

# OUR VOICE



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF SOUTH HAMPTON ROADS

250 W. Brambleton Ave., Suite #100

757 624 9622 • Norfolk, VA 23510

[www.ymcashr.org](http://www.ymcashr.org)

January–June 2011

A newsletter for members and volunteers of the Y



## WE'RE BUILDING STRONG AND BRIGHT FUTURES

### Currituck Family YMCA coming soon

In partnership with the County of Currituck, the YMCA of South Hampton Roads will be serving the community with programs and services through a new YMCA facility at 130 Community Way in Barco, NC. With over 100,000 active members, the Currituck Family YMCA will be a family center of the YMCA of South Hampton Roads and all members will enjoy open access to every facility in our organization.

Expected to open in December 2011, plans for the two-story Currituck Family YMCA and Community Center include indoor basketball and activity courts, indoor and outdoor swimming pools, weight-lifting area, cardio exercise machines and an indoor walking/jogging track. The Y will also house a Senior Center, regional medical facilities and staff offices for the Parks and Recreation Department.

The 73,600 square-foot Community Center will be a key feature of the Currituck Family YMCA. Built by the Sussex Development Corporation, the overall site will also include baseball/softball and soccer fields, tennis courts, botanical garden, walking paths, a skateboard park and a dog park. The Community Center will also be home to a new Currituck Animal Shelter.

We look forward to better serving all of you with this wonderful new addition! You can follow along with this project, as well as any other ongoing projects on our website at [www.ymcashr.org/about/projects](http://www.ymcashr.org/about/projects).

## SAME PLACE, NEW FACE

As part of our brand revitalization, we are proud to introduce our newly redesigned newsletter! We hope you take some time to read this issue to learn all about your Y and Our Voice.



## A LOOK INSIDE

As always, we have a lot going on at the Y, and we strive to keep you informed in the best possible way to provide you with a richer experience with your membership. Here's a look at what's inside the premier issue of Our Voice!

- Read a letter from our president on the inside cover.
- Discover the benefits of your membership on page 3.
- Learn about the newest component of FitQuest; ActivTrax, new web based fitness technology (page 5).
- Read about the member benefits of The First Tee and Camp Silver Beach on pages 26–27.

# TABLE OF CONTENTS

Welcome! . . . . . Page 3  
Improving Communities . . Page 3  
We Build People . . . . . Page 4  
Giving Back . . . . . Page 4  
Healthy Eating . . . . . Page 5  
Activtrax . . . . . Page 5

## FAMILY CENTER PAGES

Albemarle . . . . . Page 6  
Blocker Norfolk . . . . . Page 7  
Eastern Shore . . . . . Page 8  
Effingham . . . . . Page 9  
Great Bridge/Hickory . . . Page 10  
Greenbrier . . . . . Page 11

## ASSOCIATION CALENDAR OF EVENTS . . . . . Pages 12–17

Greenbrier North . . . . . Page 18  
Hilltop . . . . . Page 19  
Indian River . . . . . Page 20  
James L. Camp, Jr. . . . . Page 21  
Mt. Trashmore . . . . . Page 22  
Outer Banks . . . . . Page 23  
Suffolk . . . . . Page 24  
Taylor Bend . . . . . Page 25  
Camp Silver Beach/  
Conferencing. . . . . Page 26  
The First Tee of  
Hampton Roads . . . . . Page 27



# TOGETHER WE MAKE A DIFFERENCE

Greetings,

Welcome to our newly redesigned newsletter, **Our Voice**. As many of you have been aware, the Y has undergone significant change in its branding and identity. We are embracing this national decision locally and changing our communication to more accurately reflect what we do.

The Y has been changing lives for well over a century, and this year has been no different. A cause-driven and diverse organization of men, women and children, we are joined together by a shared promise to nurture the potential of kids, promote healthy living and foster a sense of social responsibility. We appreciate your support and confidence in the programs and services we provide throughout our community.

Your Y takes special pride in offering programs that encourage healthy lifestyles. People of all ages are given the tools necessary for healthy living through activities such as Y-Change, Fitness Challenges and SPARK (Sports, Play and Active Recreation for Kids).

New for 2011, your Y once again offers you the latest in fitness technology as part of our popular FitQuest program. ActivTrax, a web-based software, creates customized workouts built around each individual's goals, offers nutrition guidance, and is available from any Internet-accessible computer or smart phone. In addition, we broke ground on our newest family center, the Currituck Family YMCA, in Barco, North Carolina on October 28. This fully-equipped family center will serve a growing population with much needed facilities including a senior center, indoor aquatic center and public recreation area.

This past year, more people than ever chose to participate in our **We Build People** campaign, providing us the necessary funding to serve our communities with programs that otherwise would not be available. Our shared commitment to our communities guarantees the opportunities to learn, grow and thrive that we create for all, are ones that will endure. A Y at Princess Anne, a center in Park Place and regional day camps are all on the horizon.

It is an exciting time to be a YMCA of South Hampton Roads' member. We look forward to serving you better—hope you enjoy our new look and our latest edition of the Member Newsletter.

In Good Health,

A handwritten signature in black ink, appearing to read "Charles E. Harris". The signature is fluid and cursive.

Charles E. Harris,  
CEO, YMCA of South Hampton Roads

# EVERYONE IS WELCOME AT THE Y!

## What You Need to Know About Your Membership

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive.

### Getting Started

If you haven't already done so, meet with a **FitQuest** Coach to develop a personalized fitness plan. Meeting one-on-one will allow you to speak freely about the goals you'd like to accomplish. Your trained coach will devise a plan just for you, and assist you along the way. Before beginning your individualized plan, your coach will instruct you on how to use the cardio equipment and tell you about our group exercise offerings.

Did you also know the Y replaces all cardiovascular equipment every three years? In 2009, all family centers received new treadmills, bikes, elliptical machines and more, most with personal TV screens and MP3 hook-ups. In 2011 we will implement the latest in fitness technology, as a component of FitQuest, with **ActivTrax**. This web-based software creates customized workouts built around each individual's goals, offers nutrition guidance, and is available from any Internet-accessible computer or smart phone. Look for exciting details about this new member benefit in the coming months.

For added encouragement, take advantage of your 90-day complimentary pass and join a **Y-Change** group. Here you will meet three times per week to discuss proper nutrition, exercise as a group, and learn small steps to begin living a healthy lifestyle. A trained and caring professional will lead the group through this six-week journey. Y-Change II has been developed for those who wish to continue to benefit from a small-group setting.

**(continues on page 4)**



## IMPROVING OUR COMMUNITIES

The Community Services program may be the best-kept secret in Hampton Roads. Each year we reach more than 14,000 youth and families with innovative programs such as YMCA on **TRACK** (Tutoring and Recreation After-School Club for Kids), FBI-SOS on the InnerActive Mobile Learning Center and Escape to the Arts Summer Camp. The programs and services YMCA Community Services offers to disadvantaged kids in underserved communities are 100% funded through donations, grants and fundraising events like **Jazz it Up for Kids**, an annual fundraising event featuring live music and fabulous food.

Our programs aren't about just reaching the kids, we reach parents and caregivers as well. **Escape to the Arts** hosts a family picnic and a reception for families following the performance. Parents get to travel to the Eastern Shore to help their children unpack and get familiar with an environment completely unlike home. And once in a while we are lucky enough to connect with a family to the point that moms, dads and young people can't stay away—they come as volunteers and mentors to others so that the community continues to reap the benefits of life-changing programs.

The past few years have been tough on agencies like the Y that serve those most in need. However, changing the lives of children and families in need is at the heart of the Y's mission and we continue to make our program available at little or no cost.

For more information on YMCA Community Services please contact Angela Benard-Walsh at (757) 962-2112 or [abenard@ymcashr.org](mailto:abenard@ymcashr.org).



... (Membership con't.)

**Families**

Between work, school and other obligations, it can be a challenge to incorporate family time into our routines. The Y is here to help! YMCAs have always been a place for families, and now the Y is dedicating more time, space and programming to encourage families to spend time together in healthy activities.

The **Interactive Zone** is the perfect place for families to participate in healthy activities. Children can challenge their parents in a virtual race on the Espresso bikes while not even realizing they are working out! Youth also receive an exhilarating workout

learning new steps on the Xerdance pads. Swimming indoors is always a fun pastime, especially when it's too cold to play outside. Twelve YMCA centers have indoor pools for your family to enjoy. Free swim, inflatable slides and themed special events are sure to keep your family active and having fun this winter. While there are plenty of other healthy activities for families to participate in like racquetball, rock climbing and basketball, there are also YMCA services that support families, especially those with younger children. **Stay and Play** (formerly Child-Watch), a complimentary babysitting service, is staffed with responsible and qualified individuals who ensure your child is being cared for while you workout. One night a month, children are invited to **Parents Night**

**Out** program, so they too can have a night of fun while mom and dad enjoy a night out without the children. Both services are benefits of family membership.

Of course we can't fit everything the YMCA has to offer in this magazine, so be sure to regularly visit [www.ymcashr.org](http://www.ymcashr.org) for the most current schedules and program information. Please ensure Member Services has a record of your email address; not only will the YMCA keep you informed of member events like **Holiday Kickoff** and **Spring fitness challenges**, but you'll also be kept apprised of member referral programs such as Make the Pass. Also, consider becoming a fan of the YMCA of South Hampton Roads on Facebook® and following us on Twitter.



# GIVINGBACK

## Volunteerism

The Y is a cause for strengthening communities, committed everyday to **youth development, healthy living and social responsibility**. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood.

We work tirelessly to nurture the potential of kids, improve the nation's health and well-being, and give back and support our neighbors.

Each of our volunteers helps deliver the benefits of good health, strong connections, greater self-confidence and a sense of security to all who seek it. As the nation's leading nonprofit for youth development, healthy living and social responsibility, the Y provides kids, adults, families and communities with vital support and opportunities to learn, grow and thrive. We are always looking for people who want to give back and support our neighbors, and strengthen their communities through volunteerism.

To learn more about volunteer opportunities at your Y today, inquire at your family center or visit [www.ymcashr.org](http://www.ymcashr.org).



# WE BUILD PEOPLE TOGETHER WITH YOU

"Changing people's lives," is the response of one member when questioned, "What does the Y do in the community?" The YMCA of South Hampton Roads in accordance with the National Y, has focused its vision on the future. The Y is committed to help make change with focus on Youth Development, Healthy Living, and Social Responsibility.

A large part of making this change is ensuring that no one is turned away due to inability to pay. Through our annual **We Build People** campaign, you can help the Y have a positive impact in your community. Your contribution to the campaign directly impacts issues in your communities.

To learn more about We Build People, the Open Doors program, or how you can get involved as a volunteer, please ask staff at any one of our family centers. We can change people's lives and with your help it becomes easier. Thanks in advance for helping us impact someone's life.

# HOLIDAY EATING

## Spark Your Training, Don't Squash It!

By Shaye Arluk, MS, RD, HFI

A nutritional consultant for **McDonald's** and a partner in their Healthy Active Lifestyle Campaign.

The holiday season is a time of family, festivities and a lot of food. The average American gains 2-7 pounds over the holiday season. A big concern for the health conscious individual is how to join in all the holiday fun without putting on excess pounds that will affect weight and health goals for the year. Hopefully by following the helpful hints below you can keep your holiday cheer without the weight gain fear.

Everyday begin with a good, healthy breakfast that includes a low-sugar based carbohydrate source and a good source of protein. An ideal example of this is a bowl of low-sugar whole grain oatmeal made with non-fat milk with dried fruit on top.

Second, bring your running shoes everywhere! If you are traveling or just going to a relative's for dinner, find time to run or walk after big meal. Walking after a large meal will help burn calories, aid in digestion and help avoid the holiday heartburn.

Next, budget your sugars. Decide at every party or meal which high calorie, high fat food looks best and limit yourself to one handful (or two) of what you really want instead of tasting every potato, every fried appetizer and every cookie!

Finally, healthy snacking during the holiday time can help you avoid overeating at parties and meals by controlling your blood sugars before you are tempted by party treats. Choose nutrient dense snacks an hour before a party or meal that are fiber rich like a slice of whole grain toast with peanut butter or a handful of carrot sticks dipped in hummus. Protein rich foods like hard boiled eggs, non-fat Greek yogurt or a non-fat latte are also good choices.

Slow and steady wins the race especially when it comes to holiday eating. Keep steady with the meals you can control like breakfast and snacks and slow down on the meals at dinners and parties. Savor and enjoy the atmosphere of the season as well as the tastes!

Full McDonald's nutritional information is available at [www.mcdonalds.com](http://www.mcdonalds.com) or in restaurants.



## STAYING ON TRACK IN 2011

Staying on track with your fitness goals will be even easier in 2011 with the help of **ActivTrax**, a new feature of your FitQuest program. Your Y is accustomed to offering you only the finest in technology, and this year is no different.

What will ActivTrax do for you? ActivTrax will guide you by accurately recommending the appropriate weight for you to lift on the equipment in the health & wellness center. Using the results of a simple test and individual goals, ActivTrax creates a customized exercise and meal plan for you.

With each visit to the Y, enter your username and password at the FitQuest kiosk. The kiosk will then print a detailed exercise plan for you for this particular visit. Follow the workout plan, record the number of repetitions you perform, and enter the results back at the kiosk. ActivTrax then analyzes your performance and makes any necessary adjustments for your next workout.

You are also able to also receive nutritional guidance through the ActivTrax meal planner from home, work or any web-accessible computer. Your meal plan is customized to your dietary preferences. Best of all, you aren't tied to just one location; you can exercise and have access to your personalized plan at any of the YMCA of South Hampton Roads' wellness centers.

On your next visit to the Y, ask how to stay on track with ActivTrax!

# ALBEMARLE FAMILY YMCA

1240 North Road Street, Elizabeth City, NC • 252 334 9622

## AFTER-SCHOOL CARE AT THE Y

New this year, Albemarle Family YMCA's After-School Enrichment Program ensures that your child's time is filled creatively and constructively. Programs are fun and educational, and help children develop self-confidence, positive values and academic achievement. They will also get a chance to express their talents in the arts, sports and other areas of interest through our partnerships with organizations like 4H. We offer bus pick from the area schools and the program runs Monday through Friday from 3:30–6 pm. Also included in the After-School program are half-day care and school holiday care. This program, designed to enrich and improve your child's mind, body, and spirit costs \$55 for Members and \$75 for Prospective Members. Please contact Courtney Wilday at (252) 334-9622 or [cwilday@ymcashr.org](mailto:cwilday@ymcashr.org) for more information.



## SAFE SWIMMING SAVES LIVES

Hello again everyone!

Vincent the frog here, your Y mascot, to fill you in on our activities at Albemarle Family YMCA. I am going to the elementary schools to talk about water safety again this year. There is so much to teach children about being responsible around water that we will be doing this program every year! We will once again offer **All Kids Swim**. This is the program where the Albemarle Family YMCA offers Swim Lessons to the Elizabeth City/Pasquotank Public Schools kindergarten classes free of charge to the parents and school system. These classes are funded through our annual giving campaign, **We Build People**. I am so thankful that our friends and neighbors are there to help support the great work being done to develop the youth of our community. The children are thankful too!

—Your Friend, Vincent the Frog

If you'd like to know about more about the adventures of Vincent or the **All Kids Swim** program please contact Christina Weiss at (252) 334-9622 or [cweiss@ymcashr.org](mailto:cweiss@ymcashr.org).



## OLDER ADULTS

### Staying Active

It's never too late to feel great! Our Active Older Adult (AOA) program is for men and women in their 50's, 60's, 70's, 80's, and 90's! We strive to offer a comprehensive and integrated program that encourages our members to grow in the areas of physical, emotional, social, intellectual and spiritual well-being.

At the Y, our adult exercise classes promote fitness and well-being while fostering friendship. Our volunteering and social events help build lasting relationships and community ties. Those who stay active in their retirement years not only extend their lives, but also enhance the quality of it.

For more information please contact Holly Cook-Wood at (252) 334-9622, or [hcook-wood@ymcashr.org](mailto:hcook-wood@ymcashr.org).



# BLOCKER NORFOLK FAMILY YMCA

312 W. Bute Street, Norfolk • 757 622 9622



## IT'S WHAT WE'RE ABOUT

Now, more than ever, kids and families are in need of YMCA programs and services that help build character, encourage positive life skills and promote healthy choices. Your generous contributions are the only way to make sure that every child and family has a chance to share in our community treasure—and become healthier and happier because of it.

- Help us keep kids safe in the water when we provide more than 400 Swim Lessons to the local communities of Park Place, Tidewater Park and Young's Terrace through our partnership with the Norfolk Police Department and every child attending Camp Red Feather Summer Camp at no charge.
- Help us impact more than 150 kids each summer by giving kids the chance to participate in life-changing programs like Camp Red Feather Adventure Day Camp where they are given the opportunity to learn about their surroundings in an environment of caring, faith and hope.
- Help us provide over 400 kids in the Norfolk community with caring, affordable and enriching environments for kids during the school year; children remain safe, especially during the hours of 3-6 pm when parents are still working.
- Help us give 100 teens a strong foundation of life skills to build self-esteem and make healthy choices.

Together we can build a strong community. When you give to the Y, you continue to strengthen our community and move us all forward. As the nation's leading nonprofit for youth development, healthy living and social responsibility, the Y uses your gift to make a meaningful, enduring impact right in your own neighborhood.

Please contact Nancy Diel, Business Director, (757) 962-5523 or [ndiel@ymcashr.org](mailto:ndiel@ymcashr.org) for more information or make a gift online at [www.ymcashr.org](http://www.ymcashr.org) today!



## SUPPORTING TEENS

Supporting teens is not a spectator sport and we're committed to working everyday to ensure them a brighter future through our Teens Leaders Club, Counselor-in-Training program and Teen Extreme Adventure Camps. Just like anything worthwhile, building healthy teens is hard work:

- It's about providing a safe & supervised place to go
- It's about respect for self and others and a sense of belonging
- It's about setting and accomplishing goals
- It's about raising and supporting future leaders in our community

If you're a teen and interested in making new friends and having fun or a parent looking for a great place for your teen, please contact Samantha Smith, Teen Director, 962-5526 or [samanthasmith@ymcashr.org](mailto:samanthasmith@ymcashr.org) for more information.

## DID YOU KNOW

...you can open an account and load credit on your Y card at the Chickpea Café? You'll get a \$5 credit or FREE smoothie and 10% off all future purchases! No need to bring cash—just swipe your card and go! Great idea for busy moms and teens—a Chickpea account ensures healthy choices at your fingertips.



# EASTERN SHORE FAMILY YMCA

26164 Lankford Highway, Onley • 757 787 5601

## MAKING A DIFFERENCE

For youth development, for healthy living, for social responsibility; these are the three areas of focus for the Y, an integral part of our new branding, unveiled last July. Since this is new to us all I wanted to take this opportunity to highlight a program area that I think satisfies all three areas of focus. Our aquatic programs at the Eastern Shore Family YMCA have been focused on all three of these things for a long time and it's exciting to embrace them and more openly share what we do.

**For Youth Development:** What better program can you use to highlight youth development than Swim Lessons? This program is first offered to children as young as 6 months old and it can continue through the adult years if a person is so inclined. Not only does it set measurable goals for participants to achieve through each level, parents and instructors enjoy watching the progress of the kids towards their goal of learning to swim. Friendships and relationships are built and maintained between the kids, instructors and the parents as well as other family members. Children can even go on to get trained as lifeguards when they are 16 years-old and learn to develop responsibility and leadership skills as well. With Swim Lessons at the Y, you can literally watch children grow before your eyes!

**Swim Lessons** are offered monthly, with sign up available for Monday/Wednesday, Tuesday/Thursday or Saturday lessons. For more information please visit [www.ymcashr.org](http://www.ymcashr.org) or call Member Services (757) 787-5601.

**For Healthy Living:** Our aquatics programs continually offer a person or family new ways to stay active. While lap swimming is great exercise there are other, more targeted aquatic programs available to people of all ages. **Aqua Aerobics** is a great way to get a low impact workout that will help both your muscular and cardiovascular health no matter what age you are. In addition to the physical benefits of Aqua Aerobics, exercise is also an important benefit to mental health. The classes are great ways to meet new friends or spend time with cherished old friends. People in these classes and the instructors

epitomize the joy of being a part of a small community. Aqua Aerobics classes are held Monday, Wednesday and Friday at 9 am, Tuesday and Thursday at 10 am, or Monday and Wednesday afternoons at 5:30 pm.

**For Social Responsibility:** Every year at the Eastern Shore Family YMCA we offer SPLASH Swim Lessons. This is a program that we raise money for in order to offer free Swim Lessons to the children of the Eastern Shore so that the opportunity to learn to swim is within the reach of anyone who wants it. We are surrounded on three sides by water and our economy relies heavily on aqua culture, commercial and recreational fishing, and tourism. Every child deserves the

chance to learn how to swim and through the money raised for SPLASH and **We Build People**, we do our part to not let money be a barrier in their pursuit to learn to swim. For just \$50 we are able to help one more child grow, gain self-confidence and become more independent in the water. This year's SPLASH classes will be held in January 31 through February 4 and May 31 through June 3. Please consider this noble cause in your annual giving. For more information please contact Danny Vestal, Executive Director, at (757) 787-5601 or [dvestal@ymcashr.org](mailto:dvestal@ymcashr.org).



## FAMILY FUN

### Upcoming Programs for Youth and Families

**Flag Football:** Registrations for Spring Flag Football leagues have begun! Cost for Members is \$40 and the rate for Prospective Members is \$55. Price includes awards and jerseys, children must be at least 5 years old to register. Practice begins March 5, and games will be held at the YMCA on Saturday mornings beginning March 12. Registration Ends on February 26th.

**YMCA Kids Dodgeball:** Dodge, duck, and weave playing the game everyone loves. The Eastern Shore Family YMCA will again be offering Kids Dodgeball League starting on January 12. Modified rules make this a challenging game to all levels of ability. Games will be played on Wednesday evenings starting at 5:15pm. The cost is \$20 for members and \$30 for prospective members. For kids age 6 to 14.

**Fall Family Fun Night on January 28:** Members can come out for an evening of fun and games for the whole family. This is a chance for members to have fun, social interaction and learn more about what's coming up at the YMCA. There will be raffles, food and activities for all members of the family. Please join us and let us show how much we appreciate you!

# EFFINGHAM STREET FAMILY YMCA

1013 Effingham Street, Portsmouth • 757 399 5511



## CONNECTING WITH OTHERS

### The Voice of the Member Community

Hi, we're the Ray family; a military family with three young children. Before joining the Y in January we were true homebodies. We spoke of exercising and meeting new people as if it were impossible. Since becoming members, we have taken advantage of weekly classes, community events, as well as evening childcare. We have become well acquainted with many of the staff and fellow members. The Y has not only helped us reach physical goals, but has helped build friendships and given us our new church home, we attend Christ's Fellowship Sunday mornings here at the Y. We look forward to becoming a fit, healthier family, and to reaching our new goal of completing a half-marathon. —The Rays

### Get Involved

The **Youth Basketball** League is designed to teach our young ones the value of character development through participation in a positive, fun activity that builds athletic, social and interpersonal skills. Youth, ages 4–12 will learn **responsibility** through teamwork; **respect** by treating everyone like a winner; **caring** with support of each other; **honesty** by fair play and doing your best and **faith** by believing in themselves and others.

Every child plays at least half of each game, with emphasis placed on learning the skills and rules, not winning or losing. The coaches teach the game of basketball through positive reinforcement and skill-oriented methods. We invite you to register now through January 16. The league runs January 17–March 26. Games are held on Saturdays and practices are once a week on weekday evenings.

Do you enjoy Zumba? We invite you to come out and try one of these new Zumba classes offered every month at your Effingham Street Family YMCA:

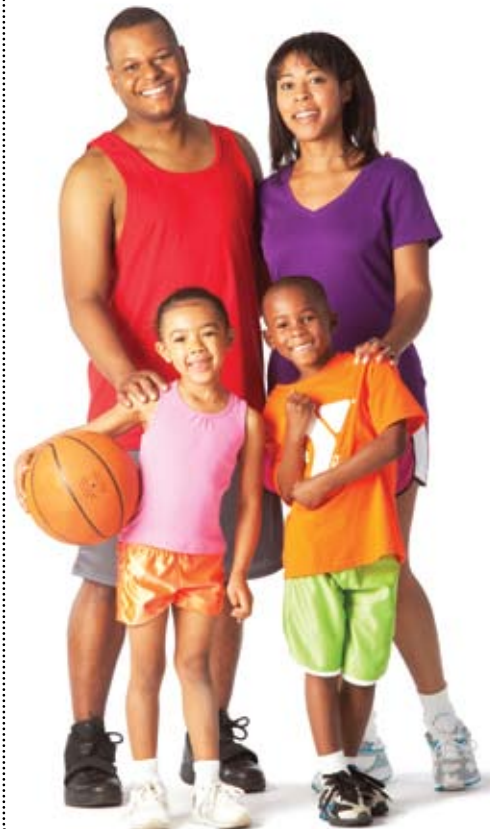
**Zumba Gold**—This class targets the largest growing segment of the population: The older adult. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as the de-conditioned participant. What stays the same are all the elements the Zumba Fitness-Party is known for: the party-like atmosphere, the zesty Latin music and the sheer vibrance of each class.

**Zumba Toning**—This class combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-burning, strength-training dance fitness party. Light weights are also used in this class.

### MoneySmart: A Financial Education Program

Live\$mart and FDIC are providing Money Smart classes, a curriculum designed for building a secure future. These classes will provide you with free financial advice from experts. Among the topics covered are proper saving and investment options, identity theft and how to prepare for emergencies, building a good credit history and how to read a credit report, and how to determine if you are ready to become a homeowner.

The class meets on the second Thursday of each month from 10–11:30 am at the Effingham Street Family YMCA and will cover a different lesson from the Money Smart Curriculum. Everyone is welcome!



# GREAT BRIDGE/HICKORY FAMILY YMCA

633 S. Battlefield Boulevard, Chesapeake • 757 546 9622

## FROM YOUTH TO ADULTS

### Something For Everyone

Art gives enjoyment and meaning to our lives, both cognitively and socially. At the Great Bridge/Hickory Family YMCA, we explore the arts in a variety of ways, in programming for the young, the old and everyone in between. For our youngest members we offer programs such as **Musical Me**, which nurtures the musical growth of children. Sessions designed specifically for ages 2 ½ to 4 run for four weeks, during which children learn the basics of music, singing, rhythm, and even incorporating dance moves during a fun-filled 30 minutes.

Our new, **Introduction to Ballet** is a great way to introduce children ages 2 ½ to 4 to the wonderful world of dance. Ballet classes will teach children grace, poise, self-discipline and self confidence. Each six-week session ends with a fun dance recital you will not want to miss!

## FOR TWEENS

Our 10 to 12 year-olds often feel as if they are overlooked when it comes to fun activities. Kids this age are no longer little boys or girls, yet they may not be ready for the teenage scene yet either. At the Great Bridge/Hickory Family YMCA, we're focusing on tweens by offering fun and exciting programs designed specifically for them!

The **Interactive Zone** has always been a favorite hang-out for this age group. Mainstays such as the rock wall, SportWall, Espresso bikes and XerDance have always been popular. However, did you know that daily, weekly and monthly tournaments and special events are also held in the Interactive Zone? Some examples are four-square tournaments, Wii boxing championships, rock wall climb-offs, and the Tour de I-Zone, a bike race on the Espresso bikes.

**Middle School Madness** is a monthly event held at the Great Bridge/Hickory Family YMCA. Middle-schoolers get the Y all to themselves after it closes on a Saturday night. Each Middle School Madness has a



different theme, from fun in the pool to sports to dancing, keeping kids coming back for more each month.

The newest program for tweens is **Water Waves**. This is a medium-intensity water aerobics class that introduces a younger age group to the fun they can have in water fitness. If parents choose, they can join their tween in the water, and the class is offered to members 15 years of age and younger. Water Waves is currently offered on Tuesdays and Thursdays from 4 to 4:45 pm.

Don't forget that 10 to 12-year olds are invited to use the cardio equipment and FitQuest circuit, as long as a parent is with them as they work out. They can also shoot hoops in the gymnasium, and swim in our indoor and outdoor pools as long as they have passed a swim test and a parent is in the facility.

**Teen Yoga and Art** for ages 13 to 17 began as a Master's thesis for a YMCA employee, and was such a hit that the session is now offered as a drop-in class every Wednesday afternoon. During each 90-minute session, participants learn new yoga postures, express their creativity through an art exercise, and end the session with relaxation. Combining Yoga with art is an excellent way to maintain balance in all areas of a teen's life.

Finally for our adults, **Ballet/Sculpt** is a new group exercise class that will enhance posture and alignment, tone and strengthen the body, as well as exercise the mind. This ballet-based fitness class is one hour in length and appropriate for all levels.

## ADULT SPORTS Leagues of Fun!

At the Y, we believe that "everyone plays, everyone wins," and we demonstrate that in all we do—even adult sports! You don't have to be a kid to feel the incredible sense of achievement that playing YMCA sports can provide. Adults can also enjoy the competition, teamwork, sportsmanship and friendships that are created through involvement in YMCA Adult Sports programs.

The Great Bridge/Hickory Family YMCA offers **coed leagues** for adults who want to have fun and enjoy the camaraderie of others, while getting an exceptional workout. We invite adults to participate in a variety of sports such as karate, kickball and dodgeball, as well as pick-up games of basketball and volleyball. Sports Director, Matt Lewis, explains that more adult sports are on the horizon; small-team soccer (5 on 5 with no goalies—just fun) and possibly corn hole and ultimate Frisbee in the near future. Organize your own team through your church or a group of friends, or sign up as an individual player. Challenge others who are looking for a fun sports atmosphere, while focusing on health and wellness, teamwork, and stress relief while surrounding yourself with those who will provide encouragement and friendship.

## LIVING AN ACTIVE LIFE

### Active Older Adults Knitting and Crocheting Class

The Active Older Adults at Greenbrier Family have been busy learning to knit and crochet. Every Monday afternoon, a group of about twenty ladies has been enjoying socializing, and learning new skills. Lorrie Quakenbush, coordinator of the Active Older Adults group, has pulled everyone together (she's learning to crochet as well). Every week someone brings new patterns to share with the group. The ultimate goal of the class is to donate blankets to The Linus Project; the charitable group donates blankets of all sizes to The Children's Hospital of the King's Daughters. We are going to continue getting together for several weeks, and then start up again after the holidays. The ladies all seem to enjoy getting together to compare their projects. We welcome anyone over 50 who would like to learn to knit or crochet. If you are interested in donating blankets to The Linus Project, or in joining the class, please contact Lorrie Quakenbush at (757) 547-9622.



## YOUTH Y-CHANGE

Greenbrier Family YMCA's youth Y-Change group is a 6-week journey committed to motivating 8 to 11-year olds. While most of our young members were registered by their parents, after dancing, playing kickball and scooter races, they realized getting healthy and exercising can be fun!

For more information or to sign up for the next session, please contact our Y-Change coordinator, Susan Buonviri, at (757) 547-9622 or [sbuonviri@ymcashr.org](mailto:sbuonviri@ymcashr.org).

## YOUTH SPORTS

### Spring Soccer

Pre K-2nd grade

Registration begins January 31

Season runs March 19-May 14

### T-Ball

Pre K-2nd Grade

Registration begins April 11

Season runs June 11-August 6

## SWIM LESSONS

Below is a list of upcoming Swim Lessons for January and February; for a listing of all lessons, see our Calendar of Events or visit [www.ymcashr.org](http://www.ymcashr.org).

**January 3/4:** Monday/Wednesday and Tuesday/Thursdays lessons

**January 8:** Saturday lessons

**February 1:** Tuesday/Thursday lessons

**February 28:** Monday/Wednesday lessons

## SWIM THE BAY

For all you seasoned swimmers out there looking for a new challenge, Swim the Bay is here! Swim with a destination in mind and a journey with a goal! "Swim the Bay" is a challenge where you will follow a poster-mapped route around the Chesapeake Bay. If you already exercise, this is a chance to earn a free t-shirt and track your progression. If you are planning on learning how to swim, there is no better time than now to begin.

You just need to be able to make it from one end of the pool to the other. We will have a map posted of the Chesapeake Bay, on which the swimmers will mark their distances in progress along the route. Per mileage, points on a map will measure progress. Participants will have one month to make as much progress along the route as they can. At the end, each finisher will receive a t-shirt and there will be a special prize for the most completed mileage. Good luck and see you there!

# ASSOCIATION CALENDAR OF EVENTS

## Chesapeake Great Bridge/Hickory Family YMCA

### January

- 1 New Year's Day, YMCA Open 8 am–2 pm
- 3–4 Weekday Swim Lessons begin
- 4 Tri-Club training begins
- 8 Saturday Swim Lesson sessions begin
- 10–11 Pee Wee Sports begins for ages 3–5
- 12 Musical Me 4-week session begins for ages 2 ½–4 years
- 14 Parents Night Out
- 15 Youth Basketball games begin
- 17 No school, Kids Day Camp
- 22 Middle School Madness
- 28 No school, Kids Day Camp  
Parents Night Out
- 31 Weekday Swim Lesson sessions begin  
No school, Kids Day Camp

### February

- 1 Weekday Swim Lesson sessions begin  
Summer Camp registration begins
- 4–6 Teen Ski Trip
- 9 Intro to Art begins (ages 2–4)
- 10 Father/Daughter Valentine Banquet
- 11 Parents Night Out
- 21 No school, Kids Day Camp
- 25 Parents Night Out
- 26 Middle School Madness
- 28 Weekday Swim Lesson sessions begin

### March

- 1 Weekday Swim Lesson sessions begin
- 4 Mother/Daughter Makeover Night
- 5 Saturday Swim Lesson sessions begin
- 7 Pee Wee Sports begins for ages 3–5
- 9 Musical Me begins (ages 2 ½–4)
- 11 Parents Night Out  
Teen Laser Tag Trip
- 18 Shamrock Hop Family Activity Night
- 19 Middle School Madness
- 21–25 Spring Soccer Clinic for ages 4 to 4th grade
- 24
- 25 Parents Night Out
- 28 Youth Spring Soccer begins
- 28–29 Weekday Swim Lesson sessions begin

### April

- 1–2 Teen White Water Rafting Trip
- 7 Intro to Art begins (ages 2–4)
- 8 Parents Night Out
- 8–9 Middle School Lock-In
- 18–22 Spring Break–Kids Day Camp
- 22 Parents Night Out
- 23 Easter Eggstravaganza
- 25–26 Weekday Swim Lesson sessions begin

### May

- 2 Adult Kickball registration begins  
Adult Small Sided Soccer registration begins
- 4 Pee Wee Sports begins for ages 3–5
- 4 Musical Me 4 begins (ages 2 ½–4)
- 7 Teen Paintball trip
- 13 Parents Night Out
- 14 Middle School Madness
- 23–24 Weekday Swim Lesson sessions begin
- 27 Parents Night Out

### June

- 4 Teen Surfing trip
- 10 Parents Night Out

12

- 16 Out of School Pool Party
- 20 Monday–Thursday Swim Lessons begin  
Summer Camp begins
- 21 Adult Kickball begins
- 22 Adult Small Sided Soccer begins
- 24 Parents Night Out
- 30 Healthy Kids Day, 10 am–1 pm

## Greenbrier Family YMCA

### January

- 1 New Year's Day, YMCA open 7 am–2 pm
- 3 Y-Change, Mondays, 9 am  
Mon/Wed Swim Lessons begin
- 4 Tues/Thurs Swim Lessons begin  
Y-Change, Tuesdays, 6:30 pm
- 4 begins (ages 2–3)
- 4 Ballet Classes begin (ages 2–8)
- 5 Megabyte Tykes PM Computer Classes begin (ages 3–7)
- 6 Kids-In-Motion AM classes begin
- 8 Parents Night Out New Year's Party  
Saturday Swim Lessons begin
- 10 Y-Change 4:30 pm (Youth ages 8–11)  
Y-Change 7 pm (Teens ages 12–18)  
STEAM Juniors Lego Club begins (ages 6–8)
- 12 STEAM Masters Lego Club begins (ages 9–13)  
Y-Change, Wednesdays, 11 am (Older Adults ages 55+)
- 14 Home school STEAM Juniors and Masters Lego Club begins  
Family Movie Night
- 15 CYAT Swim Meet
- 17 Indoor Pool closed 12:30–7 pm  
School's Out Special (ages 5–12)  
Y-Change, Mondays, 11 am  
Y-Change, Mondays, 6 pm
- 18 Y-Change, Tuesdays, 8:30 am
- 22 Parents Night Out Bingo Night
- 27 Kids-In-Motion PM Classes begin (ages 2–5)  
School's Out Special (ages 5–12)
- 31 School's Out Special (ages 5–12)

### February

- 1 Kindermusik AM Village–Rhythm (ages 0–18 months)  
Kindermusik PM Imagine That (ages 3–5)  
Tues/Thurs Swim Lessons (Feb 1–24, 9–11 am and 4–6:30 pm)
- 2 Kindermusik AM Our Time (ages 18–24 months)  
Kindermusik AM Imagine That (ages 3–5)  
Kindermusik PM Sign & Sing (ages 6–24 months)  
Kindermusik PM Family Time
- 5 Parents Night Out
- 7 Spring Soccer sign-ups begin
- 12 Special Extended Parents Night Out for Valentine's Day
- 14 Y-Change II, Mondays, 9 am  
Y-Change II, Tuesdays, 6:30 pm
- 17 Kids-In-Motion AM classes begin (ages 2–5)  
Parents Night Out movie night  
CYAT Swim Meet/Indoor Pool closed 12:30–7 pm
- 21 Spring Fitness Challenge registration begins

- 21 School's Out Special (ages 5–12)  
Youth Y-Change, Mondays, 4:30 pm  
Teens Y-Change, Mondays, 7 pm
- 23 Y-Change Older Adults, Wednesday, 11 am
- 28 Y-Change, Mondays, 6 pm
- 28 Mon/Wed Swim Lessons  
Feb 28–Mar 23, 9–11 am and 4–6:30 pm

### March

- 1 Tues/Thur Swim Lessons  
Y-Change Tues. 8:30 am
- 5 Parents Night Out Feeling Lucky?  
Saturday Swim Lessons  
Mar 5–Apr 23, 9–11:30 am
- 7 Spring Fitness Challenge begins  
Y-Change, Mondays, 11 am  
Spring Fitness Challenge begins
- 10 Kids-In-Motion PM begins (ages 2–5)
- 11 Family Bingo Night
- 15 Ballet Classes begins (ages 2–8)
- 16 Megabyte Tykes PM computer classes begin (ages 3–7)
- 19 Parents Night Out Spring Fever  
Youth Soccer begins
- 23 STEAM Juniors Lego Club begins (ages 6–8)  
STEAM Masters Lego Club begins (ages 9–13)
- 25 Homeschool STEAM Juniors and Masters Lego Club begins
- 28 Mon/Wed Swim Lessons  
Mar 28–Apr 20, 9–11 am, 4–6:30 pm
- 28 Y-Change Mondays, 9 am
- 29 Y-Change Tuesdays, 6:30 pm
- 29 Kindermusik AM Village–Hickory Dickory (ages 0–18 months)
- 31 Kids-In-Motion AM begins (ages 2–5)

### April

- 2 Parents Night Out, Ice Cream Blast
- 4 Youth Y-Change, Mondays, 4:30 pm
- 4 Teen Y-Change, Mondays, 7 pm
- 9 Easter Eggstravaganza
- 11 T-Ball sign ups begin  
Y-Change II, Mondays, 6 pm
- 12 Y-Change, Tuesdays, 8:30 am
- 16 Parents Night Out Bounce House Fun
- 17 Spring Fitness Challenge Ends
- 18 Y-Change, Mondays, 11 am (Y-Change II)  
Spring Break Camp (ages 5–12)  
Mon/Wed Swim Lessons begin
- 25 Tues/Thurs Swim Lessons begin
- 26 Y-Change, Wednesdays, 11 am
- 20 Happy Easter, YMCA Closed
- 24 Kids-In-Motion PM begins (ages 2–5)
- 28 Healthy Kids Day, 10 am–1 pm
- 30 Saturday Swim Lessons begin

### May

- 7 Parents Night Out Holiday Fiesta  
Y-Change, Tuesdays, 6:30 pm
- 10 Y-Change, Friday, Family Fun Night
- 13 Teens Y-Change, Mondays, 7 pm
- 16 Parents Night Out Sock Hop
- 21 Y-Change, Mondays, 4:30 pm (Youth)
- 23 Y-Change, Mondays, 6 pm
- 23 Mon/Wed Swim Lessons
- 24 Y-Change, Tuesdays, 8:30 am
- 25 Active Older Adults Day, 10 am–1 pm
- 30 Memorial Day, YMCA Open, 7 am–2 pm

### June

- 4 Parents Night Out
- 6 Y-Change Older Adults, Mondays, 11 am

# ASSOCIATION CALENDAR OF EVENTS

- 6 Starter Camp begins (ages 3-5)
- 9 Kids-In-Motion PM begins (ages 2-5)
- 10 Starter Camp (ages 3-5)
- 11 T-ball begins
- 20 Youth Camp begins (ages 6-11)
- 21 Y-Change, 6:30 pm
- 25 Parents Night Out
- 27 Teen Camp begins (ages 11-16)
- Flag football and Cheerleading sign ups
- Y-Change, Mondays, 9 am
- Teens Y-Change, Mondays, 7 pm

## Greenbrier North YMCA Wellness & Racquetball Center

### January

- 1 New Year's Day, YMCA Open 8 am-2 pm
- 8 Winter Basketball League Games begin
- Winter Cheerleading begins
- 15 Winter Volleyball begins
- 17 Martin Luther King Day
- Schools Out/Holiday Camp
- Y-Change I, 9 am
- 18 Y-Change I, 6:30 pm
- 28 Teacher Workday
- School's Out Holiday Camp
- School's Out Holiday Camp

### February

- 16 Member Appreciation Day
- 19 Pee Wee Sports begins
- 21 Presidents Day
- School's Out/Holiday Camp

### March

- 7 Spring Fitness Challenge begins
- Y-Change I, 9 am
- 8 Y-Change I, 6:30 pm
- 12 St. Patty's Racquetball Tournament
- 17 Member Appreciation Day
- 21 Youth Girls Softball begins

### April

- 4 Spring Soccer-School-Age begins
- 6 School's Out Holiday Camp
- 15 USAR Regional Racquetball Tournament
- 18 Y-Change I, 9 am
- 18-22 Spring Break Holiday Camp
- 19 Y-Change I, 6:30 pm
- 24 Happy Easter, YMCA Closed
- 30 Healthy Kids Day, 10 am-1 pm

### May

- 2 Pee Wee Soccer begins
- 13 Member Appreciation Day
- 25 Active Older Adults Day, 10 am-1 pm
- 30 Memorial Day, YMCA Open 7 am-2 pm

## Taylor Bend Family YMCA

### January

- 1 New Year's Day, YMCA Open 7 am-2 pm
- 3/4 Swim Lessons begin
- 6 Y-Change begins, 10:30-11:30 am
- Y-Change begins, 6:30-7:30 pm
- 8 Parents Night Out, 6-9:30 pm
- 10 Y-Change begins, 5:15-6:15 pm
- Y-Change begins, 6:30-7:30 pm
- 12 Y-Change begins, 10:30-11:30 am
- 15 Parents Night Out, 6-9:30 pm
- 17 Outta' School Day Camp, 6:30 am-6 pm
- 18 Y-Change begins: 7-8 pm
- 22 Super Sitter, 9 am-3 pm

- 22 Teens Night Out, 6-10 pm
- 28 Adult Dance Class begins, 7-8:30 pm
- 31 Swim Lessons begin (Mon/Wed)

### February

- 1 Swim Lessons begin (Tues/Thurs)
- 3 Y-Change begins, 9:15-10:15 am
- 5 Swim Lessons begin Saturday
- Parents Night Out, 6-9:30 pm
- 12 Parents Night Out, 6-9:30 pm
- 16 American Red Cross Blood Drive, 3-8 pm
- 18-19 Teen Lock-In, 10 pm-7 am
- 21 Spring Fitness Challenge
- Registration begins
- Outta' School Day Camp, 6:30 am-6 pm
- 23 Y-Change begins, 10:30-11:30 am
- 26 Family Movie Night, 6-8:30 pm
- 28 Y-Change begins, 4-5 pm
- Y-Change begins, 6:30-7:30 pm

### March

- 3 Y-Change begins, 10:30-11:30 am
- 4 Adult Dance Class begins, 7-8:30 pm
- 5 Parents Night Out, 6-9:30 pm
- 7 Spring Fitness Challenge begins
- Swim Lessons begin (Mon/Wed)
- 8 Y-Change begins, 6-7 pm
- Swim Lessons begin Tues/Thurs
- 10 Y-Change begins, 4-5 pm
- Y-Change begins, 5:30-6:30 pm
- 12 Parents Night Out, 6-9:30 pm
- 19 Teens Night Out, 6-10 pm

### April

- 2 Parents Night Out, 6-9:30 pm
- Swim Lessons begin Saturday
- 4 Y-Change begins, 9:30-10:30 am
- Swim Lessons begin (Mon/Thurs)
- 8-10 Lifeguard Certification Class
- 9 Easter Egg Hunt and
- EggStravaganza, 10 am-12 pm
- 9 Parents Night Out, 6-9:30 pm
- Lifeguard Certification class
- 15-17 Spring Fitness Challenge ends
- 17 Spring Break Camp, 6:30 am-6 pm
- 18-22 Lifeguard Certification Course
- YMCA Splash Program
- 20 American Red Cross Blood Drive, 3-8pm
- 24 Happy Easter, YMCA Closed
- 25/26 Swim Lessons begin
- 27 Y-Change begins, 10-11 am
- 29 Y-Change II begins, AM & PM classes
- 29-30 Teen Lock-In, 10 pm-7 am
- 30 Healthy Kids Day, 10 am-1 pm

### May

- 3 Y-Change begins, 6-7 pm
- 5 Y-Change begins, 10:30-11:30 am
- 7 Parents Night Out, 6-9:30 pm
- 13-15 Lifeguard Certification Course
- 14 Parents Night Out, 6-9:30 pm
- 20-2 Lifeguard Certification Course
- 21-22 Preview Weekend for Outdoor Pool,
- Open, 1-5 pm
- 25 Active Older Adults Day, 10 am-1 pm
- 28 Family Movie Night, 6-8:30 pm
- 30 Memorial Day, YMCA Open, 7 am-2 pm,
- Outdoor Pool 10 am-6 pm

### June

- 3-5 Lifeguard Certification Class
- 4 Parents Night Out, 6-9:30 pm
- Aquatics Freestyle Clinic
- 6 Y-Change begins, 10-11 am
- Y-Change begins, 6-7 pm

- 6-16 Swim Lessons begin (Mon/Thurs)
- 10-12 Lifeguard Certification Class
- 11 Aquatics Freestyle Clinic
- Parents Night Out, 6-9:30 pm
- 14 Y-Change begins, 5:30-6:30 pm
- 15 American Red Cross Blood Drive, 3-8 pm
- 18 Aquatics Backstroke Clinic
- 20-30 Swim Lessons begin (Mon/Thurs)
- 25 Aquatics Backstroke Clinic
- 27 Super Sitter, 9 am-3 pm

## Eastern Shore Family YMCA

### January

- 1 New Year's Day, YMCA Open 7 am-2 pm
- 3 Little Grapplers Wrestling
- Swim Lessons begin M/W
- Swim Club
- 4 Swim Lessons begin T/Th
- 5 CPR class, 1 pm
- 7 Parents Night Out, 6:30-9 pm
- 8 Gymnastics and Little Tumblers
- 8 Swim Lessons begin/Saturdays
- 12 YMCA Dodgeball
- 17 Holiday Camp
- 28 Family Fun Night/ Member Appreciation
- 31 Splash Swim Lessons

### February

- 4 Parents Night Out, 6:30-9 pm
- 5 Life Guard Class begins, 10 am
- 7 Swim lessons begin M/W
- Little Shooters Hockey
- Swim Club
- 8 Swim Lessons begin T/Th
- 9 CPR Class 5 pm
- 21 Holiday Camp

### March

- 4 Parents Night Out, 6:30-9 pm
- 5 Flag Football
- 7 Swim Lessons begin M/W
- 7 Swim Club
- 8 Swim Lessons begin T/Th
- 9 CPR Class, 1 pm
- 12 Swim Lessons begin/ Saturdays
- 14 Little Dribblers Basketball

### April

- 1 Parents Night Out, 6:30-9 pm
- 4 Swim lessons begin M/W
- 4 Swim Club
- 5 Swim Lessons begin T/Th
- 6 CPR Class 5pm
- 18 Little Kickers Soccer
- 24 Happy Easter, YMCA Closed
- 30 Healthy Kids Day, 10 am-1 pm

### May

- 2 Swim Lessons begin M/W
- 2 Swim Club
- 3 Swim Lessons begin T/Th
- 6 Parents Night Out, 6:30-9 pm
- 11 CPR Class, 5 pm
- 14 Swim Lessons begin (Saturdays)
- 16 Lifeguard Class, 10 am
- 23 Little Hitters T-ball
- 31 Splash Swim Lessons

### June

- 3 Parents Night Out, 6:30-9 pm
- 6 Swim Lessons begin (M/W)
- 7 Swim Lessons begin (Tues/Thurs)
- 8 CPR Class, 1 pm
- 23 First Responders Camp
- 27 Sports Camp
- Little Tykes end of season celebration

# ASSOCIATION CALENDAR OF EVENTS

## Elizabeth City Albemarle Family YMCA

### January

- 1 New Year's Day, YMCA Open 7 am–2 pm
- 3/4 Swim Lessons begin
- 8 Saturday morning Swim Lessons begin
- 11 Y-Change begins, 9 am or 6 pm
- 18 Y-Change II begins, 9 am or 6 pm
- 28 Parents Night Out
- 31 Morning Swim Lessons begin (Mon/Wed)  
Y-Change begins, 9 am or 6 pm

### February

- 1 Afternoon Swim Lessons begin
- 7 Y-Change II begins, 9 am or 6 pm
- 11 Valentine's Family Dinner
- 22 Y-Change begins, 9 am or 6 pm
- 25 Parents Night Out

### March

- 1 Y-Change II begins, 9 am or 6 pm
- 5 Saturday morning Swim Lessons begin
- 7/8 Swim Lessons begin
- 14 Y-Change begins, 9 am or 6 pm
- 21 Y-Change II begins, 9 am or 6 pm
- 25 Parents Night Out

### April

- 4/5 Swim Lessons begin
- 5 Y-Change starts 9 am or 6 pm
- 12 Y-Change II starts 9 am or 6 pm
- 15 Parents Night Out  
Healthy Kids Day, 10 am–2 pm
- 23 No Swim Lessons
- 25 Y-Change begins, 9 am or 6 pm
- 30 Healthy Kids Day, 10 am–1 pm

### May

- 2/3 Swim Lessons begin  
Y-Change II begins, 9 am or 6 pm
- 3 Swim Lessons begin (Tues/Thurs)
- 7 Saturday morning Swim Lessons begin  
Y-Change begins, 9 am or 6 pm
- 24 Y-Change II begins, 9 am or 6 pm
- 27 Parents Night Out
- 28 No Swim Lessons

### June

- 6 Swim Lessons begin (Mon/Wed)  
Y-Change begins, 9 am or 6 pm
- 7 Swim Lessons begin
- 13 Y-Change II begins, 9 am or 6 pm
- 20 Monday–Thursday morning  
Swim Lessons begin
- 24 Parents Night Out

## Franklin James L. Camp, Jr. Family YMCA

### January

- 1 New Years Day, YMCA Open 8 am–2 pm
- 3 Preschool Swim Lessons begin  
School-Age Swim Lessons begin  
Junior Tennis begins  
Cardio Tennis begins
- 6 Cardio Tennis begins  
Beginner/Adult Refresher Clinic begins
- 8 New Saturday Lessons Preschool  
Swim Lessons begin  
School-Age Swim Lessons begin  
Basketball Games begin  
Parents Night Out

- Tennis Training begins
- 10 Y-Change I sessions begin this week
- 11 Adult Indoor Soccer begins
- 12 Diabetes Screening (monthly)
- 13 Y-Change I and II begin
- 14 School-Age Full Day Out  
Middle School Madness, 7:30–10 pm
- 17/31 School-Age Full Day Out

### February

- 1 Summer Camp Registration begins  
Spring Sports Registration begins  
Junior Tennis Clinics begin
- 2/3 School-Age Full Day Out
- 3 Cardio Tennis Begins  
Beginner/Adult Refresher Clinic begins
- 5 Tennis Training begins
- 6 Cardio Tennis begins
- 7/8 Swim Lessons begin
- 9 Diabetes Screening (monthly)
- 11 Family Valentine's Day Dance, 5:30 pm  
Middle School Madness, 7:30–10 pm
- 19 Parents Night Out
- 21 School-Age Full Day Out

### March

- 1 Junior Tennis Clinics begin
- 3 Cardio Tennis begins  
Beginner/Adult Refresher Clinic begins
- 5 Parents Night Out  
Tennis Training begins
- 6 Spring Sports registration ends  
Middle School Madness, 7:30–10 pm
- 7 Preschool Swim Lessons begin  
School-Age Swim Lessons begin
- 7 Y-Change I and II sessions  
Cardio Tennis begins
- 9 Diabetes Screening
- 11 Prime Time Family Game Night,  
6–7:30 pm

### April

- 2 Preschool Swim Lessons begin  
School-Age Swim Lessons begin  
Parents Night Out  
Tennis Training begins
- 4 T-Ball begins  
Junior Tennis Clinics begin  
Cardio Tennis begins
- 7 Cardio Tennis begins  
Beginner/Adult Refresher Clinic begins
- 8 Soccer begins
- 11 Preschool Swim Lessons begin  
School-Age Swim Lessons begin
- 13 Diabetes Screening
- 15 Middle School Madness, 7:30–10 pm
- 24 Happy Easter, YMCA Closed
- 25–29 Spring Break Camp, 7:15 am–6 pm
- 30 Healthy Kids Day, 10 am–1 pm

### May

- 2 Preschool Swim Lessons begin  
School-Age Swim Lessons begin  
Y-Change I and II sessions begin  
Junior Tennis Clinics Begin  
Parents' Nights Out
- 11 Diabetes Screening (monthly)
- 13 Middle School Madness Carnival Night,  
Grades 5 to 7; 7:30–10 pm
- 16 Preschool Swim Lessons begin  
School-Age Swim Lessons begin
- 25 Active Older Adult Day: Movie & Lunch
- 28–30 Outdoor Pool Opens:  
Guest Weekend at the pool
- 30 Memorial Day, YMCA Open 7 am–2 pm

## Norfolk Blocker Norfolk Family YMCA

### January

- 1 New Year's Day, YMCA Open 7 am–2 pm  
Women's Self Defense, 12:15–1:30 pm
- 3 Free-Weight Clinic, 10:30–11:45 am
- 4 Teen Leaders Club Work-Out, 6:45 pm
- 6 Teen Leaders Club Meeting, 6:45 pm
- 7 Parents Night Out, 6:30–9:30 pm
- 8 Hap Ki Do for Kids new session begins,  
Youth Basketball Middle School
- 9 MacArthur Center FREE Member Family  
Ice Skating, 8–10 pm
- 10 Monthly Breakfast Social & Guest  
Speaker Series, 9:30–10:30 am  
New Y-Change I Class begins  
New Mon/Wed Swim Lessons & Stroke  
Clinics begin January 10–February 2
- 11 New Tues/Thur Swim Lessons & Stroke  
Clinics Begin January 11–February 3
- 12 Stay & Play Fun Pajama Party
- 14 Family Night Bingo, 6:30–8:30 pm
- 17 Martin Luther King Day, School-Age  
Fun Club, 6:30 am–6 pm  
Teen Counselor-In-Training (CIT)  
6:30 am–6 pm  
New Y-Change I class begins  
New Y-Change I class begins
- 18 Ballroom Dancing (new class begins)
- 21 Parents Night Out, 6:30–9:30 pm
- 24 Youth Basketball Preschool &  
School-Age League Begins  
New Y-Change I begins, 6 pm
- 28 School-Age Fun Club, 6:30 am–6 pm  
Teen Counselor-In-Training, 6:30 am–6 pm

### February

- 1 Camp Red Feather Summer Day Camp  
Early Bird Registration begins  
(Members & 2010 Campers)  
New Y-Change I Class Begins
- 3 Teen Leaders Club Blue Ridge Leaders  
School Parent/Teen Interest, 6:45 pm
- 4 Parents Night Out, 6:30–9:30 pm
- 5 Women's Self Defense, 12:15–1:30 pm
- 7 Free-Weight Clinic, 10:30–11:45 am  
New Y-Change I Class begins, 4:30 pm
- 11 Family Night, 6:30–8:30 pm
- 14 Monthly Breakfast Social & Guest  
Speaker Series Studio 602, 9:30 am  
Stay & Play (Valentines) all day event  
New Tues/Thur Swim Lessons &  
Stroke Clinics Begin (through March 10)
- 16 Lifeguard Class (through March 6)
- 18 Parents Night Out Pajama Night,  
6:30–9:30 pm
- 19 Youth Basketball Tournament  
Ballroom Dancing (new class begins)
- 21 School-Age Fun Club, 6:30 am–6 pm  
Teen Counselor-In-Training (CIT)  
6:30 am–6 pm  
New Y-Change I Class Begins, 9 am
- 24 Teen Leaders Club Induction Ceremony/  
Blue Ridge Leaders School  
registration due, 6:45 pm  
Youth Basketball Tournament

### March

- 1 Camp Red Feather Summer Day Camp  
Registration Open to All

# ASSOCIATION CALENDAR OF EVENTS

Preschool T-Ball Registration begins  
 New Y-Change I class begins 7 pm  
 1-21 Clover Countdown Fitness Incentive  
 4 Parents Night Out, 6:30-9:30 pm  
 5 Women's Self Defense, 12:15 pm  
 7 Free-Weight Clinic, 10:30 am  
 New Y-Change I class begins, 12:15 pm  
 New Y-Change I class begins, 6 pm  
 9 Stay & Play, Costume Day, all day event  
 10 Monthly Breakfast Social & Guest  
 Speaker Series, Studio 602, 9:30 am  
 11 Family Night Dinner & Movie, 6:30 pm  
 14 Monthly Breakfast Social & Guest  
 Speaker Series, Studio 602, 9:30am  
 New Y-Change II class begins, 6 pm  
 16 Lifeguard Class (through April 3)  
 18 Parents Night Out, 6:30 pm  
 21 New Mon/Wed Swim Lessons &  
 Stroke Clinics begin (through April 13)  
 26 Hap Ki Do for Kids, session begins  
 (through May 28)

**April**  
 1 Parents Night Out, Movie Night  
 2 Women's Self Defense, 12:15 pm  
 4 New Y-Change II class begins, 10 am  
 Free-Weight Clinic, 10:30 am  
 5 New Y-Change I class begins, 4:30 pm  
 11 Monthly Breakfast Social &  
 Guest Speaker, 9:30 am  
 12 New Y-Change I class begins, 7 pm  
 13 Stay & Play, Ice Cream Social  
 15 Parents Night Out, 6:30-9:30 pm  
 16 Healthy Kids' Day, 10 am-1 pm  
 18 Lifeguard Class (through April 22)  
 New Y-Change I class begins, 12:15 pm  
 New Y-Change I class begins, 6 pm  
 18-21 School-Age Fun Club, 6:30 am-6 pm  
 Teen Extreme Adventure, 6:30 am-6 pm  
 23 Eggstravaganza, 10-11:30 am,  
 Games, Arts & Crafts, Easter Egg Hunt  
 24 Happy Easter, YMCA Closed  
 28 Teen Leaders Club Induction, 6:45 pm  
 30 Healthy Kids Day, 10 am-1 pm

**May**  
 2 Free-Weight Clinic, 10:30-11:45 am  
 New Mon/Wed Swim Lessons &  
 Stroke Clinics begin (through May 25)  
 New Y-Change I class begins, 9 am  
 3 New Tues/Thur Swim Lessons &  
 Stroke Clinics begin May 3-26  
 Preschool T-Ball Season begins  
 Lifeguard Class (through May 22)  
 4 Stay & Play, Cinco De Mayo Party  
 5 Parents Night Out, 6:30-9:30 pm  
 6 Women's Self Defense, 12:15 pm  
 7 Monthly Breakfast Social &  
 Guest Speaker Series, 9:30 am  
 9 Family Night Karaoke, 6:30-8:30 pm  
 Parents Night Out, 6:30 pm  
 20 New Y-Change I class begins, 7 pm  
 23 Active Older Adults Day, 9-11 am  
 30 Memorial Day, YMCA Open 7 am-2 pm  
 Teen Counselor-In-Training (CIT) Club  
 New Y-Change I class begins 12:15 pm

## Outer Banks Family YMCA

### January

31 New Year's Eve Lock-In, 8 pm - 8am  
 1 New Year's Day, YMCA Open 8 am-2 pm  
 3 Mon/Wed Swim Lessons begin  
 4 Tue/Thu Swim Lessons begin

6 Women-On-Weights, 8-9 am  
 8 Women-On-Weights, 8-9 am  
 Saturday Swim Lessons begin  
 Little Dribblers Begins!  
 10 Y-Change evening session begins 7 pm  
 11 Women-On-Weights, 8-9 am  
 Y-Change session begins 10:30 am  
 13 Women-On-Weights, 8-9 am  
 14 Parents Night Out  
 17 School's Out Special  
 18 Women-On-Weights, 8-9 am  
 20 Women-On-Weights, 8-9 am  
 Y-Change evening session begins 7 pm  
 21 School's Out Special  
 24 School's Out Special  
 31 Mon/Wed Swim Lessons begin

### February

1 Tue/Thu Swim Lessons begin  
 1, 3 Women-On-Weights, 8-9 am  
 6 Father and Daughter Dance, 5 pm  
 8, 10 Women-On-Weights, 8-9 am  
 11 Parents Night Out  
 15, 17 Women-On-Weights, 8-9 am  
 21 Y-Change evening session begins, 7 pm  
 School's Out Special  
 22 Y-Change session begins, 10:30 am  
 28 Mon/Wed Swim Lessons begin

### March

1 Tue/Thu Swim Lessons begin  
 Women-On-Weights, 8-9 am  
 3 Women-On-Weights, 8-9 am  
 Y-Change evening session begins, 7 pm  
 5 Saturday Swim Lessons begin  
 Little Kickers Begins!  
 8, 10 Women-On-Weights, 8-9 am  
 11 Parents Night Out  
 15, 17 Women-On-Weights, 8-9 am  
 28 Mon/Wed Swim Lessons begin  
 29 Tue/Thu Swim Lessons begin

### April

1 School's Out Special  
 Y-Change evening session begins 7 pm  
 4 Women-On-Weights, 8-9 am  
 8 Parents Night Out  
 12 Women-On-Weights, 8-9 am  
 Y-Change session begins, 10:30 am  
 14 Women-On-Weights, 8-9 am  
 19, 21 Women-On-Weights, 8-9 am  
 Y-Change evening session begins 7 pm  
 23 Lifeguard Classes begin, 9 am-3 pm  
 Easter Egg Hunt in the Pool, 4 pm  
 24 Happy Easter, YMCA Closed  
 25 Lifeguard Class, 9 am-4 pm  
 Spring Break Camp begins!  
 26-29 Lifeguard Class, 9 am-4 pm  
 30 Healthy Kids Day, 10 am-3 pm

### May

2 Mon/Wed Swim Lessons begin  
 3 Tue/Thu Swim Lessons begin  
 3, 5 Women-On-Weights, 8-9 am  
 6 Lifeguard Classes begin, 4-9 pm  
 7 Lifeguard Class, 8 am-6 pm  
 Saturday Swim Lessons begin  
 Mother's Day Tea Party 12:30 pm  
 Lifeguard Class, 1-6 pm  
 8 Lifeguard Class, 1-6 pm  
 10, 12 Women-On-Weights, 8-9 am  
 13 Lifeguard Class, 4-9 pm  
 Parents Night Out  
 14 Lifeguard Class, 8 am-6 pm  
 15 Lifeguard Class, 1-6 pm  
 16 Y-Change evening session begins 7 pm

17, 19 Women-On-Weights, 8-9 am  
 20 Outdoor Water Park Open!  
 20 Water Park Cookout, 4-7 pm  
 24 Y-Change begins, 10:30 am  
 School's Out Special  
 31 Memorial Day, building open 7 am-2 pm  
 Water Park open 11 am-6 pm

### June

2 Y-Change evening session begins 7 pm  
 10 School's Out Special  
 Parents Night Out  
 13 Summer Camp begins! 7:30 am-6 pm  
 20 Skate Camp begins!  
 27 Y-Change evening session begins 7 pm

## Portsmouth Effingham Street Family YMCA

### January

1 New Year's Day, YMCA Open, 8 am-2 pm  
 6 Youth Basketball Coaches Meeting,  
 6:30 pm  
 7 Ladies Night Out, 6:30-8 pm  
 13 Money Smart Class, 10 am  
 15 Parents Night Out, 6-9 pm  
 16 Youth Basketball registration ends  
 17 Youth Basketball begins  
 27 Y-Change begins, 7 pm

### February

1 Half-off Summer Camp registration fee  
 through February 28th  
 Y-Change begins, 10 am  
 4 Ladies Night Out, 6:30-8 pm  
 10 Money Smart Class, 10 am  
 19 Parents Night Out, 6-9 pm  
 25 "Effingham's Got Talent Show" starring  
 the Before- and After-School children

### March

4 Ladies Night Out, 6:30-8 pm  
 10 Money Smart Class  
 17 Y-Change begins, 7 pm  
 17 Before- and After-School "potluck"  
 19 Parents Night Out, 6-9 pm  
 22 Y-Change begins, 10 am

### April

1 Ladies Night Out, 6:30-8 pm  
 14 Money Smart Class, 10 am  
 16 Parents Night Out, 6-9 pm  
 18-22 Spring Break Camp  
 24 Happy Easter, YMCA Closed  
 30 Healthy Kids Day, 10 am-1 pm  
 Special: Half-off registration fee  
 for summer camp

### May

1 Half off registration fee for 2011/2012  
 Before- and After-School Program  
 through May 31!  
 5 Y-Change begins, 7 pm  
 6 Ladies Night Out, 6:30-8 pm  
 21 Parents Night Out, 6-9 pm  
 28 Outdoor Pool Opens  
 30 Happy Memorial Day, YMCA Open,  
 7 am-2 pm, Pool, 10 am-2 pm

### June

3 Ladies Night Out, 6:30-8 pm  
 17 End of School Summer Bash at the Pool  
 18 Parents Night Out, 6-9 pm  
 20 Summer Camp begins

# ASSOCIATION CALENDAR OF EVENTS

## Suffolk Family YMCA

### January

- 3-4 Swim Lessons begin
- 5 Active Older Adults Lunch and Learn: Bring a guest, enjoy a guest speaker from AARP, 10 am
- 6 Family Game Night, 6:30-8:30 pm
- 8 Saturday Preschool, School-Age and Adult/Teen Swim Lessons begin
- 15 Parents Night Out, 6:30-10:30 pm
- 15 Gator Swim Team Meet, 12:30-6 pm (Pool closes at 12:30 pm)
- 19 Active Older Adults Bingo with prizes, and samplings from Sal's Pizza 10 am
- 31 Swim Lessons begin

### February

- 1 Registration for Summer Camp begins  
Swim Lessons begin
- 2 Active Older Adults Covered dish lunch with games 10 am
- 3 Family Game Night, 6:30-8:30 pm
- 13 Valentine's Zumbathon
- 16 Active Older Adults Valentine Dance, 10 am
- 28-29 Swim Lessons begin

### March

- 2 Active Older Adults Lunch and Learn: Tax Information for seniors, 10 am
- 5 Saturday Preschool, School-Age and Adult/Teen Swim Lessons begin
- 5 Parents Night Out, 6:30-10:30 pm
- 3 Family Game Night, 6:30-8:30 pm
- 16 Active Older Adults, Floral Design Class, 10 am
- 19 Parents Night Out, 6:30-10:30 pm
- 28, 29 Swim Lessons begin

### April

- 2 Parents Night Out, 6:30-10:30 pm
- 6 Active Older Adults Lunch and Learn: Nutrition and exercise, 10 am
- 7 Family Game Night, 6:30-8:30 pm
- 15 Easter Party, 6:30-8:30 pm
- 16 Parents Night Out, 6:30-10:30 pm
- 18-22 Spring Break Camp (for current B&A families only)
- 24 Happy Easter, YMCA Closed
- 25-26 Preschool, School-Age and Adult/Teen Swim Lessons begin
- 30 Healthy Kids Day, 10 am-1 pm
- Saturday Swim Lessons begin
- Active Older Adults shopping trip to Patrick Henry Mall, lunch at Cracker Barrel, 10 am

### May

- 4 Active Older Adults Lunch and Learn: Medical concerns, new procedures and prescriptions, 10 am
- 5 Family Game Night, 6:30-8:30 pm
- 7 Mothers Day Breakfast, 10 am-12 pm
- 7 Parents Night Out, 6:30-10:30 pm
- 18 Active Older Adults Line Dance lesson and lunch at Amici's Pizza Café, 10 am
- 21 Parents Night Out, 6:30-10:30 pm
- 25 Active Older Adult Day
- 25-26 Swim Lessons begin
- 30 Happy Memorial Day, YMCA Open 7 am-2 pm

### June

- 1 Active Older Adults, Brown Bag Bingo
- 2 Family Game Night, 6:30-8:30 pm
- 4 Parents Night Out, 6:30-10:30 pm
- 15 Active Older Adults, Strawberry Picking, lunch at George's Steak House, 10 am
- 18 Parents Night Out, 6:30-8:30 pm
- 25 Saturday Preschool, School-Age and Adult/Teen Swim Lessons begin

## Virginia Beach Hilltop Family YMCA

### January

- 1 New Year's Day, YMCA Open 7 am-2 pm  
Youth Spring Soccer Registration begins
- 10 Y-Change (M,W,F) 10 am
- 10/11 New session of Swim Lessons begins
- 14 Parents Night Out
- 21 Membership Appreciation Day
- 25 Y-Change (T, Th, Sat) 5 pm

### February

- 1 Youth T-Ball Registration begins  
Youth Flag Football Registration begins  
Summer Camp Registration begins
- 7 Hilltop Personal Training sale
- 7/8 New session of Swim Lessons begins
- 11 Parents Night Out
- 15 Spring Break Camp Registration begins
- 18 Membership Appreciation Day
- 21 Fitness Challenge Registration begins  
Y-Change II (M, W, F), 10 am
- 22 Y-Change (T, Th, Sat), 5 pm

### March

- 5 Youth Spring Soccer begins
- 7/8 New session of Swim Lessons begins
- 9 4th Annual International Dinner
- 11 Parents Night Out
- 18 Membership Appreciation Day
- 21 Y-Change (M, W, F), 10 am

### April

- 1 Youth Summer Basketball Registration begins
- 4/5 New session of Swim Lessons begins
- 8 Parents Night Out
- 11 Y-Change (M,W,F), 10 am
- 12 Y-Change II (T, Th, Sat), 5 pm
- 17 Spring Fitness Challenge ends
- 18 Spring Break Camp
- 22 Membership Appreciation Day
- 24 Happy Easter, YMCA Closed
- 30 Healthy Kid's Day, 10 am-1 pm

### May

- 3/4 New session of Swim Lessons begins
- 7 Youth T-Ball Begins
- 7 Youth Flag Football begins
- 9 Y-Change (M,W,F), 5 pm
- 13 Parents Night Out
- 20 Membership Appreciation Day
- 20 Spring Break NYTE Camp
- 25 Active Older Adults Day, 10 am-1 pm
- 30 Memorial Day, YMCA Open 7 am-2 pm
- 30/31 New session of Swim Lessons begins

### June

- 10 Parents Night Out
- 14 Y-Change (M,W,F) 5 pm
- 17 Membership Appreciation Day
- 27/28 New session of Swim Lessons begins

## Indian River Family YMCA

### January

- 1 Pancakes for Pictures, 8-10 am
- 4 Dance session I begins  
Gym and Swim session I begins
- 5 Karate session I begins  
Lady Leaders Youth and Parent Meeting, 6:30 pm
- 8 Y Move and Dance session I begins
- 13 Family Craft Night, 6:30-7:30 pm
- 14 New Year Pool Party, 6-7 pm
- 17 Holiday Camp, 6:45 am-6 pm
- 19 Spaghetti Dinner at Salem, 6-7 pm  
Swim Assessments, 6-7 pm
- 21 Parents Night Out, 6:30-10 pm
- 22 Pancakes for Pictures, 8-10 am
- 26 Fitness Assessments, 6-7 pm

### February

- 1 Gym and Swim Session II begins  
Dance Session II begins
- 2 Free 30-minute Personal Training trials, 4-7 pm
- 5 Pancakes for Pictures, 8-10 am  
Cheerleading begins  
Y Move and Dance Session II begins
- 10 Family Craft Night, 6:30-7:30 pm
- 11 Valentine's Pool Party, 6-7 pm
- 16 Free 30-minute Personal Training trials, 4-7 pm
- 18 Parents Night Out, 6:30-10 pm
- 19 Pancakes for Pictures, 8-10 am
- 22 New Member Welcome Event, 6 pm

### March

- 1 Gym and Swim Session III begins  
Dance Session III begins
- 2 Ballet begins at Salem
- 5 Pancakes for Pictures, 8-10 am  
Y Move and Dance Session III begins
- 7 Spring Fitness Challenge begins, through April 17
- 9 Karate Session II begins
- 10 Family Craft Night, 6:30-7:30 pm
- 18 Parents Night Out, 6:30-10 pm  
Leprechaun Plunge Pool Party, 6-7 pm
- 19 Pancakes for Pictures, 8-10 am
- 23 Swim Assessment, 6-7 pm
- 29 Gym and Swim Session IV begins  
Dance Session IV begins

### April

- 2 Pancakes for Pictures, 8-10 am  
Y Move and Dance Session IV begins
- 5 Free 30-minute Personal Training trials, 4-7 pm
- 8 Holiday Camp at Salem
- 14 Family Craft Night, 6:30-7:30 pm
- 15 Parents Night Out, 6:30-10 pm  
Easter Egg Hunt Pool Party, 6-7 pm
- 16 Pancakes for Pictures, 8-10 am  
Easter Egg Hunt and Egg Dying at Salem, 9:30-10:30 am
- 18-22 Holiday Camp, 6:45 am-6 pm
- 21 Soccer begins (2nd grade and up)
- 24 Happy Easter, YMCA Closed
- 30 Healthy Kids Day, 10 am-1 pm

# ASSOCIATION CALENDAR OF EVENTS

## May

- 1 Gym and Swim Session V begins  
Dance Session V begins
- 7 Pancakes for Pictures, 8–10 am  
Mother/Daughter Tea at Salem, 9–10 am  
Soccer begins (Preschool-1st grade)
- 10 Fitness Assessments, 6–7 pm
- 12 Family Craft Night, 6:30–7:30 pm
- 13 Pirates and Princesses Party, 6:30–8 pm
- 20 Parents Night Out, 6:30–10 pm
- 21 Pancakes for Pictures, 8–10 am
- 25 Active Older Adults Day
- 30 Memorial Day Pool Party, 12–1:30 pm  
Memorial Day, Salem Center closed

## June

- 4 Pancakes for Pictures, 8–10 am
- 9 End of Year Cookout at Salem, 6–7 pm  
Family Craft Night, 6:30–7:30 pm
- 10 Father/Son Event, 6:30–8 pm
- 14 Preschool/Pre-K Graduation at Salem, 6 pm
- 17 Parents Night Out, 6:30–10 pm  
Last Day of School, Salem Center closed
- 18 Pancakes for Pictures, 8–10 am
- 20 Summer Camp begins
- 24 Summer Is Here Pool Party, 6–7 pm

## Mt. Trashmore Family YMCA

### January

- 1 New Year's Day, YMCA Open 8 am–2 pm
- 3 M/W Swim Lessons session begins  
Y-Change begins, 9:30 am
- 4 Yoga Flow, 9 am  
Swim Lessons (Tues/Thurs)  
Porpoise Club begins
- 7 Mini Christmas Album Craft, 4–6 pm  
Parents Night Out, 6:30–9:30 pm  
Yoga Restore, 12 pm
- 8 Saturday Swim Lessons begin  
Y-Change, Saturdays begin  
Youth Basketball Games begin  
Fitness Assessments
- 10 Bootcamp "Prep" begins M/W, 9:30 am  
Kids Fitness Bootcamp M/W, 6:30 pm
- 11 Karate and School-Age Tumbling begin  
Nutrition Seminar, 5:30 pm  
Girl Power T/Th, 6:30 pm  
Women-on-Weights, T/Th 6:30 pm
- 12 CPR, 6–9 pm
- 14 Family Night, 6–9 pm
- 17 Holiday Camp for School-Age
- 19 Spring Soccer Registration Opens
- 20 Older Adult Game Day, 12–1:30 pm
- 21 Parents Night Out, 6:30–9:30 pm
- 26 Nutrition Seminar, 12 pm
- 27 AOA Potluck/Seminar, 12 pm
- 28 Family Night, 6–9 pm
- 31 Swim Lessons begin (M/W)

### February

- 1 Swim Lessons (Tues/Thurs)
- 3 Winter Sport & Fit Power,  
Thursday 6:30 pm/ Saturday, 10 am
- 4 Parents Night Out, 6:30–9:30 pm
- 5 Fitness Assessments  
Weekend Lifeguard classes begin
- 7 Bootcamp Prep M/W, 9:30 am
- 11 Nutrition Seminar, 9:30 am

- 12 Family Valentine Dance, 1–3 pm
- 13 AOA Trip—Michael Jackson Seminar, 2 pm
- 16 Nutrition Seminar, 12 pm  
CPR/AED, 6–9 pm
- 17 AOA Game Day, 12–1:30 pm
- 18 Jewelry Craft, 4–6 pm
- 19 Spring Soccer Registration Open
- 21 Parents Night Out, 6:30–9:30 pm  
Noon Y-Change begins
- 22 Nutrition Seminar, 5:30 pm
- 24 AOA Potluck, Noon
- 25 Family Night, 6–9 pm
- 26 Y-Change on Saturdays begins  
CPR and First Aid 10 am–2 pm  
Swim Lessons (M/W)

## March

- 1 Yoga Flow 9 am new session begins
- 1/3 Swim Lessons
- 4 Older Adult Y-Change begins, 10:30 am  
Yoga Restore noon, new session begins  
Parents Night Out, 6:30–9:30 pm
- 5 Swim Lessons (Saturdays)  
Fitness Assessments
- 7 Weekend lifeguard class begins  
Older Adult Y-Change begins, 5:15 pm
- 8 Pee Wee Sports, Kids-In-Motion and  
Preschool Tumbling begins  
Kids Fitness Bootcamp begins, 6:30 pm  
Women-On-Weights begins, 10:30 am
- 9 Karate and School-Age Tumbling begin
- 11 BLS Renewal for Healthcare Provider,  
12–1:30 pm  
Family Night, 7–9 pm  
Older Adult Game Day, 12–1:30 pm  
Parents Night Out, 6:30–9:30 pm
- 17 Soccer Games begin
- 24 Older Adult Potluck/Seminar, 12 pm
- 25 Nutrition Seminar, 9:30 am  
Family Night, 7–9 pm
- 26 Weekend lifeguard class begins
- 28 Swim Lessons (Tues/Thurs)  
Y-Change II, 9:30 am begin
- 29 Swim Lessons (Mon/Wed)
- 30 Nutrition Seminar, 12 pm

## April

- 2 Fitness Assessments  
Girl Power (ages 8–16) 10 am  
Spring Sport Fit & Power
- 4 Y-Change (new session) 10:30 am  
Beach Body Bootcamp, 9:30 am
- 5 Beach Body Bootcamp, 6:30 pm  
Nutrition Seminar, 5:30 pm
- 7 Y-Change II, 6:30 pm begins
- 8 Holiday Camp
- 11 T-Ball Registration begins
- 13 CPR/AED, Certification, 6–9 pm
- 14 Older Adult Game Day, 12–1:30 pm
- 18 Spring Break lifeguard class begins
- 18–22 Holiday Camp
- 30 Healthy Kids Day, 10 am–1 pm

## May

- 2/3 Swim Lessons begin
- 5 Older Adult Potluck Lunch noon
- 6 Sunset Spin  
Parents Night Out, 6:30–9:30 pm  
Older Adult Y-Change begins, 10:30 am
- 7 Saturday Swim Lessons begin

- 7 Sunrise Yoga  
Fitness Assessments  
Family Beach Bootcamp, 10 am  
Weekend lifeguard class begins
- 10 Women-On-Weights, 6:30 pm
- 11 CPR/AED Certification, 6–9 pm
- 13 Family Night Out, 7–9 pm
- 16 Y-Change begins, 9:30 am
- 20 BLS Renewal for Healthcare Providers  
6–9 pm  
Parents Night Out, 6:30–9:30 pm
- 23 Y-Change II begins 10:30 am
- 27 Jewelry Craft  
Family Night, 7–9 pm  
Opening of Outdoor Pool/Spray Park

## June

- 2 Pee Wee Sports, Kids-In-Motion and  
Preschool Tumbling begins
- 3 Super Senior Friday, 12–2 pm  
Parents Night Out, 6:30–9:30 pm
- 6 Start of M/W Swim Lessons
- 7 Start of Tues/Thurs Swim Lessons
- 10 Karate and School-Age Tumbling begins  
Family Night 7–9 pm
- 11 T-Ball begins
- 12 Sunday Slush Day, 1–3 pm
- 17 Parents Night Out, 6:30–9:30 pm
- 20 Swim Lessons (Mon-Thurs)  
Summer Camp begins
- 21 Chalk it up Tuesday, 12–4 pm
- 24 Family Float Night, 6–8 pm

Events on these pages are subject to change. Be sure to check our website at [www.ymcashr.org/locations](http://www.ymcashr.org/locations) for the most recent calendar of events at your family center. Also refer to pages 26–27 for events happening at Camp Silver Beach and the The First Tee of Hampton Roads YMCA.



# GREENBRIER NORTH YMCA WELLNESS & RACQUETBALL CENTER

2100 Old Greenbrier Road, Chesapeake • 757 366 9622

## MAKING A DIFFERENCE IN THE LIVES OF OUR YOUTH

### Opportunities Aboard

**Y Sports** are designed to teach the basic skills of a variety of sports to children who have never played the games, and improve the skills of those who have. The focus will be on teamwork, fair play for all, rules and regulations, and basic skill development depending on the sport being played. Our YMCA core values of honesty, respect, caring, responsibility and faith will be emphasized throughout the season as well to help with character development, team building and sportsmanship. We want to provide a fun environment for children to learn the basics of all their favorite sports and prepare them for Y youth sports in the future! Our upcoming pee wee and youth sports programs during the winter months consist of **Pee Wee Combination Sports** (February), **Youth Girls Softball** (March), **Cheerleading** (January), **Youth Basketball and Volleyball** (January). Reserve your child's spot today!

### KidzLit at Cedar Road Elementary

In the after-school program, there are many activities the Y offers to get the kids excited and keep them happy. One of these is our **KidzLit** program, and it truly is a joy to get the kids excited about ...reading! Let's face it, after a hard day at school, children are much more enthusiastic about running laps, chatting with friends, and just relaxing. With this knowledge at hand, the staff at Cedar Road really takes seriously the challenge of making reading fun. Some of the activities involved in the great program are making word searches related to the books at hand, making sure that children understand the lessons behind the books they are reading, and acting out the stories.

"The children seem to grow and develop a greater appreciation of books through this program" said Tiffany Chandler, a Y counselor at Cedar Road. The enjoyment of seeing the children bring this program to life is a true gift; the best part of all is seeing them read to one another. They seem to instantly sit a little taller from the confidence they gain.

Call (757) 366-9622 to reserve your child's spot in School-Age Child Care today.

### A Teen's Personal Story

For the last couple of years I have had the privilege of helping out at the Greenbrier North YMCA as a volunteer. I have helped with younger children exercising and playing racquetball, as well as playing games to keep them busy. I have helped with racquetball leagues, tournaments and teaching racquetball camps. During several of these events I took pictures and put them on DVDs with music and gave them to some of the participants as mementos. These jobs and experiences have really taught me how to work with people, dealing with children and not just teaching racquetball but also running programs. I know this will help me with any future jobs I may obtain. I really am thankful I have had the opportunity to be able to give of my time and gain knowledge which will help me in the future.

—Kelani Bailey, age 16



## RACQUETBALL

### 35th Annual Military Classic Goes Regional

April 15–17, 2011, Greenbrier North YMCA Wellness & Racquetball Center will host the **35th Annual Military Classic Racquetball Tournament**. This historic tournament is also being considered as a host site for the USA Racquetball Association regional qualifier for Nationals. Already hosting the USA National Instructors Clinic in January, Greenbrier North continues to host the best Racquetball on the East Coast.

The Military Classic, first run on the Naval Base, moved to Greenbrier North when member Joe Mullcarin took ownership of the former Ace of Clubs. Years later, the tournament has grown to include both military and non-military competitors from Ohio to Florida. This year's event should prove to be just as exciting. The event divisions include both Men and Women, as well as Juniors. Players are seeded in each category by skill; from Open/Elite to D level, as well as age categories. Match play, depending on the number of players can be round robin, single elimination, or pool play. Players can enter up to 3 categories related to skill, age, or whether they wish to play as singles or as a doubles team.

For more information about the Military Classic or Racquetball, please contact Health & Wellness Director, Robert Read, at (757) 366-9622 ext 323 or [rread@ymcashr.org](mailto:rread@ymcashr.org).



## SWIMMING BETTER

The Y gives the community an abundance of different ways to get healthy through our programs and our equipment. Our staff is dedicated to helping our community get healthy and build self confidence.

Gretchen, a member, was able to use our water fitness classes to get her life back on track after shattering her right foot. She spent a lot of her time running marathons and after being in a serious accident she was unable to exercise, or so she thought. While already a member of the Y, she had never tried any of the water exercise classes. After being referred by a friend she fell in love with the classes and was able to keep exercising as well as strengthen her foot. Gretchen still attends water fitness classes and has become a an integral part of our water exercise community, here at the Hilltop Family YMCA. Don't hesitate to try something new at your local YMCA! Call Member Services at (757) 422-3805 to find out about the latest aquatic classes.

## LEADING BY EXAMPLE

**Hilltop Cadet Camp** will teach the campers the basic techniques and routines of military drills and marching. Cadet Campers will become more distinguished as each individual learns the valuable lessons of teamwork, precision and core values; honor, courage and commitment. Drills will keep the participants fit through everyday exercises and basic drill movements and routines. Marching will provide them the knowledge of what it takes to be a leader, follower, and how to combine both through basic, intermediate, and advance marching techniques. Camper Cadets will receive the opportunity to experience and benefit from military style trainings and fieldtrips. Campers will be able to seize knowledge from visiting places such as Nauticus, the Air and Space Museum. These Cadets will be led by a group of well trained ROTC and ex-ROTC/Military participants. Registration for this great camp will open up in February. For more information on registering your cadet contact Glen Harriott at (757) 422-3805 or gharriott@ymcashr.org.



## STAY & PLAY

The **Stay & Play** program at the Hilltop Y, formerly known as ChildWatch, provides our members with quality child care while you utilize the Hilltop Family YMCA facility for up to 2 hours a day. Our Stay & Play program is designed for children ages 6 weeks to 8 years of age. Your child will spend their time

with our qualified staff singing songs, playing games, creating art work, and going on adventures through story time.

During the summer months children from 5 years–12 years will enjoy daily programmed activities like Slip and Slide day, abstract art projects, pool day, and field games like dodge ball, kickball, and many more. Parents can pick up a summer activity calendar for

more information on all activities. Stay & Play operates Monday–Friday from 8 am–2 pm, Monday–Thursday from 4–8 pm, Saturdays, 8 am–1 pm and Sundays, 10:30 am–1:30 pm.

For more information on this great family membership benefit, please contact our program director, Michelle Hart at (757) 422-3805 or mhart@ymcashr.org.

# INDIAN RIVER FAMILY YMCA

5660 Indian River Road, Virginia Beach • 757 366 0488

## NEW PROGRAMS FOCUS ON YOUTH FITNESS

### Y Move and Dance

Beginning in January, the Indian River Family YMCA will launch **Y Move and Dance**, a dance program for physically challenged children in the community. Created by Kara Forbes, an active dancer and senior at Great Bridge High School, Y Move and Dance will engage physically challenged children ages five and older in dance. Volunteer instructors will work with each child as he or she learns basic dance moves in Jazz, Polynesian, Modern and Contemporary styles. Sessions are 30-minutes each and run for four weeks.

Members: \$40 per session  
Prospective Members: \$60 per session

### Lady Leaders

Do you have a young girl who wants to get involved in her community and learn life-long skills? The Indian River Family YMCA **Lady Leaders** club engages future women leaders in the mission and programs of the YMCA, emphasizing our core values of caring, honesty, responsibility, respect and faith. Girls ages 7 to 11 will volunteer in various YMCA programs and receive mentoring from positive women role models within our family center. For more information, contact Child Care and Youth Director Karla Creque at (757) 366-0488 or [kcreque@ymcashr.org](mailto:kcreque@ymcashr.org).

Members: \$30  
Prospective Members: \$60

### Personal Training Trials

Have you always wanted to try **Personal Training** at the Y? Now is the time! Beginning in February, the Indian River Family YMCA is offering free 30-minute personal training sessions to our members. Experience the benefits of exercising with a certified personal trainer during these trial sessions, and make progress towards achieving your fitness goals.

February 2: 4–7 pm  
February 16: 4–7 pm  
April 5: 4–7 pm

Personal Training packages are offered exclusively to members for an additional fee.

For more information, contact Fitness and Aquatics Director Jennifer Paet at (757) 366-0488 or [jpaet@ymcashr.org](mailto:jpaet@ymcashr.org).



## DID YOU KNOW...

The Indian River Family YMCA After-School program teaches children ages 5–12 Spanish. On our **Spanish Wednesdays**, children are engaged in a 30-minute lesson to learn colors, the days of the week, articles of clothing, shapes and simple phrases. The children learn through Spanish posters, word searches, and games to make learning a new language fun and interactive. We have also partnered with a Y in Mexico to start a pen pal program, further extending our practice to writing! Child Care and Youth Director, Karla Creque describes the program as an added benefit for the children and parents, at no additional cost:

**“With me being bilingual, I thought it would be cool to add [Spanish Wednesdays] to the program, giving parents an additional benefit.”**

Each day in After-School, Karla and the counselors encourage the kids to practice saying simple words and phrases so they build on their skills all week long.

For more information about our licensed After-School Child Care, contact Child Care and Youth Director, Karla Creque at (757) 366-0488 or [kcreque@ymcashr.org](mailto:kcreque@ymcashr.org).

# JAMES L. CAMP, JR. FAMILY YMCA

300 Crescent Drive, Franklin • 757 562 3491

## SERVING OUR YOUTH

To better serve our youth and teens, we are reconfiguring our indoor space to allow for new programs and youth centered activities. **Stay & Play** (previously known as ChildWatch) will move into a larger and more versatile space in the former Preschool Room. Separate areas will be configured so that your child will have play areas suited for his or her age group.

A **Teen Center** will take the place of the former ChildWatch Room. The Teen Center will include a TV/Wii station, game tables, sofa/chair relaxation station, and information board for communicating the fun activities available for teens in Franklin. The Teen Center will provide an opportunity for teens to enjoy a space dedicated specifically to them!

A brand new **Interactive Zone** for children ages 8–13 will



feature Interactive Video Games, Dance–Dance Revolution, Wii exercise/entertainment games, Espresso Bikes and Sport Wall! While your child is in the Interactive Zone, rest assured that he/she will be supervised by a caring and attentive staff member!

The James L. Camp, Jr. Family YMCA believes in the future of our youth and will continue to foster Youth Development in the Franklin community!

## ZUMBA TONING

### New exercise program

The **Zumba Toning Program** takes the original Zumba dance–fitness class to the next level utilizing an innovative muscle training protocol and the addition of lightweight toning sticks or dumbbells. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight training to improve overall performance. This program is assured to provide you with a safe and effective redefining total body workout! Zumba Toning is exhilarating, different, challenging, and effective and provides a new avenue to weighted activity for the participant.



## TENNIS

### Youth take skills honed at the Y to the next level

The **tennis program** at the James L. Camp, Jr. Family YMCA is a year-round program starting with preschool children to high school/tournament players. This past summer a number of graduating students from various schools left for college but continued their tennis skills to the next level. The tennis clinics offered not only give the participants the skills to compete but also a healthy environment in which to grow into a young adult. Respect, honesty, integrity, and fun are the benchmarks of this quality sports program.

One by one, four students reported that they were given an opportunity to play in college. Scott Van Eck was scouted playing by the coach of Chowan College during a doubles tournament and was offered an invitation to the team. Dustin Demello accepted a letter to play at Shenandoah University. Rob Mason competed against 80 students at James Madison University and received a top six spot on the intramural team. Lindsey Raulston, ranked as high as 5th in the state of Virginia and 24th in the Mid-Atlantic division, is competing in the top six at Mary Washington.

Through the last couple of years we have seen these players build their spirit, mind and body in the place we call the Y. For more information regarding the tennis program, please contact Ken Cussick, Tennis Director, at [kcussick@ymcasha.org](mailto:kcussick@ymcasha.org).

# MT. TRASHMORE FAMILY YMCA

4441 South Boulevard, Virginia Beach • 757 456 9622

## WAYS TO STAY FIT

### The Y for Healthy Living

We are excited to launch new fitness programs for kids, teens and adults. These programs are custom designed to help our members meet their fitness goals. Whether it is weight loss, sports conditioning, strength gains or functional fitness, our programs and personal training give you that extra boost and guidance you need. As part of your membership, you can participate in a variety of complimentary programs that are effective and fun and are included in your membership. These programs include **FitQuest**, an exercise routine that helps guide you through a workout that is targeted towards your individual goals; **Y-Change**, an exercise and nutrition program in a group setting. A coach will guide you through a six-week journey to wellness. Member fitness challenges occur throughout the year, including a spring fitness challenge and Holiday Kickoff, to provide you with renewed motivation and help you to reach your goals. Your efforts are always rewarded with a prize! For information on these programs and for general fitness inquiries, please contact Nick Kady at (757) 456-9622 or [nkady@ymcashr.org](mailto:nkady@ymcashr.org).

## ACTIVE OLDER ADULTS

**Y-Change** is a six-week nutrition and exercise program. Y-Change for Older Adults is a class especially tailored for the older adult population. If you are 50 years or older and want to make a healthy lifestyle change this program will give you the proper knowledge, direction and motivation to do so. In a group setting, issues such as proper diet and nutrition will be discussed. Other topics that will be covered are memory, sleep, arthritis, bone health, depression and more. The group will also partake in functional exercise that is designed to help one perform with balance, confidence and strength in their daily life. For information on these programs and for general inquiries, please contact Linda White at (757) 456-9622 or [lwhite@ymcashr.org](mailto:lwhite@ymcashr.org).



## LEARNING TO SWIM

For many adults, learning to swim is an intimidating challenge. For four friends from the morning **Water Aerobics** classes, the journey to learn how to swim was something they wanted to embark upon together. Anne Davis, Tracey Jennings, Jane Nault and Johan Whalen decided to pull together and help each other overcome everything from swimming anxiety to stroke improvement. Maurice Cannon was the swim instructor that led them through this journey that lasted for a total of four weeks this past October and November. The ladies met on Tuesdays and Thursdays for a half hour and were shown skills to help them overcome their fears and accomplish their own personal goals. Having a new sense of pride, the ladies are more comfortable in deep water and are showing off their talents to other friends in the Water Aerobic Classes.

Below is a list of upcoming Swim Lessons for January and February; for more see our Calendar of Events or visit [www.ymcashr.org](http://www.ymcashr.org).

**January 4–27:** Tuesday/Thursdays, mornings 11:30 am–12 pm and evenings, 7:25–7:55 pm

**January 8–February 26:** Saturdays 11:55 am–12:25 pm

**February 1–24:** Tuesday/Thursdays mornings, 11:30 am–12 pm and evenings, 7:25–7:55 pm

If you would like more information about private or group Swim Lessons, contact Brendan O'Donnell at (757) 456-9622 or [bodonnell@ymcashr.org](mailto:bodonnell@ymcashr.org).

# OUTER BANKS FAMILY YMCA

3000 S. Croatan Highway, Nags Head • 252 449 8897

## WATER FITNESS

By: Melinda Bishop

I teach water fitness at the Outer Banks Family YMCA. During one of my classes, I noticed a woman in the far lap lane mimicking my exercises. Although she was not a participant of the class, I knew she was having fun and following along with the movements. At the end of the class, she approached me and asked what classes I taught throughout the week. I told her and then we began talking about the instruction

of the class. She explained that she really liked the way I instructed and wanted to try some of the classes. She had been coming to the Y to have something to do and was interested in getting her daughters involved as well. I let her know about swim lessons they could do together and of course invited her daughters to try water fitness on Saturday mornings. She has since become a regular participant in our water fitness program and has come to know the other participants as her "moms."

Our water fitness classes can be a social outlet as well as a great way to exercise. Members not only come to stay active, many have formed friendships with each other and

the instructors. Here is a glance at what we have going on in the water this season:

**Water Pilates**, Tuesdays/Thursdays from 10–11 am; **Aqua Fit**, Monday/Wednesday/Fridays from 10–11 am; **Aqua Shape**, Monday–Friday from 7–8 am; **Aqua Blast**, Monday–Fridays, 9–10 am; Tuesday/Thursdays from 6–7 pm, and Saturdays, 8:30–9:30 am; **Boot Camp**, Third Saturday of each month from 8:30–9:30 am

For more information about our classes, please contact Melinda Bishop, Aquatics Director, at (252) 449-8897 or [mbishop@ymcashr.org](mailto:mbishop@ymcashr.org).



## SILVER RIDERS

Silver Riders is a special cycling class held at the Outer Banks Family YMCA. The instructor, Jack McCombs, offers a fun and exciting class for the active older adult population. He is an inspirational leader and always pushing the members to do their best and have fun with it. His enthusiasm is contagious!

As a group, the Silver Riders not only come to each class, but they ride together outdoors as much as they can. Four of them did a fun ride this past fall with more than 8,000 other cyclists. At the age of 71, John Burke did his first 100 mile ride; a significant achievement! John really did a great job particularly over the last 10 miles when he picked up the pace. They finished the ride in 6 hrs and 58 minutes at an average speed of 14.58. The first 63 miles were mostly with a tail wind that made it very easy and the last 37 miles was mostly into a head wind, but nothing serious. It was a really great day!

For more information about our Silver Riders call (252) 449-8897 or email Kerry Sanders at [ksanders@ymcashr.org](mailto:ksanders@ymcashr.org).



## SPECIALTY CAMPS

**Skate Camp: June 20–August 19**  
**Monday–Friday, 11 am–3 pm**

Skate Camp will provide a safe environment for youth that encourages friendship, communication, laughter, personal growth and, of course, skateboarding. The Y provides a variety of activities throughout the day to ensure that there is never a dull moment. Daily skate activities will include instructional skate time, learning new tricks and lots of free skate time. Youth will be broken up by age and skill level.

\$75 Members  
\$95 Prospective Members

Camp is limited to 20 campers per session. Register per week each session.

For information about Summer Camp and Skate Camp, please contact Laura Davis at (252) 449-8897 or [ldavis@ymcashr.org](mailto:ldavis@ymcashr.org).

# SUFFOLK FAMILY YMCA

2769 Godwin Boulevard, Suffolk • 757 934 9622

## FOSTERING OPPORTUNITY

### The Suffolk Family YMCA Before- and After-School is Serving More Kids Than Ever

The 2010–2011 school year marks the beginning of a great relationship between the Suffolk Family YMCA and the Suffolk Public School System. This year our YMCA was awarded the contract to provide Before- and After-School programming at eight Suffolk Public Schools. Children from Northern Shores, Creekside, Driver, Nansemond Parkway, Mack Benn, Kilby Shores, Mount Zion and Hillpoint Elementary schools now have the opportunity to find a piece of the Y in their schools each day.

**Our Before- and After-School program provides a quality, safe place for children to go after school so that you as parents have the freedom to work or study, knowing that your children's needs are being addressed.**

We offer our children a flexible schedule of center-based activities that allows them to freely choose what they want to do during this out-of school time. We also provide them with access to many of our YMCA of South Hampton Roads programs including Golf Lessons on The First Tee Bus and Special Fitness classes led by our Health & Wellness professionals.

The Before- and After-School program is open Monday through Friday 6:30 am to the beginning of the school day and 3:15 to 6 pm. Space is still available at all schools for Before-only, After-only or Before- and After-School Care. We also still offer our YMCA Before- and After-School program at the Suffolk Family YMCA location from 6 am to the beginning of the school day and 3:15 to 6 pm. For more information about our Before- and After-School program please contact Paula Potter, Child Care Director at (757) 934-9622 or via e-mail at [ppotter@ymcashr.org](mailto:ppotter@ymcashr.org).



## SHARED INTERESTS

The mission of Special Olympics is to provide year-round sports training and athletic competition for all children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendships with their families, other Special Olympics athletes and their community. The core values of Special Olympics are: Respect, Inclusion, and Unity. The Core Values of the YMCA are: Caring, Honesty, Respect, Responsibility and Faith. When you combine the two, it's a winning partnership.

The Area 29 Special Olympics Swim Program began seven years ago with just eight athletes. Today the Gators boast almost 30 team members coached by KE & Kathleen Morgan, long-time YMCA members, and Pat Smith. The team practices at the Suffolk Family YMCA on Sunday evenings and has even hosted a Special Olympics Area 29 Swim Meet at the Suffolk Family YMCA under the guidance of Karen Johnston, Aquatics Director. The athletes, coaches, and fans enjoyed an exciting morning of competitive swimming followed by an award ceremony where many Gold, Silver and Bronze medals were won by both Teams. The opposing Team, Area 2 Virginia Beach, enjoyed the meet so much, they are hoping for a rematch in 2011!

The Suffolk Family YMCA is proud of our partnership with the Area 29 Special Olympics Swim Program. We salute these athletes and their desire to live a healthy lifestyle and to compete.

# TAYLOR BEND FAMILY YMCA

4626 Taylor Road, Chesapeake • 757 638 9622

## LOVE YOUR Y

**When asking parents why they chose the Taylor Bend Family YMCA for their family, the answers are endless:**

**Swim Lessons:** We understand the importance of our children knowing how to swim. Water safety is important and we made it a priority for our children to learn this life-saving skill.

**Parents Night Out (PNO):** Parents deserve a night out to enjoy a dinner or a movie. PNO makes you feel more relaxed knowing that

your children are having fun and are safe at the Y.

**Day Camp and Summer Camp:** It's tough for parents to find childcare when their children are out of school. The Y offers a safe, nurturing environment for children to go and have fun, with swimming, field trips, and more!

**Family Events:** Whether it be Family Movie Night, an Easter Egg Hunt, or a planned activity at the outdoor pool, spending family time at the Y makes you feel good about your role as a parent.

**To be active:** Group Exercise for Kids Only (GEKO), Family Gym, Zumbatomic®, SPARK and the Interactive Zone are just some of the ways that parents keep their children active at the YMCA.

The Taylor Bend Family YMCA wants to encourage you to take part in all the YMCA has to offer. Become a fan on Facebook or visit us at [www.ymcashr.org](http://www.ymcashr.org) to keep up with all that is going on at our location. Remember, this is your Y, so let's work together!



## GET MOVING

**Zumba, Step, Cycling, Yoga, Pilates, Water Volleyball and More!**

Taylor Bend Family YMCA's Group Exercise program and its instructors are here for you! Whether you are interested in trying Yoga, Zumba, Step, Strength Training, Cycling or Aquatic Exercise classes, we are here to meet your needs, with classes being offered 7 days a week! Our huge selection of classes, 110 classes offered weekly, you are sure to find the perfect fit for your lifestyle. We welcome you to give us a try and assure you that you will feel at home in our classes. Stop by the Member Services desk to pick up your copy of Taylor Bend's group exercise schedule or visit us online at [www.ymcashr.org](http://www.ymcashr.org)

We hope to see you soon. Group Exercise—your pathway to health and well-being!

For additional questions about group exercise at Taylor Bend Family YMCA, contact Janet Taylor, Group Exercise Coordinator at (757) 638-9622 or [jtaylor@ymcashr.org](mailto:jtaylor@ymcashr.org).

## YOU ARE YOUR BEST ASSET!

### A Member's Story

Kathy Holland, at right, a member of the Taylor Bend Family YMCA, was happy to share her story in hopes that she could motivate others who could use just a little bit of encouragement:

With the help and encouragement from family, friends and my exercise friends at the Taylor Bend Family YMCA, I have lost over 75 pounds. Just a few changes and I was on my way to better health and feeling good. All it takes is small changes in your diet and exercise to make the difference. Those small changes add up to new habits for a lifetime. While I did not have health issues yet, I knew I wanted to feel better and be able to keep up with my grandchildren. I have so much more energy now without that added weight I was carrying around.

Try not to think of how far you have to go by setting small goals for yourself. Make yourself a priority—when you make time for yourself you will be better for everyone else in your life. I also took part in the Y-Change classes that are offered at the Y. You learn a lot of valuable information in these classes. Learning about portion sizes, journaling your meals and exercise are just a few of them. The support at the Y has been wonderful and it keeps me motivated; I love group exercise classes like cardio circuit and the cycle classes. I am at the gym at 5 am. For me it is easier to get my exercise done in the morning before work, that way nothing else can get in my way of doing it. The instructors at the Y take a personal interest in you and your progress. They truly care and want you to succeed. I love cycle classes and cycling so much that I purchased a road bike and cycled in the MS150 bike ride on the Eastern Shore with a group from Taylor Bend! I rode 150 miles on a bike in 2 days! I have since participated in the Coast Guard bike ride and the Surry Century bike ride. I also ran in my first 5K race and was excited that I finished and actually placed 2nd in my age division. With the New Year upon us, I plan to make new goals to keep me on track, motivated and moving. There is no time like the present to make yourself a priority. You are your best asset—go for it!



# YMCA CAMP SILVER BEACH

P.O. Box 69, Jamesville • 757 442 4634

## SILVER BEACH CONFERENCE

YMCA Conference & Retreat Center at Silver Beach is the ideal setting for restorative inspiration. Whether you're planning a day of team-building activities or a week-long family reunion, we offer full-service dining and lodging for up to 400 guests.

Visit [www.SilverBeachConference.org](http://www.SilverBeachConference.org) for a complete list of activities or contact our Conference Coordinator at (757) 275-9441 for an information packet.

Join us for:

- Church Ministry Retreats
- Corporate Meetings & Seminars
- Leadership Development Programs
- Team Building Workshops
- Family Reunions & Weddings
- School & University Events

The finest in camp-setting accommodations:

- Full Service Dining & Bayside Grille
- Outdoor Chapel & Amphitheater
- Adventure & Relaxation Activities
- Meeting Space with Audio/Visual Capabilities
- State-of-the-Art Fitness Center
- Wireless Internet

## PUT YOURSELF IN THE PICTURE

Picture yourself having a summer of fun and friendship, responsibility and challenge, community and faith—at Camp Silver Beach they're all included.

Build relationships and confidence while building other skills too—from swimming, boating and climbing, to environmental science, art, drama and more!

We offer weekly sessions from mid-June to mid-August for girls and boys from ages 8-16 years old. Three-week teen programs are available for rising freshman, sophomores and juniors. Campers build confidence, learn sportsmanship, find potential, grow friendships and develop a healthy independence through traditional camp and adventure-based activities. Respect and honesty come packaged in water adventures, woodland walks and campfire sing-a-longs. Friendships are what make campers and counselors return year after year. Well trained staff from around the world make for the experience of a lifetime.

### Open House Dates this Spring:

- Sunday, March 13, 2-4 pm
- Sunday, April 17, 2-4 pm
- Sunday, May 1, 2-4 pm

### Summer 2011 Savings!

**\$50 Buddy/Sibling-Friend Benefit:** Refer a camper and both you and the camper will receive a \$50 discount!

**\$100 YMCA Member Benefit:** All YMCA members receive a \$100 member benefit off the full price of \$820!

**\$480 Additional Session Fee:** Additional resident camp sessions may be added, for the same camper, at the reduced rate of \$480 per session (weeks don't have to be consecutive).

Visit [CampSilverBeach.org](http://CampSilverBeach.org) to download a camp brochure and application, view our video and see our camp fair schedule. Or, call 1-877-231-2012 to request a DVD by mail and to reserve your child's spot today!

Camp Silver Beach is located on 151 acres of the beautiful Eastern Shore of Virginia at: 6272 YMCA Lane Jamesville, VA 23398.



# THE FIRST TEE OF HAMPTON ROADS YMCA

2400 Tournament Drive, Virginia Beach • 757 563 8990

## TEACHING VALUES THROUGH SPORTSMANSHIP

### For Youth Development, For Healthy Living, For Social Responsibility

For 10 years, The First Tee of Hampton Roads has been a significant youth development program within our community. There are nine core values learned, practiced and reinforced at The First Tee: Honesty, Integrity, Sportsmanship, Respect, Confidence, Responsibility, Perseverance, Courtesy, and Judgment. These values provide a solid foundation of life skills and character values benefiting our youth and can be applied both on the course and at home, in school and throughout their adult lives. You can participate in our youth development program through classes and camps that are offered all year long. Your children can begin with The First Tee certification classes at age 5; they begin January 3 and run in six-week sessions throughout the year. All programs teach nine core values and life skills, as well as the techniques of golf. Your child can participate in camp at age 8; camps kick off with Spring Break week, April 18–22 and then run weekly, beginning June 20 through Labor Day.

Both children and their families can enjoy a wholesome environment at The First Tee. We have two nine-hole courses available to the community, one in Virginia Beach and one on the Eastern Shore, providing families an environment to be active together. We also teach our participants how to incorporate a healthy lifestyle day to day by making healthy choices and getting active in sports, individually and as a group. As a family, you can join The First Tee through your Y membership. **For just \$15 a month, you will have access to all of The First Tee amenities** and together, as a family, can enjoy the game of golf. We also offer six tournaments a year where an adult can play alongside his or her child. Big T, Little T events are offered one Sunday a month beginning in April and running through November. Cost per team is \$40 (two players). Look for specific dates on our website, [www.thefirsttee.org](http://www.thefirsttee.org).

Part of The First Tee's mission is to provide accessible, affordable programming to everyone in our community. We want every child that has the desire to experience The First Tee to have the opportunity. Through programs like the Mobile Learning Center, a custom designed, state of the art golf bus equipped to provide The First Tee golf and life skills on location and the National School Program, currently part of the Portsmouth Public Schools Physical Education Curriculum as well as our Eastern Shore golf course, we are reaching out into areas of the community that may not otherwise have these programs available. If you are interested in having the Mobile Learning Center visit your child's school, please contact Kristal Swem at (757) 563-8990.



## SPECIAL EVENTS

**Birthday Parties:** Have your birthday party here at The First Tee and enjoy golf with your friends, food and beverages. Call (757) 563-8990 for more information and to book your next birthday party.

**Company Outings:** Have your company family day here at The First Tee! Host a company family day and allow our staff to coordinate a day of golf with instruction and/or open play on our 9-hole course.

**Summer 2011:** "Dottie Pepper," LPGA Professional with over 17 tour victories and current broadcaster for NBC and The Golf Channel, will host a clinic and exhibition here at The First Tee in Virginia Beach on June 20–21. We are thrilled to offer our community and The First Tee participants this amazing opportunity. Visit our website at [www.thefirsttee.org](http://www.thefirsttee.org) for updated information.

**The First Tee Governor's Cup Tournament:** Monday and Tuesday, June 27–28, 2011

**2011 Claude King Golf Classic:** Monday, October 10, 2011





**YMCA OF SOUTH HAMPTON ROADS**  
250 W. Brambleton Ave., Suite #100  
Norfolk, VA 23510  
757 962 5555

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
NORFOLK, VA  
PERMIT NO. 330

## **ALWAYS HERE FOR YOU**

At the Y, we are committed to strengthening community by nurturing the potential of kids, improving health and well-being, and giving back and supporting neighbors. There's no better time than now to make a commitment to begin living a healthier lifestyle. Y-Change support groups, FitQuest coaching sessions, swim lessons, group exercise classes—the Y offers services to fit the needs of everyone.



**twitter**