Tuesday 7:30-8:30pm & Friday 7:30-8:30pm
 FEES: Member \$40 / Non-Member \$80 Black Belt Drop-In Fee: \$8 per class
 *Please note: uniforms, equipment and promotion/test fees are additional.

YOUTH BSKTBALL LEAGUE (YBL)

SHOOTERS (ages 9-10)
 Day(s): Saturday 10-11am
 FEES: Member \$20 / Non-Member \$60

YOUTH RACQUETBALL (ages 9-15)
 Day(s): Friday 5:15-6 pm
 FEES: Member \$18/Non-Member \$54

YOUTH BSKTBALL LEAGUE (YBL)
HOOPSTERS (ages 11-13)
 Day(s): Saturday 11am-12pm
 FEES: Member \$20 / Non-Member \$60

FIT 4 SPORTS (ages 12-17)
 A speed & agility class in the Youth Fitness Room
 Day(s): Saturday, 1-2pm
 FEES: Member \$30 / Non-Member \$60



Glens Falls Family YMCA

LATE FALL SESSION: 10/27/08 – 12/21/08

MEMBER FEES

Category	Monthly Draft	Day Pass
Youth	\$ 9.70	\$ 5.00
Teen	\$ 14.50	\$ 7.00
College	\$ 19.25	\$ 8.00
Adult	\$ 38.75	\$13.00
Family	\$ 58.00	\$25.00
Senior	\$ 29.00	\$10.00
Senior Couple	\$ 43.50	
Adult FLR*	\$ 48.00	\$20.00
Family FLR*	\$ 71.75	
Senior FLR*	\$ 36.00	
Sr. Couple FLR*	\$ 53.75	

Your membership dues can be paid in one of two ways:
Monthly: Automatic draft from checking or savings account, debit or credit card
Annual: Cash, Check, or credit/debit card

- There is a \$50.00 Joiner's Fee for all new college, adult, senior, family, fitness locker room memberships, and those not renewed within 90 days of expiration.
- Fitness Locker Rooms (FLR*) are Adult Only (19 & up) Mon.-Fri. and include sauna and steam rooms, and towel service.
- Youth membership includes those 13 and under. Teen includes those 14-18 years. College includes individuals who are currently enrolled as college students taking a minimum of 12 credits per semester. (proof must be provided). ADULT membership is anyone ages 19-61. Family membership includes married couples OR up to 2 adults, all dependent children through the age of 18 & full-time college students through the age of 24, residing in the same household (Residency and /or college proof may be required). ALL Senior memberships include anyone 62 & over.
- Memberships are non-refundable or transferable.
- Members must present Membership Cards to be scanned upon entering the building. Replacement Keychain Card Fee is \$2.50.

YSWIM TEAM

GATORS SWIM TEAM

The YMCA Gators Swim Team has many levels of competitive swimming for individuals ages 7 & older. The Gators are a year round program competing on the local, regional & national YMCA & USA levels. There is a team fee as well as a YMCA membership fee. See our Member Service desk for payment options. A try-out is required for all new team members.

High School Developmental Training Group
 For competitive swimmers to keep up with conditioning during pre, post or off-season. Improve your stroke mechanics, turns and starts. Increase your speed & endurance.
 Workouts are: Mondays, 7:30-8:30pm; Thursdays, 7:30-8:30pm; Fridays, 6-7:30pm
 December – February \$150

MASTERS SWIM TEAM
 Day(s): Tuesday, 7:30-8:30pm; Wednesday, 6:45-8pm; Thursday, 7:30-8:30pm; & Saturday, 11am-12:30pm
FEES: Members \$56 / Non-Members \$80



600 Glen Street,
 Glens Falls, NY 12801
 (518) 793-3878
 www.glensfallsymca.org

PROGRAM REGISTRATION

YMCA members may register beginning 10/13/08 at 6am.

- Non-Member registration begins on 10/20/08 at 6am.
- Registration is available at the YMCA Member Service Desk or online at www.glensfallsymca.org. Class descriptions are available online.
- Register for your favorite class on the day(s) that fits your schedule. **Most fees are based on one time per week.**
- **Membership must be good through session for Member rate.**
- All programs have a minimum enrollment and registration will be accepted on first come, first serve basis. Waiting lists are available. Fees must be paid in full when registering. **FEES ARE BASED ON 8-WEEK SESSION, unless otherwise noted.**
- Please choose wisely when registering; no refunds or credits will be given unless the YMCA cancels or changes a program. There is \$15 class change fee.
- Membership and Program Fees are subject to change, without notice.
- Financial assistance may be available based on need for anyone that cannot afford the full fees. See member service desk for an application.



The YMCA may cancel classes without notice due to low enrollment. Cancellations due to snow & ice: In order to provide the best possible service to our members, the Glens Falls Family YMCA tries to maintain normal operations and class schedules* during periods of inclement weather. We will remain open except in rare cases of a power outage, state of emergency, exceptional snowfall or severe ice. *The Preschool Program will cancel if the Queensbury School District closes for inclement weather.

YMCA BUILDING HOURS

Fall Building Hours

	Front Entrance	Back Entrance
Monday – Friday	5am – 10pm	8 – 11am
Monday – Thursday		3 – 9pm
Friday		3 – 7pm
Saturday	6am – 7pm	8am – 12pm
Sunday	8am – 7pm	

Holiday Hours

Regular Hours – Columbus Day — October 13th
 Regular Hours – Veteran's Day — November 11th
 CLOSED Thanksgiving Day — November 27th
 Limited programming available the Week of November 24th

HALLOWEEN PARTY

Day: Sunday, October 26th, 2-4pm
Free and for members only
Food, Fun, Games & More! Tons of Zany Fun!



RED CROSS CERTIFICATION COURSES

COMMUNITY CPR /AED TRAINING CLASS (RED CROSS)
 Day(s): Saturday November 15th, 9am-1pm
 FEES: Members \$45 / Non-Members \$65

COMMUNITY CPR/AED RECERTIFICATION CLASS
 Day(s): Saturday, November 15th, 1:30-3:30pm
 FEES: Members \$25 / Non-Members \$45

COMMUNITY FIRST AID TRAINING
 Day(s): Tuesday, October 14th, 6-9pm
 FEES: Members \$45 / Non-Members \$60

LIFEGUARD TRAINING
 Day(s): December 20-23, 9-5am
 FEES: Members \$200 / Non-Members \$250

LIFEGUARD RECERTIFICATION
 Day(s): December 23rd, 1-4pm
 FEES: Members \$40 / Non-Members \$60

CPR FPR / AED RECERTIFICATION
 Day(s): December 23rd 9am-12pm
 FEES: Members \$40 / Non-Members \$60

WATER SAFETY INSTRUCTOR (WSI)
 Day(s): December 27-30, 9am-5pm
 FEES: Members \$250 / Non-Members \$300

YFAMILY

PARENTING:

Weekly meetings are held at the YMCA and led by certified parenting instructors using the STEP (Systematic Training for Effective Parenting) curriculum. Topics such as "Encouraging Your Child and Yourself" and "Discipline That Makes Sense" are covered using simple activities, shared experiences, and group discussion. Classes are FREE but you must pre-register. Classes fill quickly. A \$15 donation is appreciated to cover the cost of materials. Babysitting available with advanced notice.
 Day(s): Thursdays from 10/30 thru 12/18; 6:30-8:30pm

FOR FAMILIES:

Adventure Guides

The parent is the guide and the child is the explorer in this program which centers around four main points: Family, Nature, Community, and Fun. Small groups of parent-child pairs called Circles meet on a regular basis (usually twice a month) for circle meetings filled with games, crafts, songs, stories, ceremonies, and outdoor activities such as hiking, tubing, swimming, and camping. Fee includes vests, patches, program kits, and supplies.
 Fees apply — for information contact Zack Mazza at 793-3878

FAMILY FUN NIGHTS

Open to members and non-members! Enjoy monthly themes with crafts projects, games, songs, and one full hour of open gym and swim. Upcoming dates include Friday October 24th: Halloween Mask designs & spooky games, Friday November 14th: America on the Move Fall Program wrap-up with Thanksgiving themed games. Children must be accompanied by an adult. For more information contact Zack Mazza.
 FEE: Free for everyone, 7-9pm

Friday October 24th; Friday November 14th; Friday December 19th

BIRTHDAY PARTIES (Ages 3-16)

Celebrate in a party room for 45 minutes & with 1 hour of the activity of your child's choice (determined in advance)

Party includes: Cake, ice cream, fruit punch, T-shirt for the Birthday VIP, Goodie Bags, Plates, Cups, napkins, spoons.

Party for 8 (up to 8) is \$160 members / \$210 non-members
Party for 16 (10-16) is \$210 members / \$260 non-members

Activity Choices Include:

- **Gymnastics or Cheer Party** Ages 3 & older (Toddler parties available). Call Juanita Combs at 793-3878.
- **Dance Party (in our dance studio)** – Ages 3 & older. Call Juanita Combs at 793-3878
- **Swim Party** (ages 6-16) – Please call Kim Schaff at 793-3878 to set up your date or for more information.
- **Swim Sport Party** (ages 6-16) – Inner Tube Water Polo, Basketball or other interactive games. Please call Kim Schaff at 793-3878
- **Fitness Party** (ages 3 & up) – Age appropriate games, full body movement set to music: stretching, toning, cardio. Call Cate Jenkins at 793-3878 to set up your time.
- **Sports Party** (ages 3-13) – You pick the activity to be played in half of our gym; soccer, floor hockey, basketball or lacrosse. Call Bob at 793-3878.

PARENT/CHILD

PARENT/CHILD — Open family gym (age 2-5) — 1 adult per 2 children
 Day(s): Wednesday, 11-11:40am or Thursday, 9:30-10:10am
 FEES: FREE with Family Membership / Non-Member, Adult & Youth Member \$28

TUMBLING TOT (age 2) — 1 adult per child required
 Day(s): Monday, 9:30-10:10am or Tuesday, 10:10-10:40am or Saturday, 8:20-9am
 FEES: Member \$25 / Non-Member \$50

PRESCHOOL AGE

MINIGYMMIE (age 3) — Basic gymnastics, prep for kindergarten
 Day(s): Monday, 10:20-10:50am or Tuesday, 11:30am-12pm or Wednesday, 11:50am-12:20pm or Wednesday, 4:20-4:50pm or Saturday, 9:10-9:40am
 FEES: Member \$40 / Non-Member \$70

MINIGYMMIE & DANCE (age 3) — Gymnastics and Creative Dance
 Day(s): Friday, 1:45-2:30pm or 4-4:45pm
 FEES: Member \$55 / Non-Member \$100

KINDERGYM (age 4) — Basic gymnastics, prep for kindergarten
 Day(s): Monday, 11:40am-12:20pm or Wednesday, 12:30-1:10am; Saturday, 9:50-10:30am or Thursday, 5:20-6pm
 FEES: Member \$40 / Non-Member \$70

KINDERGYM & DANCE (age 4) — Gymnastics and Creative Dance
 Day(s): Friday, 2:15-3:15pm or 4:30-5:30pm
 FEES: Member \$55 / Non-Member \$100

KINDERGYM & SWIM (age 4) — Gymnastics & Swim Lessons
 Day(s): Tuesday, 10:45am-12pm or 1:45-3pm
 FEES: Member \$55 / Non-Member \$100

SCHOOL AGE

LEVEL 1 GYMNASTICS (ages 5-7)
 Foundational must have skills for progressing in gymnastics
 Day(s): Monday, 4:10-5:10pm or Wednesday, 5-6pm or Thursday, 4:10-5:10pm or Saturday 10:40-11:40pm
 FEES: Member \$50 / Non-Member \$90

LEVEL 1 WITH DANCE (age 5-7) — Gymnastics & Dance Basics
 Day(s): Friday 4:10-5:30
 FEES: Member \$55 / Non-Member \$100

LEVEL 2 GYMNASTICS (ages 5-7) — Must have passed Level 1
 Day(s): Wednesday 6:10-7:10pm or Saturday 9:30-10:30am
 FEES: Member \$50 / Non-Member \$90

TUMBLING A (ages 5-7) — Learn foundational tumbling progressing to back handsprings
 Day(s): Wednesday, 4-4:45pm or Monday, 5:20-6pm
 FEES: Member \$45 / Non-Member \$80

BOYS GYMNASTICS (ages 5-7) — Gymnastics events include Rings & P-bars
 Day(s): Monday, 5:20-6:20pm or Friday, 5:40-6:40pm
 FEES: Member \$50 / Non-Member \$90

HOME SCHOOL GYMNASTICS (ages 5-7) — Level 1 & 2
 Day(s): Tuesday 12:10-12:50am
 FEES: Member \$21 / Non-Member \$42

OPEN WORKOUT (ages 6-9) — For those currently enrolled in programs, Level 2 & higher
 Day(s): Friday, 7-8pm
 FEES: Member \$20 / Non-Member \$40

BOYS GYMNASTICS (ages 8 & up) — Includes Rings & P-Bar
 Day(s): Wednesday, 7:20-8:20pm
 FEES: Member \$50 / Non-Member \$90

LEVEL 1 GYMNASTICS (ages 8 & up)
 Foundational must have skills for progressing in gymnastics
 Day(s): Thursday, 6:10-7:30pm; Saturday 11:50am-1:10pm
 FEES: Member \$55 / Non-Member \$100

LEVEL 2 GYMNASTICS (ages 8 & up) — Must have passed Level 1
 Day(s): Monday, 6-7:20pm
 FEES: Member \$55 / Non-Member \$100

LEVEL 3 GYMNASTICS (ages 6 & up) — Must have passed Level 2
 Day(s): Monday, 6:30-7:50pm or Thursday 6:10-7:30pm
 FEES: Member \$55 / Non-Member \$100

REC GYMNASTICS (ages 8 & up) — Level 4 and higher, recreational, non-competitive
 Day(s): Tuesday, 5:30-6:50pm
 FEES: Member \$55 / Non-Member \$100

TUMBLING A (ages 8 & up) — Learn foundational tumbling progressing to back handsprings
 Day(s): Saturday, 9:45-10:30am
 FEES: Member \$45 / Non-Member \$80

TUMBLING B (ages 8 & up) — Must have back handspring without spot. Learn tumbling series
 Day(s): Friday, 5:15-6:15pm
 FEES: Member \$50 / Non-Members \$90

TUMBLING C (ages 8 & up)
 Must have back layout and RO – back handspring – back flip without spot
 Day(s): Tuesday, 8-9pm
 FEES: Member \$50 / Non-Member \$90

HOME SCHOOL GYMNASTICS (ages 8 & up) — Levels 1 & up
 Day(s): Tuesday, 1-1:40pm
 FEES: Member \$21 / Non-Member \$42

CHEER (ages 8 & up) — Cheer, stunt, dance, and tumbling basics. Learn routines
 Day(s): Thursday, 6-7pm
 FEES: Member \$50 / Non-Member \$90

STUNTING 4 CHEER (ages 8 & up) — Stunting & stunt group routines
 Day(s): Sunday, 1-2pm
 FEES: Member \$40 / Non-Member \$80

OPEN WORKOUT (ages 10 & up) — For those currently enrolled in programs, Level 2 & higher
 Day(s): Friday, 7-9pm
 FEES: Member \$30 / Non-Member \$70

PRIVATE LESSON
 Choreography based on instructor availability ½hr, skill focused lesson
 FEES: \$20 Members Only

TEEN/ ADULT

TEEN GYMNASTICS (ages 12 & up) — Levels 1-3 gymnastics for teens
 Day(s): Tuesday, 7-8:30pm
 FEES: Member \$55 / Non-Member \$100

OPEN WORKOUT (ages 10 & up) — For those currently enrolled in programs, level 2 & higher
 Day(s): Friday, 7-9pm
 FEES: Member \$30 / Non-Member \$70

TUMBLING A 4 TEENS (ages 12 & up)
 Learn foundational tumbling progressing to back handsprings
 Day(s): Wednesday, 6:15-7:15pm
 FEES: Member \$55 / Non-Member \$100

ADULT GYMNASTICS (ages 18 & up)
 Drill to learn a new skill or brush up & keep fit
 Day(s): Sunday, 2-4:40pm
 FEES: Member FREE / Non-Member \$100

YSWIM LESSONS™

PARENT / CHILD LESSONS:

SHRIMP / KIPPER (ages 6 – 12 months)
 Day(s): Tuesday, 10:30-11am; Saturday, 10:30-11am
INIA (ages 12-18 months)
 Day(s): Thursday, 10:30-11am; Saturday, 8:30-9am
PERCH (ages 19-36 months)
 Day(s): Thursday, 11-11:30am; Saturday, 9-9:20am or 9:30-10am or 10-10:30am
PIKE WITH PARENT (3-4 years old)
 Day(s): Thursday, 11:30am-12pm; Saturday, 8-8:30am
FREE with Family Membership Youth Member or Non-Member *70

PRESCHOOL AGE LESSONS:

PIKE (3-6 years old)
 Beginner skills — learning to put face in water, back float with assistance, PFD safety, jump in water and paddle stroke using large flotation device.
 Day(s): Monday, 11-11:30am or 4-4:30pm or 4:30-5pm; Tuesday, 5-5:30pm
 Wednesday, 11-11:30am or 4:30-5pm; Thursday, 5-5:30pm
 Saturday, 10-10:30am or 10:30-11am; Sunday, 10:45-11:15am
FEES: Member *28 / Non-Member *70

EEL (3-6 years old)
 Continues beginner— Eels will learn to float on front and back, glides, rhythmic breath, PFD safety, sitting dives and paddle stroke with small flotation device.
 Day(s): Monday, 11-11:30am or 4-4:30pm or 4:30-5pm; Tuesday, 5-5:30pm
 Wednesday, 11-11:30am or 4:30-5pm; Thursday, 5-5:30pm
 Saturday, 10-10:30am or 10:30-11am; Sunday, 10:45-11:15am
FEES: Member *28 / Non-Member *70

RAY (3-6 years old)
 Intermediate — Rays will be learning the front crawl with rotary breathing, back crawl, treading water with no flotation device.
 Day(s): Monday, 11:30am-12pm or 4:30-5pm; Tuesday, 5-5:30pm
 Wednesday, 11:30am-12pm or 4-4:30pm; Thursday, 4:15-4:45pm
 Saturday, 10-10:30am or 10:30-11am
FEES: Member *28 / Non-Member *70

STARFISH (3-6 years old)
 Advanced Intermediate
 Day(s): Monday, 11:30am-12pm; Tuesday 5-5:30pm; Wednesday, 11:30-12pm or 4-4:30pm; Saturday, 10-10:30am
FEES: Member *28 / Non-Member *70

YOUTH AGE SWIM LESSONS:

POLLIWOG (6-14 years old)
 Beginner — Water adjustment, front and back float, paddle stroke 25 ft. and rhythmic breathing. Swimming in shallow water and working toward building confidence in deep water.
 Day(s): Wednesday, 5-5:45pm; Thursday, 4:45-5:30pm; Saturday, 9-9:45am; Sunday, 11:15am-12pm
FEES: Member *28 / Non-Member *70

GUPPY (6-14 years old)
 Advanced Beginner — Rotary breathing and front crawl, treading water, back crawl and diving introduced. Swimming in deep water.
 Day(s): Monday, 5-5:45pm; Wednesday, 5-5:45pm; Thursday, 4:15-5pm; Saturday, 9-9:45am; Sunday, 11:15am-12pm
FEES: Member *28 / Non-Member *70

MINNOW (6-14 years old)
 Intermediate — 25 yds. front crawl with rotary breathing, 25 yds. back crawl, longer treading water, survival floating and advanced survival skills.
 Day(s): Monday, 5-5:45pm; Tuesday, 4:15-5pm; Wednesday, 5-5:45pm; Thursday, 4:15-5pm; Saturday, 9-9:45am
FEES: Member *28 / Non-Member *70

FISH (6-14 years old)
 Advanced Intermediate — 50 yds. front crawl, 50 yds. back crawl, 50 yds. breaststroke kick, 50 yds. elementary backstroke, dolphin kick and underwater swimming.
 Day(s): Monday, 5-5:45pm; Tuesday, 4:15-5pm; Wednesday, 4:15-5pm, Saturday, 8:15-9am
FEES: Member *28 / Non-Member *70

FLYING FISH & SHARK (6-14 years old)
 Advanced Skills
 Day(s): Tuesday, 4:15-5pm; Saturday, 8:15-9am
FEES: Member *28 / Non-Member *70

PORPOISE CLUB (6-14 years old)
 Swim Club For Advanced Swimmers
 Day(s): Saturday, 8:15-9pm
FEES: Member *28 / Non-Member *70

PRIVATE SWIM LESSON (½ hour)
FEES: Member *20 / Non-Member *30
 Call Kim Schaff to Schedule a time.

HOME SCHOOL SWIM LESSONS:

Day(s): Monday, 12-12:45pm
FEES: Member *28 / Non-Member *70

SWIM INSTRUCTOR AIDE (ages 11-14 years old)
 So you want to be an aquatic instructor? Volunteer with classes, aide instructors and learn to become an aquatic instructor. Volunteer opportunities available.
 Day(s): Saturdays, 10-11am
FEES: Member FREE / Non-Member *5

YARTS™

Dance & Performing Arts Classes

PRESCHOOL AGE

STORY DANCE & PLAY (age 3)
 Class reads a story, followed by instructor lead dancing the story
 Day(s): Tuesday, 1:50-2:20pm or Thursday, 1:50-2:20pm
FEES: Member *30 / Non-Member *60

KINDERBALLET & CREATIVE DANCE (age 4)
 Ballet lesson including dance to stimulate creativity and imagination
 Day(s): Tuesday, 1-1:40pm or Thursday 4:10-4:50pm; Thursday, 1-1:40pm
FEES: Member *35 / Non-Member *70

SCHOOL AGE

PRE BALLET/ JAZZ (Ages 5-7) — Ballet technique and introduction to tap & rhythms
 Day(s): Tuesday, 5-5:45pm or Wednesday, 6-6:45pm or Thursday 6-6:45pm
FEES: Member *35 / Non-Member *70

DANCE 4 CHEER (Ages 5-7) — Basic dance Technique, followed by Hip Hop & Rhythm
 Day(s): Thursday 4:10-4:50pm
FEES: Member *35 / Non-Member *70

PEANUT THEATRE (Ages 6-9) — Introduction to acting, improv, performance in theatre
 Day(s): Saturday, 12:15-1:15pm
FEES: Member *28 / Non-Member *70

BALLET A (Ages 8 & up)
 Day(s): Wednesday 7:20-8pm
FEES: Member *35 / Non-Member *70

BALLET B/C (ages 8 & up) — By Audition
 Day(s): Wednesday 4:10-5:10pm
FEES: Member *40 / Non-Member *80

BALLET/ JAZZ A (ages 8 & up) — Ballet technique and introduction to Jazz
 Day(s): Friday, 4-5pm
FEES: Member *40 / Non-Member *80

DAUGHTERS IN MOTION (ages 8 & up)
 Mother & daughters learn tribal belly dancing & veil work.
 Day(s): Thursday, 5:15-6:15pm
FEES: Member *40 / Non-Member *80 / Per Person

HIP HOP (ages 8 & up) — Hip Hop & dance technique.
 Day(s): Wednesday, 6:30-7:15pm or Friday, 6:15-7pm
FEES: Member *40 / Non-Member *80

MUSICAL THEATRE — Private Lessons (ages 8 & up)
 Focus on vocal development, stage presence and presentation
 Day(s): By appointment.
FEES: \$20 per ½ hour

JAZZ A/B (ages 8 & up) — 2nd & 3rd year students
 Day(s): Monday, 4:10-5:10pm
FEES: Member *40 / Non-Member *80

PRAISE DANCE A-1 (ages 8 & up)
 Dance with tambourine, streamers and more. Christian music used. No experience necessary.
 Day(s): Tuesday, 4-4:45pm or Wednesday 5:30-6:15pm
FEES: Member \$35 / Non-Member \$70

YAQUATICS™

Most fees are based on one time per week.

AQUA MIX — Jessica
 Day(s): Monday / Wednesday / Friday, 7-7:50am
FEES: Member 1x per week *20 / Non-Member 1x per week *45

AQUA JOGGING — Nina
 Day(s): Tuesday / Thursday, 8:15-9am
FEES: Member 1x per week *20 / Non-Member 1x per week *45

AQUA AEROBICS — Phyllis
 Day(s): Tuesday / Thursday, 10-10:45am
FEES: Member 1x per week *20 / Non-Member 1x per week *45

AQUA EXPLOSION — Jessica
 Day(s): Tuesday / Thursday, 5:30-6:30pm or Thursday 8:30-9:30pm
FEES: Member 1x per week *20 / Non-Member 1x per week *45

AQUA YOGA — Lisa / Certified Kripalu Inst.
 Day(s): Tuesday and/or Thursday 12:15-1pm
FEES: Member 1x per week *20 / Non-Member 1x per week *45

20/20/20 ABS/STRENGTH/CARDIO*
 Day(s): Saturday 7-8am
FEES: Member 1x per week *20 / Non-Member 1x per week *45

WATER WORKOUT — Phyllis
 Day(s): Monday / Wednesday, 9-10am or 10-11am; Tuesday / Thursday, 9-10am; Friday, 9-10am
FEES: Member 1x per week *20 / Non-Member 1x per week *45

AQUA REHAB EXERCISE — Phyllis
 Day(s): Monday / Wednesday / Friday 11-11:45am; Tuesday / Thursday 11:30am-12:15pm
FEES: Member 1x per week *20 / Non-Member 1x per week *45

EXPLORE AQUA FITNESS — Jessica
 (1 day only / try out a bit of each class to see which class fits your needs best)
 Day(s): Saturday December 6, 1:30-2:30pm
FEES: Member FREE / Non-Member *5

PRIVATE AQUA FITNESS INSTRUCTION
 Call Kim Schaff at 793-3878 for appointment
FEES: Member *25 / Non-Member *35

SENIOR AQUAFIT — Phyllis
 Day(s): Monday, Wednesday or Friday 2-3pm
Fee: Member *2 per class / Non-Member *5 per class

PRAISE DANCE A-2 (ages 8 & up) — Experience and audition required
 Day(s): Saturday, 11-11:45 am
FEES: Member *35 / Non-Member *70

PRAISE DANCE B (ages 8 & up) — Experience and audition required
 Day(s): Saturday, 11:30am-12:15pm
FEES: Member *35 / Non-Member *70

PRAISE DANCE C (ages 8 & up) — Experience and audition required
 Day(s): Saturday, 1-1:55pm
FEES: Member *35 / Non-Member *70

PRAISE MINISTRY TEAM (Intermediate/Advanced – ages 9 & up)
 Youth and adults welcome. By appointment, interview required.
 Day(s): Saturday, 12:15-1pm
FEES: Member *35 / Non-Member *70

TAP A (ages 8 & up) tap basics & technique
 Day(s): Monday, 5:15-6pm
FEES: Member *35 / Non-Member *70

JAZZ A / B (Ages 10 & up) — Audition or program director approval required.
 Day(s): Monday, 6:10-7:10pm
FEES: Member *40 / Non-Members \$80

THEATRE DANCE (Ages 10 & up)
 Learn many aspects of performance & various dance styles. Christian emphasis.
 Day(s): Tuesday, 5:10-6:30pm
Location:Pine Knolls
FEES: Members *40 / Non-Member *80

DANCE TEAM (ages 11 & up) — Must be 11 years old by 5/31/08 or older for eligibility.
 Day(s): Audition Sunday, October 19th 3-5pm
 Team practices — Wednesday 4pm; Friday 5:10pm
FEES: *70 for late fall session & additional fees for uniforms, team fees, competitions etc. Members Only

FOR ADULTS (Ages 17 & up)

LINE DANCING — Open to all levels
 Various styles of line dance & music with instructor Tony Mark Antonio
 Day(s): Sunday, 3-4:30pm
FEES: Member *15 / Non-Member *30
Drop-In Fee: Member *3 / Non-Member *6

ADULT JAZZ/TAP — Open to all levels
 Day(s): Monday, 7:20-8:20pm
FEES: Member *40 / Non-Member *80

PRAISE DANCE
 Dance with tambourine, streamers and more. Christian music used
 Day(s): Tuesday, 4:40-6pm
Location: Pine Knolls Alliance Church
FEES: Member *40 / Non-Member *80

BEG. BALLROOM — Various styles of Ballroom dance
 Day(s): Friday, 7-8pm
FEES: Member *50 / Non-Member *100

BELLY DANCE — Belly dance & veil work for the experienced belly dancer
 Day(s): Sunday, 5:30-6:30pm
FEES: Member *50 / Non-Member *100

YTEENS™

LEADER'S CLUB (ages 12 & up)
 Interested in getting involved with the YMCA Leader's Club? Meetings take place on Teen Nights most Saturday evenings from 6:00-7:00pm. Plan and implement programs for other teens, plan community projects, fundraisers, and develop teamwork & leadership skills. Looks Great on College Applications! If you are interested please contact Zack Mazza before attending a meeting. Ages 12 & up.
FEES: FREE FOR EVERYONE

TEEN NIGHT
 A FREE program designed to give teenagers safe and fun activities on a Saturday night. Middle school and high school students attend on separate nights and participate in organized games such as basketball, racquetball, dodge ball, volleyball, swimming, dances, and holiday events. Participants are well supervised by YMCA staff and need only be 11-18 years old and in school full time to participate.
 Middle School Dates: October 18th; November 8th; December 6th & 20th; January 10th
 High School Dates: October 11th; November 1st; November 15th; December 13th; January 17th

YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

YHEALTH & WELL-BEING™

GROUP EXERCISE FOR AGES 14 & UP
 Check our website for class descriptions
 Register for your favorite class on the day(s) that fit your schedule.
 Members FREE/ Non-Member rates (1x wk) *56 unless otherwise noted.

FOR ALL FITNESS LEVELS

FITLINXX – Secondary Workout
 Have you already been set up on FitLinxx, but are getting bored with your cybex circuit? Now we have a new workout geared toward free weights. Make an appointment at the front desk and get one of our Fitness Assistants to show you a new program.

MUSCLE WORKS (All Fitness Levels) – Melissa
 Day(s): Monday / Wednesday / Friday, 6:30-7:15am

TURBULENCE TRAINING (All Fitness Levels) – Lynsey
 Day(s): Monday / Wednesday / Friday, 4-4:55pm

CHISEL (All Fitness Levels) – Melissa
 Day(s): Tuesday / Thursday, 5:30-6:25am

GET ON THE BALL (All Fitness Levels) – Carol
 Day(s): Saturday 9-9:55am

PILATES (All Levels) – Lynsey & Fay G.
 Day(s): Monday / Wednesday, 5-5:55pm

CARDIO-KICKBOXING (All Fitness Levels) – Carol
 Day(s): Tuesday / Thursday, 5-5:55pm

S.O.S (All Fitness Levels) – Lynsey
 Day(s): Saturday, 8-8:55am

FAMILY WORKOUT (All Levels) (ages 5-14 with parent)
 Designed for a parent/child workout
 Day(s): Saturday, 12-12:55pm

DRUMS ALIVE™ (All Levels) – Carol
 A class that combines traditional aerobic movements with the powerful beat and rhythms of the drums. A powerful class for stress reduction and mental balance working the entire body, mind and spirit! Break the rules, open the door and enter the new dimension of wellness.
 Day(s): Saturday, 10-10:55am

SUNDAY COMBO (All Levels)
 Day(s): Sunday, 8:15-9:45am

YOGA-LATES (All Fitness Levels) – Lynae
 Yoga-lates will utilize meditative, full body flexibility and weight loss elements of yoga with the muscle strengthening and toning of pilates.
 Day(s): Sunday, 4-4:55pm or 5-5:55pm

FIT WITH BABY (For all fitness levels)
 A great opportunity for new parent(s) to get back into a fitness routine with your baby! 45 minutes of strength & toning followed by 30 minutes of sharing time for networking & refreshments. Bring your baby (up to 18 months) & stroller!
 Day(s): Friday, 9-9:45am class; 9:45-10:15am sharing time
FEES: Member *16/Non-Member *32

FAMILY CIRCUS CIRCLE (Ages 18 mon. through 3 yrs. with an Adult)
 (All Fitness levels)
 Enjoy indoor & outdoor activities of all kinds interactive, creative movement.
 Limit One Child per Adult.
 Day(s): Wednesday, 11:30-12:25pm in the Youth & Family Room
FREE with Family Membership

FITPUMP – Corie
 Develop muscular strength and endurance through the use of dumbbells and other strength training equipment.
 Day(s): Tuesday, 8:10-9:05 pm; Saturday 11-11:55am

HIP HOP HUSTLE – Sysser Ticka
 Dance your way to fitness.
 Day(s): Monday / Wednesday, 8-8:55pm; Tuesday / Thursday, 9:30-10:25am

READY TO BE FIT (Beginner)
 Day(s): Monday / Wednesday / Friday, 9:30-10:25am – Fay G.
 Day(s): Monday / Wednesday, 7-7:55pm – Kathleen B.

PILATES (Beginner)– Lynsey & Fay G.
 Days: Monday / Wednesday / Friday, 10:30-11:25am; Friday 5-5:55pm

ROCK & LOW (BEGINNER) – Sharron
 Day(s): Tuesday / Thursday, 10:30-11:25am

EXERCISE WITH EASE (Beginner) – Becky
 For those who need to take things slow, this class will provide a relaxed and social environment in which to learn about exercise and fitness. Through the use of exercise stations you will improve your cardiovascular fitness, flexibility, strength, and balance. All the while: getting to know other people with the same interests.
 Day(s): Tuesday / Thursday, 4-4:45pm Group Exercise Room

SIT & BE FIT (Beginner)
 A 30 minute fun, no impact class set to music for those who are able bodied and those who are physically challenged. Increase flexibility, circulation, improve posture & concentration, tone muscles all while sitting in a chair or your wheelchair.
 Day(s): Thursday, 11:30am-12pm

INTERMEDIATE & ADVANCED CLASSES
BODY CHALLENGE
 It's exercise boot camp – This military-style program consists of a circuit of drills ranging from running and jumping jacks to push-ups, squats and sit-ups. Class will take place in the gymnastics center, individuals will be able to use some of the different equipment available and mix up their workout.
 Day(s): Tuesday/Thursday 6:30-7:15am Gymnastics Center

WAKE UP CALL 4 ALL (Intermediate)– Julie
 Day(s): Monday / Wednesday / Friday, 5:30-6:25am

HAPPY HOUR (Intermediate/Advanced)
 Each day a different component of fitness; cardio, strength & flexibility.
 Day(s): Monday / Wednesday / Friday, 8:30-9:25am

WAKE UP CALL 4 ALL (Intermediate)– Julie
 Day(s): Monday / Wednesday / Friday, 5:30-6:25am

HAPPY HOUR (Intermediate/Advanced)
 Each day a different component of fitness; cardio, strength & flexibility.
 Day(s): Monday / Wednesday / Friday, 8:30-9:25am

WAKE UP CALL 4 ALL (Intermediate)– Julie
 Day(s): Monday / Wednesday / Friday, 5:30-6:25am

HAPPY HOUR (Intermediate/Advanced)
 Each day a different component of fitness; cardio, strength & flexibility.
 Day(s): Monday / Wednesday / Friday, 8:30-9:25am

WAKE UP CALL 4 ALL (Intermediate)– Julie
 Day(s): Monday / Wednesday / Friday, 5:30-6:25am

HAPPY HOUR (Intermediate/Advanced)
 Each day a different component of fitness; cardio, strength & flexibility.
 Day(s): Monday / Wednesday / Friday, 8:30-9:25am

STEPTASTIC (Intermediate/Advanced) – Kathleen S.
 Day(s): Monday / Wednesday 6-6:55pm

PILATES (Advanced) – Lynsey & Fay G.
 Day(s): Tuesday / Thursday 6:15-7:10am – Fay G.

JAB & KICK (Intermediate/Advanced) – Sysser
 Day(s): Tuesday / Thursday, 8:30-9:25am

MORNING COMBO (Intermediate/Advanced) – Fay G.
 Day(s): Tuesday / Thursday, 9:30-10:25am

SIZZLING CIRCUIT (Intermediate/advanced) – Melissa
 Designed especially for busy members this circuit style class has resistance training and keeps your heart-rate up for optimum fat burning. Throw in some stretching at the end and you did a total body workout in just 45 minutes!
 Day(s): Tuesdays in the Group Exercise Room, 6:10-6:55pm

PERSONAL TRAINING
 To set up your own personal program call Cate Jenkins 793-3878, for an appointment.
FEES: Youth Members 8-13yrs 1 session Member *20
Teen-Adult Members 1 session Member *30
5 sessions Member *125 / 10 sessions Member *250
2 Member/Trainer 1 session Member *45
5 sessions Member *188 / 10 sessions Member *375

WOMEN ON WEIGHTS – Lynsey & Melissa
 This group strength training class designed for women to learn the basics of free weights.
 Day(s): Monday / Tuesday / Wednesday / Thursday, 9:30-10:30am; Saturday, 9-10am
FEES: Member (1x/wk.) *15 / Non-Member *35

IRON WORKERS – A MEN'S FREE WEIGHTS CLASS — Instructor Tom
 Have you achieved good physical fitness? Perhaps now you'd like to see how far you can go, how strong you've become. Try our new program that introduces guys to Free weights. Stay committed to your fitness!
 Day(s): Monday, 4-5pm in the Fitness Center
FEES: Member *15 / Non-Member *35

BODY COMPOSITION ANALYSIS
 Get a more accurate analysis of your body composition with a Skinfold test. Calculate and compare lean weight vs fat weight in your body. Call Cate at 793-3878 for an appointment.
FEES: Member Only *5

ONE-ON-ONE NUTRITION COUNSELING
 Meet with our Registered Dietician for 1 hour to assess your nutritional habits. To schedule an appointment, call Cate at 793-3878
FEES: Member *45

KARATE (ages 16 & up) – Mike Berkowitz and Dave Lundy
 Day(s): Beginner – New Students, White & Yellow Belts
 • Thursday, 6:30-7:30pm & Saturday, 10am-11pm
 Intermediate Level I – Orange, Green & Blue Belts
 • Thursday, 7:30-8:30pm & Saturday, 11am-12pm
 Intermediate Level II – Purple & Brown Belts
 • Tuesday, 6:30-7:30pm & Friday, 6:30-7:30pm
 Advanced – Black Belts & Instructors
 • Tuesday, 7:30-8:30pm & Friday, 7:30-8:30pm
FEES: Member *60 / Non-Member *120
Black Belt Drop-In Fee: *13 per class

YOGA – Jane Welch, Certified Kripalu Instructor – for all fitness levels
 Revitalize your body, relax your mind, and renew your spirit. Come prepared with: yoga mat (some are provided), comfortable clothing, cover-up towel for meditation is recommended.
 Day(s): Monday, 6:30-7:30am or 10:30-11:30am (In the Youth & Family Room); Tuesday, 7-8pm; Thursday, 7-8pm (Both in the Group Exercise Room)
FEES: Member 1x per week *35 / Non-Member 1x per week *70

TAI CHI & QI GONG – Instructor Mark Tolstrup
 This ancient Chinese art has many proven benefits for health and wellbeing including flexibility, stress reduction and balance.
 Day(s): Senior class: Wednesday 10:30-11:30am (in the Youth & Family Room.)
 Thursday 10:30-11:30am or 8:15-9:15pm
FEES: Member 1x per week *35 / Non-Member 1x per week *70

PICKLEBALL
 You will feel like a winner and a champion playing this exciting paddle game. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. Pickleball is a combination of Ping-Pong, tennis, and badminton and has been enjoyed for over 20 years by people of all ages.
 Day(s): Tuesday/Thursdays 11:00am-12:00pm in the gymnasium.
FEES: Member 1x per week *15 / Non-Member 1x per week *30

CYCLING
 Indoor cycling to motivating music in our NEW CYCLING STUDIO. It will challenge and strengthen your cardiovascular system! Please bring your own water and small towel.
FEES: 1x per week *45 minute class: Member *20 / Non-Member *50
1x per week 1 hour class: Member *25 / Non-Member *55
Drop in Fee: Member *5 / Non-Member *15

Mondays (* = 45 minute class, 5:30-6:30am (Janelle); 9-10 am (Mary/Paul); *12:15-1pm (Melissa); *4:45 pm (Kathleen/Joanne); 5:15-6:15pm (Bev/Rebecca); 6:30-7:30pm (Dawn)
 Tuesdays (* = 45 minute class, *6:30-7:15am (Melissa); 4-5pm – (Mary); 6:15-7:15 – (Bill)
 Wednesdays (* = 45 minute class, 5:30-6:30am (Janelle); 9-10am (Mary/Paul); *12:15-1pm (Melissa); *4-4:45 pm (Kathleen/Joanne); 6:30-7:30 pm (Dawn)
 Thursdays (* = 45 minute class, *6:30-7:15am (Melissa); 4-5pm (Mary); 6:15-7:15pm (Bill)
 Fridays (* = 45 minute class, 5:30-6:30am (Janelle); 9-10am (Mary/Paul); 5:15-6pm (Bob)
 Saturdays (* = 45 minute class, *8-8:45am (Dawn/Rebecca)
 Sundays (* = 45 minute class, *9:00-9:45 (Bev); 10-11 (Melissa)

INTRO TO CYCLING — (Bill)
 Day(s): Wednesday, 5:15-6pm
FEES: 1x per week 1 hour class: Member *20 / Non-Member *50

INTRO TO CYCLING FOR SENIORS
 Day(s): October 14th or 16th, 1-1:45pm
Fee: Member Free / Non-Member *15

TRIATHLON CYCLING — (Paul)
 Day(s): Saturday 10am-12pm
FEES: Member *35 / Non-Member *65

INTRO TO CYCLING — (Bill)
 Day(s): Wednesday, 5:15-6pm
FEES: 1x per week 1 hour class: Member *20 / Non-Member *50

INTRO TO CYCLING FOR SENIORS
 Day(s): October 14th or 16th, 1-1:45pm
Fee: Member Free / Non-Member *15

TRIATHLON CYCLING — (Paul)
 Day(s): Saturday 10am-12pm
FEES: Member *35 / Non-Member *65

YSCHOOLAGE™

YMCA After-School Club – NEW SITE IN WARRENSBURG!
 Licensed by NYS Office of Children & Family Services.
What: A quality enrichment program which includes organized games, sports, art & crafts, special projects and homework time. Safely & conveniently located at your child's school. A snack is provided.
Where: Abraham Wing, NBT Bank - YMCA After School Club at Big Cross, Hadley-Luzerne Elementary, Hudson Falls K-5, Jackson Heights, Kensington Road, Lake George Elementary, Glens Falls National Bank - YMCA After School Club at Queensbury K-3, Queensbury 4/5, Sanford Street, Warrensburg
When: On School days until 5:45pm.
FEES: Youth membership & *10 non-refundable registration fee required to register. All payments are due on or before the 1st of the preceding month. Late payments will be assessed a *15 fee. For your convenience, we are offering additional payment options: Rates are subject to change without notice. The After School Club is an on-going monthly program.
Weekly – Cash, check or charge at the YMCA
Monthly – Automatic draft from checking, debit or credit card; cash or on-line @ www.glensfallsymca.org

2008 – 2009	3 days per week	\$143 per month
	4 days per week	\$167 per month
	5 days per week	\$196 per month

ALL PARTICIPANTS AT GLENS FALLS CITY SCHOOL SITES ARE SUBJECT TO A \$25 PER MONTH FACILITY USAGE FEE.
 NEW 10-Day Drop-In Card – \$100
 Call Kassia May for details at 793-3878

VACATION FUN CLUB
 This program is available at the Y during most school conference days and school vacations. See our website for more details. Registration may be done at the YMCA or online 5 days in advance. There will be a late registration fee of *15 per child incurred after that date.
 Day(s): Conference ½ Days, School Dismissal until 6pm
FEES: YMCA Member *15