



SPORTS PROGRAMS

ACTIVITY PAGE

RUN FOR FUN

Kids Fitness Program

Grades K-6

July 11th-July 27th

Keep your kids active this Summer with our NEW Fitness Program for kids! Our coaches will incorporate track style running, fitness activities and games to create a fun approach to staying active.

Tuesday and Thursday

Member: \$20.00/Non member \$30.00

Grades K-2: 10:30am-11:15am

Grades 3-6: 11:15am-12:30pm

*Program meets at the High School Track, T-shirt included while supplies last!



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

BUMP. SET. SPIKE

Girls Volleyball Camp

July 31st-August 2nd

Grades Entering 4th-7th

This camp is an introduction to volleyball, basic skills will be taught. Girls that want to try Volleyball even for the first time are encouraged to sign up! High School Varsity Coach Jessica Frost will be instructing this exciting and FUN 3-day camp.

Monday, July 31st-Wednesday, August 2nd

Member: \$25.00/Non member: \$35.00

Grades: Entering 4th-5th 11:30am-1:00pm

Grades: 6th-7th 1:00pm-2:30pm

Registration Opens June 20th

*Please bring a water bottle, athletic sneakers and active wear. Knee pads are not required.

Keepsake T-Shirts are included!!

SOCCER SKILLS CAMP

Monday, August 21st

Ages 3-5: 12:00pm-12:45pm Member \$5/Non \$7

Ages 6-9: 12:45pm-1:45pm Member \$10/Non \$12

Ages 10-13: 2:00pm-3:30pm Member \$15/Non \$17

Thinking ahead for Fall Soccer Season! Join our Soccer Coaches for a Skills and Drills Session that will keep them moving and having fun.!

*Equipment needed: water, shin guards, cleats and sneakers. Athletic clothing is recommended.



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Summer Swim Program

with Coach Grace Trepasso

Tuesdays and Thursdays

June 27th–August 17th

9:00am–11:00am

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

DIVE IN!

SPEED DEMONS SWIM TEAM

2017 Team Tryouts

September 22nd, 23rd and 24th

Granby Elementary Pool 5:30pm–6:30pm

Senior Swimmers: 11 & up

Fulton Family Y Member \$315

Non-member \$365

Practice Nights:

Mon/Wed/Fri 6:30pm–7:30pm

AND

Tue/Thur 5:30pm–7:30pm

Junior Swimmers : 10 & under

Fulton Family Y Member \$290

Non-member \$340

Practice Nights:

Mon/Wed/ Fri 5:30pm–6:30pm

*Payment plans are available

2017 Swim Uniform

Swimsuits and jammers will be included in the payment plan or can be paid in full when registering for the 2017/2018 program.

Sign ups for returning swimmers: Opens Aug 15th.

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



WALK AND RUN CLUB

June 19th–August 30th 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.

Are you a current Runner that would like to get more out of their training? This RUN CLUB is for you! Just like the walk to run, the Run Smarter Program will help improve your current pace.

Monday Evenings 6:00pm–7:15pm

This program will meet 2 day per week and a weekly training schedule will be provided to all participants.

Instructor: Zach McQuaid

Free for Fulton YMCA Members

Non members \$5.00 per week