

Spend summer at the Y.



Your Neighborhood YMCAs:

NF **Blocker Norfolk Family YMCA**
312 W. Bute Street
Norfolk, VA 23510 • 622-9622

EF **Effingham Street Family YMCA**
1013 Effingham Street
Portsmouth, VA 23704 • 399-5511

YMCA of South Hampton Roads

Summer 2009 - Downtown



Try Something New

As a leader in Health and Wellness, we've got the latest in Fitness trends to keep you motivated. Revitalize your workout routine with these exciting classes:

Zumba

A multi level cardio workout using Latin inspired dance moves set to international music.

Wednesdays, 7:15-8:15 pm **NF**

Thursdays, 6-7 pm **EF**

Saturday Zumba

11:15 am, starting in June **EF**

Hip Hop

A high level cardio workout incorporating dance steps set to the latest sounds in R&B and pop music.

Mondays, 7:15-8:15 pm **NF**

Water Aerobics

Tuesdays, 6:30-7:30 pm

Begins June 9 **EF**

Destination for summer fun

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

If you're looking for something close to home, this newsletter is packed with events and activities scheduled at the family centers in your neighborhood.

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

Stay active with sports

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

Free Family Karate

Every Saturday at 2:45 pm **NF**

Hapkido for Kids

\$40 Members; \$80 Prospective Members

New 10-week session, August 11 **NF**

Crazy Water Sports Spectacular

See who can make the biggest splash or create the wackiest float.

July 10, 5-8 pm **NF**

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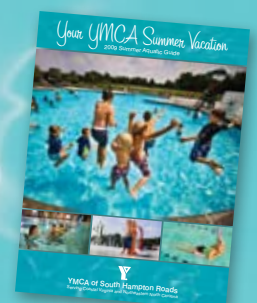
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Summer Aquatic Guide

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

Find pool hours, event calendars and Swim Lesson schedules for all of our centers in the Summer Aquatic Guide.

Pick up your copy at the Member Services desk or download it at www.ymcashr.org.



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



Teen Scene

With caring adult role models and a safe place to belong, the YMCA gives teens opportunities for exploration, creativity, adventure, challenge and success.

Teens' Night Out at the Pool

June 27, 6–9 pm **EF**

Teen Extreme Adventure Camp

Operated out of Camp Red Feather on the campus of Virginia Wesleyan College, rising 7th – 10th graders spend the week traveling locally for hiking, kayaking, surfing, body boarding, tubing, fishing, canoeing, high ropes, rock climbing and more. Some sessions include an overnight camping excursion!

\$178 Members

\$199 Prospective Members

\$50 One-time registration fee
(nonrefundable)

1-week sessions, June 22 – August 28

Monday - Friday, 6:30 am – 6 pm **NF**

Teens' Night Out

July 18, 6–9 pm **EF**

Teen Extreme Get-Away-Weekend

An action-packed extreme adventure camping weekend for ages 12–17, including spelunking (caving), rappelling and white water rafting!

\$175 Members

\$195 Prospective Members

August 1–2 **NF**

Teens' Night Out at the Pool

Ages 13-17 can play games, listen to music, enjoy some treats and hang out with friends after hours. Register at the Member Services desk.

August 15, 6–9 pm **EF**

Parents' Night Out

Enjoy special evenings of activities for children while parents enjoy a night off. Space is limited; pre-registration and Family Membership are required.

National Donut Day

June 5, 6:30–9:30 pm **NF**

Father's Day Fun

June 19, 6:30–9:30 pm **NF**

Kids Fun

June 20, 6–9 pm **EF**

Independence Day

July 3, 6:30–9:30 pm **NF**

Luau

July 17, 6:30–9:30 pm **NF**

Kids Fun

July 18, 6–9 pm **EF**

Summer Fun

August 7, 6:30–9:30 pm **NF**

Kids Fun

August 15, 6–9 pm **EF**

Back 2 School

August 21, 6:30–9:30 pm

Admission is a bag of school supplies which will be donated to local families. **NF**

ChildWatch

Enjoy a stress-free workout at the YMCA while our staff entertain your children, ages six weeks to eight years, with free activities. Family membership is required.



Family Time

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

Schools Almost Out

BBQ Water Blowout

We'll grill burgers and hotdogs while you enjoy the pool, music and games!

June 13, 3-7:30 pm **NF**

Cool Down Fridays

Swim from 3-4 pm, then enjoy Ice Pops from 4-4:30 pm.

June 19 - August 21 **NF**

Wacky Raft Saturday Nights

Bring your favorite float or use ours.

June 20-August 29, 5-8 pm **NF**

Funky Float Mondays

Bring your favorite pool toys, dive fins, floaties and noodles.

June 22 - August 24, 9 am - 8 pm **EF**

Artistic Wednesdays

Chalk and paint the pool deck, then make fun, creative arts & crafts.

Every other week; supplies provided.

June 24 - August 26, 1-4 pm **EF**

Watermelon Wednesdays

Swim from 3-4 pm, then enjoy watermelon from 4-4:30 pm.

June 24 - August 19 **NF**

Happy Hour at the Pool

Enjoy sno-cones, water, peanuts and pretzels as you lounge poolside.

Every other Thursday, 5-7 pm

June 25-August 20 **EF**

Family Fun Fridays

Pool Olympics, water boogie, musical chairs and family pool games.

June 26 - August 28, 1-4 pm **EF**

Independence Day Family Cookout

Bring a side dish to share and your swimsuit for the inflatable water slide!

July 4, 1-4 pm **EF**

Tie Dye Tuesdays

Swim 11 am - noon, Tie Dye 12-1 pm. Bring your own dyeable item.

July 7 - August 18 **NF**

Hawaiian Night

Make hula skirts and leis, then lounge poolside with fresh fruit and punch.

July 24, 6:30-7:30 pm **EF**

Tropic Night

Rockin' music, refreshing non-alcoholic drinks and a limbo contest!

August 14, 5-8 pm **NF**

Back-to-School Clothes SWAP

Receive one ticket for each clothing item you bring in, then trade tickets for "new" clothing items - one ticket per item. Unclaimed items will be donated to the Salvation Army.

August 22, 9 am - noon **NF**

End-of-Summer Bash

Games, frozen yogurt with all the toppings, and cool tunes poolside.

August 29, 1-3 pm **EF**



Day Camp

Camp Red Feather

This is a traditional day camp held on a beautiful 50-acre outdoor setting at the campus of Virginia Wesleyan College. Rising 1st-6th graders spend their days away from today's fast-paced, high-tech world as part of a small group led by a professionally-trained counselor.

\$315 Members

\$355 Prospective Members

\$50 One-time registration fee (nonrefundable)

2-week sessions, June 22 - August 28

Monday - Friday, 6:30 am - 6 pm **NF**

Traditional Summer Day Camp

Ages 4 ½ - 12; held at the YMCA.

\$75 Members

\$105 Prospective Members

1-week sessions, June 22 - August 28

Monday - Friday, 6:30 am - 6 pm **EF**



Create Healthy Habits

Whether you are just getting started, looking to maintain or wanting to advance your fitness level, the YMCA offers the programs you need to meet your goals. Take a six-week journey toward a healthier lifestyle with a Y-Change program.

June 2-July 11

Tues/Thurs/Sat, 7-8 pm **NF**

June 29-August 7

Mon/Wed/Fri, 9:30-10:30 am **NF**

June 30-August 4

10-11 am **EF**

July 13-August 20

Mon/Wed/Thurs, 6-7 pm **NF**

July 14-August 22

Tues/Thurs/Sat, 12:15-1:15 pm **NF**

July 21-August 29

Tues/Thurs/Sat, 7-8 pm **NF**

July 23-August 27

6:15-7:15 pm **EF**

August 17-September 25

Mon/Wed/Fri, 9:30-10:30 am **NF**

Get Creative

Water Safety Awareness Poster Contest

Create a poster that shows everyone how to stay safe in and around the water. See the display in the pool area for ideas and paper.

Entries will be judged the following week and the winner will be rewarded with awesome water safety prizes!

June 22-26 pm **NF**



Thank you.

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

Summer Massage Special

Relax your way through June! Treat yourself or your loved ones to a 60-minute massage for only \$40 – that's \$5 off! Members only **NF**

Celebrate Kids

Silly hand stamps, healthy kids information, coloring pages and kid-sized samples from Chickpea Café. Mondays, 9 am – noon June 15–August 31 **NF**

Member Appreciation Day

Monday, June 15 **EF**

Bring a Guest Night

July 17, 6–8 pm **EF**

Bring a Friend to Swim Night

Guest policy applies, guest fees waived. July 17, 5–8 pm **EF**

Member Appreciation Day

Monday, July 20 **EF**

Member Appreciation Day

Monday, August 17 **EF**

Water Slide

Saturday, 3-6 pm
Sunday, 1-5 pm **NF**

Your YMCA Community

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

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

The **Blocker Norfolk Family YMCA** is finalizing a multi-million dollar renovation, positioning itself as the premier health and wellness destination to serve a rapidly growing downtown community. A new Mind/Body Studio and Y-Change Center provides members with a designated space to learn about and maintain a healthier lifestyle.

Children of various ages can read, color or play in the new ChildWatch Center, while mom and dad feel confident their kids are being well cared for by our nurturing staff.

The lounge is a great escape where you can quietly read or socialize with

friends. Members can also enjoy the healthy treats served by Azar's Chickpea Café, conveniently located in the lobby.

Conveniently located off interstate 264, the **Effingham Street Family YMCA** is a haven for the city's families and youth. Health & Wellness programs, such as Y-Change, give parents opportunities to socialize with other members, and programs like Parents' Night Out provide a few hours of "me" time while the kids have fun at the Y!

Several poolside events are scheduled throughout the summer at the center's Outdoor Pool, incorporating activities for all ages to enjoy. This center strategically meets the needs of the community with affordable Summer Day Camp and Swim Lessons.

The center has also expanded Positive Parenting, a six-week interactive program designed for parents of children ages 4-13. Offered to Portsmouth residents at no cost, the program now includes activities for the



children themselves and Swim Lessons for the family. For more information about the program, stop by the Effingham Street Family YMCA.

Also nearby, is the **Taylor Bend Family YMCA** which serves the Northern Suffolk and Western Branch communities. Located at 4626 Taylor Road, the center boasts a resort-style Outdoor Aquatic Center and Spray Park, along with a newly renovated Health & Wellness Center. For more information about the activities and facilities at Taylor Bend, call 638-9622.

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