



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 this Program Schedule and the Program Catalog on our web page or visit any peninsula metropolitan YMCA branch.

NORTHERN NECK FAMILY YMCA 804 435 0223

NORTHUMBERLAND FAMILY YMCA 804 580 8901

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
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
NORTHERN NECK FAMILY YMCA 804 435 0223
NORTHUMBERLAND FAMILY YMCA 804 580 8901
Winter I Season: January 2 - February 26, 2012
Spring I Season: February 27 - April 29, 2012

NORTHERN NECK 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
YOUTH DEVELOPMENT									
Preschool and Youth Aquatics									
Parent/Child Swim Lessons	0-3	4/9/2012	5/2/2012	Mon. Wed.	6:00 PM - 6:30 PM	\$30.00	\$50.00	2/13/2012	4/9/2012
Pike	3-5	1/30/2012	2/22/2012	Mon. Wed.	5:00 PM - 5:30 PM	\$30.00	\$50.00	12/12/2011	1/30/2012
Pike	3-5	3/5/2012	3/28/2012	Mon. Wed.	5:00 PM - 5:30 PM	\$30.00	\$50.00	2/13/2012	3/5/2012
Eel	3-5	4/9/2012	5/2/2012	Mon. Wed.	5:00 PM - 5:30 PM	\$30.00	\$50.00	12/15/2011	4/9/2012
Polliwog	6-12	1/30/2012	2/22/2012	Mon. Wed.	5:30 PM - 6:00 PM	\$30.00	\$50.00	12/12/2011	1/30/2012
Polliwog	6-13	3/5/2012	3/28/2012	Mon. Wed.	5:30 PM - 6:00 PM	\$30.00	\$50.00	2/13/2012	3/5/2012
Polliwog	6-14	4/9/2012	5/2/2012	Mon. Wed.	5:30 PM - 6:00 PM	\$30.00	\$50.00	2/13/2012	4/9/2012
Guppy	6-12	1/30/2012	2/22/2012	Mon. Wed.	6:00 PM - 6:30 PM	\$30.00	\$50.00	12/12/2011	1/30/2012
Minnow	6-12	3/5/2012	3/28/2012	Mon. Wed.	6:00 PM - 6:30 PM	\$30.00	\$50.00	2/13/2012	3/5/2012
Private Swim Lessons	All	1/1/2012	12/31/2012	Mon. - Sun.	Call for appointment	\$95.00	\$135.00	1/1/2012	12/31/2012
American Red Cross Lifeguarding	15+	12/27/2011	12/30/2011	Tues.-Fri.	9:00 AM - 6:00 PM	\$140.00	\$160.00	11/18/2011	12/27/2011
Youth Sports									
Parent/Child T-Ball	3-5	5/2/2012	6/23/2012	Sat.	Call for information	\$30.00	\$50.00	3/5/2012	4/20/2012
Basketball - Rookies Level I	4-5	1/7/2012	3/10/2012	Sat.	Call for information	\$55.00	\$70.00	11/14/2011	1/16/2012
Basketball - Rookies Level II	6-8	1/7/2012	3/10/2012	Sat.	Call for information	\$55.00	\$70.00	11/14/2011	1/16/2012
Basketball - Winners Level I	9-11	1/7/2012	3/10/2012	Sat.	Call for information	\$55.00	\$70.00	11/14/2011	1/16/2012
Basketball - Winners Level II	12-15	1/7/2012	3/10/2012	Sat.	Call for information	\$55.00	\$70.00	11/14/2011	1/16/2012
Soccer - Rookies Level II	6-8	3/10/2012	4/28/2012	Sat.	Call for information	\$55.00	\$70.00	1/9/2012	3/16/2012
Soccer - Winners Level I	9-11	3/10/2012	4/28/2012	Sat.	Call for information	\$55.00	\$70.00	1/9/2012	3/16/2012
Soccer- Rookies Level I	4-5	3/8/2012	4/26/2012	Sat.	Call for information	\$55.00	\$70.00	1/9/2012	3/16/2012
Soccer- Winners Level II	12-15	3/10/2012	4/28/2012	Sat.	Call for information	\$55.00	\$70.00	1/9/2012	3/16/2012
Youth Health and Well-Being									
Homeschool PE/Health Class	5-14	1/17/2012	2/28/2012	Tues.	12:30 PM - 1:30 PM	\$10.00	\$20.00	12/5/2011	1/17/2012
Homeschool PE/Health Class	5-14	4/13/2012	5/1/2012	Tues.	12:30 PM - 1:30 PM	\$10.00	\$20.00	2/14/2012	4/13/2012



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NORTHERN NECK FAMILY YMCA continued

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HEALTHY LIVING									
Health and Well-Being									
Walkie Talkie Walking Club	18+	4/5/2012	4/5/2012	Thurs.	Call for information	\$0.00	\$0.00	2/13/2012	4/5/2012
Walkie Talkie Walking Club	18+	1/5/2012	1/5/2012	Thurs.	Call for information	\$0.00	\$0.00	12/12/2011	1/5/2012
Walkie Talkie Walking Club	18+	2/2/2012	2/2/2012	Thurs.	Call for information	\$0.00	\$0.00	12/12/2011	2/2/2012
Walkie Talkie Walking Club	18+	3/1/2012	3/1/2012	Thurs.	Call for information	\$0.00	\$0.00	2/13/2012	3/1/2012
Yoga - Full Session	18+	12/13/2011	1/31/2012	Tues.	2:00 PM - 3:15 PM	\$56.00	\$64.00	10/17/2011	12/6/2011
Yoga - Full Session	18+	2/14/2012	4/10/2012	Tues.	2:00 PM - 3:15 PM	\$56.00	\$64.00	12/12/2011	2/14/2012
Yoga - Half Session	18+	12/13/2011	1/31/2012	Tues.	2:00 PM - 3:15 PM	\$28.00	\$32.00	10/17/2011	12/6/2011
Yoga - Half Session	18+	2/14/2012	4/10/2012	Tues.	2:00 PM - 3:15 PM	\$28.00	\$32.00	12/12/2011	2/14/2012

NORTHUMBERLAND FAMILY YMCA

YOUTH DEVELOPMENT									
Basketball - Rookies Level I	4-5	1/7/2012	3/10/2012	Sat.	Call for information	\$55.00	\$70.00	11/14/2011	1/6/2012
Basketball - Rookies Level II	6-8	1/7/2012	3/10/2012	Sat.	Call for information	\$55.00	\$70.00	11/14/2011	1/6/2012
Basketball - Winners Level I	9-11	1/7/2012	3/10/2012	Sat.	Call for information	\$55.00	\$70.00	11/14/2011	1/6/2012
Basketball - Winners Level II	12-15	1/7/2012	3/10/2012	Sat.	Call for information	\$55.00	\$70.00	11/14/2011	1/6/2012
Cheerleading	6-9	1/7/2012	3/10/2012	Sat.	Call for information	\$50.00	\$65.00	11/14/2011	1/6/2012
Cheerleading	10-13	1/7/2012	3/10/2012	Sat.	Call for information	\$50.00	\$65.00	11/14/2011	1/6/2012
Tae Kwon Do	6-17	1/12/2012	3/29/2012	Thurs.	6:30-7:15 - Beginners	\$75.00	\$90.00	11/21/2011	1/6/2012
Tae Kwon Do	18+	1/12/2012	3/29/2012	Thurs.	7:15-8:00 - Advanced	\$75.00	\$90.00	11/21/2011	1/6/2012

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