



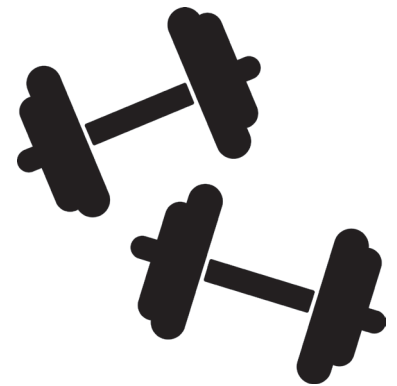
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS PROGRAMS

Summer 2019
Session 1 6/3/19 - 7/14/19
Session 2 7/22/19 - 9/1/19

ADULT WELLNESS (PRICES FOR BOTH SUMMER I AND II)

Class Name:	Age	Day(s)	Time	FM/M
Women on Weights	14+	M	6:00-7:00pm	\$44
Women on Weights	14+	T	8:30-9:30am	\$44
Women on Weights	14+	T	9:30-10:30am	\$44
Women on Weights	14+	W	9:00-10:00am	\$44
Women on Weights	14+	W	6:00-7:00pm	\$44
Women on Weights	14+	R	8:00-9:00am	\$44
Women on Weights	14+	R	9:00-10:00am	\$44



Teen on Weights 11-13 S 12:00-1:00pm \$44

Men's Strength Tr. 17+ T 5:15-6:15pm \$44

Fit Teen Cert. 10-13 Select W 5:00-6:30pm FREE/\$20 for Members

Fit Teen Cert. 10-13 Select S 9:00-10:30am FREE/\$20 for Members

ADULT LEAGUES

Class Name:	Age	Day(s)	Time	FM/M
NBA (Noontime Basketball League)	18+	M-W-F	11:00am-1:00pm	\$100
45+ league	45+	W	7:30pm-8:00pm	\$55.00

PICKLEBALL

Class Name:	Age	Day(s)	Time	FM/M	NM
Pickleball	18+	M-F	6:00am-7:30am	Free	\$5 drop in
Pickleball	18+	S	6:30am-8:30am	Free	\$5 drop in
Pickleball	18+	Su	6:30am-11:30am	Free	\$5 drop in

Questions about Adult Wellness Programs
contact Lisa Camp,
lcamp@glensfallsymca.org

Questions about Adult Basketball Leagues &
Pickleball contact Coach Todd Ash,
tash1@glensfallsymca.org