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Spirit!

Program Guide



Richmond County and Westmoreland Family YMCAs

Winter I Season: January 4 - February 28, 2010
Register beginning December 14, 2009

Spring I Season: March 1 - May 2, 2010
Register beginning February 16, 2010



Peninsula
Metropolitan
YMCA

We build strong kids,
strong families,
strong communities.

SPIRIT PROGRAM GUIDE January - May 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.

This is your reference guide to programs and classes being offered at the Richmond County and Westmoreland Family YMCAs. Your membership entitles you to use all the programs and classes listed for both locations.

YMCA Guest Policy

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

Richmond County Family YMCA

45 George Brown Lane
P.O. Box 1136
Warsaw, VA 22572
(804) 333-4117

Philip Belfield, Branch Director
Donna Belfield, Preschool Director
Eliana Elliott, Wellness Director
Meagan Ptucha, Youth and Family Services Director
Glenda Walker, Membership Services Director

Monday - Friday: 6:00 a.m. - 8:00 p.m.
Saturday: 8:00 a.m. - 12:00 p.m.
Sunday: Closed

Child Watch Hours (6 weeks-9 years)
Monday, Wednesday and Friday: 9:00 a.m. - 11:00 a.m.
Monday - Friday: 5:00 p.m. - 8:00 p.m.
Saturday: 8:00 a.m. - 11:00 a.m.
Child Watch Fee: \$2.00 for two hours

Teen Center (10 +)
Monday - Friday: 6:00 a.m. - 8:00 p.m.
Saturday: 8:00 a.m. - 12:00 p.m.

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.

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

Westmoreland Family YMCA

18849 Kings Highway
P.O. Box 667
Montros, VA 22520
(804) 493-8163

Brad Rhoads, Associate Branch Director

Monday and Friday: 9:00 a.m. - 4:30 p.m.
Saturday and Sunday: Closed

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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

PRESCHOOL CHILD CARE

Preschool – The YMCA Preschool Program fosters growth and development in young children and provides a responsive environment where children learn through hands-on experiences and a nationally recognized curriculum. The center operates a full day, year-round program for children ages 2½ to 5 years. Children must be potty trained. Program is held at Warsaw Baptist Church, 225 Main Street, Warsaw. Register at the YMCA from 6:00 a.m. - 8:00 p.m., Monday - Friday. Call ahead for program openings, **Richmond County Family YMCA**

Registration Fee is \$50 for Members and \$70 for Program Participants. Bring birth certificate, physical and immunization records to registration. Weekly Rate: \$92 for Members, \$107 for Program Participants.

CHILD 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. Please pick up a schedule at your branch.

Richmond County Family YMCA

Child Watch Hours (6 weeks-9 years)

Monday, Wednesday and Friday: 9:00 a.m. - 11:00 a.m.

Monday - Thursday: 4:30 p.m. - 7:30 p.m.

Saturday: 8:00 a.m. - 11:00 a.m.

Child Watch Fee: \$2.00 for two hours

SCHOOL AGE CHILD CARE

School-Age – The Richmond County Family YMCA's School-Age Program provides an environment in which children can make friends, be 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.

Staff members are partners with parents and other caregivers, working together to help children grow healthy, happy and strong. All School-Age members may participate in IGNITE (Interactive. Games. Nutrition. Inspiration Through Education), the YMCA's program to combat childhood inactivity.

REGISTRATION:

- Registration Fee: \$40
- Bring birth certificate, physical and immunization records to registration
- Weekly Rate is \$40 for members, \$48 for Program Participants

LOCATIONS:

- Richmond County Elementary
- Washington District Elementary School

IGNITE



(Interactive. **G**ames. **N**utrition. Inspiration Through Education.)

This program was carefully crafted by YMCA physical education professionals, registered dieticians 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 School Age Child Care Program.

SPRING BREAK CAMP

Spring Break Camp is provided for children to enjoy time at the YMCA during their winter and spring breaks. Children participate in many activities including swimming, arts and crafts, drama, field trips, and much more! This program serves school age children between the ages of 5 and 12 years of age. It is a great way to meet new friends and have fun in a safe, caring environment.

Spring Break Camp is for ages 5-13.

Camp begins 4/5/2010 and ends 4/9/2010

Mon. - Fri. 8:00 AM - 6:00 AM

Cost is \$20.00 for members and \$25.00 for program participants.

Registration is from 3/1/2010 3/31/2010

A traditional camp experience that develops spirit, mind and body. A fun daily schedule provides a summer camp filled with excitement and new experiences throughout each session. Activities include swimming, arts and crafts, new games, nature exploration, sports, songs, field trips and much more. The program stresses socialization, self-confidence, self-awareness and teaches skills. Campers are divided into groups according to their grade. This camp allows parents to work without worry while their children enjoy summer experiences that will last a lifetime.

WESTMORELAND FAMILY YMCA

DAY CAMP

(5 years - 12 years old)

Weekly sessions June 21 - August 20

7:00 a.m. - 6:00 p.m.

Members: \$82 / week

Program Participants: \$97 / week

TEEN CAMP

Rising 7th graders - Rising 9th graders (13 - 15 years old)

Weekly sessions June 21 - August 20

7:00 a.m. - 6:00 p.m.

Members: \$82 / week

Program Participants: \$97 / week

Camp will be held at the A.T. Johnson Building.

REGISTRATION PLACE, DATES and TIMES

Registration is held at the	Westmoreland Family YMCA 18849 Kings Highway Montross, Virginia 22520
Current School Age Participants	March 1, 2010 By appointment only
Open Registration begins	March 1, 2010 By appointment only

REGISTRATION

Please bring copies of: school physical (must be within the past 24 months), shot record and original birth certificate to complete your registration. Due to state licensing requirements, incomplete registrations cannot be processed.

RICHMOND COUNTY FAMILY YMCA

DAY CAMP (4 years 9 months - 13 years old)

Weekly sessions June 21 - August 15, 7:00 a.m. - 6:00 p.m.

Members: \$82 / week, Program Participants: \$97 / week

PRESCHOOL CAMP (2½ - 4 years, 8 months old. Must be potty trained.)

Weekly sessions June 21 - August 15, 7:45 a.m. - 5:30 p.m.

Members: \$97 / week, Program Participants: \$114 / week

REGISTRATION DATES, TIMES, and PLACES

PRESCHOOL:

Registration is held at the	Warsaw Baptist Church 266 Main Street, Warsaw, Virginia 22572
Current Preschool Participants	March 2-4, 2010, 3:00p.m -5:00p.m.
YMCA Members	March 9 - 11, 2010
Open Registration	March 12 - 31, 2010

SCHOOL AGE:

Registration is held at the	Richmond County Family YMCA 45 George Brown Lane Warsaw, Virginia 22572
Current School Age Participants	April 21, 2010, 6:00 p.m. - 8:00 p.m.
YMCA Members	April 23, 2010, 6:00 p.m. - 8:00 p.m.
Open Registration	April 28, 2010, 6:00 p.m. - 8:00 p.m.

REGISTRATION

Please bring copies of: school physical (must be within the past 24 months), shot record and original birth certificate to complete your registration. Due to state licensing requirements, incomplete registrations cannot be processed.

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.

PARENT/CHILD T-BALL

This program is an introduction to basic T-ball skills - taught of course with an emphasis on caring, honesty, respect and responsibility. Parents and children participate together. Fun, fair play, teamwork, participation, fundamentals, and family involvement.

BASKETBALL

Instructional class focuses on the basic skills of dribbling, shooting and passing for the sport of basketball while working with a YMCA instructor and other children in a structured class setting. This class provides a foundation for growth and the opportunity to further the enjoyment of basketball. Coed. Grouped by appropriate ages.

OUTDOOR SOCCER

Participants learn the fundamentals of the game, shooting, dribbling, passing and defense. Practice once a week and travel to surrounding counties to compete. While participants build their skill level, the focus of the YMCA remains on character development and producing good sportsmanship. Appropriate age groups.

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
RICHMOND COUNTY FAMILY YMCA SPORTS											
WINTER I SEASON JANUARY 4 TO FEBRUARY 28, 2010											
Cheerleading	6-10	1/30/10	3/13/10	Tues. Thurs.	6:00 PM - 7:00 PM	\$35.00	\$60.00	12/7/09	1/15/10	12/7/09	1/15/10
Youth Basketball	3-5	2/1/10	3/8/10	Sat.	Flexible Schedule	\$30.00	\$50.00	12/7/09	1/16/10	12/7/09	1/16/10
Youth Basketball	6-8	1/30/10	3/13/10	Sat.	Flexible Schedule	\$30.00	\$50.00	12/7/09	1/16/10	12/7/09	1/16/10
Youth Basketball	9-11	1/30/10	3/13/10	Sat.	Flexible Schedule	\$30.00	\$50.00	12/7/09	1/16/10	12/7/09	1/16/10
Youth Basketball	12-14	1/30/10	3/13/10	Sat.	Flexible Schedule	\$30.00	\$50.00	12/7/09	1/16/10	12/7/09	1/16/10
Youth Basketball	15-17	1/30/10	3/13/10	Sat.	Flexible Schedule	\$30.00	\$50.00	12/7/09	1/16/10	12/7/09	1/16/10
SPRING I SEASON MARCH 1 TO MAY 2, 2010											
T-Ball	3-5	3/1/10	5/15/10	Thurs.	TBA	\$30.00	\$45.00	3/1/10	3/31/10	3/1/10	3/31/10
WESTMORELAND COUNTY FAMILY YMCA SPORTS											
WINTER I SEASON JANUARY 4 TO FEBRUARY 28, 2010											
Cheerleading	6-8	1/16/10	3/13/10	Wed.	6:00 PM - 7:00 PM	\$35.00	\$60.00	11/2/09	1/15/10	11/2/09	1/15/10
Cheerleading	9-11	1/16/10	3/13/10	Wed.	6:00 PM - 7:00 PM	\$35.00	\$60.00	11/2/09	1/15/10	11/2/09	1/15/10
Youth Basketball	3-5	1/16/10	3/13/10	Sat.	10:00AM-11:00AM	\$30.00	\$50.00	11/2/09	1/15/10	11/2/09	1/15/10
Youth Basketball	6-8	1/16/10	3/13/10	Mon. Sat.	6:00 PM - 7:00 PM	\$30.00	\$50.00	11/2/09	1/15/10	11/2/09	1/15/10
Youth Basketball	9-11	1/16/10	3/13/10	Wed. Sat.	6:00 PM - 7:00 PM	\$30.00	\$50.00	11/2/09	1/15/10	11/2/09	1/15/10
Youth Basketball	12-14	1/16/10	3/13/10	Wed. Sat.	7:00 PM - 8:00 PM	\$30.00	\$50.00	11/2/09	1/15/10	11/2/09	1/15/10
Youth Basketball	15-17	1/16/10	3/13/10	Wed. Sat.	7:00 PM - 8:00 PM	\$30.00	\$50.00	11/2/09	1/15/10	11/2/09	1/15/10
SPRING I SEASON MARCH 1 TO MAY 2, 2010											
Outdoor Soccer	3-5	3/20/10	5/15/10	Sat.	10:00AM-11:00AM	\$30.00	\$50.00	2/15/10	3/12/10	2/15/10	3/12/10
Outdoor Soccer	6-8	3/20/10	5/15/10	Wed. Sat.	6:00 PM - 7:00 PM	\$30.00	\$50.00	2/15/10	3/12/10	2/15/10	3/12/10
Outdoor Soccer	9-11	3/20/10	5/15/10	Wed. Sat.	7:00 PM-8:00 PM	\$30.00	\$50.00	2/15/10	3/12/10	2/15/10	3/12/10
Outdoor Soccer	12-15	3/20/10	5/15/10	Mon. Sat.	6:00 PM-7:00 PM	\$30.00	\$50.00	2/15/10	3/12/10	2/15/10	3/12/10

PROGRAM INTENSITY LEVELS

This program/class has been identified as **L 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 **M 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 **H 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 **A All Fitness Levels**; people at all fitness levels can participate at the same time; instructors will show variations; can go at own pace.

Cardio Sculpt **M H** Alternating cardiovascular and strength training intervals keep this class fun and your heart rate up.

Hi/Lo Aerobics **L M** (Beg.- Inter.) – Total body workout combines half high and low impact aerobics with half body shaping too. Great for those new or returning or Active Older Adults.

Older Adults: **M H** This program is geared to assist older adults to maintain and achieve more independence and improve physical activity.

Power Hour **M H** High energy workout incorporating moves from various sources (kickboxing, circuit/interval training and body sculpting) for a great cardiovascular and toning workout.

Rise and Shine **L** A class perfect for the health seeker and/or older adults, enhance your endurance, flexibility, energy level, strength and balance, at a low impact, moderate pace.

SilverSneakers® **A** This class is designed by Axia Health Management, the nation's leading exercise program for older adults. The exercises and movements of this class can be adjusted to meet your level of fitness. Exercise seated or standing with a variety of enhancing elements like hand-held weights, elastic tubing with handles and balls. Gain strength, flexibility, mobility and energy!

Step Aerobics **M H** A class utilizing a step for a wonderful cardio workout followed by the use of weights to tone and sculpt your body. This class is open to all levels from the beginner to the experienced.

Hatha Yoga **M H** Beginning level Yoga. The class includes classic yoga postures and teaches fundamentals of correct form. Learn to control your breathing and link it to movement for a more conscious, inspiring and relaxing workout.

Richmond County YMCA Group Exercise Schedule *				Member	Others
Cardio Sculpt	13+	Fri.	9:30 AM - 11:00 AM	\$0	\$7
Hatha Yoga Club	13+	Thurs.	5:30 PM - 6:30 PM	\$0	\$7
Hatha Yoga Club	13+	Fri.	7:30 AM - 8:30 PM	\$0	\$7
Hi/Lo Aerobics	13+	Mon.	4:30 PM - 5:30 PM	\$0	\$7
Open Aerobics	13+	Sat.	8:00 AM - 9:00 AM	\$0	\$7
Power Hour	13+	Mon./Wed.	5:45 PM - 6:45 PM	\$0	\$7
Rise and Shine	13+	Mon./Wed.	9:30 AM - 10:30 AM	\$0	\$7
Silver Sneakers®	30+	Tues./Thurs.	10:30 AM - 11:30 AM	\$0	\$7
Step Aerobics	13+	Tues./Thurs.	5:30 PM - 6:30 PM	\$0	\$7
YMCA Yoga (Hatha) Club	13+	Sat.	9:15 AM - 10:15 AM	\$0	\$7
* Schedule subject to change.					

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.

Email philip.belfield@peninsulaymca.org for more information.



VOLUNTEER OPPORTUNITIES

The Peninsula Metropolitan YMCA volunteer program offers clearly defined opportunities for community involvement, using individual skills and interests combined with YMCA education and training. If you are interested in being a volunteer, please visit the Welcome Center for an application.

Aquatics	Board of Directors	Building & Grounds
Child Care	Facility Maintenance	Fundraising
Health & Wellness	Member Services	Office Support
Special Events	Youth Sports	Marketing

The Charity of Choice



Peninsula Metropolitan YMCA

We build strong kids, strong families, strong communities.

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 click on the donate link.

