YMCA OF VIRGINIA’S BLUE RIDGE
Youth Spring Program Guide
March – May 2020

SPRING INTO FUN!

Registration Opens Feb 1
www.ymcavbr.org
**Y AFTER SCHOOL**

**ENRICHING KIDS INSIDE & OUT**

The way your child spends time after school can make a big difference in their personal development and your family-life balance. The YMCA’s After School program makes the most of your child’s after school time by offering enrichment learning opportunities designed to engage and expand young minds. Housed in large, open spaces inside local schools, Y After School gives your child the opportunity to participate in active play and collaborate on fun projects. In the process, they’ll continue to develop the physical, educational, emotional, and social skills which are proven keys for success.

- Y After School serves children at Roanoke City, Salem City and Botetourt County Schools sites
- Parents can count on us to provide a central location for childcare when schools are closed for teacher work days and over school breaks.

All of our after school programs provide a range of activities including:
- Homework help
- Structured academic enrichment activities
- Indoor/outdoor play
- Hands-on engaging activities for students to explore
- Healthy snacks

For more information, please give us a call!

Botetourt County Schools: 540-966-9622
Salem City Schools: 540-387-9622
Rockbridge County Schools: 540-464-9622
Roanoke City Schools: 540-344-9622

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**AMERICAN RED CROSS LIFEGUARD CLASS**

**AGES 15+**

American Red Cross lifeguard certification class will include a two-year certification in CPR/AED for the professional rescuer as well as a two-year certificate for lifeguarding. Participants will need to pass prerequisites to take the class.

**KIRK FAMILY YMCA:**
Mar 13-15 AND 20-22 10:00am-6:00pm  M: $195/ NM: $225
May 15-17 AND 22-24 10:00am-6:00pm  M: $195/ NM: $225

**SALEM FAMILY YMCA:**
Apr 6-10  10:00am-6:00pm  M: $195/ NM: $225

**BOTETOURT FAMILY YMCA:**
Apr 13-16  10:00am-6:00pm  M: $195/ NM: $225

**AMERICAN RED CROSS FIRST AID CERTIFICATION**

**AGES 15+**

American Red Cross First Aid, CPR and AED certification courses are designed to give you the confidence to respond in an emergency situation with skills that save a life. Participants must register by the Friday preceding the scheduled class date and complete the online course component before arriving to class.

**YMCA EXPRESS AT GAINSBORO:**
Mar 18  Wed  M: $65/ NM: $75
Apr 15  Wed  M: $65/ NM: $75
May 20  Wed  M: $65/ NM: $75

CLASS TIMES
1:00-3:00pm OR 6:30-8:30pm

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**TEEN STRENGTH ORIENTATION**

**AGES 12-15**

This orientation is essential for teens who want to know how to safely perform a variety of cardio and resistance training exercises so that they are able to use the Wellness Center without direct supervision from a parent or guardian. Sign up for an appointment at the Welcome Desk.

Year Round  By appointment  M: FREE  All Branches

**YOUTH CARDIO ORIENTATION**

**AGES 10-11**

This orientation is mandatory for young members who would like to exercise on the cardio machines in the Wellness Center with their parents. They will learn how to properly use all cardio equipment in the Wellness Center. Sign up for an appointment at the Welcome Desk.

*Members must be 13 to go through the youth cardio orientation at the YMCA Express at Gainsboro.

Year Round  By appointment  M: FREE  All Branches
ENRICHMENT

LITTLE CHEFS
AGES 6-16
Our future chefs will explore a variety of foods in the kitchen this spring, incorporating harvested fruits and vegetables from our community garden. This plot-to-plate process will develop fundamental culinary skills while also incorporating nutrition, creativity and fun!

Mar 7: Pizza
Mar 21: Breakfast
April 4: Hand Pies
Apr 18: Tacos
May 2: Grilled Cheese
May 16: S’mores
Sa 10:00 – 11:00 am  M: $5/ NM: $6 per workshop

FATHER, SON & FAMILY BANQUET

SATURDAY, APRIL 18
4:00–7:00 PM
FREE TO ATTEND

Hailed as the longest running YMCA event in Roanoke, the Father, Son & Family Banquet has been inspiring, educating and imparting values into families for over 88 years.

This year’s event takes place at High Street Baptist and will include a Community Fair from 4:00–5:00 pm, a banquet ceremony from 5:00–6:00 pm (complete with a magician!) and will culminate with dinner catered by Golden Corral and an award ceremony from 6:00–7:00 pm. This event is free for all participants and the entire family is welcome.

SPRING BREAK CAMPS

LITTLE CHEFS CAMP
K – 6TH GRADE
Children will have daily “hands-on” experiences in the garden and kitchen. Activities are geared to capture your child’s interests as we explore healthy choices and create tasty treats. They will shop at the grocery store and compete on teams to win the Little Chef Challenge! Field trips includes the Y Express at Gainsboro Learning Kitchen, Kroger, local restaurants and more! Held at Woodrow Wilson Middle School.

Apr 6–10  M–F  7:00 am – 6:00 pm  $145

TWIN HOOPS BASKETBALL CAMP
AGES 5–13
Come be a part of this one-day basketball camp as the YMCA Express at Gainsboro partners with Twin Hoops to help bolster skills in dribbling, shooting, defense and footwork. Campers will also receive life skills from the twins, imparting the importance of character, academic achievement and relationships and their impact on individual success. This camp will take place at Countryside Sportsplex.

Apr 4  Sa  10:00 am – 1:00 pm  M/ NM: FREE
MEMBER BENEFITS

KIDS’ NIGHT OUT  AGES 2–10
Drop off the kids to enjoy an evening of swimming, games, crafts, and a movie. Dinner included for ages 4 to 10 years. 
Register by Wed prior to program.

Mar 13  F  5:30–9:00 pm  M: $14/ NM: $18
Apr 17  F  5:30–9:00 pm  M: $14/ NM: $18
May 15  F  5:30–9:00 pm  M: $14/ NM: $18

SPRING SOCCER LEAGUE*  AGES 3–8
Youth soccer at the Y is a great opportunity for your child to learn the sport of soccer in a positive and constructive atmosphere. The first two weeks of the season will consist of skills training and scrimmages. Games will be added in the last six weeks of the season. Children are led by volunteer coaches. Team jersey and end of the season celebration included. If you are interested in being a volunteer coach, contact us!

Mar 7–Apr 25  M: $80 / NM: $100

SPRING T-BALL LEAGUE*  AGES 3–8
Our t-ball program focuses on the characteristics of good sportsmanship and developing the skills of throwing, catching, hitting and base running. The first two weeks of the season will consist of skills training and scrimmages. Games will be added in the last six weeks of the season. Children are led by volunteer coaches. Team jersey and end of the season celebration included. If you are interested in being a volunteer coach, contact us!

Mar 2–Apr 25  M: $80 / NM: $100

SPRING VOLLEYBALL*  AGES 7–13
Bump, set and spike your way to fun in our co-ed volleyball league. Your child will learn key skills and enjoy learning how to play this sport which was invented in a YMCA!

May 2–Jun 20  Sa  10:00–11:30 am  M: $80/ NM: $100

*EARLY BIRD SAVINGS! REGISTER UP TO THREE WEEKS PRIOR TO PROGRAM START DATE TO SAVE $10 ON RATES LISTED ABOVE.

AN ADDITIONAL $10 LATE REGISTRATION FEE WILL BE ADDED TO RATES LISTED ABOVE ONE-WEEK PRIOR TO PROGRAM START.

SPORTS

FLAG FOOTBALL CLINIC
Recreational flag football is a great way to experience the sport in a safe, less intensive environment. Led by volunteer coaches, players ages 5–8 will work on the basic offensive and defensive skills in drills and games. Kids learn the value of teamwork, leadership and self-confidence.

Apr 25–May 16  Sa  9:30–10:30 am  M: $35/ NM: $50

SPORTS
CHEER AND GYMNASTICS

Cheerleading Ages 5-8
YMCA Cheerleading teaches the character values of respect, responsibility, honesty and caring as the cornerstones of the program. Participants will learn cheerleading skills, teamwork and sportsmanship.

Apr 25-May 16 Sa 9:30-10:30 am M: $35/ NM: $50

Gymnastics Ages 3-11
This class is for those children looking to learn basic tumbling and gymnastics skills in a fun and creative way.

Ages 3-6
May 20-Jun 24 W 5:00-6:00 pm M: $50 / NM: $65
May 23-Jun 27 Sa 9:30-10:30 am M: $50 / NM: $65

Ages 7-11
May 23-Jun 27 W 6:30-7:30 pm M: $50 / NM: $65

NINJA WARRIOR

Ninja Warrior Ages 3-11
This is an action-packed class that focuses on functional movements for kids that will be fun and challenging for each child’s ability level. Your child will learn the fundamentals to navigate through obstacles while building muscle, grip strength and coordination.

Ages 3-6
May 20-Jun 24 W 5:00-6:00 pm M: $50 / NM: $65
May 23-Jun 27 Sa 9:30-10:30 am M: $50 / NM: $65

Ages 7-11
May 20-Jun 24 W 6:30-7:30 pm M: $50 / NM: $65
May 23-Jun 27 Sa 11:00 am - 12:00 pm M: $50 / NM: $65

AQUATICS

Swim Starters Ages 6 Mo-3 Yrs
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences. Parents will learn about water safety, drowning prevention and the importance of child supervision.

Sa 9:40-10:10 am

Swim Basics Ages 3-12 Yrs
Students learn personal water safety and achieve basic swimming competency including confidently swimming to safety in the event of falling into deep water. SWIM BASICS has three stages: Water Acclimation, Water Movement and Water Stamina. Activities, games and drills are utilized to reinforce learning, perfect skill and fun!

• 3-5 year olds register for preschool swim basics
• 6-12 year olds register for youth swim basics
• Preschool and youth basics are scheduled at the below times

Swim Strokes Ages 3-12 Yrs
Students are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits. SWIM STROKES has three stages: Stroke Introduction, Stroke Development and Stroke Mechanics. Each stage reinforces stroke competency as well as water safety and encourages swimming as part of a healthy lifestyle.

• 3-5 year olds register for preschool swim strokes
• 6-12 year olds register for youth swim strokes
• Preschool and youth strokes are scheduled at the below times

KIRK FAMILY YMCA
540.342.9622 • 520 CHURCH AVE., ROANOKE, VA 24016 • WWW.YMCAVBR.ORG
**KIDS’ NIGHT OUT**  
**AGES 6 WKS – 10 YRS**
Parents, drop off the kids and enjoy an evening to yourselves. Children will enjoy a nut-free dinner from home, movie, special craft and more. Register by Wed prior to program.

- **Mar 20**  
  F 6:00-9:00 PM  
  M: $10 / NM: $13
- **Apr 17**  
  F 6:00-9:00 PM  
  MEMBERS ONLY: FREE!
- **May 15**  
  F 6:00-9:00 pm  
  M: $10/ NM: $13

**OLAF PAINT NIGHT**  
**AGES 7+**
Let’s build a snowman! We will instruct you in creating an Olaf painting. Meet new friends as you have fun creating this special masterpiece. A light snack will be provided. Bring a closed water bottle to have on hand.

- **Feb 19**  
  W 6:00-8:00 pm  
  M: $25/ NM: $30

**FUN JUMP FRIDAYS**  
**AGES 6+**
Celebrate Friday and come jump with us! Release all your energy jumping and have fun in our inflatable bounce house and obstacle course. You will have up to two hours of jumping fun!

- **Feb 7, Mar 6, Apr 3, May 1**  
  F 4:00-6:00 pm  
  M/ NM: $5

**YOUTH CARDIO ORIENTATION**  
**AGES 10-11**
A chance for youth ages 10-11 to learn how to safely use our cardio equipment, as well as fundamentals of cardio exercise. Parents must be present at session.

- **Mar 2, Mar 19, Apr 2, Apr 20, May 4, May 19**  
  5:00-6:00pm

**TEEN STRENGTH ORIENTATION**  
**AGES 12-15**
A chance for your teen to learn how to safely make strength training a part of their healthy lifestyle. Free!

- **Mar 9, Mar 24, Apr 7, Apr 23, May 12, May 27**  
  5:30-7:00pm

**ROOKIE SPORTS SAMPLER**  
Your child (ages 3-5) will be introduced to a variety of sports in a fun and nurturing environment! Sports include basketball, soccer, volleyball and t-ball.

- **March 3-24**  
  T 9:20-10:00am or 4:20-5:00pm
- **April 7-28**  
  T 9:20-10:00am or 4:20-5:00pm
  M: $35 / NM: $45

**CREATIVE COOKING CLASSES**  
**AGES 5-12**
Add 2 cups of fun with 1 cup of laughter. Mix in a handful of friends and you get a cooking class that explores essential cooking skills, healthy choices and inspires creativity through mouthwatering masterpieces!

- **Mar 2-23**  
  M 5:30-7:00 pm  
  M: $35 / NM: $43
- **Apr 27-May 18**  
  M 5:30-7:00 pm  
  M: $35 / NM: $43

**MINI EINSTEINS**  
**AGES 3-5**
Welcome to our science lab! Your tiny scientist will discover the wonders of science through hands on activities that make learning fun and memorable. We will make volcanos, explore rain clouds, create a walking water rainbow and many other experiments.

- **Apr 13-May 18**  
  M 9:50-10:50 am  
  M: $25 or $40 per family/ NM: $35 or $50 per family

**TINY CHEFS**  
**AGES 3-5**
Who said you shouldn’t play with your food? Your preschooler will have a blast using healthy foods to create a fun, exciting snack. We will turn bananas into penguins, veggies into boats and other healthy food into works of art. This class is sure to have even the pickiest of eaters chowing down!

- **Apr 16-May 7**  
  Th 4:20-5:20 pm  
  M: $25/ NM: $35

**SPRING BREAK CAMP!**
April 6-10  
7:00am-6:00pm  
Join us during spring break for a new adventure each day. Campers will enjoy crafts, sports, STEM activities, swimming and more!

**For preschool, half-day and full day rates please visit www.ymcavbr.org**
OUTDOOR SPRING SOCCER LEAGUE*  
**AGES 3-7**

Youth soccer at the Y is a great opportunity for your child to learn the sport of soccer in a positive and constructive atmosphere. The first two weeks of the season will consist of skills training and scrimmages. Games will be added in the last six weeks of the season. Children are led by volunteer coaches. Team jersey and end of the season celebration included. If you are interested in being a volunteer coach, contact us!

Mar 7–Apr 25  
M: $80 / NM: $100

Children will be divided into age-appropriate groups for league play. The season consists of one weeknight practice and one Saturday morning practice/game that will be determined by YMCA staff one-week prior to the start of the season.

T–BALL LEAGUE*  
**AGES 3–7**

Our t-ball program focuses on the characteristics of good sportsmanship and developing the skills of throwing, catching, hitting, and base running. The first two weeks of the season will consist of skills training and scrimmages. Games will be added in the last six weeks of the season. Children are led by volunteer coaches. Team jersey and end of the season celebration included. If you are interested in being a volunteer coach, contact us!

May 2–Jun 20  
M: $80/NM: $100

Children will be divided into age-appropriate groups for league play. The season consists of one weeknight practice and one Saturday morning practice/game that will be determined by YMCA staff one-week prior to the start of the season.

*EARLY BIRD SAVINGS! REGISTER UP TO THREE WEEKS PRIOR TO PROGRAM START DATE TO SAVE $10 ON RATES LISTED ABOVE. AN ADDITIONAL $10 LATE REGISTRATION FEE WILL BE ADDED TO RATES LISTED ABOVE ONE-WEEK PRIOR TO PROGRAM START.

SWIM STARTERS  
**AGES 6 MO–3 YRS**

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences. Parents will learn about water safety, drowning prevention and the importance of child supervision.

Sa 10:00–10:30 am

SWIM BASICS  
**AGES 3–12 YRS**

Students learn personal water safety and achieve basic swimming competency including confidently swimming to safety in the event of falling into deep water. SWIM BASICS has three stages: Water Acclimation, Water Movement and Water Stamina. Activities, games and drills are utilized to reinforce learning, perfect skill and fun!

• 3–5 year olds register for preschool swim basics  
• 6–12 year olds register for youth swim basics  
• Preschool and youth basics are scheduled at the below times

M & W 4:20–5:00 pm  
M & W 5:10–5:50 pm  
T & Th 4:20–5:00 pm  
T & Th 5:10–5:50 pm  
T, Th, Sa 10:40–11:20 am  
Sa 11:30 am –12:10 pm

SWIM STROKES  
**AGES 3–12 YRS**

Students are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits. SWIM STROKES has three stages: Stroke Introduction, Stroke Development and Stroke Mechanics. Each stage reinforces stroke competency as well as water safety and encourages swimming as part of a healthy lifestyle.

M & W 4:20–5:00 pm  
M & W 5:10–5:50 pm  
T & Th 4:20–5:00 pm  
T & Th 5:10–5:50 pm  
T, Th, Sa 10:40–11:20 am  
Sa 11:30 am –12:10 pm
**KIDS’ NIGHT OUT**  
**AGES 6 WKS - 10 YRS**  
Parents, drop off the kids and enjoy an evening to yourselves. Children will enjoy a nut-free meal from home, crafts, swimming, gym, games and more. **Register by Wed prior to program.**

- **Mar 13**  
  - **F**  
  - 5:30-9:00 pm  
  - M: $12 / NM: $15
- **Apr 10**  
  - **F**  
  - 5:30-9:00 pm  
  - Members Only: FREE!
- **May 8**  
  - **F**  
  - 5:30-9:00 pm  
  - M: $12 / NM: $15

**EASTER EGGSTRAVAGANZA**  
**MARCH 28**  
**5:00-8:00PM**

*Drop your kid off for an evening of Easter crafts, games and an underwater Egg Hunt! Kids will be grouped by age and ability. All skill levels will be accommodated in the water!*  
**M: $20 / NM: $25**

**SPORTS**

**YOUTH SOCCER LEAGUE**  
**AGES 3-7**  
Youth soccer at the Y is a great opportunity for your child to learn the sport of soccer in a positive and constructive atmosphere. The first two weeks of the season will consist of skills training and scrimmages. Games will be added in the last six weeks of the season. Children are led by volunteer coaches. Team jersey and end of the season celebration included. If you are interested in being a volunteer coach, contact us!

- **Mar 7-Apr 25**  
  - **M: $80 / NM: $100**

**YOUTH T-BALL**  
**AGES 3-7**  
Our t-ball program focuses on the characteristics of good sportsmanship and developing the skills of throwing, catching, hitting and base running. The first two weeks of the season will consist of skills training and scrimmages. Games will be added in the last six weeks of the season. Children are led by volunteer coaches. Team jersey and end of the season celebration included. If you are interested in being a volunteer coach, contact us!

- **May 2-Jun 20**  
  - **M: $80 / NM: $100**

**ENRICHMENT**

**LITTLE SPROUTS TOGETHER TIME**  
Enhance development and strengthen your bond with your little sprout while having fun. In a warm nurturing environment, parents and caregivers having time to spend quality time with their child with special crafts and a special snack while getting to build relationships with other parents and caregivers.

- **Ages 0-2**  
  - **S**  
  - 2:00-3:00 pm  
  - Mar 7, Apr 18, May 2
- **Ages 3-5**  
  - **S**  
  - 2:00-3:00 pm  
  - Mar 21, Apr 25, May 16

**M: $5 Per Session Per Pair / NM: $7 Per Session Per Pair**
AQUATICS

SESSIONS  DATES  REG BY  PRICES
Sat only M: $21 / NM: $29
Spring II* Mar 30–May 2  Mar 30  Weekdays: M: $42 / NM: $58
Sat only M: $21 / NM: $29
Spring III  May 4–30  May 4  Weekdays: M: $42 / NM: $58
Sat only M: $21 / NM: $29
*No lessons April 14–21

SWIM STARTERS  AGES 6 MO-3 YRS
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences. Parents will learn about water safety, drowning prevention and the importance of child supervision.
Sa  10:00–10:30 am

SWIM BASICS  AGES 3-12 YRS
Students learn personal water safety and achieve basic swimming competency including confidently swimming to safety in the event of falling into deep water. SWIM BASICS has three stages: Water Acclimation, Water Movement and Water Stamina. Activities, games and drills are utilized to reinforce learning, perfect skill and fun!
• 3–5 year olds register for preschool swim basics
• 6–12 year olds register for youth swim basics
• Preschool and youth basics are scheduled at the below times
M & W  4:20–5:00 pm
M & W  5:10–5:50 pm
T & Th  10:40–11:20 am
T & Th  4:20–5:00 pm
T & Th  5:10–5:50 pm
Sa  10:40–11:20 am
Sa  11:30 am–12:10 pm

SWIM STROKES  AGES 3-12 YRS
Students are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits. SWIM STROKES has three stages: Stroke Introduction, Stroke Development and Stroke Mechanics. Each stage reinforces stroke competency as well as water safety and encourages swimming as part of a healthy lifestyle.
M & W  4:20–5:00 pm
M & W  5:10–5:50 pm
T & Th  10:40–11:20 am
T & Th  4:20–5:00 pm
T & Th  5:10–5:50 pm
Sa  10:40–11:20 am

PREPARE FOR SUMMER WITH SWIM LESSONS!

SPRING BREAK CAMP!
April 13–17
7:00am–6:00pm

Join us during spring break for a new adventure each day. Campers will enjoy crafts, sports, STEM activities, swimming and more!
M: $145  NM: $160
DISCOVER YOUR Y
ENDLESS OPPORTUNITIES FOR ALL AGES

BABIES
- Enjoy supervised play time in Stay & Play
- Learn to feel comfortable in the water with Parent/Child Swim lessons
- Play in the pool with mom, dad and siblings during family swim time
- Attend a Kids’ Night Out at the Salem and Botetourt locations

2–5 YEAR OLDS
- Enjoy supervised playtime in Stay & Play
- Explore Y Town
- Visit our Clubhouse – supervised by Y Staff
- Play in the pool with mom, dad and siblings during family swim time
- Learn the fundamentals of swimming in our beginner swim lessons
- Participate in our youth sports programs (soccer, basketball, t-ball, and more!)
- Join a dance or gymnastics program
- Make new friends by attending a Y Camp (starting at age 3)
- Play with us after the school day in Y After School (RCPS preschool – 5th grade)
- Attend a Kids’ Night Out at Salem, Kirk, Botetourt, and Rockbridge locations

6–12 YEAR OLDS
- Workout in the Wellness Center (Youth Cardio Orientation is a prerequisite – age 10+)
- Expand your curiosity and learning in an enrichment program – cooking classes, crafts, etc.
- Play in the pool with mom, dad and siblings during family swim time
- Become a capable swimmer with our beginner to intermediate swim lessons
- Join one of our swim teams
- Participate in our youth sports programs (soccer, basketball, t-ball, and more!)
- Join a dance or gymnastics program
- Play in the Y Arcade – supervised by Y Staff
- Make new friends in a Y Camp
- Play with us after the school day in Y After School
- Attend a Kids’ Night Out at Salem, Kirk, Botetourt, and Rockbridge locations (up to age 10)

TEENS
- Exercise at the Y with a Teen membership
- Attend a Teen Strength Orientation
- Try a boot camp or group exercise class
- Join one of our swim teams
- Meet friends in the Teen/Activity Center
- Play a game of basketball with friends
- Lap swim or play in the family pool
- Join Y Teens to gain valuable skills
- Meet up with friends in the Y Pass program after school (Salem and Botetourt locations)
- Become a Y volunteer to earn community service hours
KIRK FAMILY YMCA

STAY AND PLAY AGES 6 WEEKS – 10 YRS
Stay & Play provides up to two hours each day of supervision and activities for children so members can participate in YMCA activities.
Year Round / M: FREE
M-F 8:00 am–1:30 pm & 4:00–8:00 pm
Sa 8:00 am–2:00 pm
Su 1:00 pm–4:00 pm

Y ARCADE & CLUBHOUSE AGES 5–12
The Y Arcade is a supervised environment that provides up to two hours of childcare to keep kids active! We combine video gaming and exercise from dancing and jumping to gaming where you are the controller! Get ready to play hard and laugh loud. Parents are welcome to join in on the fun!
Year Round / M: FREE KFY
M-F 4:00–8:00 pm
Sa 8:00 am–2:00 pm
Su 1:00–4:00 pm

REC ROOM
Come enjoy your favorite games like ping pong, foosball and pool or use our computers to play games and stay connected. This is a great place for teens, families and adults to be in community. This area is not supervised.
Teen & Family Hours M: FREE KFY
Ages 18+ | Ages 6–12 must be accompanied by a parent/guardian
Sep–Nov Sa 8:15 am–2:00 pm
Sep–Nov Su 1:00–4:00 pm

Y EXPRESS AT GAINSBORO

GAINSBORO GARDEN
With a focus on education, the Gainsboro Garden is a unique space designed to educate youth and adults on the importance of nutrition and living a healthy lifestyle. Located in an area designated as a "Food Desert”, the garden collaborates with the Gainsboro Teaching Kitchen, conducting "Farm to Table” workshops for both children and adults, teaching them concepts such as food origin, sowing and harvesting, and cooking skills using the fruits and vegetables harvested from the garden. Please contact the Y Express at Gainsboro for details on programming and volunteer opportunities.

SALEM FAMILY YMCA

STAY AND PLAY AGES 6 WEEKS – 10 YRS
Stay & Play provides up to two hours each day of supervision and activities for children so members can participate in YMCA activities.
Year Round / M: FREE
M-F 8:00 am–2:00 pm & 4:00–8:00 pm
Sa 8:00 am–2:00 pm
Su 1:00 pm–4:00 pm

Y TOWN UP TO 8 YEARS
Complete with a house, a park and “real” stores, young children and their caregiver can discover their interests and potential through play, hands-on learning experiences, and role playing in our mini play town. Children must be accompanied by a parent or guardian.
Year Round / M: FREE SFY
M-F 10:00 am–7:00 pm
Sa 9:00 am–2:00 pm
Su 1:30–4:00 pm

TEEN CENTER AGES 8+
Part rec center, part hang out, all FUN! Join us to play pool, surf the web, play interactive games and meet up with friends.
Year Round / M: FREE SFY
M-F 8:00 am–8:00 pm
Sa 8:00 am–5:00 pm
Su 1:00–5:00 pm

BOTETOURT FAMILY YMCA

STAY AND PLAY AGES 6 WEEKS – 10 YRS
Stay & Play provides up to two hours each day of supervision and activities for children so members can participate in YMCA activities.
Year Round / M: FREE
M-F 8:00 am–2:00 pm & 4:00–8:00 pm
Sa 8:00 am–2:00 pm
Su 1:00 pm–4:00 pm

ACTIVITY CENTER AGES 8+
Part rec center, part hang out, all FUN! Join us to play pool, surf the web, play interactive games and meet up with friends.
Year Round / M: FREE BFY
M-F 8:00 am–8:00 pm
Sa 8:00 am–5:00 pm
Su 1:00–5:00 pm
CAMP KIRK
Jun 8 - Aug 14 at Kirk Family YMCA

PRESCHOOL CAMP DAYS & TIMES (AGES 3-5):
Monday - Friday 8:00 am - 2:00 pm or 7:00 am - 6:00 pm

PRESCHOOL EARLY BIRD WEEKLY RATES (BY APRIL 30):
FULL DAY: Members: $127 Non-Members: $142
HALF DAY: Members: $97 Non-Members: $122

SCHOOL AGE CAMP DAYS & TIMES (AGES 6-12):
Monday - Friday 7:00 am - 6:00 pm

SCHOOL AGE EARLY BIRD WEEKLY RATES (BY APRIL 30):
Members: $127 Non-Members: $142

COUNSELOR IN TRAINING PROGRAM (AGES 13-15):
Monday - Friday 8:00 am - 5:00 pm
Members: $68 Non-Members: $85 (no early bird rates)

CAMP SALEM
Jun 1 - Aug 28 at Salem Family YMCA
Preschool camp ends Aug 14

PRESCHOOL CAMP DAYS & TIMES (AGES 3-5):
Monday - Thursday 9:00 am - 1:30 pm

PRESCHOOL EARLY BIRD WEEKLY RATES (BY APRIL 30):
Members: $100 Non-Members: $125

SCHOOL AGE CAMP DAYS & TIMES (AGES 5*-12):
FULL DAY: Monday - Friday 7:00 am - 6:00 pm
HALF DAY: Monday - Friday 8:00 am - 2:00 pm
*MUST HAVE COMPLETED KINDERGARTEN

SCHOOL AGE EARLY BIRD WEEKLY RATES (BY APRIL 30):
FULL DAY: Members: $135 Non-Members: $150
HALF DAY: Members: $115 Non-Members: $130

COUNSELOR IN TRAINING PROGRAM (AGES 14-16):
Jun 22 - Aug 14 Monday - Friday 8:00 am - 5:00 pm
Members: $68 Non-Members: $85 (no early bird rates)

CAMP BOTETOURT
May 25 - Aug 7 at Botetourt Family YMCA and Greenfield Elementary - NEW!

SCHOOL AGE CAMP DAYS & TIMES (AGES 5*-12):
FULL DAY: Monday - Friday 7:00 am - 6:00 pm
HALF DAY: Monday - Friday 8:00 am - 2:00 pm
*MUST HAVE COMPLETED KINDERGARTEN

SCHOOL AGE EARLY BIRD WEEKLY RATES (BY APRIL 30):
FULL DAY: Members: $135 Non-Members: $150
HALF DAY: Members: $115 Non-Members: $130

COUNSELOR IN TRAINING PROGRAM (AGES 13-15):
Monday - Friday 7:00 am - 6:00 pm
Members: $68 Non-Members: $85 (no early bird rates)

CAMP WOODROW
Jun 8 - Aug 7 at Woodrow Wilson Middle

CAMP DAYS & TIMES (RISING K-AGE 12):
Monday - Friday 7:00 am - 6:00 pm

EARLY BIRD WEEKLY RATES (BY APRIL 30):
Members: $120 Non-Members: $135

Visit www.ymcavbr.org/camp for all the details!
Camp dates are based on public school calendars and are subject to change.