YOUR ADVENTURE AWAITS!

Youth Winter Program Guide
Dec 2019 – Feb 2020

Registration Opens Nov 1
Register online at www.ymcavbr.org
TEEN STRENGTH ORIENTATION  AGES 12–15
This orientation is required 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 members and guests 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.
Year Round  By appointment  M: FREE  All Branches

PERSONAL TRAINING  AGES 13+
We offer personal training to help you set and meet your specific goals to live healthier. Our trainers are equipped to help you lose weight and keep it off. We work with a variety of people: from those recovering from an injury to elite athletes training for an event/sport. No matter your fitness level, age or health goal, we can help you.
Year Round  By appointment  All Branches
*Starts at as low as $20 per session, see Welcome Desk for rates

PRIVATE & SEMI PRIVATE SWIMMING LESSONS  AGES 3+
Get a little extra attention in the water by booking private lessons at the Welcome Desk.
Year Round  By appointment  KFY/SFY/ BFY

AMERICAN RED CROSS LIFEGUARD CLASS  AGES 15+
This is the American Red Cross Lifeguard Certification class. Participants who complete the class successfully will walk away with a CPR/AED and First Aid Certification, as well as the lifeguard certification. Participants must be able to attend all dates and times of the class. There will be in-pool class sections as well as classroom sections.
SALEM FAMILY YMCA:
Dec 27-Dec 30  10:00am–6:00pm

Y AFTER SCHOOL  ENRICHING KIDS INSIDE & OUT
The way your child spends 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 child care 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
LITTLE CHEFS  AGES 6-16
Our future chefs will explore how to prepare delicious food items utilizing harvested veggies and fruits from our community garden. This plot-to-plate process will develop fundamental culinary skills such as: knife skills, sautéing, roasting, braising, baking and fresh preparations that will highlight the importance of eating healthy!
Jan 11 & 25  Sa  10:00–11:00 am  M/NM: $6/class
Feb 8 & 22  Sa  10:00–11:00 am  M/NM: $6/class

“COOKING WITH ME” FAMILY SERIES  AGES 5+
This program is designed to bring families together in the kitchen and then around the table! We’ll explore family-friendly recipes that children and adults can easily prepare together that are both nutritious and tasty!
Feb 8, 15, 22, 29  Sa  10:00–11:00 am  M: $20/NM: $25

BLACK FRIDAY STAY AND PLAY  AGES 5-12
Get a jump on holiday shopping while your children play at the YMCA! Christmas cookie decorating, ornament crafting, holiday-themed games and a visit from Santa make for a fun-filled start to the season! Lunch is provided.
Nov 29  F  10:00am-2:00pm  M: $20/NM: $20

DANCE FUSION I  AGES 5-12
Dance Fusion is designed to give children the experience of studying several genres of movement. Time will be spent studying the history and technique of ballet, jazz, hip hop, modern and contemporary dance, as well as developing the skills to practice longer movement combinations. The final dance class will be followed by a public showing for children to showcase their new skills!
Jan 11–Mar 28  Sa  11:00 am–12:00 pm  M: $132 / NM: $165

Winter Camp
“Polar Expedition”
Dec 23–Jan 3
Monday, Thursday, Friday
Visit www.ymcavbr.org for pricing and additional details
Winter fun and adventure is not far away for your child as we take them on a “Polar Expedition” during our 2019 Y After School Winter Camp. Everything from snow-making to ice skating field trip will leave your child ready for some hot cocoa and a warm blanket! Let us take care of the little ones as you take care of your entire holiday to-do list!
KIRK FAMILY YMCA

MEMBER BENEFITS

KIDS’ NIGHT OUT
Drop off the kids to enjoy an evening of swimming (ages 5-12), games, crafts, and a movie. Dinner included for ages 4 to 10 years, bring a swimsuit! Register by Wed prior to program.

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<th>Date</th>
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<tbody>
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<tr>
<td>Feb 14</td>
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<td>5:30-9:00 pm</td>
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COOKIES WITH SANTA
Join us for an evening including pictures with Santa, refreshments (hot cocoa, cookies, candy canes, etc) and a holiday movie for the whole family.

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<tr>
<td>Dec 13</td>
<td>F</td>
<td>5:30-9:00 pm</td>
<td>FREE!</td>
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FATHER-DAUGHTER DANCE
Join us for a night of fun at the Kirk Family YMCA to celebrate a good time with Fathers and Daughters (Grandpas and Uncles are welcome too)! The night includes dancing to music, refreshments, and quality bonding with friends and family. Price is per pair.

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<td>Feb 15</td>
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<td>5:30-7:30 pm</td>
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SPORTS

YOUTH BASKETBALL
Did you know that basketball was invented by the YMCA in 1891? Join us this winter for youth basketball at the Kirk Family YMCA! The fun starts on January 4th. Your child will learn the fundamentals of basketball in a fun and instructional league. Come and grow with us!

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<tbody>
<tr>
<td>Jan 4– Feb 22</td>
<td>Sa</td>
<td>9:00-11:00 am</td>
<td>$65</td>
<td>$85</td>
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ATHLETE ACADEMY
Learn fundamentals and build skills. This six-week training program is designed to help young athletes improve their performance. Join us for one hour of speed, agility, strength and flexibility training.

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<tr>
<td>Feb 10– Mar 18</td>
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<td>5:00-6:00 pm</td>
<td>$60</td>
<td>$90</td>
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GYMNASTICS
This class is for those looking to learn basic tumbling and gymnastic skills.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Date</th>
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<tr>
<td>3-6</td>
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<td>7-11</td>
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DANCE

Visit ymca-vbr.org and search for Dance for class descriptions.

PREBALLETT
AGES 3-4

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<tbody>
<tr>
<td>Jan 6– May 9</td>
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<td>5:30-6:00 pm</td>
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<td>11:45am-12:15pm</td>
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PRESCHOOL BALLET AND TAP
AGES 3-4

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BEGINNER I BALLET, TAP AND JAZZ
AGES 5-8

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BEGINNER BALLET AND TAP II
AGES 4-8

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INTERMEDIATE I BALLET, TAP AND JAZZ
AGES 5-8

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INTERMEDIATE II BALLET, TAP AND JAZZ
AGES 5-13

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ADVANCED BALLET, TAP AND JAZZ
AGES 5-13

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BEGINNER LYRICAL
AGES 5-8

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ADVANCED LYRICAL
AGES 5-13

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BEGINNER HIP HOP
AGES 5-8

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INTERMEDIATE HIP HOP
AGES 9-11

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TEEN HIP HOP
AGES 12+

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<td>12:15-1:15pm</td>
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BEGINNER CLOGGING
AGES 7+

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INTERMEDIATE CLOGGING
AGES 9-11

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<td>7:45-8:15pm</td>
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<td>$140</td>
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</table>
### Winter I
- **Dates:** Jan 6–Feb 1
- **Weekdays:** M: $42 / NM: $58
- **Sat only:** M: $21 / NM: $29

### Winter II
- **Dates:** Feb 3–Feb 29
- **Weekdays:** M: $42 / NM: $58
- **Sat only:** M: $21 / NM: $29

### 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 an 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!
- **M & W:** 4:15–4:55 pm
- **M & W:** 5:05–5:45 pm
- **T & Th:** 5:00–5:40 pm
- **T & Th:** 5:50–6:30 pm
- **Sa:** 10:20–11:00 am
- **Sa:** 11:10–11:50 am

### 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:** 4:15–4:55 pm
- **M & W:** 5:05–5:45 pm
- **T & Th:** 5:00–5:40 pm
- **T & Th:** 5:50–6:30 pm
- **Sa:** 10:20–11:00 am
- **Sa:** 11:10–11:50 am

### PRIVATE LESSONS
**AGES 3+**
- We offer private lessons to anyone who needs a little extra attention in the water. Thirty-minute lessons are offered in 4, 6 or 8-class packages.
- Year Round. Please email Aquatics Director Sam Hughes at shughes@ymcavbr.org for availability.
- **M:** 4 Lessons: $80 / NM: $120
- **M:** 6 Lessons $120 / NM: $180
- **M:** 8 Lessons $160 / NM: $240

### SEMI-PRIVATE LESSONS
**AGES 3+**
- We offer semi-private lessons to anyone who needs a little extra attention in the water. Thirty-minute lessons are offered in 4, 6 or 8-class packages.
- Year Round. Please email Aquatics Director Sam Hughes at shughes@ymcavbr.org for availability.
- **M:** 4 Lessons: $60 / NM: $88
- **M:** 6 Lessons $90 / NM: $132
- **M:** 8 Lessons $120 / NM: $176

*Please arrive to the first lessons 15 minutes early for a brief orientation of the YMCA swim program*
**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.

Dec 13 F 6:00-9:00 pm M: $10 / NM: $13
Jan 17 F 6:00-9:00 pm FREE – MEMBERS ONLY
Feb 21 F 6:00-9:00 pm M: $10 / NM: $13

**Y PASS – AFTER SCHOOL CARE**

Middle School

Andrew Lewis Middle Schoolers think Y Pass is fun, and parents know the Y offers a safe place to socialize, get tutoring help, be active and participate in group activities. The bus transports students from Andrew Lewis Middle School to the Salem Family YMCA.

Sep-Jun M-F 3:30-6:00 pm M: $200 yearly fee*
*Proration applied for late registration

**SPORTS**

**WINTER BASKETBALL**

Ages 3 – 7

Young players are introduced to basketball through drills, games and active play. This program provides a safe place for players to enhance motor skills, strengthen listening skills and build confidence. Each 40-45 minute session is led by a volunteer coach. Times may vary based on sign-up.

**AGES 3 – 4**

Jan 4 – Feb 22 Sa 9:00 am – 10:00 am M: $75 / NM: $95

**AGES 5 – 7**

Jan 4 – Feb 22 Sa 10:00 am – 11:00 am M: $75 / NM: $95

**PRIVATE & SEMI-PRIVATE BASKETBALL SKILLS TRAINING**

Private and semi-private training to help young student athletes (ages 11-18) take their basketball skills to the next level. While playing team sports is beneficial to young players’ growth, individual coaching can yield high-level results and technical improvement that playing/practicing on a team cannot. In our private training program, emphasis will be placed on developing core fundamental skills and building on those to develop a more advanced skill set. Please contact Samuel St Fleur at sstfleur@ymcavbr.org or dtaylor@ymcavbr.org.

**Year Round, Times, Dates and Prices Vary**

**MARTIAL ARTS**

Ages 10+

Learn self-defense that utilizes physical skill & coordination without weapons. This class also encourages mental and spiritual development! Young members will need to be able to focus and follow direction.

**Year Round**

M & Th 7:00-9:00 pm

M: $45 per month / NM: $65 per month

**CHRISTMAS EXTRAVAGANZA & SWIMMING WITH SANTA**

Your child will enjoy making and taking home gifts that they will wrap and give their loves ones for a holiday gift. Children will meet Santa, receive a personal gift from him and then enjoy Santa swimming time! We will also take time for eating some treats during our hard work.

Dec 7 S 9:00-12:00 pm M: $30 / NM: $40

**MOMMY & ME YOGA**

Ages 2 – 5

Introduce a healthy lifestyle while strengthening the physical and emotional bond between you and your child. This class will help you and your child develop the basics of yoga through fun poses and songs while creating new friendships along the way.

Jan 4 – Jan 25 Sa 10:30-11:30 am M: $30 / NM: $40

**CREATIVE COOKING**

Ages 5 – 12

Add 2 cups of fun with 1 cup of laughter, mix in a handful of friends, and you get a four-week cooking class! Creative Cooking explores essential cooking skills, healthy choices and inspires creativity and collaboration through mouth-watering masterpieces!

Jan 6 – Jan 27 M 5:30-7:00 pm M: $35 / NM: $43
Mar 2 – Mar 23 M 5:30-7:00 pm M: $35 / NM: $43

**PAINT NIGHT**

Ages 7+

Come paint a “masterpiece”! We will instruct you in creating beautiful artwork to fill your walls with. Meet new friends and just have a wonderful time! We will serve a small snack. Bring a closed water bottle to have on hand to drink.

Feb 5 W 6:00-8:00 pm M: $25 / NM: $30
DANCE

Visit ymcavbr.org and search for Dance for class descriptions.

PREBALLETT
AGES 3-4
Jan 9 – May 12
Th 5:15-5:45 pm
M: $100 / NM: $125

PRESchool BALLET AND TAP
AGES 3-4
Jan 7 – May 10
T 5:30-6:15 pm
M: $110 / NM: $140

BEGINnER BALLET, TAP & JAZZ
AGES 5-7
Jan 6- May 12
Th 6:30-7:30 pm
M: $145 / NM: $180

INTERMEDIATE I BALLET, TAP & JAZZ
AGES 7-10
Jan 7 – May 10
T 6:15-7:15 pm
M: $145 / NM: $180

BEGINnER BALLET & TAP I/II
AGES 5-7
Jan 9 – May 12
Th 5:45-6:30 pm
M: $110 / NM: $140

BEGINGER HIP HOP
AGES 6-10
Jan 9 – May 12
Th 7:30-8:15 pm
M: $110 / NM: $140

INTERMEDIATE HIP HOP
AGES 11-19
Jan 7 – May 10
T 7:15-8:00 pm
M: $110 / NM: $140

Recital following the end of classes

AQUATICS

SESSIONS DATES PRICES
Winter I Jan 6 – Feb 1
Weekdays: M: $42 / NM: $58
T, Th or Sat only: M: $21 / NM: $29

Winter II Feb 3 – Feb 29
Weekdays: M: $42 / NM: $58
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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 an 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 skills 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
Sa 10:40-11:20 am
Sa 11:30 am-12:10 pm

PRIVATE LESSONS
AGES 3+
We offer private lessons to anyone who needs a little extra attention in the water. Thirty-minute lessons are offered in 4, 6 or 8-class packages.

Year Round. Please email Aquatics Director Daniel Smith at dsmith@ymcavbr.org for availability.

M: 4 Lessons: $80 / NM: $120
M: 6 Lessons $120 / NM: $180
M: 8 Lessons $160 / NM: $240

SEMI-PRIVATE LESSONS
AGES 3+
We offer semi-private lessons to anyone who needs a little extra attention in the water. Thirty-minute lessons are offered in 4, 6 or 8-class packages. Pricing below is for two individuals.

Year Round. Please email Aquatics Director Daniel Smith at dsmith@ymcavbr.org for availability.

M: 4 Lessons: $120 / NM: $176
M: 6 Lessons $180 / NM: $264
M: 8 Lessons $240 / NM: $352
**KIDS’ NIGHT OUT**
AGES 6 WEEKS-10
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.

Dec 13
F 5:30-9:00 pm  M: $12 / NM: $15
Jan 10
F 5:30-9:00 pm  Members Only: Free
Feb 14
F 5:30-9:00 pm  M: $12 / NM: $15

**CHRISTMAS ORNAMENT MAKING CLASS**
Join us for a night of fun, creating Christmas ornaments from recycled light bulbs! This event includes a snack station that event Santa would love!

Dec 7
S 6:00-8:00 pm  M: $10 / NM: $12

**SWEET HEARTS DANCE**
Join us for our first annual Sweet Hearts Dance! This evening full of games, prizes, crafts, snacks, photos and dancing is a great way for kids to celebrate Valentine’s Day with a family member! Price includes 2 tickets to the event.

Feb 15
S 6:00-8:30 pm  M: $30 / NM: $35

**MIDDLE SCHOOL Y PASS**
MIDDLE SCHOOL
During the school year, bus transportation is provided from Central Academy Middle School and Read Mountain Middle School to the Botetourt Family YMCA for middle school aged children. Our Activity Center offers a safe place to socialize, get tutoring help, be active and participate in group activities.

August- May M-F 3:00-6:00pm  M: $60/mo / NM: $70/mo

**DANCE**

**BEGINNER CLOGGING**
AGES 6-8
Jan 6 - May 9
Sa 11:30am-12:15pm  M: $110 / NM: $140

**BEGINNER HIP HOP DANCE**
AGES 6-10
Jan 6 - May 9
M 6:45-7:30pm  M: $110 / NM: $145

**PRESCHOOL BALLET**
AGES 3-4
Jan 6 - May 9
M 5:15-5:45pm  M: $100 / NM: $125

**PRESCHOOL COMBO (BALLET AND TAP)**
AGES 3-4
Jan 6 - May 8
W 5:45-6:30pm  M: $110 / NM: $140
Jan 6 - May 8
Sa 10:00-10:45am  M: $110 / NM: $140

**BEGINNER COMBO I/II (BALLET AND TAP)**
AGES 5-8
Jan 6 - May 9
Sa 10:45-11:30am  M: $110 / NM: $140

**BEGINNER SUPER COMBO (BALLET, TAP, JAZZ)**
AGES 5-8
Jan 6 - May 9
M 5:45-6:45pm  M: $145 / NM: $180
Jan 6 - May 9
Sa 9:00-10:00am  M: $145 / NM: $180

**INTERMEDIATE SUPER COMBO (BALLET, TAP, JAZZ)**
AGES 6-10
Jan 6 - May 9
W 6:30-7:30pm  M: $145 / NM: $180

**INTERMEDIATE HIP HOP DANCE**
AGES 9-11
Jan 6 - May 9
W 7:30-8:15pm  M: $110 / NM: $140
PRESCHOOL BASKETBALL  AGES 3-4
The Y introduces young basketball players to the fundamentals of the game in our leagues. Y staff and volunteers work with children as they learn sportsmanship and skills through practice and games in a fun, positive environment. Practices and games are 50-60 minutes and game time is determined by team color.

Jan 11 - Feb 28  Sa  9:30-11:00am  M: $75/ NM: $95

YOUTH BASKETBALL  KINDERGARTEN-1ST GRADE
The Y introduces young basketball players to the fundamentals of the game in our leagues. Y staff and volunteers work with children as they learn sportsmanship and skills through practice and games in a fun, positive environment. Practices and games are 50-60 minutes and game time is determined by team color.

Jan 11 - Feb 28  Sa  9:30-11:00am  M: $75/ NM: $95

SWIM LESSONS
SESSIONS    DATES    PRICES
Winter I  Jan 6 - Feb 1  Weekdays: M: $42 / NM: $58
                      T, Th or Sat only: M: $21 / NM: $29
Winter II  Feb 3 - Feb 29  Weekdays: M: $42 / NM: $58
                      T, Th or Sat only: M: $21 / NM: $29

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 an 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!

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

Preschool Swim Basics Only:
T  10:40-11:20 am
Th  10:40-11:20 am

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 OR 5:10-5:50 pm
T & Th  4:20-5:00 pm OR 5:10-5:50 pm
Sa  10:40-11:20am OR 11:30-12:10 pm
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
ADULTS
- Participate in a group exercise class
- Get fit in a water aerobics class
- Lap swim with an early risers or masters group
- Work with a personal trainer
- Workout in the Wellness Center
- Challenge yourself in a boot camp
- Become a Y volunteer
- Enjoy quality time with other members in the coffee corner
- Meet new members playing recreational sports – basketball, racquetball, pickleball
- Attend a cooking class

ACTIVE SENIORS
- Gain strength in Forever Fit
- Participate in a group exercise class
- Participate in water exercise classes or swim during lap swim
- Workout in the Wellness Center
- Work with a personal trainer
- Volunteer your time in a Y program
- Enjoy quality time with other members in the coffee corner
- Meet new members playing recreational sports – basketball, racquetball, pickleball
- Attend AOA luncheons
- Learn new skills in a cooking class

FAMILIES
- Enjoy a night out while the kids have fun at a Kids’ Night Out event
- Workout with your spouse while the kids are supervised in Stay & Play
- Explore Y Town
- Play together in the Y Arcade/Clubhouse
- Enjoy the family pool together
- Play a game of basketball
- Volunteer for your child’s youth sports program
- Attend one of our many family-friendly events

www.ymcavbr.org

The Y’s cause-driven focus on health and well-being helps our members find balance in life. We offer a wide variety of fitness, sports and educational programs and classes, convenient locations and a caring staff to help members of all ages find their perfect fit.

KIRK FAMILY YMCA
ROCKBRIDGE AREA YMCA

SALEM FAMILY YMCA
YMCA EXPRESS AT GAINESBORO

BOTETOURT FAMILY YMCA
MEMBER BENEFITS

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 8:00am-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.
Teens & Family Hours M: FREE
KFY
Ages 18+ Ages 6–12 must be accompanied by a parent/guardian
Dec-Feb Sa 8:15 am-2:00 pm
Dec-Feb 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. This teaches 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
ALL AGES
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