



BE CONNECTED

YMCA OF VIRGINIA'S BLUE RIDGE



Spring Program Guide March – May 2018

Registration Opens Feb 1
Register online at www.ymcavbr.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF VIRGINIA'S BLUE RIDGE PROGRAMS & NEWS



YMCA VOLUNTEER OPPORTUNITIES

Give back to your community and reconnect with your inner child. This fall, the YMCA has a variety of volunteer opportunities from coaches for our Preschool and Youth Sports programs to Y Splash, our water safety outreach program for 2nd graders. Volunteer for a better community!

Y SPLASH

Mar-May T,W,Th 11:30 am-1:00 pm
 T,Th 6:30-7:15 pm at Kirk Family Y
 M,W 6:00-6:45 pm at Salem Family Y

Contacts for Y Splash:

Kirk Family Y 540-342-9622
 Salem Family Y 540-387-9622

Y AFTER SCHOOL

Mar-May M-F Times vary between 2:00-6:00pm

Contact Y After School for more information at 540-342-9622.

Y TEENS

Feb-May Th 6:00-7:30pm

Contact Y Express at Gainsboro for more information at 540-344-9622.

YOUTH SPORTS

We are looking for volunteer coaches to assist with youth soccer and t-ball.

Mar - Jun Sa Times Vary

Contacts for Youth Sports:

Kirk Family Y 540-342-9622
 Salem Family Y 540-387-9622

CPR/AED AND FIRST AID

AGES 14+

ASHI blended CPR/AED and first aid course, certification good for 2 yrs.

KIRK FAMILY YMCA CLASSES:

M/NM: \$20

Feb 28, Mar 28, Apr 25, May 30, June 27, July 25, Aug 29
 7:00 - 8:00 pm

*Must complete online portion before date of in person



AMERICAN RED CROSS LIFEGUARD CERTIFICATION

AGES 15+

American Red Cross lifeguard certification that will include a two year certification in CPR/AED for the professional rescuer as well as a two year certification for lifeguarding. Participants will need to pass prerequisites to take class. Please contact Aquatic Director for prerequisites.

M: \$195 / NM: \$225

KIRK FAMILY Y CLASSES:

SESSION 1: Mar 9 - 18

F 4:00-8:00 pm
 Sa 10:00 am-4:00 pm
 Su 1:00-5:30 pm

SESSION 2: Apr 13 - 22

F 4:00-8:00 pm
 Sa 10:00 am-4:00 pm
 Su 1:00-5:30 pm

SESSION 3: May 11 - 20

F 4:00-8:00 pm
 Sa 10:00 am-4:00 pm
 Su 1:00-5:30 pm



SALEM FAMILY Y CLASSES:

SESSION 1: Apr 14-15 and 22-23*

Sa-Su 10:00am-6:00 pm

SESSION 2: May 12-13 and 19-20*

Sa-Su 10:00am-6:00 pm

*Prerequisites will be taken on April 13 and May 11

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION

AGES 15+

This course is a competency testing of knowledge and skills, with review and practice of skills. Participants will review CPR, First Aid, and water rescues as well as practice skills before testing

KIRK FAMILY YMCA CLASSES:

M: \$100 / NM: \$200

SESSION 1:

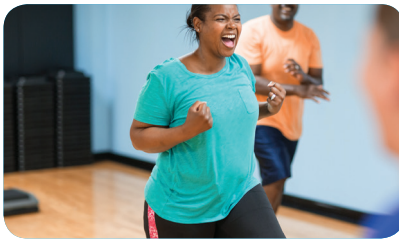
Mar 16 F 4:00-8:00 pm
 Mar 17 Sa 10:00 am-4:00 pm
 Mar 18 Su 1:00-5:30 pm

SESSION 2:

Apr 20 F 4:00-8:00 pm
 Apr 21 Sa 10:00 am-4:00 pm
 Apr 22 Su 1:00-5:30 pm

SESSION 3:

May 18 F 4:00-8:00 pm
 May 19 Sa 10:00 am-4:00 pm
 May 20 Su 1:00-5:30 pm



Y EXPRESS AT GAINSBORO

MEMBERSHIP BENEFITS

COMMUNITY GARDEN

We harvest from our community garden several times throughout the year. Our fresh produce is given to the Rescue Mission, Apple Ridge Farm and even our Members!



WELLNESS PROGRAMS

COOKING WITH GINA

AGES 15+

Create a variety of culinary delights with our very own Gina Kohler, every second Tuesday of the month. Join us for fun, food, and fantastic flavors!

Mar 13	T	5:30-7:00 pm	M: \$10 / NM: \$10
Vegetable Lasagna		Register by Mar 9	
Apr 10	T	5:30-7:00 pm	M: \$10 / NM: \$10
Salmon		Register by Apr 6	
May 8	T	5:30-7:00 pm	M: \$10 / NM: \$10
Baklava		Register by May 4	



86TH ANNUAL FATHER, SON & FAMILY BANQUET

March 24, 2018
3:00 - 7:00 pm
Lucy Addison Middle School



Hailed as the longest running YMCA event in Roanoke, the Father, Son, and Family Banquet has been inspiring, educating and imparting values into families for over 86 years.

Celebrate with your family with an evening of dinner and fun for kids of all ages.

Donations accepted. For ticket information contact Jonathan Pait at 344-9622 or jpait@ymcavbr.org

KIRK FAMILY YMCA PROGRAMS



MEMBER BENEFITS

ST PADDY'S DAY POTATO BAR LUNCHEON

The Y will supply the potatoes and toppings; all you need is to bring your appetite! Happy St. Patrick's Day!

Mar 14 W 12:00-1:00 pm M: FREE

WELLNESS PROGRAMS

ENHANCE FITNESS

AGES 18+ AND MEET CRITERIA

Enhance Fitness is a 16-week low impact exercise program designed to help older adults and those with chronic disease become more active, increase strength, flexibility, boost activity levels and reduce pain. Ongoing enrollment. First class starts 16-week session.

Mar-Aug M,W,F 10:45 am-11:45 pm M: FREE / NM: \$90

WEIGHT LOSS BOOT CAMP

AGES 15+

This six week camp is designed to help you get back on track to reaching your fitness goals before summer. Join us for one hour of interval and circuit training. Each session will be geared towards beginner and intermediate exercisers. Measurements and fitness testing performed at beginning and end. Register by Apr 10.

Apr 3-May 10 T,Th 6:30-7:30 pm M: \$45 / NM: \$99

MINDFULNESS BASED STRESS REDUCTION GROUP

AGES 15+

Mindfulness is the practice of being aware of your thoughts, sensations, and emotions in each moment. As a participant in this six-week Mindfulness Stress Reduction Group, you will learn about and practice mindfulness techniques that are designed to reduce stress and increase self-awareness. Meditation techniques, body scan and cognitive techniques to reduce stress will be cover. Taught by Mary Ann Koch. Register by Feb 20.

Feb 13-Mar 20 T 6:30-7:30 pm M: \$35 / NM: \$45



SPORTS & RECREATION

REC ROOM

Come enjoy your favorite games like ping pong, foosball and pool or use our computers to play games and stay connected. This is a great place for teens, families and adults to be in community.

Teen & Family Hours

Ages 13+ | Ages 6-12 must be accompanied by a parent/guardian

Mar-May M-F 3:30-8:00 pm M: FREE

Mar-May Sa 8:15 am-2:00 pm M: FREE

Mar-May Su 1:00-4:00 pm M: FREE

Adults Only (Ages 18+)

Mar-May M-F 8:15 am-3:15 pm M: FREE

PICK-UP BASKETBALL

AGES 16+

Pick-up basketball has become an institution at the Y, and we invite you to be a part of it.

Mar-May M,W,F 6:30-10:00 pm M: FREE

Mar-May M-Th 5:30-9:50 pm M: FREE

Mar-May F 5:30-8:50 pm M: FREE

PICKLEBALL

AGES 16+

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. Ask the Welcome Desk for dates and times.

Mar-May T,Th 8:30-11:00 am M: FREE

Mar-May Th 6:30-8:30 am M: FREE

Mar-May M,W,F 12:00-2:00 pm M: FREE

Mar-May Sa 8:00 am - 11:00 pm M: FREE

RACQUETBALL CLINIC

AGES 13+

Wanting to try a new sport? Give racquetball a go! Our very own Membership Coordinator and professional racquetball player, Kelani Bailey will be hosting a clinic to give you an introductory lesson into racquetball. Spots are limited so register now! Members only.

Mar 9 Th 4:00-5:00 pm M: FREE

Apr 26 F 4:00-5:00 pm M: FREE

May 3 Th 4:00-5:00 pm M: FREE

RACQUETBALL/HANDBALL

AGES 13+

Have some friendly competition on any one of our 4 racquetball/handball courts. Call in advance for reservations.

Mar-May M: FREE

VOLLEYBALL

AGES 16+

Join us in the gym for a pick-up game of volleyball. No registration required, just show up and have fun!

Mar-May Su 1:00-3:30 pm M: FREE

**STRONGER BODY
STRONGER SELF**

Active Together



**KIRK FAMILY
YMCA
PROGRAMS**

GROW TOGETHER

AGES 21-41

Play, laugh, learn and grow together at your Y! These fun and interactive programs will change every six weeks to keep things exciting. This is a great opportunity to be meet other young adults at your Y!



GROW YOUR GAME

When we say GROW your game, we mean literally. For six weeks we will be having life-size board games including: Battleship, Hungry Hungry Hippos and Giant Foosball.

Feb 23-Mar 30 F 7:00-8:30 pm M: FREE NM: \$3

GROW OUTSIDE

It is your turn to give back. This six week program will be about how we can GROW the world outside. We will be spending three weeks learning gardening techniques at the community garden at our YMCA Express at Gainsboro location. The last three weeks will be spent working together cleaning up sections of the Greenway and learning the impact we have on the world around us.

Apr 6-May 11 F 7:00-8:30 pm M: FREE NM: \$3



AQUATICS

TEEN/ADULT SWIM LESSONS

AGES 13+

YMCA swim lessons teach safety and responsibility around the water. You'll gain confidence and self-esteem as you work to become a better, safer swimmer.

SESSIONS	DATES	REGISTRATION DEADLINES	PRICES
Spring I	Mar 6-31	Mar 6	Weekdays: M: \$42 / NM: \$58 Saturdays: M: \$21 / NM: \$29
Spring II	Apr 10-May 5	Apr 10	Weekdays: M: \$42 / NM: \$58 Saturdays: M: \$21 / NM: \$29
Spring III	May 8-Jun 2	May 8	Weekdays: M: \$42 / NM: \$58 Saturdays: M: \$21 / NM: \$29
T,Th	6:30 - 7:10 pm		
Sa	9:30-10:10 am		

PRIVATE & SEMI PRIVATE LESSONS

AGES 3+

Get a little extra attention in the water by booking private lessons at the Welcome Desk.

PRIVATE LESSONS

4 (30 min) lessons	M: \$80 / NM: \$120
6 (30 min) lessons	M: \$120 / NM: \$180
8 (30 min) lessons	M: \$160 / NM: \$240

SEMI-PRIVATE LESSONS (PER PERSON)

4 (30 min) lessons	M: \$60 / NM: \$88
6 (30 min) lessons	M: \$90 / NM: \$132
8 (30 min) lessons	M: \$120 / NM: \$176

STROKE-O-NOMICS

AGES 19+

Our Swimming Stroke Clinic is a program that is a combination of stroke instruction and conditioning. This program is great for adults who are looking for a modified masters swim program or beginning triathletes. Emphasis is on the 4 competitive strokes; individuals must be able to swim continuously for 25 yards.

Year round T & Th 9:00-10:00 am M: \$20/mo NM: \$35/mo

EARLY RISERS

AGES 19+

The early risers program is for swimmers ages 18 and older who have had some sort of competitive swimming experience. Come get your day started with an awesome swimming workout. Participants are encouraged to participate in outside races as well.

Year round T,Th 5:10-6:10 am M: \$20/mo NM: \$35/mo

SALEM FAMILY YMCA



MEMBER BENEFITS

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!

Mar 14	W	12:00-1:00 pm	M: \$6 / NM: \$6
Apr 11	W	12:00-1:00 pm	M: \$6 / NM: \$6
May 9	W	12:00-1:00 pm	M: \$6 / NM: \$6



WELLNESS PROGRAMS

WEIGHT LOSS SUPPORT & COACHING

AGES 18+

45 minutes of weight loss coaching in a small group setting with a Life Coach. Each session will include support, education, and motivation.

Feb 12-Apr 2	M	5:30-6:15 pm	M: \$35 / NM: \$45
Mar 27-May 15	T	5:30-6:15 pm	M: \$35 / NM: \$45

ENHANCE FITNESS

AGES 18+ AND MEET CRITERIA

Enhance Fitness is a low-impact exercise program especially designed to help older adults and those with chronic disease become more active. Increase strength, flexibility, and boost activity levels.

Apr 16 - Jul 27	M, W, F	11:15 am-12:15 pm	M: FREE / NM: \$90
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SPORTS & RECREATION

PICK-UP BASKETBALL

AGES 16+

Pick-up basketball has become an institution at the Y, and we invite you to be a part of it.

Mar-May	M, W	7:30-9:00 pm	M: FREE
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PICKLEBALL

AGES 16+

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. Ask the Welcome Desk for dates and times.

Mar-May	M, W, F	8:00-11:00 am	M: FREE
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VOLLEYBALL

AGES 16+

Join us in the gym for a pick-up game of volleyball. No registration required, just show up and have fun!



Mar-May	T, Th	7:00-9:50 pm	M: FREE
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SPRING FORWARD BOOT CAMP

AGES 12+

Challenge yourself with this four-week program and "spring" into summer feeling fit! Shape and tone your body at your group workouts. Meets twice per week. Join us for one hour of interval and circuit training each session geared toward intermediate and advanced fitness levels. Register at the Welcome Desk.

May 1-25	T & F	5:15-6:15 am	M: \$30/ NM: \$75
May 1-24	T & Th	10:30-11:30 am	M: \$30/ NM: \$75
May 1-24	T & Th	6:00-7:00 pm	M: \$30/ NM: \$75





SALEM FAMILY YMCA

AQUATICS

TEEN/ADULT SWIM LESSONS AGES 13+

SESSIONS	DATES	REGISTRATION DEADLINES	PRICES
Spring I	Mar 5-31	Mar 6	Weekdays: M: \$42 / NM: \$58 Saturdays: M: \$21 / NM: \$29
Spring II	Apr 9-May 5	Apr 10	Weekdays: M: \$42 / NM: \$58 Saturdays: M: \$21 / NM: \$29
Spring III	May 7-Jun 2	May 8	Weekdays: M: \$42 / NM: \$58 Saturdays: M: \$21 / NM: \$29
M,W	6:00-6:40 pm		
Sa	9:10-9:50 am		

PRIVATE & SEMI PRIVATE LESSONS ALL AGES

Get a little extra attention in the water by booking private lessons at the Welcome Desk.

PRIVATE LESSONS

4 (30 min) lessons	M: \$80 / NM: \$120
6 (30 min) lessons	M: \$120 / NM: \$180
8 (30 min) lessons	M: \$160 / NM: \$240

SEMI-PRIVATE LESSONS (PER PERSON)

4 (30 min) lessons	M: \$60 / NM: \$88
6 (30 min) lessons	M: \$90 / NM: \$132
8 (30 min) lessons	M: \$120 / NM: \$176

EARLY RISERS AGES 19+

The early risers program is for swimmers ages 19 and older who have had some sort of competitive swimming experience. Come get your day started with an awesome swimming workout. Participants are encouraged to participate in outside races as well.

Year round	M,W	5:15-6:15 am	M: \$20/mo	NM: \$35/mo
Year round	M,W	6:30-7:30 am	M: \$20/mo	NM: \$35/mo

FIT FAMILIES

FAMILY FITNESS INITIATIVE

This program is for parents and their children ages 5 years and older. Programs will rotate every 6-weeks to keep you and your children active and engaged. This is a great way to be in community with other families and make new friends!

FAMILY GAMES

Families - come take time and connect with one another on family game night! We will be playing Crab Soccer, life size Hungry, Hungry, Hippo, Relay races, Nerf Gun Wars and much, much more!

Feb 20-Mar 27	Tu	6:00-6:45 pm	M: FREE	NM: \$5/class
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SPRING SCAVENGER

Spend healthy, happy, quality time together with your children exploring your Y and our beautiful community. Each week a new adventure will await your family!

Apr 3-May 8	Tu	6:00-6:45 pm	M: FREE	NM: \$5/class
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AQUATICS FUN N' GAMES

Get ready to get soaked! Each week families will enjoy wild and wacky water games. From water balloon toss contests to sponge relays there will never be a dull moment!

May 15-Jun 19	Tu	6:00-6:45 pm	M: FREE	NM: \$5/class
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HIGH FIVE THE Y

The YMCA is so much more than just a place. The Y is a cause! Our cause is strengthening our community. Every day we work to tackle important issues facing our area through programs and services focused on Youth Development, Healthy Living, and Social Responsibility. But we only do this with your support.

Pledge \$5 for 10 months or your gift of choice to help us provide programs to those who need it most. Visit www.ymcavbr.org and click **DONATE**.



JUMP START YOUR FITNESS

FIT START

Fit Start is a FREE program that provides you with an easy to follow plan. Our highly-trained staff will help you set attainable goals and will provide ongoing support necessary for your success.

Fit Start is recommended for all new members and those who need to revive their fitness routine. We will give you the basics to help you hit the ground running with absolute confidence, and without feeling overwhelmed.

Sign-up at the Welcome Desk and you'll get a Wellness Coach to meet one-on-one with you over three 30-minute sessions.

PERSONAL TRAINING

- 30 Minute Sessions
- 1 Hour Sessions
- Partner Sessions

Personal Training programs can be purchased in one-month, 3-month, and 6-month packages. A minimum of 3 sessions per month is required.



IT'S A GROUP THING

Group Exercise is FREE at the Y

Whether on land or in water, group exercise classes are ALWAYS FREE to Association Wide YMCA members.

We offer more than 200 classes per week!

Get the latest schedules at the Welcome Desk or ymcavbr.org.

