

WELLNESS



VIRTUAL AT THE Y

LES MILLS™ Virtual is next generation, cinematic fitness that will provide you with fantastic new opportunities to be motivated, entertained, and immersed in your favorite programs in our Y Wellness Studios!

SPRING FORWARD BOOT CAMP **AGES 12+**

Join us as we get ready for summer in our Spring Forward Boot Camp with certified personal trainers to keep you motivated. Meets twice a week on Mondays and Wednesdays.

Feb 22-Mar 31 M & W 6:00pm-7:00 pm

Members: \$45/Non-Members: \$65

TEEN STRENGTH & CONDITIONING **AGES 13-18**

Join our certified personal trainer for weekly strength and conditioning- stay in shape while you stay at home!

Mar 13-Apr 17 S 10:30-11:30 am

Members: \$25/Non-Members: \$45



HELPING YOU LIVE BETTER

WORKOUT SQUADS

Workout squads are groups of people who exercise together, motivate each other, and make working out fun. Reserve a private studio space with your Workout Squad and set your #SquadGoals.

Grab your friends. Pick a time. Choose your class.

- Members can reserve studio space for free for 2-8 people.
- Non-members welcome! Members can bring a guest using one of their guest passes or guests can pay the daily guest fee.
- Select from one of our many LesMills Virtual classes. Our workout squad studios are equipped with large projection screens that will stream classes taught by top instructors from around the world.

Y AT HOME

Y at Home is a virtual wellness initiative developed by the YMCA of Virginia's Blue Ridge. Our library of online videos and wellness-related content is created by our knowledgeable Y team members and is updated frequently.

We are excited to offer this as an added member benefit for active members of the YMCA of Virginia's Blue Ridge. Access Y at Home at www.ymcavbr.org/y-at-home.



IT'S YOUR TIME TO THRIVE

ROCKBRIDGE AREA YMCA SPRING PROGRAM GUIDE | MARCH-MAY 2021



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER CAMP

WHERE IN THE WORLD?

2021 Summer Camp

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

CAMP ROCKBRIDGE

Waddell Elementary School

June 7th- July 30th
7:30am-5:30pm
K-12 years old

Members: \$150 per week
Non-Members: \$175 per week



KIDS' NIGHT OUT



KIDS' NIGHT OUT

AGES 4-10

Parents- take a night for yourself and let us handle your little ones! Kids' Night Out is full of activities, crafts and enrichment from 5:30-9:00pm!

March 12: Around The World!
March 26th: Under the Rainbow
April 9th: Hoppy Easter!
April 23rd: April Showers
May 7th: Dinosaur Adventure
May 21: Red Carpet Dress Up!

Members: \$12/ Non-Members: \$15

CHILDCARE AND DEVELOPMENT



Y ENRICHMENT CENTERS AND Y AFTER SCHOOL

Our Y Enrichment Centers provide families childcare options with a focus around virtual learning support, enrichment, and physical activity. We also offer our Y After School Program for children who need a fun, safe place to go after school! We are committed to providing children with a fun and engaging place to learn and our parents an environment where their children are being well cared for remains the same.

SPRING BREAK CAMP

at Grace Episcopal Church

Join us during Spring Break for a sampling of what we have planned for Y Summer Camp. We'll test out a different theme each day! Spring Break Camp is for kids ages 5-12.

April 5th-9th M-F 7:30am-5:30 pm

Members/Non-Members: \$35 per day

ROCKBRIDGE YMCA PRESCHOOL

The Rockbridge YMCA Preschool program provides a safe and welcoming environment for children ages 3 - 5 years old. Each day children will focus on developing essential physical, cognitive, social, and emotional skills through creative play and hands-on experiences.

7:30 am- 5:30 pm \$10 per week

Please contact Childcare Director, Annie LePere
at alepere@ymcavbr.org for more information