



SPORTS PROGRAMS ACTIVITY PAGE

Speed Demons Summer Swim Program

With Coach Grace Trepasso

Tuesdays and Thursdays 9:00–11:00am

June 27th–August 17th



Week 1 (6/28,30) Dryland / X-training

Week 2 (7/5,7): Walls

Week 3 (7/12,14): Freestyle

Week 4 (7/19,21): Backstroke

Week 5 (7/26,28): Butterfly

Week 6 (8/2,4): Breaststroke

Week 7 (8/9,11): IM

Week 8 (8/16,18): Sprint / Race

This 8-week technique development program will introduce swimmers to new drills, techniques, and swimming strategies, and is designed for swimmers who are proficient in all four strokes and are looking to become more competitive in all swimming events.

Fulton Y members: \$100

Non-members: \$150

Multi-swimmer discount: \$25 off each additional swimmer

Minimum 15 swimmers, maximum 25.

Completed registration forms and fees must be submitted to the Fulton Family YMCA by June 1st.

*This program meets at the Granby Pool, 400 W 7th Street.



SPORTS PROGRAMS ACTIVITY PAGE cont.

FAMILY PICKLEBALL

This cross between ping-pong, badminton and tennis is gaining popularity among groups of all ages. The game is played by two or four people on a badminton sized court with wooden paddles and a whiffle ball. Enjoy friendly competition in a relaxed atmosphere.

Sundays: 10:00am-12:00pm

Members \$2 per family/ Non members \$5 per family

YOUTH STRENGTH AND AGILITY TRAINING

Learning how to properly use free weight equipment is an important step in developing your personalized fitness plan. In a one-on-one or group setting, our certified staff will guide ages 10-16 year olds through exercises focused on form and technique. In addition to strength training, cardio-agility training will focus on speed and performance.

3 Sessions: \$60.00 member/ \$70.00 non-member

6 Sessions: \$110.00 member/ \$120.00 non-member

9 Sessions: \$165.00 member/ \$175.00 non-member

*Group Rates are also available!

*Non-refundable

WALK TO RUN CLUB

April 10th-June 12th 2017

Ideal for brand-new runners, or those returning to the sport from injury or a long layoff, a run/walk program guides the athlete to a safe transition from non-running to running, or allows him or her to return to running successfully.

Monday Evenings 6:00pm-7:15pm

This program will meet 1 day per week and a weekly training schedule will be provided to all participants.

Instructor: Zach McQuaid

Free for Fulton YMCA Members

*Participants who attend 5 classes or more will receive \$5.00 off registration for the 2017 River Run!

CELEBRATE YOUR DAY!

YMCA Birthday Parties

Sports Party \$150.00

Parties up to 20 children

1 Hour gym (during 1st hour)

1 Hour private party room

Pick your own sports theme

Include a referee specializing in your sport choice

Birthday Party Times

Saturday 12:00pm-2:00pm & 2:30pm-4:30pm

Sunday 12:00pm-2:00pm (Sports Parties Only)

- Members Only
- Must schedule parties 2 weeks prior to event
- All parties include table clothes, happy birthday banner, streamers
- All parties include a party hostess

