

# ROCKBRIDGE AREA YMCA YOUTH PROGRAMS

## SOCCER

AGES 3-4 & 5-6

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!

Apr 4 - May 23 Sa 9:00-10:00 am Ages 3-4  
Apr 4 - May 23 Sa 10:00-11:00 am Ages 5-6

M: \$65\* | NM: \$75\*

\* **Early Bird Savings:** Register up to 3 weeks prior to program start date to save \$10

\* **Late Registration:** Registrations received one-week prior to program start date will be an additional \$10

## T-BALL

AGES 3-4 & 5-6

Expose your kids to loads of fun as they learn sportsmanship and teamwork while building baseball skills such as hitting, throwing, and catching. Have your child join us in learning America's favorite game! Team t-shirt included.

Jun 6 - Aug 1 Sa 9:00-10:00 am Ages 3-4  
Jun 6 - Aug 1 Sa 10:00-11:00 am Ages 5-6

M: \$65\* | NM: \$75\*

\* **Early Bird Savings:** Register up to 3 weeks prior to program start date to save \$10

\* **Late Registration:** Registrations received one-week prior to program start date will be an additional \$10

## KIDS' NIGHT OUT

AGES 4-10

Drop off the kids to enjoy an evening of games, crafts, and activities at the Y while you enjoy a night out! Please provide your child with a packed dinner.

Mar 20 F 5:30-9:00 pm  
Under the Rainbow

Apr 10 F 5:30-9:00 pm  
Spring Fling

May 8 F 5:30-9:00 pm  
Disco Night

M: \$12 | NM: \$15

## BEGINNER GYMNASTICS

AGES 4-12

This class will provide a safe, fun, and encouraging environment for kids to learn gymnastics, build confidence, and make new friends. Includes stretching, fundamentals, and basic floor work.

Jan 13-May 11 M 4:00-4:45 pm

M: \$30 registration fee

\$128 one-time fee \$32 monthly draft

NM: \$30 registration fee

\$168 one-time fee \$42 monthly draft

## ADVANCED GYMNASTICS

AGES

4-12

This class will provide a safe, fun, and encouraging environment for kids to learn gymnastics, build confidence, and make new friends. Includes stretching, fundamentals, floor and beam work.

Jan 13-May 11 M 4:45-5:30 pm

M: \$30 registration fee

\$128 one-time fee \$32 monthly draft

NM: \$30 registration fee

\$168 one-time fee \$42 monthly draft

## FAMILY FITNESS

AGES 4-12

Enjoy our 8-week session of fitness with the family! Parents and children, ages 4-12, will learn stretching, conditioning, yoga and more! Member rate includes Individual Membership and includes up to 2 parents and all children within the age range.

Mar 5 - Apr 23 Th 4:00-4:45 pm

M: \$50 | NM: \$60

## MOMMY & ME TEA PARTY

Dress up in your finest attire as we celebrate mommy-hood with a tea party, photo shoot, activities, and more!

Saturday, May 2 10:00 - 11:30 am

Register by Apr 29

M: \$3 | NM: \$8

After April 29

M: \$5 | NM: \$10



## BEST SUMMER EVER

Rockbridge Area YMCA Summer Camp

Ages 5 - 12

Camp held at Central Elementary School

Weekdays 7:30 am - 5:30 pm

Summer campers will have the opportunity to explore nature, find new talents, try new activities, gain independence, and make lasting friendships and memories. Most importantly, campers attending Y Summer Camp will have the BEST SUMMER EVER!

May 26-29	Our Great Outdoors
June 1-5	Jurassic Camp
June 8-12	Sports
June 15-19	Creature Feature
June 22-26	Barnyard Palooza
June 29-July 3	On the Move
July 6-10	Mountains to Sea
July 13-17	Out of this World
July 20-24	Olympics



**EARLY BIRD SAVINGS!**

Register by April 30 to save \$10 per week of camp.

**REGISTRATION OPENS FEB 1**

**BEFORE APRIL 30**

Members: \$110/week

Non-members \$135/week

**AFTER APRIL 30**

Members: \$120/week

Non-members: 145/week