Summer ends, but the fun never does!

There's no question about it; your local YMCA has thousands of programs to keep your family active and having fun this fall!

The Y makes it both fun and easy to incorporate healthy activities into your routine:

- New and unique programs and classes centered around games, water activity and challenges keep you engaged and excited about fitness.
- Sports, lessons and individual coaching help develop specific skills.
- Festivals and special events offer socialization and a nurturing environment for the whole family, from tots to teens and parents.

Look inside for exciting new programs and events happening at the Y this season.

YMCA of South Hampton Roads

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

All YMCAs

healthy living

***America On the Move* Challenge**
Members are encouraged to participate in this three-week challenge to get the entire family active and moving! Simply log three workouts per week in FitLinxx and be rewarded!

***America On the Move* Family Day**
September 26, 2–4 pm • Free and open to the public!
Come out to any YMCA center and participate in family activities, nutrition education and more!

Albemarle Family YMCA

family events

Family Fun at the Albemarle Family YMCA Fall Festival
October 29, 5 pm • 12 and younger
Join us for our Annual Safe and Spooky Fall Festival. Dress up and come out to enjoy a carnival, costume contest, indoor trick or treating and a spooky swim. Registration starts October 1. Free to members; $5/prospective member

healthy living

Smoothie Sunday
September 12 • 1:30–3 pm • All ages
Bring the family for a healthy snack plus a great time of fun in the pool. Who would have thought that fresh fruit and water fun could be so great! Learn how a healthy lifestyle is not only great tasting but how exercise can be a family event.

Zumba Fest
Saturday, October 9 • 8:30–10 am
Zumba is the latest fitness craze. Do you have two left feet? Well join on in! The Zumba Fest will include lots of energy and some great prizes too! Bring a friend and find out what all the buzz is about.

Blocker Norfolk Family YMCA

active play

Real Adventure Wednesdays
Ages 6 weeks–5 years, 9 am–noon • Weekly, $12/child
Enjoy a moment to yourself while your children embark on adventures every Wednesday throughout the fall. Activities include theme days involving arts & crafts, story time, free play, basic early learning skills & enhancing socialization skills.

family events

Breakfast Social Guest Speaker Series
Second Monday of every month, 9:30–10:30 am • FREE
Start the day off right! Have a light bite, meet new friends, share a story, relax, and enjoy the morning! There are new guest speakers each month – look for upcoming topics.

Drop & Shop
December 4, 11 and 18
Finish your Christmas shopping while your kids are having fun at the Y.

healthy living

After-School Youth Fitness Classes (onsite & offsite)
Starting September 7 • Ages 7–11
Youth classes & fitness for kids during after-school hours! It's now even easier to get your kids involved in an extra-curricular activity or learn to swim without added stress! A non-sport specific program geared toward matching physical skills sets specific to this age group concentrating on 12 core principles:

- Balance
- Flexibility
- Jumping
- Attitude
- Cardio-endurance
- Nutrition
- Functional Strength Training
- Agility
- Speed development
- Core strength
- Plyometrics
- Hand/Eye Coordination

Free-Weight Clinic
1st Monday every month, 10:30–11:45 am • FREE
Don't let yourself be intimidated! Learn the basics of free-weight exercise in a small group environment. Topics include: Basic Principles, Proper Form, Equipment Introduction, Versatility, Functionality, and Whole Body Strength.

Women's Self Defense Clinic
1st Saturday every month, 12:15–1:30 pm • FREE
Learn how to keep yourself safe in a small group environment. Topics include: Awareness/Avoidance, Control Your Situation, Exploiting Weakness, and Self–Defense Techniques.

McDonald's Member Nutrition Seminar
November 16, 7 pm • Y-Change Studio

Youth Fit Level I
Tuesday & Thursday, 3:45 pm
Youth will achieve the 12 core principles through a series of structured games and team activities. The emphasis will be placed on having fun, while achieving increased muscular strength and endurance, increased flexibility through basic Yoga moves and cardio-endurance.

After-School Swim Lessons
We bring your children to the Blocker Norfolk Family YMCA and have them back at school, ready for pick-up!

Adult Coed Volleyball League
Season starts October 21 and runs eight weeks. Bring on the old school fun!

teen events

Teen Leaders Club
Teens will gain:

- Volunteer opportunities
- Work history
- Leadership training
- Fitness education
- CPR/First Aid & Aquatics Certification
- College scholarship opportunities
- Use of the YMCA facility
- New friends
- Resumé building

Eastern Shore Family YMCA

family events

Fall Family Fun Night
Date TBD • 5–8 pm
Members, come out for an evening of roasted marshmallows, warm apple cider, and fall crafts at the YMCA. We will be showing the Great Pumpkin in the gym. Join us for some wholesome family fun.

healthy living

Flag Football
Starting September 11 • Ages 5 and older
Youth of all ages will enjoy this fun activity! Practices begin September 11 and games will be held on Saturday mornings starting September 25. Cost includes awards and jerseys. $40/member; $55/prospective member.

YMCA Kids Dodgeball
Wednesdays beginning in November, 5:15 pm • Ages 6–14
Dodge, duck, and weave playing the game everyone loves. Modified rules make this game fun and safe in the Eastern Shore Family YMCA's first ever Kids' Dodgeball League. $20/member; $30/prospective member.

Effingham Street Family YMCA

family events

Family Fun Fridays at the Pool
August 19 and 27, 5–7 pm
Join the fun on Fridays with pool olympics, water boogie, musical water games and family pool games.

End–of–Summer Bash
August 28, 1–3 pm
Celebrate the summer with a frozen yogurt with all the toppings at the outdoor pool.

Family Movie Night
September 11, October 9, November 10, 6 pm
Please join us for a night of family movie fun at the Y! Movie titles will be announced prior to each of our family nights, and are guaranteed to be fun and wholesome family viewing! This is a free and fun way to enjoy a family night out together. Bring a blanket or beach chairs to enjoy the movie in comfort.

Family Zumba
October 23, 10:15–11:15 am • Ages 8 and older
Enjoy this popular, fun dance class with your family!

Family Crab Soccer Tournament
November 13, 11 am–1 pm • Ages 5 and older
Enjoy this wacky sport competition as a family. The winner gets a special prize! Admission into the tournament is a canned good to be donated to those in need.

Family Field Trip to Norfolk Botanical Garden of Lights:
December 11, 5:30 pm • All ages • $1 (Members only)
Sit back and relax in our YMCA bus and enjoy this beautiful display of Christmas lights with your family and YMCA friends. We'll meet at the Effingham Street Family YMCA at 5:30 pm to enjoy hot chocolate and snacks. Bring a closed travel mug and have your hot chocolate to go.

teen events

Teens' Night Out at the Pool
August 21, 6–9pm
Teens ages 13-17 can enjoy a night at the pool after hours. Youth can play games, listen to music, enjoy some treats and hang out with friends!

Great Bridge/Hickory Family YMCA

active play

KardioKids
Wednesdays beginning September 15, 3:50–4:20 pm
Ages 5–9 • FREE
This program will teach children basic exercise moves, stretches, and active games. It's all about being fit and having fun.

4-Square Madness
Weeknights, September 1–12, 5–7 pm
We're taking the Interactive Zone back to some Old School Fun! This week long tournament will be broken into divisions, based on age groups. On Saturday the 11th there will be a tournament for all members who show up that day. Prizes will be passed out for the week-long winners and for the winners on Saturday.

Wii Boxing
September 20–October 2 • Weeknights 5–8 pm
This is the Big Event! The Interactive Zone will be the site of our Nintendo Wii Boxing Championship. On Saturday, October 2, we will host a Wii Boxing Tournament, and participants will "duke it out" to see who will be king of the Interactive Zone!

Conquer The Rock
October 16, noon–4pm
The rock wall climb–off will be a challenge where climbers must navigate their choice of walls to see who can get the fastest time.

Tour de Interactive Zone
October 30, noon–4 pm
This will be an Expresso bike race in which members can participate for fabulous prizes.

Interactive Zone Turkey Trot
November 1–20
Participants will have the opportunity to participate in activities that earn them miles. Each mile they achieve will be recorded in the Interactive Zone until they have reached 25.2 miles of activity. Each participant who achieves this will be invited to run the last mile on Saturday, November 20 on the soccer field of the Great Bridge/Hickory Family YMCA. The combination of activity time equals running a marathon!

Interactive Zone Christmas Spectacular: "Ice Climbing"
December 10–15, 5–7 pm
The Rock Wall will be disguised as the façade of a massive glacier. The object of this challenge is for participants to climb up and collect as many ice crystals as they can during the 45 seconds they are allotted. The leader at the end of the week will receive a prize.

Bumper Hockey
December 17–22, 5–7 pm
In the Sport Wall area, participants will play Bumper Hockey. Bumper Hockey is a form of hockey where players are seated and attempt to hit a foam ball past the other participant using a foam mini hockey stick. This will be promoted all week and end with a tournament on a Saturday afternoon. The winner of the tournament will receive a prize. Get in the Zone!

family events

Family Fall Festival
Saturday, September 18, 6–8 pm • All ages • FREE
Join us for our first annual outdoor family fall festival, featuring food, games, music, face painting and more, all taking place outdoors under the stars. Register online or at the Member Service desk.

Friday Float Fest
First Friday, beginning October 1, 5:30–7:30 pm • FREE
Friday Float Fest is designed for families to come out and enjoy swimming as a family. Bring your favorite fun float and relax in the indoor pool. Additional guards will be scheduled to ensure the safety of all participants.

Monster Mash Family Night
Friday, October 15, 7–9 pm • All ages • FREE
Join us for a frightfully fun costume party for all ages, including music, dancing, games, and healthy snacks. Enter the costume contest or pumpkin carving contest! Register online or at the Member Services desk.

Family Swim Night at the Indoor Pool
Friday, November 5, 6–8 pm • All ages • FREE
Join us for a fun night of aquatic family fun featuring relay races, games, food, prizes and more. Register online or at the Member Services desk.

Musical Me
Wednesdays, starting September 15, 10:30–11 am
Ages 2½–4 • Four-week session: $20/member
This program will teach children the basics of music, singing, rhythm and incorporating dance moves.

healthy living

Introduction to Ballet
Tuesdays and Thursdays, October 12–November 18
11–11:30 am • Ages 2½–4
This introduction-to-dance will be offered twice a week for six weeks in the multi-purpose room. Cost: $60.

Great Bridge/Hickory Family YMCA *continued*

Get up and Go!
Mondays, October 26–November 18, 11–11:30 am
Ages 2½–4
This class is about getting children up and moving! The four-week session will consist of 30-minute classes once a week. Participants will play games, run, skip, jump, dance and move! The goal of the class is for each child to develop movement and socialization skills. Cost: $20

aquatics

Water Waves
Tuesday/Thursday, beginning October 5, 4–4:45 pm
Ages 10–15 with or without parent • FREE
Join us to make a SPLASH and SEA how much fun water can be in this medium intensity water aerobics class! Parents may join their child in the water. Come with some friends or bring a parent. You are sure to have OCEANS of fun in this Aqua class!

GuardStart
October 23, 9 am–3 pm • Ages 12–15 • $50 (includes book)
GuardStart offers young teens the opportunity to experience the training and daily routine of a lifeguard. The program models itself after the duties and responsibilities of lifeguards and focuses on five key areas: prevention of aquatic accidents, fitness and swimming skills, response in an emergency, leadership skills, and professionalism as a lifeguard. This is not a certification course, but will certainly get you prepared for the YMCA Lifeguarding Course.

PAL (PARENTS AS LEADERS)
Become a PAL parent—join us on the deck and help swimmers get ready for class, help locate parents for assistance or aid the instructor in the water allowing for more individualized instruction. If you are interested in this parent volunteer opportunity, contact the Aquatic Director.

teen activities

Youth and Government:
September 2010–April 2011 • Ages: 14–18 (9th–12th Grade)
This is a program designed to teach teens about the legislative system in the Commonwealth of Virginia. Participants will draft bills, debate laws and prepare for the Model General Assembly in the Spring. Model General Assembly is a Youth Government run by members of YMCA clubs throughout the Commonwealth of Virginia. The event is held in April and is a two day event. Participants in the Great Bridge/Hickory Family YMCA's Youth and Government Club will be responsible for raising the $315 dollar registration fee through fundraisers and special events if they wish to attend Model General Assembly. Cost: $30

Greenbrier Family YMCA

active play

Kindermusik
Tuesdays and Wednesdays, starting September 14
Kindermusik is for families of infants, toddlers and preschoolers. This program is a music and movement class that strengthens your child's memory and sequence skills to the activities of music. Prices range from $40–$100 for members and $60–$120 for prospective members.

Kids in Motion
Starting September 2 • Ages 2–4
Activities increase your child's coordination, muscle development and social skills. Teachers use a variety of child-size equipment, games, music and toys to make the activities highly appealing for all. Six-week session: $30/members; $40/prospective members

STEAM LEGO Clinic
Date TBD
Individuals of all ages will build, explore machines, and mechanisms using LEGOs. Weekly building themes will be explored to carry out a broad range of activities within design technology, science, and mathematics. Kids will gain the confidence to pursue continued studies in these areas.

family events

Megabyte Tykes
August 10–October 7 • Ages 3–7
Kids learn computer basics while having fun! Open to members and prospective members. $68/session (8 classes)

Parents' Morning Out
Tuesday mornings, 8 am–noon. Ages 2½–3
Our goals will include socialization skills, introducing potty training, free play, arts & crafts, story time and basic early learning skills, such as shapes, colors and counting. Snack time and outdoor play will be included as well.
Session: $50/members; $80/prospective members.

Guitar Lessons
Eight-week sessions start on September 8 • All ages
Beginning and Beginning Plus guitar classes will teach you chords and scales and some rhythm guitar.
$120 for members; $145 for prospective members.

Family Movie Night
Quarterly on Fridays, starting September 10 • 6:30 pm
FREE (includes popcorn) • All ages

Greenbrier Family YMCA *continued*

Family Bingo Night
Quarterly on Fridays, starting October 8 • 6:30 pm • All ages
Bingo will include snacks, prizes, and fun for the family. Big prizes at the end include YMCA programs, movie tickets and more.

Fall Festival
October 30, 1–4 pm • Free and open to the community
Come join in on the fun with a petting zoo, trick or treat, games, crafts and other joys of fall.

Family Fun Night
Quarterly on Fridays, starting November 12 • 6:30 pm
All ages
Spend an evening of games, exercise, swimming, craft making and time together as a family. Each Friday will be a different theme.

healthy living

Ballet
September 21–November 13 • Ages 2–8
Youth will learn the art and basics of ballet in a small group setting. Eight-week session: $65/members; $85/prospective members

preteen programs

Lady Leaders
Girls ages 7–11 • $40/members; $50/prospective members
Come make great friends, hang out, learn teambuilding exercises, volunteer at the YMCA, and go on great field trips. This is an ongoing year-round program so register today!

Greenbrier North YMCA

healthy living

"4 on the Floor" Racquetball Shootout & Social
September 18, 9 am–8 pm • Ages 13 and older
This event is a competitive doubles-only racquetball shootout. Seeding will be assigned at time of tournament. Enjoy a potluck meal and prizes (t-shirts, trophies, etc.) for the winners! CVRA certification is not required. $12/member; $20 prospective member

Yoga Group Exercise Class
Thursdays, 5:30 pm • Ages 8 and older • FREE
This Yoga class concentrates on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.

Martial Arts
Wednesdays, 6 pm • Ages 6 and older • FREE
Martial Arts incorporates basic athletic movements that are adapted from boxing, kickboxing, tae kwon do and kung fu. Get fit and have fun at the same time!

family events

Family Movie Nights
September 17, October 15, November 19, December 17, & January 21, 6:30 pm • All ages • FREE
Join your friends at the Y for a wholesome, family-friendly movie in the Interactive Zone. Bring a blanket, and popcorn and drinks if you wish. This is an inexpensive way to spend quality time as a family while doing something fun!

youth sports

Youth Outdoor Soccer
September 27–November 13, 5:30–6:15 pm • Grades K–5
Monday or Wednesday evening practice, Saturday games
Session: $45/member; $65 prospective member.
Y-Soccer is designed to teach the basic skills of soccer to children who have never played the game. The focus will be on ball control, rules and regulations of the game, teamwork, sportsmanship & fair play for all.

Youth Flag Football
September 27–November 13, 5:30–6:15 pm • Grades K–5
Monday or Wednesday evening practice, Saturday games
Session: $45/member; $65 prospective member.
Y-Flag Football is the premier youth football league for boys and girls. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. Session: $45/member; $65 prospective member.

Cheerleading
September 27–November 13, 5:30–6:15 pm • Grades K–5
Monday or Wednesday evening practice, Saturday games
Session: $45/member; $65 prospective member.
Y-Cheerleading is designed to teach the basics of cheerleading to children who have never cheered before and to those who are looking to improve their skills. The focus will be on good sportsmanship, cheer movements and cheer rhythm.

Hilltop Family YMCA

active play

6th Annual Ogre's Ball
October 29–30, 7 pm–8 am • Ages 6–12
Have fun at the Y's annual lock-in. Show off your best costume and talent and win prizes. Enjoy an Ogre's feast, our very own Ogre's Brew and many other tasty goodies. Please call (757) 422-3805 for more information.

family events

Black Friday Drop & Shop
November 26, 6–10 am and 9 am–2 pm • Ages 5–12
Drop off your children for fun at the YMCA while you do your holiday shopping!

Santa Workshop Drop & Shop
December 11, 9 am–2 pm • Ages 5–12
Drop off your children for a morning of holiday crafts and games while you do your holiday shopping.

healthy living

Personal Training
Back-to-School Special in September • Ages 13 and older
The YMCA Personal Training program is designed to offer members the opportunity to work one-on-one with a certified trainer to achieve health and fitness goals. If you are looking to increase motivation, maximize results and strengthen your spirit, mind and body, this is the program for you.

Thai Massage
Ages 18 and older
Traditional Ancient Thai Massage is a unique form of body work that incorporates Yoga, acupressure and reflexology.

Y-Change II
September 20 • Ages 6 and older. Prerequisite: Y-Change I
Y-Change II will continue to build on the concepts learned in Y-Change I and will include one weekly group seminar. The emphasis of this six-week program will be on cardiovascular exercise, stretching, strength training, nutrition and setting an individual plan to continue your healthy lifestyle journey.

Fall Soccer
August 28–September 30 • Ages 3 to 12 years
Y Soccer is designed to teach the basic skills of soccer to children who have never played the game and improve the skills of those who have played soccer. The focus will be on ball control, offensive and defensive tactics, rules and regulations of the game, team work, sportsmanship and fair play for all. YMCA core values will be emphasized throughout the season.

Fall Adult Flag Football League
September 9–October 30 • Ages 18 and older
Y Flag Football is a coed and enjoyable activity for adults.

Volleyball Night
Monday nights, 7–9 pm
Volleyball Night is coed and open to all skill levels.

Y Cheerleading
September 9–October 30 • Ages Kindergarten and older
Y Cheerleading is designed to teach the basics of cheerleading to children who have never cheered and those who are looking to improve their skills. The focus will be on good sportsmanship, cheer movements and cheer rhythm.

teen events

Teen Pickup Basketball
Friday Nights, 7–9 pm
Teen pickup basketball is coed and open to all skill levels. Enjoy a game of basketball for fun or come to work on your jump shot with your friends. Open shooting 3–on–3 games, full court games and a tournament are all available. This is your chance to play inside a warm gym on a cold night.

Indian River Family YMCA

family events

Family Friday Nights in the Pool
Every Friday evening this fall, enjoy family events at our brand new indoor pool!

healthy living

Camp Finz
October 4–8, November 8–12, 5:30–7 pm • Ages: 4–12
Your child will improve their swimming techniques and learn new safety skills and games in this fun swim camp.

Master Swim
Tuesdays and Thursdays September 7–December 28,
6–7 pm • Ages 16 and older
Improve your swim strokes and techniques in these one-hour skill development sessions.

Y–Tri: Fitness Assessment, Training & Triathlon Clinics
October 13, October 27, November 3, 6 pm

Indoor Tri
November 20 • Ages 16 and older
Train for an indoor triathlon to be held at the Indian River Family YMCA later this fall! Sessions begin with a fitness assessment and workout plan, followed by running, swimming, and cycling clinics, and end in a fun-filled indoor triathlon.

Boot Camp
Thursdays, 6 pm and Saturdays, 12:30 pm
September 9–October 16 • Ages 16 and older
Get in shape with this intense training program, featuring classic "boot camp" exercises. $80/member; $115 prospective member.

Family Group Exercise
Mondays, starting September 13, 5:30–6:30 pm • All ages
Enjoy fun and fitness with your family in these group exercise sessions, featuring activities such as family Zumba, kickboxing and aerobics.

James L. Camp, Jr. Family YMCA

family events

Movie & S'mores
Sunday, October 3 at 2:30 pm
Join us at the Y for a fun family movie and s'mores. Register at the Member Services desk by Friday, October 1.

Prime-Time Family Game Night
Friday, October 15, 6:30–8 pm
Calling moms, dads, and kids to Prime-Time Family Game Night! It's the best fun you can have on a Friday night and it's free to YMCA Members. Kickball/Basketball (yes, there really is a game that combine the two), Roly-Poly Relay Races—Family Style, and more. Come and let us show you a great night of family fun. Register at the Member Services desk. For more information on this program, please contact Ann Manning at (757) 562-3491 or amanning@ymcashr.org.

Halloween at the Y
October 28, 6:30–8 pm • Ages 12 and younger
Come support the James L. Camp, Jr. Family YMCA Leaders' Club at the Halloween at the Y with fun games, cake walks, costume contests and a haunted house.
$1/member; $2/prospective member
For more information on this program, please contact Kathy Roberts at 757-562-3491 or kroberts@ymcashr.org.

healthy living

Cardio Tennis
October Monday or Thursdays, 7 pm • Ages 13 and older
Parents, join your teen in this fun, group aerobic activity featuring drills to give players of all abilities an ultimate high-energy workout. Format includes movement preparation, cardio workout, and cool-down games. For information on this program, please contact Ken Cussick at (757) 562-3491 or kcussick@ymcashr.org.

Thanksgiving Day Turkey Trot
Thursday, November 25, 9 am
We want your family to begin their Thanksgiving Day with a little exercise. Join us at 9 am for a 5K Walk/Run around the quiet neighborhood of the YMCA. Children and strollers are welcome.

Jingle Bell Run
Sunday, December 12, 2 pm
Take some time during this busy time of the year to walk or run with your family and give back to our community with a toy donation to benefit the Trooper Hill Christmas Toy Drive. Enjoy the 5K Walk/Run or Children's ½ mile Mistletoe Run.

Mt. Trashmore Family YMCA

active play

Story Time
September Wednesdays, 10:30 am • FREE
We will be having a story time for 30 minutes in ChildWatch.

family events

Movie Night
September 10 and October 29, 6:30 pm
Enjoy a movie while you float around the pool.
Light refreshments will be provided.

National Family Dinner Night Out and Recipe Contest
September 24, 6:30 pm
Enjoy a meal with your YMCA family while learning the importance of spending time with your own. Recipe contest, door prizes, food, and valuable information will be provided.

Harvest Fest
October 23, 10 am–noon
Fall is here! Come celebrate the Harvest at the Y! Face painting, carnival games, food and more surprises await you!

Y Families Give Back
November 12, 6:30 pm
Take time to give back as a family as we work on a special service project together. Food and refreshments will be provided.

Drop and Shop
December 4, 8 am–noon • $12/child
Leave your little ones with us as you hit the mall to finish up your last minute shopping!

Santa's Workshop
December 5, 1–3 pm
Santa Claus is making a stop in Virginia Beach! Come have breakfast with Santa, make a keepsake ornament, and participate in all the holiday fun you won't want to miss.

healthy living

Y-Change for Older Adults
Date and time TBD • Ages 55 and older
This class is designed just for you. We know that our bodies' needs change as we walk through this aging process. Change can be difficult at any age. Therefore, this program will arm you with tools and information specific to being fit at age 55 and older.

Each week you will exercise at the time of day that best suits you at least three times per week. Your lifestyle coach will meet with you once a week for an educational time and behavior change "check-in." In order to increase awareness and foster change each week, you will complete a health log. What an exciting journey you are starting!

Y–Change, Early Morning
September, 6 am
Y-Change? The time has never been better; the place is your YMCA! Your YMCA has designed an amazing life-changing program just for you. We know that change is not easy and living a healthier lifestyle is one of the toughest choices you have to make each and every day. This program will help us guide you and walk with you every step of the way. An experienced, committed and motivated Y-Change Coach will lead you through a six-week journey toward a healthier lifestyle.

Kids Fitness Bootcamp
Mondays & Wednesdays, 6:30 pm September 13–October 6
Ages 5–12 • $40/child
Will learn how to make exercise fun through obstacle courses, plyometrics, core strength, and agility drills.

Fall into Fitness Bootcamp
Mondays & Wednesdays, September 13–October 6, 9:30 am.
This is intense group personal training. Boot camp style workouts incorporate cardio interval drills, plyometrics and body weight resistance. All fitness levels are encouraged to attend. Participants should expect total body conditioning and toning. Session runs for four weeks with two one-hour classes per week. $80/member

Stroller Circuit
Mondays & Thursdays, 9:30 am starting September 13
This is a group exercise for new moms, their stroller and their babies.

Family Zumba Sundays
Sunday, 1 pm

Family Fitness Mondays
Mondays starting starting September 13, 4:50-5:25 pm
Come in and enjoy a group exercise class with your family.

Turkey Trot Running Club
Tuesday & Thursday, 8:30 am starting September 14
Designed to help participants improve their run time, learn effective running techniques, reduce the risk of injury and understand proper nutrition for running.

teen events

Girl Power
Tuesday and Thursday, 6:30 pm • September 14–October 7
Girls ages 8–16 • $40
Girls will be empowered to exercise and feel confident through cardiovascular and strength conditioning.

Outer Banks Family YMCA

family events

Gamers Challenge
September 24, October 15 and November 19, 6–7 pm
Ages: 7–12 • $5
Do you have what it takes to be a high scorer? Monthly game nights will be going on during the fall and winter months. Youth are invited to participate in a gamers' dream: a gaming challenge. Awards, as well as eternal fame, will be given on our high scorer board in the Interactive Zone. Cost covers food and fun.

***America On the Move* Day and Kidsfest 2010**
September 26, 1–6 pm • All ages • FREE and open to all
Everyone is invited to come and try out the YMCA for FREE this day. We will have a bounce house, water sports, Family Zumba and fun for kids of all ages. Open House will be from 1–6 pm, with program activities from 2–4 pm.

Family Costume Party
October 24, 3–6 pm • All ages • FREE
Come out with the entire family in a fun costume to enjoy food, dancing, a parade of costumes and more.

Pot luck & Pool Play!
November 21, 3–6 pm • All ages • FREE
Bring your favorite dish with enough to share, and don't forget your swimsuit & towel as we will enjoy splashing around the indoor pool.

Cookies with Santa
December 11, 4–7 pm • FREE
You better not pout I'm telling you why; Santa Claus is coming to the Y! We are decorating cookies and making reindeer food for Rudolph and the gang. We will be playing reindeer games in the pool along with some arts and crafts. The big man will be dropping by to take pictures with everyone.

healthy living

Little Kickers
September 13, 10–noon • Ages 3–5
This is a skills league put together to help children learn sportsmanship, team work, self-esteem, and grow a love of soccer. No score is kept because all players are winners! Price: $45 Members. $65 prospective members.

Games will run on Saturdays from 10 am–noon
Coach Meeting September 8, 5:30 pm
Parent Meeting September 8, 6:30 pm
League Begins September 13
Opening Game September 18
Closing Game November 6

Cardioblast
Fridays, beginning September 13, 7–7:45 pm
Ages 10 and older • FREE
This high energy, shallow water workout is designed for all ages. We will be using all the pool equipment to work all major muscle groups. Pool activities don't end with the summer so bring your family to this fun and exciting new class.

Faith-Based Sports League
Mondays and Wednesdays beginning September 13
7–8:45 pm • Ages: 16 & older
$45/Member; $75/prospective member
Enjoy different sports throughout the year including Kickball, Volleyball, Dodge ball and more! You do not have to be a part of a church group, but if you are, your group is welcome to join at a special rate. We will start our sports program each night with a prayer and teach and fulfill our five character traits of Caring, Honesty, Respect, Responsibility and Faith.

Suffolk Family YMCA

active play

Parents' Night Out (New & improved!)
Parents' Night Out is a fun-filled evening of planned activities and games for ages 6 weeks to 11 years old and is FREE for members. Registration is required and begins one week prior to the date.

Back-to-School Bash Parents' Night Out
September 18 • Ages 6 weeks to 11 years
Enjoy bounce houses and a pool party without the parents!

Octoberfest Parents' Night Out
October 2 and 16 • Ages 6 weeks to 11 years
Live DJ, ice cream, music, games and more!

Give Back to our Community Parents' Night Out
November 6 and 20 • Ages 6 weeks to 11 years
Children may bring nonperishable food items to use in food baskets that the groups will decorate and distribute to Suffolk Family YMCA families in need during the holidays.

Deck the Halls Party
December 4 • Ages 6 weeks to 11 years
Ages 3–5 will decorate cookies and ornaments; ages 6–11 will participate in a Gingerbread House Decoration Challenge. Prizes will be given for the best Gingerbread House creations.

Creative Play
Monday–Friday, 9:30–10:30 am • FREE
Your preschool children can work out and make friends while you take our most popular classes including Zumba, Boot Camp, Cycling, Pilates and Yoga.

GEKO (Group Exercise for Kids Only)
Monday–Friday, 6:15–6:45 pm • FREE
Your preschool children can work out and make friends while you take our most popular classes including Zumba, Boot Camp, Cycling, Pilates and Yoga.

family events

Please preregister at the Member Services desk or online.

Friday Night Family Fun & Fitness
September 10, October 8, November 12, December 10
6–8 pm • All ages • FREE
We will provide the fun activities and food so that you can spend quality time with your family creating memories and making new friends. Enjoy an evening of open swim at the indoor pool with the Tarzan rope and pool games, family Zumba circuit, board game challenges and healthy snacks.

Halloween at the Y
Friday, October 22, 7–9 pm
Ages 12 & younger with parents • FREE
Enter our fun house, make crafts and eat strange food while enjoying a night of adventure and fellowship. Please wear a nonscary costume.

Thanksgiving Dinner
Thursday, November 18, 7–9 pm • All ages • FREE
The Suffolk Family YMCA staff will honor members with a Thanksgiving dinner. It is a pleasure to serve our members all year long but on this night you get special treatment!

Cookies with Santa
Friday, December 3, 6:30–8:30 pm • FREE
Ages 12 & younger with parents
Santa waits a whole year to spend time with each special child. Spend the night decorating cookies, playing games and jumping in a bounce house!

teen events

Teen Basketball Pick–Up Tournament
September 18, 10 am–4 pm • Ages 12–18 • FREE
Teens will participate in a bracketed double elimination tournament. The winning team will receive trophies.

Punt, Pass and Kick Challenge
October 16, 1–4pm • Ages 12–18 with parents • FREE
Teens and their parents will compete in a punting, passing and kicking contest. Trophies will be awarded to the 1st, 2nd and 3rd place winners for ages 12–15, 16–18 and 19 and older.

Billiards and Ping Pong Tournaments
November 1–12, 7–8pm • Ages 12–18 • FREE
Teens will compete in billiards and/or ping pong double elimination tournament. Trophies will be awarded to the champions.

Taylor Bend Family YMCA

active play

Moms' Morning Out
9 am–noon • Ages 3–5 • $12/child
Parents can enjoy a morning out while our YMCA staff provides activities designed especially for your child. Pamper yourself, run those errands or just get a moment to yourself. Children's activities may include theme days, arts & crafts, and story time. Snack time and active play are also included.

family events

Family Movie Night
September 25, 6–8 pm • Ages 2 and older
Come for a night of family movie fun at the Y! Movie titles will be announced prior to each of our family nights, and are guaranteed to be fun and wholesome family viewing! An inexpensive and fun way to enjoy a family night out together! Bring a comfy blanket or beach chairs to enjoy the movie in comfort. $2/members; $3/prospective members. Cost includes movie, snacks and beverages.

Halloween Bash
Saturday, October 23, 7–8:30pm • Ages: 2–12 • $3/child
Put on your costume and join us for a hauntingly good time at our Children's Halloween Bash! There will be plenty of freaky fun including playing crazy carnival games and eating ghastly goodies! Children 1 year and younger may attend and DO NOT need to be registered. Please bring a snack to share at our refreshments table (pre–packaged food only, no drinks please). Register online at ymcashr.org or at the Member Services desk.

Family Fall Fest
Saturday, November 20, 12–2 pm • All ages
Celebrate the fall season with us! Enjoy carnival games, a bounce house, chili cook–off and more with your family! Help us celebrate the fall season at our family carnival with games and prizes! Please bring a side dish or snack to share. Registration required. $8 for members only.

Snap, Snack and Swim with Santa
Sunday, December 19, 2– 4:45 pm
Bring the entire family to snap a photo, enjoy holiday snacks and participate in swim time with Santa and his helpers. Please bring cookies for your family to decorate and enjoy; we will provide the tools for decorating along with beverages to wash down those delicious treats! Registration required. $8 for members only.

healthy living

Zumba for Kids
Ages 6–12
Zumba for Kids is a new way to get kids off the couch, away from video games and into fitness. Zumba for Kids is a Latin-based workout program that has easy-to-follow moves to create a one-of-a-kind fitness program for kids. Zumba for Kids is based on the same elements as an adult Zumba class and is an exciting new way for kids to exercise and have fun while learning to dance!

HYPE
Mondays & Wednesdays, 2–3 pm • Ages 6–12
September 1–29, October 4–27
If you're looking for a quality Homeschool P.E. program that incorporates both fun and learning, look no more! We offer a Homeschool Gym & Swim program taught by a trained and qualified fitness trainer! In addition to fun activities in both the gym and pool, your child will also learn about nutrition, health and benefits of regular exercise. $32/member; $40 /prospective member. *Sibling Discount: $10 off for each additional sibling enrolled in the same session. (In-house registration required to receive discount.)*

teen events

Leaders' Club
September–June • Ages 11–18
Leaders' Club is for teens who are interested in building their leadership skills, gaining valuable teamwork experience and working in their community through volunteer opportunities. It is an exciting and productive organization that focuses on community service, social development, leadership training and physical development. All members play an active role in the Leaders' Club and are responsible for achieving personal growth through goals defined by each teen and the club in accordance with their constitution. Each teen is required to volunteer over 100 hours per year. Nominations are made in the August for Leaders' Club. It is primarily a physical fitness and servant leadership club.

Chesapeake

Chesapeake School-Age Child Care YMCA
2100 Old Greenbrier Road
Chesapeake, VA 23320
(757) 233-9028

YMCA Early Adventures
P.O. Box 2686
Chesapeake, VA 23327
(757) 549-9757

Great Bridge/Hickory Family YMCA
633 South Battlefield Boulevard
Chesapeake, VA 23322
(757) 546-9622

Greenbrier Family YMCA
1033 Greenbrier Parkway
Chesapeake, VA 23320
(757) 547-9622

Greenbrier North YMCA Wellness & Racquetball Center
2100 Old Greenbrier Road
Chesapeake, VA 23320
(757) 366-9622

Taylor Bend Family YMCA
4626 Taylor Road
Chesapeake, VA 23321
(757) 638-9622

Franklin

James L. Camp, Jr. Family YMCA
300 Crescent Drive
Franklin, VA 23851
(757) 562-3491

Portsmouth

Effingham Street Family YMCA
1013 Effingham Street
Portsmouth, VA 23704
(757) 399-5511

Suffolk

Suffolk Family YMCA
2769 Godwin Boulevard
Suffolk, VA 23434
(757) 934-9622

Eastern Shore

YMCA Camp Silver Beach/ Conference & Retreat Center at Silver Beach
6272 YMCA Lane
P.O. Box 69
Jamesville, VA 23398
(757) 442-4634
www.campsilverbeach.org

Eastern Shore Family YMCA
26164 Lankford Highway
Onley, VA 23418
(757) 787-5601

Satellite Fitness Center at Eastville
Northampton High School
16041 Courthouse Road
Eastville, VA 23347
(757) 678-5151 x4066

The First Tee Hampton Roads YMCA Upshur Neck Facility
Frank Warren Drive
Quinby, VA 23423
(757) 787-5601

Norfolk

Blocker Norfolk Family YMCA
312 West Bute Street
Norfolk, VA 23510
(757) 622-9622

Dominion Tower YMCA
999 Waterside Drive, 4th Floor
Norfolk, VA 23510
(757) 627-4124

YMCA Community Services
4101 Granby Street, Suite 305
Norfolk, VA 23504
(757) 962-2112

The First Tee Hampton Roads YMCA Lambert's Point Facility
4301 Powhatan Avenue
Norfolk, VA 23508

North Carolina

Albemarle Family YMCA
1240 North Road Street
Elizabeth City, NC 27909
(252) 334-9622

Outer Banks Family YMCA
3000 South Croatan Highway
Nags Head, NC 27959
(252) 449-8897

The First Tee Hampton Roads YMCA The Pines Facility
1525 North Road Street
Elizabeth City, NC 27909

Virginia Beach

YMCA Early Discoveries
4876-118 Princess Anne Road
Virginia Beach, VA 23456
(757) 467-8900

Hilltop Family YMCA
1536 Laskin Road
Virginia Beach, VA 23451
(757) 422-3805

Indian River Family YMCA
5660 Indian River Road
Virginia Beach, VA 23464
(757) 366-0488

Mt. Trashmore Family YMCA
4441 South Boulevard
Virginia Beach, VA 23452
(757) 456-9622

Salem YMCA Family Center
2029 Salem Road
Virginia Beach, VA 23456
(757) 471-9622

The First Tee Hampton Roads YMCA Junior Golf Course
2400 Tournament Drive
Virginia Beach, VA 23456
(757) 563-8990
www.thefirstteehr.org

YMCA of South Hampton Roads

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