



SPORTS PROGRAMS ACTIVITY PAGE

INDOOR YOUTH SOCCER

Ages 3-8 (6 week session)

February 24th-March 31st

Soccer offers kids the best way to get in shape while having fun building endurance and strength! During this 6 week program our goal is to encourage learning, team building and self confidence through soccer

Instructor: Amy Jo Battles and Serena Draper

(Shin guards are required)

Ages 3-5

Ages 6-8

Friday 6:00pm-6:45pm

Friday 6:45pm-8:00pm

Member Rate: \$25

Member Rate: \$30

Non Member Rate: \$35

Non Member Rate: \$40



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

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-June 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.

Times and Dates are TBA.

This program will be meet 1 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 for per class

WINTER BREAK SOCCER CAMP

Skills and Drills Ages (6-10)

February 21st -February 23rd

Soccer skills taught include kicking, passing, dribbling, shooting, and the rules of the game. The focus of the youth soccer is to have fun, meet new friends, and play soccer in an environment of our core values.

Instructor: Amy Jo Battles

When: Tuesday Feb 21st-Thursdays Feb 23rd

Time: 1:00pm-2:30pm

Cost: Member \$15.00/Non-member \$25.00

Vacation Zone/ SACC Members get \$5.00 OFF!

Registration opens January 20th

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CO-ED YOUTH LACROSSE

Grades K-6 (6 week session)

April 7th –May 12th

Lacrosse is a fast paced sport that has increased in popularity in recent years. In our Fulton Family YMCA program we will offer new players the basics and returning players some challenging skill work.

We have a limited amount of equipment, players should bring their own stick if possible. Goggles for girls, helmet for boys and mouth guard are required for both.

Instructors: Marc Marino

When: K-2 Friday 6:00pm-6:45pm

3-4 Friday 6:30pm-7:30pm

Cost: Members \$15.00

Non members \$30.00

Registration Opens: March 1st



NEW YEAR NEW YOU!

Personal Training Special

January 1st-March 1st

Start the new year off right! Try training with one of our certified personal trainers to jump start your fitness program.

3 Sessions for \$90.00 Members

3 Sessions for \$110.00 Non members

Optional 1/2 hour consultation is available to purchase for \$10.00

*Fitness Packages must be used by March 31st and are non-refundable.



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.

Saturdays: 2:00pm-4:00pm

Sundays: 10:00am-12:00pm

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

CELEBRATE YOUR DAY!

YMCA Birthday Parties

Birthday Party Times

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

Sunday 12:00pm-2:00pm (No Pool/Sports Parties offered)

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

Sports Party **\$150.00**

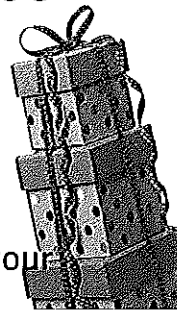
Parties up to 20 children

1 Hour gym (during 1st hour)

1 Hour private party room

Pick your own sports theme

Include a referee specializing in your sport choice



SUMMER SWIM CLINIC

With Coach Brittany & Hannah

8 week program

MORE DETAILS TO FOLLOW!