

BUILDING HEALTHIER COMMUNITIES



BOTETOURT FAMILY YMCA WINTER PROGRAM GUIDE

Dec 2020 - Feb 2021
Registration opens Nov. 1 | www.ymcavbr.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BOTETOURT FAMILY YMCA



YOUTH PROGRAMS

KIDS' NIGHT OUT

AGES 6 WEEKS- 12 YEARS OLD

Parents, drop off the kids and enjoy an evening to yourselves. Your kid(s) will have a chance to play special themed games and make a craft. Kids ages 4 years and up will even get some awesome pool time! Don't forget to pack a NUT-FREE dinner or snack to eat during this event.

Dec 11	F	5:30-9:00 pm	M: \$12 / NM: \$15
Jan 8	F	5:30-9:00 pm	M: \$12/ NM: \$15
Jan 22	F	5:30-9:00 pm	M: \$12/ NM: \$15
Feb 12	F	5:30-9:00 pm	M: \$12/ NM: \$15
Feb 26	F	5:30-9:00 pm	M: \$12/ NM: \$15

YOUTH DANCE

PRESCHOOL BALLET

AGES 3-4

Little ballerinas learn basic ballet skills, terminology, rhythm and coordination through creative movement and music in a supportive and fun environment. No dance experience required. Recital fee: \$25

Jan 11- May 14 W 5:00 - 5:45 pm M: \$140/NM: \$170

PRESCHOOL COMBO

AGES 3-4

Basic exercises and movements are taught to help develop coordination and flexibility. Preschoolers learn through skipping, hopping, galloping, ballet positions and beginning tap and jazz steps. Older students learn basic rhythm and tap choreography and the foundations of ballet. Recital fee: \$25

Jan 11-May 14	M	5:45-6:30 pm	M: \$155 / NM: \$190
Jan 11-May 14	W	5:00-5:45 pm	M: \$155 / NM: \$190
Jan 11-May 14	S	9:30-10:15 pm	M: \$155 / NM: \$190

BEGINNER HIP HOP

AGES 6-10

This upbeat class introduces young dancers to jazz and hip hop fundamentals and uses age-appropriate and non-suggestive music/movements. Take part in a high energy, fast and fun dance class. Little to no dance experience required. Recital fee: \$25

Jan 11-May 14 M 7:30-8:00 pm M: \$140/NM: \$170

BEGINNER SUPER COMBO

AGES 5-8

Students explore all three dance forms (Ballet, Tap, and Jazz) that enhance fine and gross motor skills, cultivate imagination, creativity and social development. Students will grow and develop as they develop dance techniques while having FUN. Previous dance experience recommended. Recital fee: \$25

Jan 11-May 14 M 6:30-7:30 pm M: \$185/NM: \$220

BEGINNER/INTERMEDIATE HIP HOP

AGES 6-10

This upbeat class introduces young dancers to jazz and hip hop fundamentals and uses age-appropriate and non-suggestive music/movements. Take part in a high energy, fast and fun dance class. Little to no dance experience required. Recital fee: \$25

Jan 11-May 14 W 7:30-8:00 pm M: \$140/ NM: \$170

INTERMEDIATE SUPER COMBO

AGES 6-9

Students explore all three dance forms (Ballet, Tap, and Jazz) that enhance fine and gross motor skills, cultivate imagination, creativity and social development. Students will grow and develop as they develop dance techniques while having FUN. Previous dance experience and teacher placement recommended. Recital fee: \$25

Jan 11-May 14 W 6:30-7:30 pm M: \$185/ NM: \$220

COMBO I/II

AGES 5-8

Combination of Ballet and Tap. Basic exercises and movements are taught to help develop coordination and flexibility. Students learn basic rhythm and tap choreography and the foundations of ballet..

Jan 11-May 14	W	5:45-6:30 pm	M: \$155 / NM: \$190
Jan 11-May 14	S	10:15-11:00 am	M: \$155 / NM: \$190



THE GREAT GREEN BREAKFAST

Saturday, December 19th

9:00am-1:00pm

M: \$20/ NM: \$25

Do you need a little extra time to finish up holiday shopping or gift wrapping? Drop your kids off to enjoy some holiday fun with a breakfast and swim with your favorite green guy! Afterwards we will be making a Christmas keepsake and your little one will get a photo with the green guy to take home!



BOTETOURT FAMILY YMCA



WINTER BREAK CAMP

Ages 5-12 years old

Join us during winter break for a fun packed time celebrating all things winter! Please pack a nut-free lunch and two snacks for your little ones.

December 21-23 7:00am-6:00pm
December 28-31 7:00am-6:00pm

Members: \$32 daily/Non-Members \$35 daily

WELLNESS

CHRISTMAS CRUNCH BOOT CAMP

AGES 10+

It's Holiday Crunch Time! In this three-week program you will lose weight, get stronger and CRUNCH it in right before the holiday! This boot camp group meets twice a week and includes a workout with Morris, measurements, weigh-ins and a weekly workout plan.

Nov 30-Dec 18 M & F 9:00-10:00 am M: \$30/NM: \$45
Dec 1-Dec 17 T & Th 5:00-6:00 pm M: \$30/NM: \$45

NEW YEAR FITNESS BOOT CAMP

AGES 10+

Its a new year, and we are all hoping for a fresh start! Kick off 2021 by losing weight, getting stronger and having FUN in our New Year Fitness Boot Camp! This four-week boot camp group meets twice a week and includes a workout with Morris, measurements, weigh-ins and a weekly workout plan.

Jan 3-29 M & F 9:00-10:00 am M: \$45/NM: \$60

FUTURE FITNESS BOOT CAMP

AGES 10+

Lose weight, get stronger and have FUN in our Future Fitness Boot Camp! This four-week boot camp group meets twice a week and includes a workout with Morris, measurements, weigh-ins and a weekly workout plan.

Feb 1-26 M & F 9:00-10:00 am M: \$45/NM: \$60



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 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.

For more information, please contact our Youth and Family Director Kambria Petro at kpetro@ymcavbr.org



AQUATICS

SWIM WITH SANTA

AGES 2-12

Join us for a fun night out! Kids ages 2-12 are welcome to register for a fun holiday themed Kids' Night Out. Come dressed up in your favorite Christmas PJs or sweater. We will start off the night with a Swim with Santa and then eat dinner while watching a holiday movie! We will finish the night off by taking photos with the jolly old man himself. We can't wait to see you there!

December 5th 5:00-8:00pm M: \$20/NM: \$25

RIPTIDES SWIM SCHOOL



Swimming is a life skill as well as great exercise and a challenging sport. Our progressive program is designed to teach swimmers the basics through the mechanics of all four strokes. Riptides Swim School is designed for all ages and enrollment is ongoing until you decide to stop.

For assessments, pricing and schedules please contact Aquatics Director Carolina Ratkus at cratkus@ymcavbr.org



MASTERS SWIMMING

Tuesday and Thursdays

5:30-6:30am

Members: \$20/month, Non-Members: \$35/month

Coach Kevin Franceschini

Masters swimming is designed for experienced swimmers that wish to swim in a team setting. This group meets twice a week in the mornings and a coach runs the practice. It is a great opportunity to train for a triathlon, get back into swimming, or simply get a good workout in while making new friends.

The YMCA of Virginia Blue Ridge Riptides swim team is a great way for kids to get involved in competitive swimming.

Our team is centered on character development, competitive swimming, and most of all, fun!

Contact Association Director of Competitive Swimming, Daniel Smith at dsmith@ymcavbr.org for more information.

JOIN THE
RIPTIDES
SWIM
TEAM!



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.

