

Spend summer at the Y.

Your Albemarle Family YMCA

1240 North Road Street
Elizabeth City, NC 27909
252-334-9622

Hours of Operation:

Monday–Friday 5:30 am–9 pm
Saturday 7 am–6 pm
Sunday 1–6 pm

YMCA of South Hampton Roads

Summer 2009 - Albemarle



Family Time

Today's fast paced world provides little opportunity for families to spend quality time together. Do something fun and affordable with your family at the YMCA. Events are free to members unless otherwise indicated.

Funky Float Fridays

All types of flotation devices are allowed in the pool during this event. Additional lifeguards will be on duty to ensure safety.
June 13–August 15, 6–8:45 pm

Family Movie & Story Night

Bring the whole family for popcorn, movie and a story at the YMCA. Pajamas are encouraged.
Members only
June 19, 6–8 pm

Summer Camp Family Night

Activate America
Families are invited to stay after the camp day for relays and games.
June 26, 5–7 pm

Flick & Float

Catch a movie and take a dip in the pool. Ages 6–12.
July 10, 6–9 pm

Summer Camp Family Night

Search for Atlantis
Enjoy a night of games in the pool with your camper.
July 10, 5–7 pm

Smoothie Sunday

Enjoy fruit smoothies while you "chill" by the pool.
July 19, 1:30–4:30 pm

Summer Camp Family Night

Mission Y-CSI
Science experiments, an egg drop and a healthy night without cooking.
July 31, 5–7 pm

Music & Game Night

Families with children ages 16 months to 3 years have their own night with games and activities just for them.
August 11, 5–7 pm

Destination for summer fun

Keep your family active and healthy all summer long with fun and affordable programs at the YMCA. We have something for every age, including aquatic activities, sports leagues, golf and summer camp.

If you're looking for something close to home, this newsletter is packed with events and activities scheduled at your Albemarle Family YMCA.

Mark your calendar and make the YMCA your family's summer vacation destination! You'll be glad you did.

Healthy Cooking Classes

New Program!

All ages are welcome to enjoy a night of cooking demonstrations and samples with Chef Remillard!

4-week session; Mondays, 6–7 pm
August 3, 10, 17 and 24
Members only, \$50.

Summer Aquatic Guide

Stay cool by the pool this summer! Lounge poolside at seven outdoor pools while the kids enjoy the spray parks and water toys. You can also keep out of the sun and enjoy lap swim or inflatable water slides at 11 indoor pools. Cookouts and pool parties will be held throughout the summer for you and your family to enjoy!

Find pool hours, event calendars and Swim Lesson schedules for all of our centers in the Summer Aquatic Guide. **Pick up your copy at the Member Services desk or download it at www.ymcashr.org.**



YMCA of South Hampton Roads
(757) 962-5555 • ymcashr.org



Create Healthy Habits

Whether you are just getting started, looking to maintain or wanting to advance your fitness level, the YMCA offers the programs you need to meet your goals. Take a six-week journey toward a healthier lifestyle with a Y-Change program. Start dates are listed; below all classes are offered from 9–10:30 am or 6–7:30 pm.

Tuesday, June 2
Monday, June 22
Tuesday, July 14
Monday, August 3
Tuesday, August 25

Parents' Night Out

Enjoy special evenings of activities for children while parents enjoy a night off. Space is limited; pre-registration and Family Membership are required, as well as a \$5 fee.

June 27, 6:00–9:30 pm
July 25, 6:00–9:30 pm
August 22, 6:00–9:30 pm

ChildWatch

Enjoy a stress-free workout at the YMCA while our staff entertain your children, ages six weeks to eight years, with free activities. Family membership is required. New activities each day based on monthly themes:
June – The Great Outdoors
July – Movement
August – The Beach

