



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE'RE HERE FOR YOU

FACILITIES	AL	BL	CS	DT	EF	ES	EV	GB	GH	GN	HT	IR	JL	MT	OB	SU	TB
Pieces of cardiovascular equipment	57	135		14	35	53	15	69	99	33	37	50	32	57	56	70	88
Pieces of strength-training equipment	28	100		16	25	25	16	40	49	24	43	37	38	34	25	41	67
Satellite fitness facility				▼			▼										
Group exercise studio	▼	▼			▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Interactive Zone	▼	▼			▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Indoor pool	▼	▼			▼			▼	▼		▼	▼	▼	▼	▼	▼	▼
Outdoor pool					▼			▼	▼				▼	▼	▼	▼	▼
Water spray park								▼	▼					▼	▼	▼	▼
Hot tub	▼	▼				▼				▼		▼		▼	▼	▼	▼
Racquetball courts		▼								▼			▼		▼	▼	▼
Gymnasium	▼	▼			▼	▼		▼	▼	▼	▼		▼	▼	▼	▼	▼
Teen center		▼						▼	▼				▼	▼		▼	▼
Sauna/steam room	▼	▼		▼	▼	▼		▼	▼	▼	▼		▼	▼	▼	▼	▼
PlayZone	▼	▼						▼	▼								
Skate park															▼		
Group cycling studio	▼	▼			▼			▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Mind/body studio	▼	▼						▼				▼				▼	▼

JOIN ONE, JOIN THEM ALL!

When you become a member of the YMCA of South Hampton Roads, you enjoy benefits at all locations.

LEGEND

- AL** Albemarle Family YMCA
 - BL** Blocker Norfolk Family YMCA
 - CS** YMCA Community Services
 - DT** Dominion Tower YMCA
 - EF** Effingham Street Family YMCA
 - ES** Eastern Shore Family YMCA
 - EV** Satellite Fitness Center at Eastville
 - GB** Greenbrier Family YMCA
 - GH** Great Bridge/Hickory Family YMCA
 - GN** Greenbrier North YMCA Wellness & Racquetball Center
 - HT** Hilltop Family YMCA
 - IR** Indian River Family YMCA
 - JL** James L. Camp, Jr. Family YMCA
 - MT** Mt. Trashmore Family YMCA
 - OB** Outer Banks Family YMCA
 - SU** Suffolk Family YMCA
 - TB** Taylor Bend Family YMCA
- *through Salem YMCA Family Center

PROGRAMS FOR YOUTH DEVELOPMENT

Stay & Play (formerly ChildWatch)	▼	▼			▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Swim lessons	▼	▼				▼		▼	▼		▼	▼	▼	▼	▼	▼	▼
Preschool												▼		▼			
Teen groups and activities	▼	▼	▼		▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Youth racquetball programs		▼								▼			▼	▼	▼	▼	▼
Martial arts/self defense	▼	▼				▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Youth basketball	▼	▼			▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Dance	▼	▼			▼			▼	▼	▼	▼	▼					▼
School-age child care		▼	▼					▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Summer day camp	▼	▼	▼		▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Parents Night Out	▼	▼			▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Swim team	▼					▼		▼	▼				▼	▼	▼	▼	▼

PROGRAMS FOR HEALTHY LIVING

NEW FitQuest personalized fitness program	▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Y-Change programs	▼	▼		▼	▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Group exercise (incl. 30-minute classes)	▼	▼		▼	▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Mind/body exercise (Yoga, Pilates, etc.)	▼	▼		▼	▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Water exercise	▼	▼			▼	▼		▼	▼		▼	▼	▼	▼	▼	▼	▼
Lap swimming	▼	▼			▼	▼		▼	▼		▼	▼	▼	▼	▼	▼	▼
Youth/teen fitness	▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Massage		▼														▼	
Older adult activities	▼	▼			▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Adult sports	▼	▼			▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Racquetball		▼								▼			▼	▼	▼	▼	▼
Group cycling	▼	▼			▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Dance	▼	▼						▼	▼	▼	▼	▼					▼
Adult swim team	▼					▼		▼	▼				▼	▼	▼	▼	▼

PROGRAMS FOR SOCIAL RESPONSIBILITY

Annual Giving	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
KidsPriorityOne.org resource for families	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
InnerActive Mobile Learning Center		▼	▼		▼						▼						
Parenting education programs			▼		▼												
Volunteer opportunities	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Too Good for Drugs program			▼		▼												

