

BUILDING HEALTHIER COMMUNITIES



KIRK 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

KIRK FAMILY YMCA



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. Recital fee: \$25

Jan 11-May 14 M 5:30-6:00 pm M: \$140 / NM: \$170

Jan 11-May 14 S 11:30-12:00 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 Th 5:15-6:00 pm M: \$155 / NM: \$190

Jan 11-May 14 S 9:00-9:45 pm M: \$155 / NM: \$190

COMBO I/II

AGES 5-8

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 T 5:00-5:45 pm M: \$155 / NM: \$190

Jan 11-May 14 S 10:45-11:30 am M: \$155 / NM: \$190

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. Recital fee: \$25

Jan 11-May 14 T 5:45-6:45 pm M: \$185 / NM: \$220

Jan 11-May 14 S 9:45-10:45 am M: \$185 / NM: \$220

BEGINNER III SUPER COMBO

TEACHER RECOMMENDATION

Students explore all three dance forms 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. Teacher recommendation required. Recital fee: \$25

Jan 11-May 14 M 6:00-7:00 pm M: \$185 / NM: \$220

INTERMEDIATE III SUPER COMBO

TEACHER RECOMMENDATION

Students explore all three dance forms 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. Teacher recommendation required. Recital fee: \$25

Jan 11-May 14 Th 6:00-7:00 pm M: \$185 / NM: \$220

ADVANCED SUPER COMBO

TEACHER RECOMMENDATION

Students explore all three dance forms 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. Teacher recommendation required. Recital fee: \$25

Jan 11-May 14 T 6:45-8:15 pm M: \$215 / NM: \$250

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 7:00-7:30 pm M: \$140 / NM: \$170

INT II HIP HOP

AGES 11+

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. Recital fee: \$25

Jan 11-May 14 Th 7:30-8:15 pm M: \$155 / NM: \$190

ADVANCED LYRICAL MODERN

TEACHER RECOMMENDATION

A contemporary dance style that combines ballet and jazz dancing techniques. Teacher recommendation required. Recital fee: \$25

Jan 11-May 14 T 8:15-8:45 pm M: \$140 / NM: \$170

BEGINNER CLOGGING

AGES 5-8

A type of dance in which the dancer's footwear is used percussively by striking the heel, the toe, or both against a floor or each other to create audible rhythms, usually to the downbeat with the heel keeping the rhythm. Recital fee: \$25

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

INTERMEDIATE I CLOGGING

TEACHER RECOMMENDATION

A type of dance in which the dancer's footwear is used percussively by striking the heel, the toe, or both against a floor or each other to create audible rhythms, usually to the downbeat with the heel keeping the rhythm. Teacher recommendation required. Recital fee: \$25

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

ADVANCED CLOGGING

TEACHER RECOMMENDATION

A type of dance in which the dancer's footwear is used percussively by striking the heel, the toe, or both against a floor or each other to create audible rhythms, usually to the downbeat with the heel keeping the rhythm. Teacher recommendation required. Recital fee: \$25

Jan 11-May 14 Th 8:15-8:45 pm M: \$140 / NM: \$170



KIRK FAMILY YMCA

GYMNASTICS

GYMNASTICS

AGES 3-11

This class is for those looking to learn some basic tumbling and gymnastics skills in a fun and creative way.

Ages 3-6

Feb 3-24	W	6:30-7:30 pm	M: \$50/ NM: \$65
Feb 6-27	S	9:30-10:30 am	M: \$50/ NM: \$65

Ages 7-11

Feb 3-24	W	5:00-6:00 pm	M: \$50/ NM: \$65
Feb 6-27	S	11:00am-12:00 pm	M: \$50/ NM: \$65

YOUTH PROGRAMS

KIDS' NIGHT OUT

AGES 2-12

Drop the kids off to enjoy an evening of swimming, games, crafts, and a movie. Dinner included for ages 4-10 years.

Dec 11	F	5:30-9:00 pm	M: \$12 / NM: \$15
Jan 8	F	5:30-9:00 pm	M: \$12/ NM: \$15
Feb 19	F	5:30-9:00 pm	M: \$12/ NM: \$15

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, and coordination.

Ages 3-6

Jan 6-27	W	6:30-7:30 pm	M: \$50/ NM: \$65
Jan 9-30	S	9:30-10:30 am	M: \$50/ NM: \$65

Ages 7-11

Jan 6-27	W	5:00-6:00 pm	M: \$50/ NM: \$65
Jan 9-30	S	11:00am-12:00 pm	M: \$50/ NM: \$65

ADULT SPORT & REC

PICKLEBALL

AGES 16+

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. Drop-Ins welcome.

Dec-Feb	M,W,F	8:00-11:00 am	M: FREE
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WELLNESS

MINDFULNESS AND MEDITATION

AGES 10+

Mindfulness is the practice of being aware of your thoughts, sensations and emotion in each moment. As a participant in this six-week Mindfulness Stress Reduction Group, you will learn about and practice mindfulness techniques designed to reduce stress and increase self-awareness.

Jan 13-Feb 17	W	6:30-7:30pm	M: \$35/ NM: \$45
Mar 3-Apr 7	W	6:30-7:30pm	M: \$35/ NM: \$45

WEIGHT LOSS BOOT CAMP

AGES 10+

This six-week camp is designed to keep you active and fit. Join us for one hour of interval and circuit training geared toward beginner and intermediate exercisers. Measurements and fitness testing performed at beginning and end.

Jan 12-Feb 18	T & Th	6:30-7:30 pm	M: \$45/ NM: \$99
Mar 2-Apr 8	T & Th	6:30-7:30 pm	M: \$45/ NM: \$99



Y ENRICHMENT CENTERS AND AFTER SCHOOL CARE

Our Y Enrichment Centers provide families childcare options with a focus around virtual learning support, enrichment, and physical activity. With three locations (Kirk Family YMCA, Heights Community Church and First Church of the Brethern), we are able to offer all day care (7:00am-6:00pm) three days a week, and after school care two days a week (2:00-6:00pm) with transportation dropping students off at one of our three locations.

For more information, please contact our Childcare Director Toni Wolf at twolf@ymcavbr.org

Father- Daughter Valentine's Dance

February 12, 2021
5:30-7:30pm

M: \$15 per pair, NM: \$25 per pair
\$2 for each additional child

Join us for a night of fun at the Kirk Family YMCA to celebrate Fathers and Daughters (Grandpas and Uncles are welcome too!).

The night includes dancing to music, refreshments, and quality bonding with friends and family.

AQUATICS

WINTER HOLIDAY SWIM CLINICS

Dec 21-24, Dec 28-31, Jan 1, Jan 18, Feb 15
10:00am-1:00pm
M: \$25 per day, NM: \$45 per day

Our Winter Holiday Swim Clinic contains 1 full hour of swim instruction, 45 minutes of safety skills, 45 minutes of games, and a 30 minute lunch break. This is a great way for your kids to get out of the house and learn a new skill!

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 Matthew Reedy at mreedy@ymcavbr.org



MASTERS SWIMMING

Tuesday and Thursdays
5:30-6:00am or 6:00-7:00am
Members: \$20/month, Non-Members: \$35/month
Coach Beni Thompson

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.

