



**ROCKBRIDGE AREA YMCA**

**SLEIGH YOUR  
GOALS**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**WINTER PROGRAM GUIDE  
DECEMBER 2025-FEBRUARY 2026**

## WELLNESS



### FIT START

Fit Start is a free series of three one-on-one sessions with our Wellness Staff to familiarize you with our cardio and strength equipment. Participants will also learn more about our Group Exercise Classes and Wellness Programs. The goal is to help our members safely start their fitness journey!

Appointment Times Vary

Free

### 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.

Appointment Times Vary

Free

### 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! Parents/Guardian must sign waiver during/after orientation session.

Appointment Times Vary

Free

### TRX SUSPENSION TRAINING

AGES 12+

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises. This program will be offered throughout the year, so keep an eye out!

Nov 25-Jan 8    T&Th    8:45-9:45 am    M: \$60/NM: \$80  
Jan 13-Feb 19    T&Th    8:45-9:45 am    M: \$60/NM: \$80



# ROCKBRIDGE AREA YMCA



## YOUTH AND FAMILY ACTIVITIES

### WINTER BASKETBALL

AGES 3-6

Youth basketball focuses on the characteristics of good sportsmanship and developing the skills of dribbling, shooting, and passing. Children are led by volunteer coaches. T-shirts included w/early registration. If you are interested in being a volunteer coach, contact us!

Jan 3-Feb 21 Sat 2:00-3:00 pm M: \$80/NM: \$100

### SPRING SOCCER

AGES 3-6

Through drills, games, and active play, young players are introduced to soccer. This program provides a safe place for players to enhance motor skills, strengthen listening skills and build confidence. A volunteer coach leads each 40-45 minute session. Times may vary based on sign-up.

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

### SPRING TBALL

AGES 3-6

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. Volunteer coaches lead children. Team jersey and end-of-the-season celebration included.

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



### WINTER GYMNASTICS- BEGINNER

AGES 4-7

Beginners class will provide a safe, fun, and encouraging environment for kids to learn gymnastics, build confidence, and make new friends. Includes stretching, fundamentals, and basic floor work.

Jan 14-Apr 22 Tues 4:30-5:30 pm M: \$180/NM: \$220

### WINTER GYMNASTICS- INTERMEDIATE

AGES 5-12

Intermediate/advanced class will provide a safe, fun, and encouraging environment for kids to learn gymnastics, build confidence, and make new friends. Includes stretching and fundamentals, as well as floor and beam work.

Jan 15-Apr 23 Wed 4:30-5:30 pm M: \$180/NM: \$220



### KIDS' NIGHT OUT

AGES 3 MONTHS - 12 YEARS

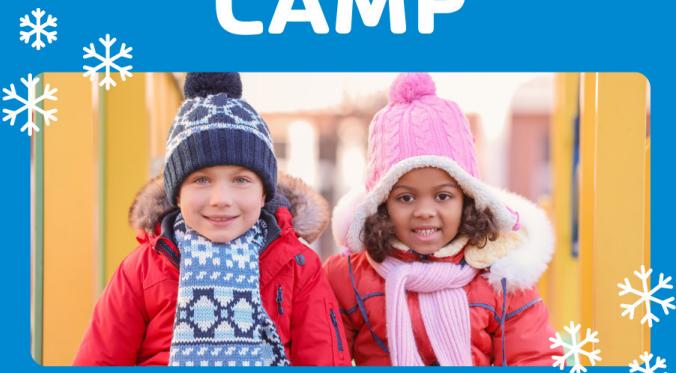
Drop your little one off for an evening of group games, craft activities and lots of fun! Must cancel 48 hours before program for refund.

Dec 19	Friday	5:30-9:00 pm	M:\$16/NM:\$21
Jan 16	Friday	5:30-9:00 pm	M:\$16/NM:\$21
Feb 13	Friday	5:30-9:00 pm	M:\$16/NM:\$21

# 24 HOUR ACCESS



## WINTER BREAK CAMP



**Week One:**  
**December 22, 23, and 26**

**Week Two:**  
**December 29, 30, 31,  
and January 2**

Missing Summer? Join us for Winter Break as the temperatures cool and drop into a wintery blast! For the next two weeks, we will explore winter-themed activities, STEM, food projects, field trips, and access to the YMCA amenities!

