



ROCKBRIDGE AREA YMCA

HELLO SUMMER

**SUMMER PROGRAM GUIDE
JUNE-AUGUST 2026**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



YOUTH AND FAMILY



KIDS' NIGHT OUT **AGES 3 MONTHS - 12 YEARS**

Drop your little one off for an evening of group games, craft activities and lots of fun! Must cancel 48 hours before program for refund.

June 26	Friday	5:30-9:00 pm	M:\$16/NM:\$21
July 24	Friday	5:30-9:00 pm	M:\$16/NM:\$21
Aug 28	Friday	5:30-9:00 pm	M:\$16/NM:\$21

WELLNESS

FIT START

Fit Start is a free series of three one-on-one sessions with our Wellness Staff to familiarize you with our cardio and strength equipment. Participants will also learn more about our Group Exercise Classes and Wellness Programs. The goal is to help our members safely start their fitness journey!

Appointment Times Vary **Free**

TEEN STRENGTH ORIENTATION **AGES 12-13**

Get your child ages 12-13 familiar with how to safely use our strength equipment for a lifetime of fitness! Parents/Guardian must sign waiver during/after orientation session.

Appointment Times Vary **Free!**

YOUTH CARDIO ORIENTATION **AGES 9-11**

Your child ages 9 to 11 can use our cardio equipment, with Mom or Dad by their side! Sign up for an appointment with a Wellness Coach so they can safely learn their way around our cardio equipment. Parent/Guardian must be present during Youth Cardio session and during workouts.

Appointment Times Vary **Free!**

PERSONAL TRAINING

At the Y, our nationally certified personal trainers can assist you in reaching your fitness and weight loss goals. Break out of a fitness plateau and learn fun, challenging exercises suited to your fitness level, individual needs, health status, and limitations.

Price and dates vary, please visit Welcome Desk



EARLY LEARNING CENTER NOW ENROLLING





EXERCISE ANYTIME

ONLY \$5.00 PER MONTH, PER ADULT!

24-HOUR ACCESS



REGISTRATION OPEN:
SUMMER CAMP



NOW ENROLLING
Y AFTER SCHOOL