



BOTETOURT FAMILY YMCA SLEIGH YOUR GOALS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER PROGRAM GUIDE DEC- FEB 2026

BOTETOURT FAMILY YMCA



YOUTH DANCE

YOUTH DANCE PROGRAMS INCLUDE A RECITAL, WITH REGISTRATION AND COSTUME FEES BUILT INTO THE MONTHLY RATE

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.

Sept 2-May 23 Tue 4:45-5:30 pm M:\$53/NM:\$63 per month

Sept 2-May 23 Thu 5:45-6:30 pm M:\$53/NM:\$63 per month

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.

Sept 2-May 23 Tue 6:15-7:15 pm M:\$63/NM:\$73 per month

Sept 2-May 23 Thu 4:45-5:45 pm M:\$63/NM:\$73 per month

INTERMEDIATE SUPER COMBO I

AGES 8-14

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.

Sept 2-May 23 Thu 6:30-7:30 pm M:\$63/NM:\$73 per month

COMBO I/II

AGES 5-7

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.

Sept 2-May 23 Tue 5:30-6:15 pm M:\$53/NM:\$63 per month

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.

Sept 2-May 23 Tue 7:15-8:00 pm M:\$53/NM:\$63 per month

INTERMEDIATE HIP HOP

AGES 8-14

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.

Sept 2-May 23 Thu 7:30-8:15 pm M:\$53/NM:\$63 per month

BEGINNER LYRICAL

AGES 6-10

Lyrical dance is a contemporary dance style that combines ballet and jazz dancing techniques.

Sept 2-May 23 Wed 5:30-6:15 pm M:\$53/NM:\$63 per month

BEGINNER CLOGGING

AGES 6-10

Clogging is a type of folk dance in which the dancer's footwear is used musically by striking the heel, the toe, or both against a floor or each other to create audible percussive rhythms, usually to the downbeat with the heel keeping the rhythm.

Sept 2-May 23 Wed 7:00-7:45 pm M:\$53/NM:\$63 per month

BEGINNER CONTEMPORARY

AGES 6-10

Dancers will explore Contemporary dance for the beginning.

This is a style that emphasizes individual expression, fluidity of movement, and exploration of emotions through a combination of various dance styles like ballet, jazz, and modern.

Sept 2-May 23 Wed 6:15-7:00 pm M:\$53/NM:\$63 per month

YOUTH PROGRAMS

WINTER BREAK CAMP

Ages 3-12

Week 1: Dec. 22, 23, and 26

M:\$150/NM:\$165

Week 2: Dec. 29, 30, 31, and Jan. 2

M:\$190/NM:\$205



WINTER SPORTS SAMPLER (PRESCHOOL)

AGES 2.5-5

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. Register by the Thursday prior.

November 2-23 Sun 5:00-6:00 pm M:\$50/NM:\$65



BOTETOURT FAMILY YMCA

YOUTH SPORTS



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

Dec 4-Jan 22	Thu	5:00-6:00 pm	M: \$60/ NM: \$75
Jan 29-Mar 5	Thu	5:00-6:00 pm	M: \$60/ NM: \$75

AGES 6-11

Dec 4-Jan 22	Thu	6:15-7:15 pm	M: \$60/ NM: \$75
Jan 29-March 5	Thu	6:15-7:15 pm	M: \$60/ NM: \$75

Y PASS

Ages 10-15

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

Monday - Friday 3:00- 6:00 pm

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

Jan 3-Feb 21	Sat	10:00-11:00 am	M: \$80/ NM: \$100
Mar 30-May 18	Mon	5:30-6:15 pm	M: \$80/ NM: \$100

AGES 5-7

Jan 3-Feb 21	Sat	9:00-10:00 am	M: \$80/ NM: \$100
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
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WINTER BASKETBALL

AGES 3-7

Players are introduced to basketball 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. Players will practice and then play a short game within their 60-minute session led by Y coaches.

AGES 3-4

Jan 3-Feb 21	Sat	10:00-11:00 am	M: \$80/ NM: \$100
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AGES 3-5

Jan 3-Feb 21	Tue	6:00-7:00 pm	M: \$80/ NM: \$100
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AGES 5-7

Jan 3-Feb 21	Sat	9:00-10:00 am	M: \$80/ NM: \$100
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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
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AGES 3-5

Mar 3-April 28	Tue	6:00-7:00 pm	M: \$80/ NM: \$100
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AGES 5-7

Feb 28-April 25	Sat	9:00-10:00 am	M: \$80/ NM: \$100
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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
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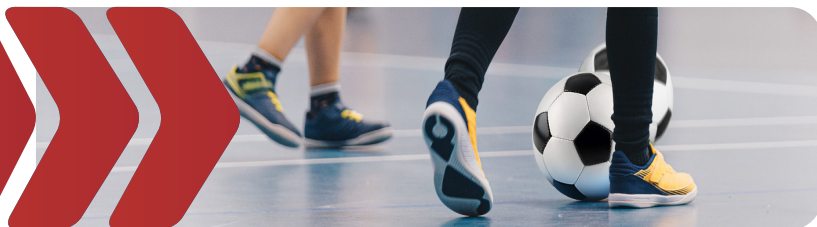
AGES 5-7

May 9-June 27	Sat	9:00-10:00 am	M: \$80/ NM: \$100
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AGES 3-5

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



YOUTH PROGRAMS



GREAT GREEN BREAKFAST

Saturday December 13th
9:00 am – 1:00 pm
Ages 2– 11

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!

Nov 14	Fri	5:30–9:00 pm	M: \$16/NM: \$21
Dec 19	Fri	5:30–9:00 pm	M: \$16/NM: \$21
Jan 2	Fri	5:30–9:00 pm	M: \$16/NM: \$21
Jan 16	Fri	5:30–9:00 pm	M: \$16/NM: \$21
Feb 6	Fri	5:30–9:00 pm	M: \$16/NM: \$21
Feb 20	Fri	5:30–9:00 pm	M: \$16/NM: \$21

KIDS' DAY OUT

6 WEEKS– 12 YEARS

Parents! Drop off your kids and enjoy a 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

KIDS' MORNING OUT ON BLACK FRIYAY!

November 28th
9:00 am – 1:30 pm

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 enviornment.

Nov 3–24	Mon	9:00–10:00 am	M: \$55/NM: \$70
Dec 1–22	Mon	9:00–10:00 am	M: \$55/NM: \$70
Jan 5–26	Mon	9:00–10:00 am	M: \$55/NM: \$70
Feb 2–23	Mon	9:00–10:00 am	M: \$55/NM: \$70

WELLNESS

FIT START

AGES 14+

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

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.
FREE TO MEMBERS

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 with youth ages 9–11.
FREE TO MEMBERS

BARBELL CLUB

AGES 13+

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.

Nov 3– 26	Mon/Wed	10:00–11:00 am	M:\$45/NM:\$65
Nov 3– 26	Mon/Wed/Fri	10:00–11:00 am	M:\$64/NM:\$85
Dec 1– 31	Mon/Wed	10:00–11:00 am	M:\$45/NM:\$65
Dec 1– 31	Mon/Wed/Fri	10:00–11:00 am	M:\$64/NM:\$85
Jan 1– 31	Mon/Wed	10:00–11:00 am	M:\$45/NM:\$65
Jan 1– 31	Mon/Wed/Fri	10:00–11:00 am	M:\$64/NM:\$85
Feb 2– 27	Mon/Wed	10:00–11:00 am	M:\$45/NM:\$65
Feb 2– 27	Mon/Wed/Fri	10:00–11:00 am	M:\$64/NM:\$85

BOTETOURT FAMILY YMCA



WELLNESS

BOOT CAMPS

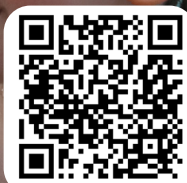
AGES 13+

This four week program is designed to get you in the best shape ever! Combining strength & cardio training, this will strengthen & shape you from the ground up. Participants can select 2 or 3 days per week. Monthly registrations required.

Nov 3-24	Mon/Wed	9:00-10:00 am	M:\$45/NM:\$65
Nov 3-24	Mon/Wed/Fri	9:00-10:00 am	M:\$64/NM:\$85
Dec 1- 31	Mon/Wed	9:00-10:00 am	M:\$45/NM:\$65
Dec 1- 31	Mon/Wed/Fri	9:00-10:00 am	M:\$65/NM:\$85
Jan 2- 30	Mon/Wed	9:00-10:00 am	M:\$45/NM:\$65
Jan 2- 30	Mon/Wed/Fri	9:00-10:00 am	M:\$65/NM:\$85
Feb 2- 27	Mon/Wed	9:00-10:00 am	M:\$45/NM:\$65
Feb 2- 27	Mon/Wed/Fri	9:00-10:00 am	M:\$65/NM:\$85

AQUATICS

RIPTIDES SWIM SCHOOL



THANKSGIVING TURKEY SWIM

AGES 10+

For our November swim challenge. Challenge yourself to swim 24 miles! Swimmers who complete the challenges will receive a prize

Nov 1- 30

Varies

Varies

Members: \$10

MASTER SWIMMING

AGES 18+

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.

Year round Tue/Thu 5:30-6:30 pm M: \$40/NM: \$70 per month

SIGN UP FOR RIPTIDES SWIM SCHOOL DURING WINTER CAMP

Kids ages 3-12 will have the opportunity to learn to swim during their time at Camp!

Dec 22- Jan 2 Mon/Fri

1:00-3:00pm

M: \$24/ NM: \$32

MEMBERSHIP

AOA LUNCHEON

AGES 55+

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

Nov 11 Tue 11:30am-1:00 pm FREE TO MEMBERS

BOTETOURT FAMILY YMCA



AQUATICS

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. Participants must be 15 years old to participate in the class. 8 hours of online course work must be completed by the beginning of the class

Nov 14-16	Fri	4:00-9:00 pm	
	Sun	9:00am-5:00 pm	M: \$270/ NM: \$285
Jan 9-11	Fri	4:00-9:00 pm	
	Sun	9:00am-5:00 pm	M: \$270/ NM: \$285

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! Participants must be 13 years old to participate in the class.

Nov 18	Tues	6:00pm-9:00 pm	M: \$75/ NM: \$100
Feb 17	Tues	6:00pm-9:00 pm	M: \$75/ NM: \$100

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 9	Sat	8:30-5:30 pm	M: \$130/ NM: \$150
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SPRING BREAK CAMP



GOLDEN PADDLE PICKLEBALL INVITATIONAL

Join us for our 1st Annual Kirk Family YMCA Senior Pickleball Tournament. This tournament is for those 55 and up, and will have the following brackets: Men's Doubles 55+ 3.0 skill level, Women's Doubles 55+ 3.0 skill level, Men's Doubles 55+ 3.5 skill level, Mixed Doubles 55+ skill level 3.0, Men's Doubles 65+ and Womens Doubles 65+. Come test your skills with other pickleball seniors in the community!

Saturday, November 15th
8:00 am - 12:00 pm



RIPTIDES SWIM TEAM



For team information contact:
Shelley Archer, sarcher@ymcavbr.org