

# SPORTS ACTIVITIES

## FAMILY SWIM NIGHTS

**AGES: ALL / 5:30pm-6:30pm**

Friday, May 18th

Friday, June 22nd

Friday, July 20th

Friday, August 17th

Family swim time with beach balls, inflatables, basketball hoop and music! All children unable to swim will need a parent/guardian in the pool and must wear a coast guard approved life jacket.

**Fulton Family Members: FREE**

**Registration is required.**

## FALL SPORTS PREP TRAINING

**Grades 9th-12th July 23rd-August 10th**

Showing each athlete exactly where they need to safely and effectively start their strength and athleticism journey and how to progress with maximum gains in flexibility, balance, coordination, agility, quickness, crisp directional change, endurance, strength, power, and explosiveness.

Monday, Wednesday and Friday 10:30am-11:30am

Member Rate: \$75 / Non member: \$145

## SOCCER SKILLS & DRILLS

**Monday, July 16th and Monday, August 13th**

Soccer skills taught include kicking, passing, dribbling, shooting, fun age appropriate games and activities!

Instructor: Serena Draper

**Ages 5-8**

**Ages 2-4**

**9:15am-10:15am**

**10:30am-11:00am**

**Fulton Family Members FREE! / Non-member \$10.00**

**Registration is required!**

## HOMESCHOOL PE GYM & SWIM

**Ages 4-6 (12 per group)**

**Pool: 11:30am-12:00pm or 12:00pm-12:30pm**

**Gym: 12:30pm-1:15pm**

**Ages 7-12 (24 max)**

**Pool: 12:30pm-1:15pm**

**Gym: 11:30am-12:15pm**

Depending on the number of children enrolled these times may vary.

Our Homeschool Program will run the same schedule as Fulton City School District.

## BIRTHDAY PARTIES MEMBERSHIP BENEFIT FOR FULTON YMCA MEMBERS

All parties include table clothes, streamers and a happy birthday banner. A party hostess will be at your party to assist you with any needs you may have. See front desk and birthday party brochure for more information.

### • STANDARD PARTY \$115

You will have access to our party room for 2 hours to plan your games and other activities you would like to do.

### • POOL PARTY \$130

Have a SPLASH in our pool with your friends! This party is one hour in the pool with pool toys and basketball hoop! One hour is in our party room for your cake and presents. All kids who are not able to swim must have an adult in the pool and need to wear a Cost Guard approved PFD.

### • ART BIRTHDAY PARTY \$150

Want a fun and COLORFUL way to celebrate a birthday party? Get the Kids excited by having an Art Birthday Party! We offer two options, a canvas party complete with a step by step paint on canvas and easel or a Messy Art class which allows a child of any age to play and get creative with different supplies including paint, shaving cream and more! We can customize your child's birthday party based on theme and age of the children!

### • SPORTS PARTY \$150

If you love sports or gym games this is the party for you! We offer a variety of sports for our parties including, basketball, soccer, dodgeball, pickle ball, broomball, kickball and more! Pick your favorite sports theme and we will provide you with the gymnasium and a referee specific to that sport!

After you have an hour in the gymnasium, you will have another hour in our party room where you can open presents and have cake. This option allows up to 20 children.

**ADD ON FACE PAINTING TO ANY PACKAGE \$50**

# FAMILY

## SPRING & SUMMER 2018

### KIDS CLUB

Parents can utilize care for 2 hours/day for children 6 weeks to 12 years. Parents must stay inside the YMCA building while children are in Kids Club. Please come dressed in play clothes. Sneakers required, no open toe shoes.

Monday-Friday 8:45am-12:00pm  
\*4:30pm-8:00pm  
Saturday 8:00am-11:00am

\*No PM hours Friday Starting June 1st  
\*No evening hours on Oct 31  
Fulton Family Members FREE  
Non members \$5 or Care Card 10 for \$40



### CAMP Girls Rock!

#### EQUIPPING GIRLS TO MAKE CHANGE

**Monday-Friday 9:30am-3:30pm**

This is a week-long opportunity for your daughter to experience our positive self esteem boosting workshop! Our program is designed to transform self doubts and insecurities into self love & worth. We give girls the space to be silly and play while giving them the tools to build healthy relationships and confidence. This is a perfect balance between a learning workshop and summer fun!

**AGES 8-10 July 16th-July 20th**

**\* Must register by 7/12**

**AGES 11-13 August 13th-August 17th**

**\* Must register by 8/9**

Members: \$40 / Non-Members: \$55

**\*Rates are weekly and include activities, field trip, lunch and snack.**



### KIDS CLUB PLUS

Offers parents the chance to use the Kids Club and leave the building for up to 3 hours (during Kids Club hours). Registration required.

**Ages 6 weeks-12 years old**

**Monday-Saturday during Kids Club Hours**

**Fulton Family Members: \$10/child, \$6/addl. child**

### SCIENCE CAMP

#### EXERCISE THE MIND

Explore the world of science hands on with fizzy explosions, slime, kitchen chemistry and more. This class is messy!

AGES 8-12

Monday, July 23 & Tuesday, July 24

1:00pm-3:00pm

AGES 5-7

Wednesday, July 25 & Thursday, July 26

1:00pm-3:00pm

Fulton Members \$20 / Non-members \$35

**\*Must register by 7/20**



### KINDERCAMP

#### ADVENTURE AWAITS

Ages 3-5

Monday- Thursday 11:30am-2:00pm

Kindercamp Camps are half-day adventures for our youngest campers filled with water play, creative arts, outdoor/Gym play, games, sports and songs. Everyday is different to add a variety to activities throughout the week. Children are placed in small peer groups led by enthusiastic and caring staff.

Week 1: July 8th-12th

**\*Must register by 7/5**

Week 2: August 6th-9th

**\*Must register by 8/2**

Members \$48

Non-Members \$60

**\* Rates are weekly and include lunch.**

