

# Spend summer at the Y.



- GH Great Bridge/Hickory Family YMCA**  
633 S. Battlefield Boulevard  
Chesapeake, VA 23322 • 546-9622
- GB Greenbrier Family YMCA**  
1033 Greenbrier Parkway  
Chesapeake, VA 23320 • 547-9622
- GN Greenbrier North YMCA**  
Wellness & Racquetball Center  
2100 Old Greenbrier Road  
Chesapeake, VA 23320 • 366-9622

YMCA of South Hampton Roads

Summer 2009 - Eastern Chesapeake



## 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.

### Summer Card Club

Play cards in the Interactive Zone.  
Wednesdays, 10 am–noon **GN**

### Family Bingo Night

June 5, 6 pm **GB**

### Happy Hour

Free slushies at the pool  
June 5, 6–7 pm **GB**

### Family Movie Night at the Pool

Popcorn will be provided.  
June 13, dusk **GB**

### Grand Re-Opening

June 20, all day **GH**

### Independence Day Pool Party

Food, drinks and red, white and blue tie-dyed shirts. Please bring shirts to dye and a side dish to share.  
July 4, 12–2 pm **GB**

### Family Fun Cookout

July 4, all day **GH**

### Happy Hour

Free slushies at the pool  
July 10, 6–7 pm **GB**

### Family Movie Night at the Pool

Popcorn will be provided.  
July 18, dusk **GB**

### Rock & Swim

Bring the family to enjoy a full day of concerts on the pool deck.  
July 19, 12–7:30 pm **GB**

### Family Bingo Night

August 7, 6:30 pm **GB**

### Lauu Pool Party

Dress Hawaiian style and enjoy lunch on the YMCA. Bring a side to share.  
August 8, 12–2 pm **GB**

### Family Movie Night at the Pool

Popcorn will be provided.  
August 14, 6:30 pm **GB**

### Labor Day Pool Party

Enjoy lunch and drinks on the YMCA; please bring a side to share.  
September 7, 12–2 pm **GB**

## 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 Eastern Chesapeake family centers.

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

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## 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](http://www.ymcashr.org).**



**YMCA of South Hampton Roads**  
(757) 962-5555 • [ymcashr.org](http://ymcashr.org)



## Kid Zone

By learning about themselves and others, children learn vital life skills and avenues of expression that they might have otherwise overlooked. Help your child reach his or her full potential by participating in some of the many programs at the YMCA.

**ChildWatch Wet N Wild Wednesday**  
Wednesdays, 10 am **GN**

**Summer Explorers**  
PlayZone kids will enjoy daily fun, crafts and games with weekly themes.  
June 15–August 21, 9–11 am **GH**

**Back to School Party**  
Open to all school-age members  
August 29, 6–8 pm **GB**

**ChildWatch Pajamas & Movie Day**  
June 12, 9 am – noon **GN**

**ChildWatch Pajamas & Movie Day**  
June 26, 9 am – noon **GN**

**ChildWatch Pajamas & Movie Day**  
July 10, 9 am – noon **GN**

**ChildWatch Pajamas & Movie Day**  
June 24, 9 am – noon **GN**

**ChildWatch Pajamas & Movie Day**  
August 7, 9 am – noon **GN**

**Babysitter's Certification Class**  
August 8, 9–12:30 pm **GH**

**ChildWatch Pajamas & Movie Day**  
August 21, 9 am – noon **GN**

## 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.

**Art Explosion:** June 6, 6:30 pm **GB**

**Father's Day:** June 12, 6 pm, \$6 **GH**

**PJ Movie Night:** June 20, 6:30 pm **GB**

**Standard:** June 26, 6 pm, \$4 **GH**

**Water Fun:** July 10, 6 pm, \$6 **GH**

**Spectacular Sports:** July 18, 6:30 pm **GB**

**Standard:** July 24, 6 pm, \$4 **GH**

**Splash Park:** August 1, 6:30 pm **GB**

**Standard:** August 14, 6 pm, \$4 **GH**

**Bubbles Bubbles Everywhere:**  
August 15, 6:30 pm **GB**

**School Supply Collection:**  
August 28, 6 pm **GH**

## 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.



## Stay active with sports.

Sports are at the heart of all YMCAs. All YMCA sports are played with the belief that everybody who plays wins. Keep the whole family active this summer with these exciting sports programs.

**Youth Kickball:** Ages 7 and older  
\$31 Members; \$41 Prospective Members  
Wednesdays, 5:30–7:30 pm  
June 1–July 22 **GB**

**Tee Ball:** Ages Pre-K to 2nd grade  
\$30 Members; \$83 Prospective Members  
Practice: Tuesdays, 5:30–7:30 pm  
Games: Saturdays, 10 am–noon  
June 2–July 22 **GB**

**Adult Basketball**  
Single-elimination league  
\$54 Members; \$80 Prospective Members  
\$480 Team  
June 2–July 30 **GN**

**Adult Kickball**  
\$40 Members; \$40 Prospective Members  
Monday/Wednesday, 6 pm  
June 15–August 12 **GH**

**Youth Basketball Clinic**  
Ages 7–14. Participants will learn a basketball-specific fitness regimen to help take their game to the next level.  
\$20 Members; \$25 Prospective Members  
June 22–25, 6–8 pm **GN**

**Racquetball Boot Camp**  
Ages 14 and older. National Racquetball Champion, Malia Bailey will help you improve your game, skills and strategies for both singles and doubles play. Returning participants receive \$25 off when they register at the Member Services desk.  
\$225 Members  
\$250 Prospective Members  
June 26–28, 5 pm **GN**

**Youth Basketball**  
Ages Kindergarten to 3rd grade  
Includes practices and games  
\$63 Members; \$73 Prospective Members  
Tuesdays & Thursdays, 6–8 pm  
July 7–August 27 **GB**

**Youth Basketball**  
Ages Kindergarten to 12th grade  
Includes practices and games  
\$54 Members; \$80 Prospective Members  
July 11–August 29 **GN**

**Youth Lacrosse**  
\$50 Members; \$65 Prospective Members  
Monday–Friday, 5:30–7:30 pm  
August 17–21 **GH**

## Teen Scene

The YMCA places special focus on teen programming. With caring adult role models and a safe place to belong, teens can be given the opportunity for exploration, creativity, adventure, challenge and success.

**Middle School Madness**  
June 6, 7–9:30 pm **GH**

**Ocean Breeze Teen Trip**  
June 13, 3–8 pm **GH**

**Teen Strength Training**  
June 22–26, MWF, 10 am–noon **GH**

**Teen Strength Training**  
July 20–24, MWF, 10 am–noon **GH**

**Middle School Madness**  
July 25, 7–9:30 pm **GH**



## Older Adults

At the YMCA, older adults have a place to improve fitness levels, explore new interests and make friends. Special events and activities for Active Older Adults (AOA) include:

**Grown Folks Basketball**  
Ages 40+ Pickup Games  
Tuesdays, 5–7 pm **GN**

**Movie: Daddy Day Camp**  
June 4, 12:30 pm **GB**

**Sterling's Restaurant**  
June 18, 12:30 pm **GB**

**Broken Egg Bistro**  
July 16, 12:30 pm **GB**

**Kyoto Japanese Steakhouse**  
August 20, 12:30 pm **GB**

## 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.

**Y-Change: Tues, Thurs, Fri**  
June 2–July 10, 9 am **GN**

**Y-Change: Wednesday Evening**  
June 3–July 8, 6:30 pm **GB**

**Y-Change: Various Times**  
June 7–August 11 **GH**

**Y-Change: Tuesday Morning**  
June 16–July 21, 8:30 pm **GB**

**Y-Change: Tues, Thurs, Fri**  
June 30–August 7, 6:30 pm **GN**

**Y-Change: Monday Evening**  
June 22–July 27, 6 pm **GB**

**Y-Change: Monday Midday**  
July 13–August 17, 11 am **GB**

**Y-Change: Tues, Thurs, Fri**  
July 14–August 21, 9 am **GN**

**Y-Change: Wednesday Evening**  
July 15–August 19, 6:30 pm **GB**

**Y-Change: Monday Evening**  
August 3–September 7, 6 pm **GB**

**Y-Change: Tues, Thurs, Fri**  
August 11–September 18, 6:30 pm **GN**

**Y-Change: Tuesday Morning**  
August 11–September 15, 8:30 am **GB**

**Y-Change: Mon, Wed, Fri**  
August 17–September 25, 6:30 pm **GN**

**Y-Change: Various Times**  
August 18–September 22 **GH**

**Y-Change: Tues, Thurs, Fri**  
August 25–October 2, 9 am **GN**



## Thank you.

We appreciate that you choose to spend your hard-earned dollars with us and want to say thank you! Join us for these fun Member Appreciation events:

### Meet the Member Day

All directors will be on deck to meet members and answer questions.

June 9, 4–7 pm **GB**

### School's Out for Summer Member Appreciation Day

June 17, all day **GN**

### Member Appreciation Day

June 18, all day **GH**

### Bring A Friend

### Member Appreciation Day

July 3, all day **GN**

### Meet the Member Day

All directors will be on deck to meet members and answer questions.

July 13, 4–7 pm **GB**

### Member Appreciation Day

July 16, all day **GH**

### Member Appreciation Day

August 13, all day **GH**

### Back To School

### Member Appreciation Day

August 28, all day **GN**

## Your Chesapeake YMCA Community

As a YMCA of South Hampton Roads member, you have unlimited access to all 16 of our family centers and can enjoy member discounts at The First Tee of Hampton Roads and Camp Silver Beach.

While each of our YMCAs offer something for everyone, the three centers highlighted in this newsletter specialize in meeting the specific needs of their communities.

The **Great Bridge/Hickory Family YMCA** has just completed renovations, offering members a new Health & Wellness Center, Gymnasium, Group Exercise Studio and Interactive Zone!

Teens have a special place to belong at the **Greenbrier Family YMCA**, where leaders' clubs, special events and opportunities for growth flourish! Older adults enjoy social gatherings and wellness classes, while families flock to the outdoor pools and spray toys at both centers.

Tucked away on Old Greenbrier Road, **Greenbrier North YMCA Wellness & Racquetball Center**, is well-known for the racquetball play, leagues and lessons.



This facility also manages YMCA School-Age Child Care within the Chesapeake Public Schools. Contact 366-9622 to register your child for the 2009–2010 school year.

Also in Chesapeake, is the **Taylor Bend Family YMCA** which serves the Northern Suffolk and Western Branch communities. Located at 4626 Taylor Road, the center boasts a resort-style Outdoor Aquatic Center and Spray Park,

along with a newly renovated Health & Wellness Center. For more information about the activities and facilities at Taylor Bend, call 638-9622.

Take advantage of the many options your membership provides and sample the different programs offered at each location. Visit **[www.ymcashr.org](http://www.ymcashr.org)** for a full list of locations, hours and schedules.