



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Fall  
Kick-Off

# **Member & Program OPEN HOUSE**

## **Thursday, September 9th, 5-7pm**



Facility tours, refreshments & prizes as well as a variety of sample classes.

For the schedule of sample classes, see the Member Service desk or visit our website at [www.glensfallsymca.org](http://www.glensfallsymca.org)

Recreational Swimming will be offered from 6-7pm. Information will be available about our Win by Losing & new GET STARTED programs!

Those who attend should bring sneakers and comfortable clothes and a swimsuit and towel if they wish to participate in sample classes.

**free and open to the community!**

**Glens Falls Family YMCA**

600 Glen Street

Glens Falls, NY 12801

518.793.3878

[www.glensfallsymca.org](http://www.glensfallsymca.org)

# Open House Schedule

**5:00-7:00pm**

Win By Losing Information  
Afterschool Club / Preschool Info  
Teen Clubs & Program Info

Wellness Center Lobby  
Pool Corridor  
Marshall Lounge

**5:00-5:30pm**

Wellness Wednesday Information  
Yoga Boot Camp with Lynae  
Spin-Flex-Yoga with Joanne  
Swim Level (Ability) Evaluation  
Gymnastics (ages 2-3 with parent)  
Hip Hop (Ages 5 & 6)

Group Exercise Room  
Youth & Family Room  
Cycling Studio  
Pool  
Gymnastics Studio  
Gymnastics Studio

**5:00-5:20pm**

Toddler Track and Field ( 2-3 yrs)

Gym B

**5:20-5:40pm**

T- Ball (4-5 yrs)

Gym B

**5:30-6:00pm**

GET STARTED Information/Assessments  
Yoga Boot Camp with Lynae  
Spin-Flex-Yoga with Joanne  
Swim Level (Ability) Evaluation

Group Exercise Room  
Youth & Family Room  
Cycling Studio  
Pool

**5:40-6:00pm**

Basketball Skills (5-6 yrs)

Gym B

**5:40-6:10pm**

Gymnastics (age 4)

Gymnastics Studio

Hip Hop (age 7-9)

Gymnastics Studio

**6:00-6:20pm**

Floor Hockey Skills ( 5-6 yrs)

Gym B

**6:00-6:30pm**

GET STARTED Information/Assessments

Group Exercise Room

Cycling Informational Talk

Cycling Studio

Aqua Fit Sampler

Pool

Family Time Theatre

Youth & Family Room

(age 10 & Up with Parent)

**6:00-7:00pm**

Recreational Swimming

Pool

**6:15-7:00pms**

Contemporary Dance with Modern  
(some dance exp. Required, age s 10 & up)

Gymnastics Studio

**6:20-6:40pm**

Flag Football (7-9 yrs)

Gym B

**6:20-7:00pm**

Gymnastics Level 1 ( age 5 & up)

Gymnastics Studio

**6:30-7:00pm**

Cycling Informational Talk

Cycling Studio

Aqua Fit Sampler

Pool

Ballroom Dance ( ages 17 & up)

Youth & Family Room

**6:40-7:00pm**

Dodgeball (10-12 yrs)

Gym B