



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Winter & Spring 2012 Program Catalog

## Program Registration Dates

**Winter I Season: January 2 - February 26, 2012**

Member Priority Registration: December 12, 2011

Program Participant Registration: December 15, 2011

**Spring I Season: February 27 - April 29, 2012**

Member Priority Registration: February 13, 2012

Program Participant Registration: February 16, 2012

## Youth Super Sports Registration Dates

(Rookies I & II and Winners I & II Basketball and Soccer)

**Winter I Season: Greater West Point**

November 14 - December 9, 2011

**Winter I Season: All other branches**

November 14, 2011 - January 6, 2012

**Spring I Season**

January 9 - February 5, 2012

## See our Program Catalogs

This schedule provides detailed information about the programs listed in our Program Catalog delivered to you inside our new Impact magazine, The Program Catalog provides descriptions of all Y programs, classes and events.

Find digital copies of the Program Schedule and the Program Catalog on our web page or visit any peninsula metropolitan YMCA branch.

**MATHEWS FAMILY YMCA 804 725 1488**

**MIDDLESEX FAMILY YMCA 804 776 8846**

**peninsulaymca.org**



## Online Registration Available

You may come into the Welcome Center desk at your chosen branch to register for our programs, or you may choose to register online. To use our online feature:

1. Go to [peninsulaymca.org](http://peninsulaymca.org)
2. Click 'Programs'
3. Click 'Search Programs'
4. Follow the steps available on the screen to guide you through the registration process.

**PENINSULA METROPOLITAN YMCA**



# PROGRAM SCHEDULE FOR FALL 2011

**MATHEWS FAMILY YMCA 804 725 1488**

**MIDDLESEX FAMILY YMCA 804 776 8846**

**Winter I Season: January 2 - February 26, 2012**

**Spring I Season: February 27 - April 29, 2012**

## MIDDLESEX FAMILY YMCA

Program Name	Ages	Program Start Date	Program End Date	Days	Hours	Member Cost	Program Participant Cost	In-house & Online Registration Start Date	In-house & Online Registration End Date
<b>YOUTH DEVELOPMENT</b>									
<b>Youth Sports</b>									
Gymnastics	6-12	3/22/2012	4/26/2012	Thurs.	4:00 PM - 5:00 PM	\$30.00	\$50.00	3/1/2012	4/30/2012
The YMCA Kids Club	3	2/29/2012	4/4/2012	Wed.	12:00 PM - 1:30 PM	\$30.00	\$40.00	1/1/2012	1/1/2012
The YMCA Kids Club	3	1/4/2012	2/8/2012	Wed.	12:00 PM - 1:30 PM	\$30.00	\$40.00	12/1/2011	12/1/2011
Martial Arts	5+	1/1/2012	1/31/2012	Thurs.	6:30 PM - 8:00 PM	\$20.00	\$40.00	12/1/2011	1/31/2012
Martial Arts	5+	2/1/2012	2/29/2012	Thurs.	6:30 PM - 8:00 PM	\$20.00	\$40.00	1/31/2012	1/31/2012
Martial Arts	5+	4/1/2012	4/30/2012	Thurs.	6:30 PM - 8:00 PM	\$20.00	\$40.00	3/1/2012	3/1/2012
Martial Arts	5+	3/1/2012	3/31/2012	Thurs.	6:30 PM - 8:00 PM	\$20.00	\$40.00	2/28/2012	2/28/2012
Soccer - Rookies Level I	4	2/27/2012	4/30/2012	Tues. Thurs.	5:00 PM - 7:00 AM	\$55.00	\$70.00	1/25/2012	4/25/2012
Soccer - Rookies Level II	6	2/27/2012	4/30/2012		5:00 PM - 7:00 PM	\$55.00	\$70.00	2/1/2012	4/1/2012
Soccer - Winners Level I	9	2/27/2012	4/30/2012	Tues. Wed. Thurs.	5:00 PM - 7:00 PM	\$55.00	\$70.00	2/1/2012	4/30/2012
Soccer - Winners Level II	12	2/27/2012	4/30/2012	Tues. Wed. Thurs.	5:00 PM - 7:00 PM	\$55.00	\$70.00	1/9/2012	2/4/2012

## HEALTHY LIVING

<b>Healthy Lifestyles</b>									
10K Training Team	18+	1/20/2012	3/31/2012	Fri. Sat.	9:00 AM - 10:00 AM	\$30.00	\$50.00	1/1/2012	4/1/2012

<b>Adult Sports</b>									
Adult Basketball	18+	1/4/2012	2/22/2012	Tues. Thurs.	5:30 PM - 7:30 PM	\$30.00	\$50.00	11/1/2011	2/22/2012
Adult Volleyball League	18+	3/7/2012	4/25/2012	Wed.	6:00 PM - 8:00 PM	\$30.00	\$50.00	2/1/2012	4/25/2012
Lose to Win Weight Loss Challenge	18+	1/1/2012	2/11/2012	Mon. Wed.	5:30 PM - 6:30 PM	\$65.00	\$115.00	1/1/2012	3/30/2012
Martial Arts	5+	1/1/2012	1/31/2012	Thurs.	6:30 PM - 8:00 PM	\$20.00	\$40.00	12/1/2011	1/31/2012
Martial Arts	5+	2/1/2012	2/29/2012	Thurs.	6:30 PM - 8:00 PM	\$20.00	\$40.00	1/31/2012	1/31/2012
Martial Arts	5+	4/1/2012	4/30/2012	Thurs.	6:30 PM - 8:00 PM	\$20.00	\$40.00	3/1/2012	3/1/2012
Martial Arts	5+	3/1/2012	3/31/2012	Thurs.	6:30 PM - 8:00 PM	\$20.00	\$40.00	2/28/2012	2/28/2012

## MATHEWS FAMILY YMCA

<b>YOUTH DEVELOPMENT</b>									
<b>Youth Sports</b>									
Indoor Soccer League	4-5	1/14/2012	3/3/2012	Sat.	Call for information	\$35.00	\$35.00	12/1/2011	1/6/2012
Indoor Soccer League	6-8	1/14/2012	3/3/2012	Sat.	Call for information	\$35.00	\$35.00	12/1/2011	1/6/2012
Indoor Soccer League	9-11	1/14/2012	3/3/2012	Sat.	Call for information	\$35.00	\$35.00	12/1/2011	1/6/2012



**PROGRAM SCHEDULE FOR FALL 2011**  
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Program Name	Ages	Program Start Date	Program End Date	Days	Hours	Member Cost	Program Participant Cost	In-house & Online Registration Start Date	In-house & Online Registration End Date
<b>MATHEWS FAMILY YMCA</b>									
<b>YOUTH DEVELOPMENT</b>									
<b>Youth Sports</b>									
Indoor Soccer League	12-15	1/14/2012	3/3/2012	Sat.	Call for information	\$35.00	\$35.00	12/1/2011	1/6/2012
Indoor Soccer League	16-18	1/14/2012	3/3/2012	Sat.	Call for information	\$35.00	\$35.00	12/1/2011	1/6/2012
Soccer - Rookies Level I	4-5	2/25/2012	5/5/2012	M-Th, Sat.	Call for information	\$55.00	\$55.00	1/25/2012	4/25/2012
Soccer - Rookies Level II	6-8	2/25/2012	5/5/2012	M-Th, Sat.	Call for information	\$55.00	\$55.00	2/1/2012	4/1/2012
Soccer - Winners Level I	9-11	2/25/2012	5/5/2012	M-Th, Sat.	Call for information	\$55.00	\$55.00	2/1/2012	4/30/2012
Soccer Winners Level II	12-15	2/25/2012	5/5/2012	M-Th, Sat.	Call for information	\$55.00	\$55.00	2/1/2012	2/24/2012
<b>HEALTHY LIVING</b>									
<b>Healthy Lifestyles</b>									
Pilates	16+	1/4/2012	2/22/2012	Wed.	9:00 AM - 10:00 AM	\$0.00	\$40.00	12/15/2011	2/25/2012
Pilates	16+	2/29/2012	4/25/2012	Wed.	9:00 AM - 10:00 AM	\$0.00	\$40.00	2/13/2012	4/25/2012
Pilates Single Session	16+	1/4/2012	12/31/2012	Wed.	9:00 AM - 10:00 AM	\$7.00	\$7.00	1/4/2012	12/31/2012
Yoga	16+	1/2/2012	2/20/2012	Mon.	5:30 PM - 6:30 PM	\$0.00	\$40.00	12/12/2011	2/20/2012
Yoga	16+	2/27/2012	4/23/2012	Mon.	5:30 PM - 6:30 PM	\$0.00	\$40.00	2/13/2012	4/23/2012
Yoga Single Session	16+	1/2/2012	12/31/2012	Mon.	5:30 PM - 6:30 PM	\$7.00	\$7.00	12/12/2011	2/20/2012
ZUMBA®	16+	1/3/2012	1/31/2012	Tues. Thurs.	6:00 PM - 7:00 PM	\$0.00	\$45.00	1/3/2012	1/31/2012
ZUMBA®	16+	2/2/2012	2/28/2012	Tues. Thurs.	6:00 PM - 7:00 PM	\$0.00	\$45.00	2/1/2012	3/1/2012
ZUMBA®	16+	3/1/2012	3/29/2012	Tues. Thurs.	6:00 PM - 7:00 PM	\$0.00	\$45.00	3/1/2012	3/31/2012
ZUMBA®	16+	4/3/2012	4/26/2012	Tues. Thurs.	6:00 PM - 7:00 PM	\$0.00	\$45.00	4/1/2012	4/30/2012
ZUMBA® Single Session	16+	1/3/2012	12/31/2012	Tues. Thurs.	6:00 PM - 7:00 PM	\$7.00	\$7.00	12/1/2012	12/31/2012
<b>Adult Sports</b>									
Adult Soccer	18+	1/11/2012	2/29/11	Wed.	Call for information			12/1/2011	1/4/2012

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