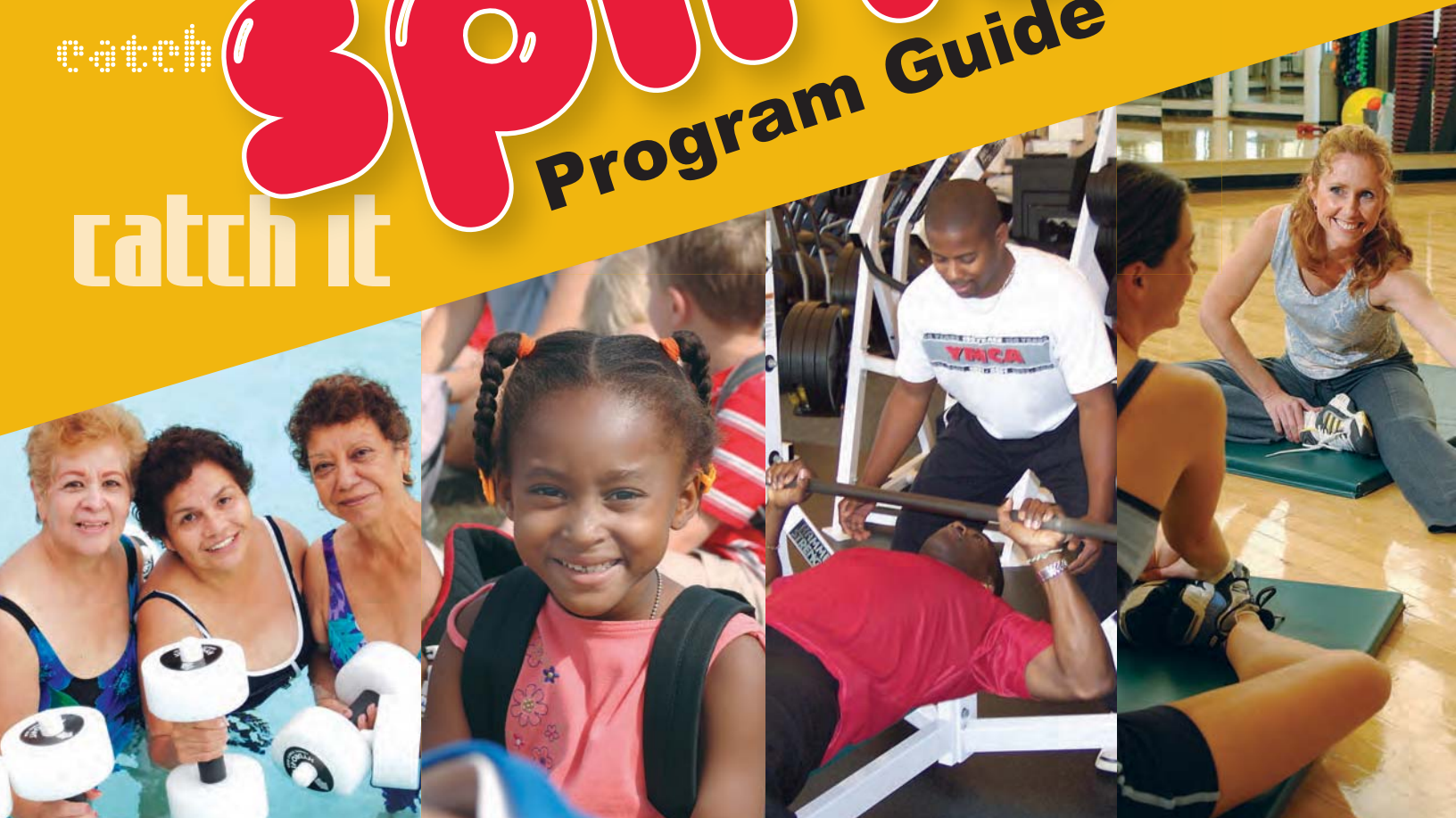


*catch it* **catch it** *catch it* *catch it*  
CATCH IT *catch it* *catch it* CATCH IT  
catch it  
catch  
**SPiRiT!**  
Program Guide  
catch it  
catch it



# Middlesex Family YMCA

**Fall I Session: September 7 - October 31**  
**Register beginning August 16, 2010**

**Fall II Session: November 1 - December 19**  
**Register beginning October 18, 2010**



**Peninsula  
Metropolitan  
YMCA**

*We build strong kids,  
strong families,  
strong communities.*

# SPIRIT PROGRAM GUIDE September - December 2010

The Peninsula Metropolitan YMCA is proud to be a family organization. We serve men, women, and children of all ages, races, abilities, incomes, and religions. The YMCA provides families a fun, safe, reliable, and affordable place to go. Our branches serve over 50,000 members from Smithfield, throughout the Peninsula to Williamsburg, the Middle Peninsula and the Northern Neck.

As a member you and your family are entitled to various programs and services at each of our locations. We are here to answer any question that you may have. We look forward to serving your family this year.

## YMCA Guest Policy

Members are encouraged to bring a guest to the YMCA. There is a limit of two free visits per guest annually, limit one daily. Facilities are available for guests Monday-Friday, 6:00am to 4:00pm. (Call for Saturday and Sunday appointments.) An adult member must accompany all guests; photo I.D. is required of all guests.

## Guardian Program

Financial assistance is available for those who are unable to participate at the YMCA due to their inability to pay the full membership or program fees. Stop by the Welcome Center to pick up an application form.

## Program Refund and Credit Policies

**Class Cancellation**-If a class is cancelled by the YMCA, a full refund or credit (member's choice) will be offered. Credit will be given to participants who cancel their registration prior to the start date of the class or program. No credits can be given after the program begins.

**Medical Cancellation**-If a participant withdraws from a class due to a medical reason and accompanied by a doctor's note stating that they can not complete the class, a refund or credit for the unused portion of the program will be offered.

**Bad Weather Policy**-Classes cancelled due to bad weather or unforeseen circumstances will be made up if the schedule allows. If the class/lesson is not able to be made up, a program credit will be given to be used for another program of choice.

*This program catalog uses abbreviations for:*

### PROGRAM INTENSITY LEVELS

- This program/class has been identified as **Low Intensity**, which is recommended for individuals who want to exercise at a mild to moderate pace; may be new to exercise; returning back to exercise; are ready to get started and move toward achieving their fitness goals.
- This program/class has been identified as **Medium Intensity**, which is recommended for individuals who are already somewhat active; are ready to work a little harder; try new moves; or have been introduced to exercise in the past.
- This program/class has been identified as **High Intensity**, which is recommended for individuals who are exercising regularly; already at a higher fitness level; want more challenge.
- These programs/classes have been identified as appropriate for **All Fitness Levels**; people at all fitness levels can participate at the same time; instructors will show variations; can go at own pace.

The above mentioned policies exclude Child Care and Day Camp programs. *All prices and dates are subject to change.*

### Middlesex Family YMCA

11487 General Puller Highway  
Hartfield, Virginia 23071  
(804) 776-8846

Buzz Lambert ..... Branch Executive  
Cheryl Holleran.. Membership Director  
Clark Laster ..... Program Director

### Operating Hours

Monday-Thursday..... 6:00am-8:30pm  
Friday..... 6:00am-7:00pm  
Saturday ..... 8:00am-1:00pm  
Sunday ..... Closed

## TABLE of CONTENTS

Child Care.....	2
Health and Well-Being.....	3
Sports .....	4
Volunteers.....	5

## HOLIDAY CLOSINGS

New Year's Day .....	January 1	Thanksgiving .....	November 25
Easter .....	April 4	Christmas Eve .....	December 24
Memorial Day .....	May 31	Christmas Day .....	December 25
Independence Day .....	July 4	New Year's Eve	
Labor Day .....	September 6	(6:00pm closing) .....	December 31

## SCHOOL AGE CHILD CARE

The School Age Child Care Program provides an environment in which children make friends, become part of a group, meet physical challenges and know they are liked, respected and appreciated. For the times you can't be there yourself, the YMCA supports your efforts to nurture your school age child's healthy development. Well-trained staff provide safe, affordable, high-quality care so you can have peace of mind while you work to help your family succeed. No matter how many hours children spend in child care, family is the most important structure in their lives. At the YMCA, good child care is good family care. Staff members are partners with parents and other caregivers, working together to help children grow healthy, happy and strong.

A \$40 non-refundable registration fee is due upon registration. A copy of school physical, shot record, original birth certificate and payment must accompany each registration. Call ahead for an appointment to register. See listing below for pricing.

## IGNITE



(Interactive. Games. Nutrition. Inspiration Through Education.) This program was carefully crafted by YMCA physical education professionals, registered dietitians and culinary experts to get our youth up and moving with interactive games, fun nutrition lessons, and the opportunity to become a junior chef with hands-on cooking projects – all in an effort to combat our nation's leading health crisis of childhood inactivity and obesity. The program is free and presented through the After School Program.

## PRESCHOOL CHILD CARE

YMCA Child Care and Learning Development Centers foster growth and development in young children and provide a responsive environment where children learn through hands-on experiences. The Centers operate a full day, year-round program for children ages 2 through 5. Our Centers enroll children regardless of sex, creed, religion, race or national origin. Children must be potty trained. A typical day offers playground fun, arts & crafts, classroom instruction, storytelling and naptime. Age varies by branch location.

To register, make an appointment with the Preschool Director. At the time of registration, the parent needs to bring the child's original birth certificate, current physical, immunization record and any fees required by the Center. Call for space availability.

Session Name	Ages	Days of Week	Session Time	Member Fee	Program Participant Fee
<b>Middlesex Family YMCA</b>					
IGNITE	5-12	Mon. & Wed.	3:00PM-4:15PM	Free	
After School Child Care	5-12	Mon.-Friday	3:00 PM-6:00 PM	\$40.00	\$48.00
Preschool: 2 Day	2 1/2-5	Tues. & Thurs.	9:00 AM-12:00 PM	\$80.00	\$90.00
Preschool: 3 Day	2 1/2-5	Mon. Wed. Fri.	9:00 AM-12:00 PM	\$110.00	\$120.00
Preschool: 5 Day	2 1/2-5	Mon.-Fri	9:00 AM-12:00 PM	\$160.00	\$185.00

Registration and sessions for child care are ongoing. Please contact the Middlesex Family YMCA at (804) 776-8846.

## CHILD and YOUTH WATCH

Our qualified staff and volunteers provide a safe and fun atmosphere for your child with age-appropriate toys, games and activities, and even homework time for school-aged children. With your family membership at the YMCA, you are entitled to Child Watch and Youth Watch services at no extra charge. Parents are required to sign the child in/out and to fill out an information form to be kept on file.

### Child and Youth Watch Hours of Operation:

Monday-Friday 8:00 a.m.-11:00 a.m.

Monday-Thursday 5:00 p.m.-8:00 p.m.



Group Exercise classes are included with your membership, unless otherwise noted. Members are welcome to attend any exercise class. A variety of classes are available, providing aerobic, strength, and flexibility training. Each class includes a warm-up and cool-down. The following is a brief description of available classes. Please contact your branch or check our website ([www.peninsulaymca.org](http://www.peninsulaymca.org)) for a specific schedule of classes.

☐ Low Intensity  
 ▣ Medium Intensity  
 ☒ High Intensity  
 ★ All Levels

Visit us online at: [www.peninsulaymca.org](http://www.peninsulaymca.org) to view our Group Exercise Schedule. Schedules updated monthly.

## STEP

**Interval/Step** A cardiovascular/interval activity using a step.

▣ ☒

**Step** A moderate to high intensity, low impact workout using the step to improve cardiovascular fitness. Each class includes a warm-up, approximately 45 minutes of aerobic exercise, a cool down and an abdominal segment ending with a full body stretch.

▣ ☒

## STRENGTH/CONDITIONING

**Body Sculpting** A total body strength training class. This workout utilizes free weights, rubber tubes, a bench and the floor, to get the most out of your muscles.

☐ ▣

## MIND/BODY

**Classic Yoga** This class includes classic yoga postures and teaches the fundamentals of correct form. You'll learn how to control breathing and link it to movement for a more conscious, inspiring and relaxing workout.

★

## PERSONAL TRAINING

★ Let one of our certified Personal Trainers help you to gain better results from your workout. An individualized exercise program is designed to meet your personal health and fitness goals. See a Wellness Associate to set up an appointment for your initial consultation. *Sorry, no outside trainers permitted.* Members Only. A variety of package options are available. Fee applies

## BUDDY PERSONAL TRAINING

★ Buddy Personal Training is the same great experience as Personal Training, but with the companion of your choice. The session also focuses on individual program design. See a Wellness Associate to set up an appointment for your initial consultation. *Sorry, no outside trainers permitted.* Members Only.

## COMBINATION

### Chair Stretch & Strengthen

★

Have fun and move to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

### Interval Training

★

A workout that alternates cycles of moderate and high intensity aerobic phases. Step, high/low and resistance training may be used.

### Low Impact, Muscle Work, & Stretch

★

A combination class of light intensity movements and strength exercises to provide a full-body workout. Stretching and flexibility form an important component of this group exercise class.

### Drums Alive

★

Bang to the beat while moving your feet! Drums Alive is a completely new and innovative way to experience movement and rhythm. It is a holistic workout that connects simple and dynamic movements and pulsating rhythms with drumming on a stability ball with drum sticks. Not only is Drums Alive a fun program, it has many physical and psychological benefits as well. It increases your heart rate and blood circulation as in traditional aerobic training may be used.

### Pilates

▣ ☒

The Pilates method of body conditioning is a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph H. Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind and creates a more streamlined shape.

### Zumba®

★

A blend of Latin and international music to create a dynamic, fun, and effective cardio workout. The class is designed to utilize an interval format, combining various rhythms with movements that tone and sculpt the body.



## ADULT FLAG FOOTBALL

This league is designed to bring adults together in fellowship and fun while adhering to the YMCA character values of caring, honesty, respect and responsibility. Men and women of all skill levels are invited to join. Remember, this league is designed as a way to fellowship with other adults with the emphasis on fun and exercise rather than competition.

## CHEERLEADING

Our cheerleading classes offer a fun, yet structured way to learn the basic fundamentals of cheerleading. These instructional classes work on the basic motions, jumps, tumbling, and logistics of cheerleading. Participants work together to build up strength, endurance, and flexibility, which are the three main skills needed in cheerleading. All classes are taught by skilled cheerleading coaches. This class provides a foundation and growth opportunity for further participation in cheerleading.

## GYMNASTICS

Instructional gymnastics classes are offered for children from 18 months of age (parent participating) through age 15. Participants learn the basic gymnastics skills of tumbling and other floor skills, as well as skills on other events including the beam, vault, and a single bar. Participants are grouped based on age and skill, and all classes are taught by skilled gymnastics coaches. This class provides a foundation for growth and the opportunity to further the enjoyment of gymnastics.

## MARTIAL ARTS

Martial Arts help children, adults, and families increase confidence, physical fitness, and concentration power. Participants develop skills at their own pace. Students improve fitness, coordination, and balance.

### PHILOSOPHIES and OBJECTIVES of YOUTH SPORTS

- Emphasis is on fun and learning basic skills
- Building confidence and self-esteem
- Introduce children to sports
- Allow all players to participate and achieve some measure of success and satisfaction
- Encourage the players to enjoy, learn and continue sports participation

## PARENT/CHILD BASKETBALL

Parents and children learn the basic skills of basketball through active play and participation. This program focuses on teaching parents and children the game of basketball while having fun quality time together. Parent and child receive a t-shirt. Coed.

## ROOKIES SOCCER

Non-competitive. Trained coaches help players learn "what to do," what we call tactical awareness. Youngsters practice using game-like drills, and receive individual instruction to help them develop within the sport. Fitness and Well-Being are incorporated into practices and our Character Values of Caring, Honesty, Respect, and Responsibility are always reinforced.

## TEAM IN TRAINING

This 10 week program is designed to condition your body and your mind to train for an upcoming 8k or 10k run/walk in a dynamic group setting. Walk or run with others of similar abilities in a community atmosphere.

## WINNERS SOCCER

Competitive. Trained coaches help players learn "what to do," what we call tactical awareness. Youngsters practice using game-like drills, and receive individual instruction to help them develop within the sport. Fitness and Well-Being are incorporated into practices and our Character Values of Caring, Honesty, Respect, and Responsibility are always reinforced.

Session Name	Ages	Session Start Date	Session End Date	Days of Week	Session Time	Member Fee	Program Participant Fee	In House Registration Start Date	In House Registration End Date	Online Registration Start Date	Online Registration End Date
<b>FALL I SEASON SEPTEMBER 7 TO OCTOBER 31, 2010</b>											
Rookies Soccer	4-7	9/3/2010	11/19/2010	TBA	5:00 AM - 7:00 AM	\$45.00	\$60.00	8/16/2010	11/15/2010	8/16/2010	11/15/2010
Winners Soccer	8-16	9/3/2010	11/19/2010	TBA	5:00 AM - 7:00 AM	\$45.00	\$60.00	8/16/2010	11/15/2010	8/16/2010	11/15/2010
Martial Arts		9/1/2010	9/30/2010	Thurs.	6:30 PM - 8:00 AM	\$20.00	\$40.00	8/16/2010	10/1/2010		
Martial Arts		10/1/2010	10/31/2010	Thurs.	6:30 PM - 8:00 AM	\$20.00	\$40.00	9/15/2010	11/1/2010		
Team in Training	18&up	9/18/2010	11/13/2010	Sat.	8:00 AM - 9:00 AM	\$25.00	\$50.00	8/23/2010	10/25/2010	8/23/2010	10/25/2010
<b>FALL II SEASON NOVEMBER 1 - DECEMBER 19, 2010</b>											
Cheerleading		11/1/2010	2/15/2011	Tues.	6:00 AM - 7:00 AM	\$125.00	\$150.00	11/1/2010	2/1/2011	11/1/2010	2/1/2011
Martial Arts		11/1/2010	11/30/2010	Thurs.	6:30 PM - 8:00 AM	\$20.00	\$40.00	10/15/2010	12/15/2010		
Martial Arts		12/1/2010	12/31/2010	Thurs.	6:30 PM - 8:00 AM	\$20.00	\$40.00	11/15/2010	12/1/2011		
Gymnastics	6-12	11/4/2010	12/16/2010	Thurs.	3:30 PM - 4:30 PM	\$20.00	\$40.00	10/15/2010	12/15/2010	10/15/2010	12/15/2010
Adult Flag Football	18 & up	12/1/2010	1/31/2011	Wed.	5:00 PM - 8:00 PM	\$30.00	\$50.00	11/1/2010	1/27/2011	12/1/2010	1/27/2011
Parent/Child Basketball	3-4	12/6/2010	1/25/2011	Tue. Thur.	8:00 AM - 9:00 AM	\$30.00	\$50.00	12/1/2010	2/1/2011	12/1/2010	2/1/2011

# Y VOLUNTEERS™

## BRIGHT BEGINNINGS

Every child deserves to start school with confidence. **Bright Beginnings** ensures that children in need are able to start the school year off right with new school supplies, shoes and clothes. Volunteers and children from each YMCA location shop together in an outing that leaves everyone feeling fulfilled.

This program has grown from serving 50 children in 2003 to over 920 children in 2009. Our goal is to help 1,000 children have a Bright Beginning.

For more information email  
Leslie.Bryant@peninsulaymca.org



## Y Strong Communities

YMCA annual charitable giving campaign

The YMCA is open for all regardless of the inability to pay. Through generous contributions, the YMCA is able to provide programs and services to those children, adults, and families that would not otherwise have the opportunity to participate. The funds generated through the Strong Communities Campaign are used for day camp, school age child care, preschool child care, and outreach programs such as Bright Beginnings. Funds contributed also give individuals the opportunity to improve health through membership to the YMCA. With this financial assistance, everyone can participate in sports, family programming, swim lessons and health & wellness programs. As a charitable non-profit organization, the YMCA is dedicated to helping everyone balance in spirit, mind and body.

If you are interested in contributing or volunteering to help with the Strong Communities campaign, please contact your YMCA or you can make your secure tax deductible contribution on the Donate page of our website-go to [www.peninsulaymca.org](http://www.peninsulaymca.org) click on the donate link.

## Youth Super Sports

### BUILDING Winners FOR Life

NEW FOR FALL 2010

At the YMCA, youth sports is as much about building character as it is about learning sports skills.

### YOUTH SUPER SPORTS Programs

- Soccer
- Flag Football
- Basketball
- Baseball
- T - Ball



## YOUTH SUPER SPORTS™

### What is YOUTH SUPER SPORTS?

YMCA Youth Super Sports is the YMCA's new progressive youth sports program that combines the marvelous philosophy of past YMCA youth sports programs with new program concepts. Children learn character values as well as sports skills in enjoyable "games approach" practices.

### The 7 PILLARS of YOUTH SUPER SPORTS

- Pillar 1 - Everyone Plays
- Pillar 2 - Safety First
- Pillar 3 - Fair Play
- Pillar 4 - Positive Competition
- Pillar 5 - Family Involvement
- Pillar 6 - Sport for All
- Pillar 7 - Sport for Fun