



BOTETOURT FAMILY YMCA

READY, SET, SPRING



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

SPRING PROGRAM GUIDE MARCH–MAY 2026

YOUTH PROGRAMS



SPRING 2026

KIDS' NIGHT OUT

AGES 6 WEEKS- 12 YEARS

Parents! Drop off your kids and enjoy the evening to yourselves! Your kids will enjoy an evening here at the Y playing a fun themed game, create a craft, and kids ages 4 years and up will even get to swim in the pool!

Feb 6	Fri	5:30-9:00 pm	M: \$16/NM: \$21
Feb 20	Fri	5:30-9:00 pm	M: \$16/NM: \$21
March 13	Fri	5:30-9:00 pm	M: \$16/NM: \$21
March 27	Fri	5:30-9:00 pm	M: \$16/NM: \$21
April 17	Fri	5:30-9:00 pm	M: \$16/NM: \$21
May 15	Fri	5:30-9:00 pm	M: \$16/NM: \$21
May 29	Fri	5:30-9:00 pm	M: \$16/NM: \$21
June 12	Fri	5:30-9:00 pm	M: \$16/NM: \$21
June 26	Fri	5:30-9:00 pm	M: \$16/NM: \$21
July 10	Fri	5:30-9:00 pm	M: \$16/NM: \$21
July 10	Fri	5:30-9:00 pm	M: \$16/NM: \$21
July 24	Fri	5:30-9:00 pm	M: \$16/NM: \$21
Aug 7	Fri	5:30-9:00 pm	M: \$16/NM: \$21
Aug 21	Fri	5:30-9:00 pm	M: \$16/NM: \$21

KIDS' DAY OUT

6 WEEKS- 12 YEARS

Parents! Drop off your kids and enjoy an afternoon to yourselves! Your kids will enjoy an afternoon here at the Y playing a fun themed game, create a craft, and kids ages 4 years and up will even get to swim in the pool!

Feb 14	Sat	1:30-5:00 pm	M: \$16/NM: \$21
April 11	Sat	1:30-5:00 pm	M: \$16/NM: \$21
April 26	Sun	1:30-5:00 pm	M: \$16/NM: \$21
June 14	Sun	1:30-5:00 pm	M: \$16/NM: \$21
July 12	Sun	1:30-5:00 pm	M: \$16/NM: \$21

TOT TIME

AGES 1.5- 4 YEARS

Come join us for 4-week program that is an hour of toddler and me time! Youth development staff will lead you and your toddler in songs and dance, light tumbling time and a fun-filled sensory activity. This is a great opportunity to meet other parents and caregivings in our area in a fun environment.

Feb 2-23	Mon	9:00-10:00 am	M: \$55/NM: \$70
Mar 2-30	Mon	9:00-10:00 am	M: \$55/NM: \$70
April 6-27	Mon	9:00-10:00 am	M: \$55/NM: \$70
May 4-25	Mon	9:00-10:00 am	M: \$55/NM: \$70
June 8-29	Mon	9:00-10:00 am	M: \$55/NM: \$70
July 6-27	Mon	9:00-10:00 am	M: \$55/NM: \$70
Aug 3-24	Mon	9:00-10:00 am	M: \$55/NM: \$70

SUMMER SPORTS SAMPLER

The Y's Sport sampler four-week session will allow your child to explore a range of sports in a supportive environment, led by skilled Y coaches and assisted by parent volunteers. Sports will include basketball, soccer, t-ball, and an introduction to the swim team.

August 8-29 Saturday 9:30-10:30 am
M: \$50/NM: \$65

NINJA WARRIOR

AGES 3-11

This is a fun filled, action-packed class that focuses on functional movements for kids that will be fun and challenging for each child's ability level. Your child will learn the fundamentals to navigate through obstacles while building muscle, grip strength & coordination. Register by the Thursday prior.

AGES 3-5

Mar 12-Apr 16	Thu	5:00-6:00 pm	M: \$60/ NM: \$75
Apr 30-June 4	Thu	5:00-6:00 pm	M: \$60/ NM: \$75
June 11-July 16	Thu	5:00-6:00 pm	M: \$60/ NM: \$75
July 23-Aug 27	Thu	5:00-6:00 pm	M: \$60/ NM: \$75
Sept 3-Oct 8	Thu	5:00-6:00 pm	M: \$60/ NM: \$75

AGES 6-11

Mar 12-Apr 16	Thu	6:15-7:15 pm	M: \$60/ NM: \$75
Apr 30-June 4	Thu	6:15-7:15 pm	M: \$60/ NM: \$75
June 11-July 16	Thu	6:15-7:15 pm	M: \$60/ NM: \$75
July 23-Aug 27	Thu	6:15-7:15 pm	M: \$60/ NM: \$75
Sept 3-Oct 8	Thu	6:15-7:15 pm	M: \$60/ NM: \$75

YPASS MIDDLE SCHOOL PROGRAM

AGES 10-15

Serving students from Central Academy Middle School and Read Mountain Middle School

School Year Mon- Fri 3:00-6:00 pm M: \$40 per month

SPRING BREAK CAMP



YOUTH PROGRAMS



SPRING 2026

DANCE SUMMER SAMPLERS

Summer Dance Samplers give dancers a fun introduction to multiple styles including Ballet, Tap, Jazz, Contemporary, Lyrical, and Hip Hop. Younger dancers build coordination and flexibility through basic movements, while older dancers learn rhythm, choreography, and creative expression. All classes focus on confidence, creativity, motor skills, and having fun through movement.

Ages 3-5

July 13 - August 3 Monday 5:30-6:15 pm

Ages 6-12

July 13 - August 3 Monday 6:15-7:00 pm

July 13 - August 3 Tuesday 7:00-7:45 pm

M: \$53/NM: \$63

Y CHEER

AGES 3-11

Sideline programs focuses on the characteristics of good sportsmanship and developing the skills of jumps motion flexibility and development of sideline cheers and chants. Dance Route & Showcase seasons focus on learning a full routine to perform at a recital-style event. Uniforms are required and can be used in future cheer programs

AGES 3-4

Mar 30-May 18 Mon 5:30-6:15 pm M: \$80/ NM: \$100

AGES 5-7

Mar 30-May 18 Mon 6:15-7:00 pm M: \$80/ NM: \$100

AGES 8-11

Mar 30-May 18 Mon 7:00-8:00 pm M: \$100/ NM: \$125

T BALL

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 season's first two weeks will consist of skills training and scrimmages. Games will be added in the last six weeks of the season. Players will practice and then play a short game within their 60-minute session led by a Y coaches, parent volunteer coach. <https://augustasportswear.tuosystems.com/stores/ymca-of-virginias-blue-ridge> Location: Cloverdale Fields

AGES 3-4

May 9-June 27 Sat 10:00-11:00 am M: \$80/ NM: \$100

AGES 5-7

May 9-June 27 Sat 9:00-10:00 am M: \$80/ NM: \$100

AGES 3-5

May 12-June 30 Tue 5:00-7:00 pm M: \$80/ NM: \$100

SPRING INDOOR SOCCER

AGES 3-7

Players are introduced to Indoor Soccer through drills, games, and active play. This program provides a safe place for players to enhance their motor skills, strengthen their listening skills and build their confidence as they learn the fundamentals of the game.

AGES 3-4

Feb 28-April 25 Sat 10:00-11:00 am M: \$80/ NM: \$100

AGES 3-5

Mar 3-April 28 Tue 6:00-7:00 pm M: \$80/ NM: \$100

AGES 5-7

Feb 28-April 25 Sat 9:00-10:00 am M: \$80/ NM: \$100



EARLY
LEARNING CENTER
NOW ENROLLING

WELLNESS



SPRING 2026

FIT START

Fit Start is a FREE series of three sessions with our Wellness Staff to familiarize you with our cardio and strength equipment. You'll also learn more about our Group Exercise Classes and Wellness Programs. Get fun Y swag after each session!

FREE FOR MEMBERS

YOUTH CARDIO ORIENTATION

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 with youth ages 9-11.

FREE TO MEMBERS

TEEN STRENGTH ORIENTATION

Get your child ages 12-13 familiar with how to safely use our strength equipment for a lifetime of fitness.

FREE TO MEMBERS

BARBELL CLUB

Incorporates exercises utilizing basic barbell fundamentals (squats, bench press, dead lifts, rows, etc) Learn proper technique for safe lifting & gain strength! 2 or 3 days per week options. Monthly registrations required.

Feb 2- 27	MW	10:00-11:00 am	M:\$45/NM:\$65
Feb 2- 27	MWF	10:00-11:00 am	M:\$64/NM:\$85
Mar 2- 30	MW	10:00-11:00 am	M:\$45/NM:\$65
Mar 2- 30	MWF	10:00-11:00 am	M:\$64/NM:\$85
Apr 1- 29	MW	10:00-11:00 am	M:\$45/NM:\$65
Apr 1- 29	MWF	10:00-11:00 am	M:\$64/NM:\$85
May 1- 29	MW	10:00-11:00 am	M:\$45/NM:\$65
May 1- 29	MWF	10:00-11:00 am	M:\$64/NM:\$85

BOOT CAMPS

Get ready to sweat, move, and feel stronger in our indoor Bootcamp! This high-energy class combines strength training, cardio bursts, and functional movements in a fun, supportive group setting. Expect motivating music, guided coaching, and workouts that challenge your whole body—no matter your fitness level. Come ready to work hard, encourage each other, and leave feeling accomplished.

Feb 2- 27	MW	9:00-10:00 am	M:\$45/NM:\$65
Feb 2- 27	MWF	9:00-10:00 am	M:\$65/NM:\$85
Mar 2- 30	MW	9:00-10:00 am	M:\$45/NM:\$65
Mar 2- 30	MWF	9:00-10:00 am	M:\$65/NM:\$85
Apr 6- 29	MW	9:00-10:00 am	M:\$45/NM:\$65
Apr 6- 29	MWF	9:00-10:00 am	M:\$65/NM:\$85
May 4- 28	MW	9:00-10:00 am	M:\$45/NM:\$65
May 4- 28	MWF	9:00-10:00 am	M:\$65/NM:\$85

AGES 14+

RUNNER'S STRENGTH & MOBILITY

Strength & mobility are important for runners to help reduce injury, improve running efficiency, speed and power. Also helps to maintain good running form and reduce long run recovery time. Sign up today to be the best runner you can be! New to running? We welcome all levels of runners!

Mar 1- 31	Mon	5:45-6:30 pm	
	Wed	5:00-5:45 pm	M:\$45/NM:\$65
Apr 1- 30	Mon	5:45-6:30 pm	
	Wed	5:00-5:45 pm	M:\$45/NM:\$65
May 1- 31	Mon	5:45-6:30 pm	
	Wed	5:00-5:45 pm	M:\$45/NM:\$65

AGES 13+

SPRING RUN CLUB

Join our running coach Rachel for Spring Run Club! Build confidence and improve your form with focused sessions on speed work, endurance training, interval pacing, and running mechanics. All levels welcome!

Mar 1- 31	T/TH	5:30-6:30 pm	M:\$45/NM:\$65
Apr 1- 30	T/TH	5:30-6:30 pm	M:\$45/NM:\$65
May 1- 31	T/TH	5:30-6:30 pm	M:\$45/NM:\$65

AGES 13+



MEMBERSHIP

AOA LUNCHEON

Enjoy a fun, friendly meal with your friends while experiencing enriching games and activities or a special presentation from local community partners!

March 17	Tue	11:30am-1:30 pm	M: \$10/ NM: \$12
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AGES 55+

AQUATICS

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SPRING 2026

RIPTIDES SWIM TEAM



DIVE FOR GOLD

AGES 5-12

Join us March 21st from 5-8pm for a fun St. Patrick's Day themed Kids Night Out event! Kids will be able to dive for gold coins hidden all over the pool and can trade that money in for prizes! We will also be making themed crafts and watching a fun St. Patrick's Day movie. Dinner will be provided as well as a fun scavenger hunt around the facility for the Leprechaun! Registration fees for the event is \$30 for members and \$50 for non members. Ages 5-12 welcome to register. We cannot wait to see you there!

Mar 21 Sat 5:00-8:00 pm M: \$30/NM: \$50

SHAMROCK SWIM

AGES 10+

Challenge yourself to swim 17 miles this March. There are three different levels at which you can participate: Bronze, Silver, and Gold. Bronze: swim three times a week all month. Silver: swim three miles a week. Gold: complete the 17! Participants who complete the challenge will receive a prize!

Mar 1-31 Varies Varies M: \$10

SPRING FLOWERS SWIM

AGES 10+

Spring into the pool and challenge yourself to complete this challenge. Over the course of April swim a dozen (12) miles or more. There are three different levels at which to participate: Bronze, Silver, and Gold. Bronze: swim 300 yards three times a week. Silver: swim three miles a week. Gold: get to 12 miles as quick as you can! Those who complete the challenge will receive a prize.

Apr 1-30 Varies Varies M: \$10

SUMMER COUNTDOWN SWIM

AGES 10+

Are you ready for summer? Countdown the days till summer begins! Swim 26 miles over the course of the month to help countdown to the start of Summer! There are three different levels: Bronze, Silver, and Gold. Bronze: swim 2600 meters. Silver: record 26 swims over the course of the month. Gold: swim 26 miles! Swimmers that complete the challenge will receive a prize!

May 1-31 Varies Varies M: \$10

AMERICAN RED CROSS CPR/FIRST AID

AGES 13+

American Red Cross CPR/First Aid certification class that will include a two year certification in CPR/AED for the professional rescuer with first aid. This is perfect for anyone looking to start babysitting as well as teachers that need to renew their certifications!

Feb 2 Tues 6:00pm-9:00 pm M: \$75/ NM: \$100
Apr 11 Tues 6:00pm-9:00 pm M: \$75/ NM: \$100

AMERICAN RED CROSS LIFEGUARD CLASS

AGES 15+

American Red Cross lifeguard certification class that will include a two year certification in CPR/AED for the professional rescuer with first aid as well as a two year certification for lifeguarding.

Mar 24-26 T-TH 9:00am-5:00 pm M: \$270/ NM: \$285

Apr 17-19 Fri 4:30-9:00 pm
Sat/Sun 8:30am-5:30 pm M: \$270/ NM: \$285

AMERICAN RED CROSS LIFEGUARD RE-CERTIFICATION CLASS

AGES 15+

American Red Cross lifeguard RE-CERTIFICATION class that will include a two year certification in CPR/AED for the professional rescuer with first aid as well as a two year certification for lifeguarding. Class fees are NON-REFUNDABLE so please ensure that you can complete the pre-requisites.

Feb 21 Sat 8:00-5:30 pm M: \$130/ NM: \$150

RIPTIDES SWIM SCHOOL

