

# SALEM FAMILY YMCA



## MEMBER BENEFITS

### 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
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### 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
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## WELLNESS

### 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	
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### 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	
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## 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

## ENRICHMENT

### 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](http://www.ymcavbr.org)

### MAGICAL MUSIC MAKERS

AGES 3-5

Come join our band! Your preschooler will enjoy learning about a new instrument each week through songs, dance and stories. We will have fun making a drum, maracas, guitar and other instruments. We will parade around the Y on our last day of class to show off our new instruments.

Feb 24-Mar 30	M	9:50-10:50 am
M: \$25 or \$40 per family/ NM: \$35 or \$50 per family		

### 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
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# SALEM FAMILY YMCA

## SPORTS

### 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.**

## SPRING VOLLEYBALL

**Saturdays, March 21- May 9  
10:30am-12:00pm**

Bump, set and spike your way to fun in our advanced volleyball program for youth ages 7-12! Your child will learn the fundamental skills required in this fun sport which was invented in a YMCA!

**M: \$75/ NM: \$95**

## AQUATICS

SESSIONS	DATES	REG BY	PRICES
Spring I	Mar 2-28	Mar 2	Weekdays: M: \$42 / NM: \$58 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

### 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

## 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**



### 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

### 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



# BEST SUMMER EVER™

**EARLY BIRD  
PRICING  
ENDS  
APRIL 30**

**SAVE \$10 PER WEEK!**

## 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

**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](http://www.ymcavbr.org/camp) for all the details!**

Camp dates are based on public school calendars and are subject to change.