



Charleston Family YMCA • Tyler Mountain YMCA

**Y M C A**  
OF KANAWHA VALLEY

We build strong kids, strong families, strong communities.

# Summer 2010

## Membership & Program Guide



### Session IV

June 5 – July 16, 2010

Member Registration Begins May 22

Non-Member Registration Begins May 29

No Classes July 5-9, 2010; YMCA Closed Sunday

July 4 for Independence Day

### Session V

July 17 – August 20, 2010

Member Registration Begins July 3

Non-Member Registration Begins July 10

Closed Monday, September 6, 2010 for Labor Day;

YMCA Shutdown September 2-6, 2010 for Facility Upgrades.

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### Charleston Family YMCA

100 YMCA Drive • Charleston, WV 25311  
304-340-3527 • www.ymcawv.org

### Tyler Mountain YMCA

5113 Rocky Fork Road • Cross Lanes, WV 25313  
304-776-3323 • www.ymcawv.org

# welcome

YMCA of Kanawha Valley includes two convenient locations to serve the community. Charleston Family YMCA is the largest health & fitness facility in Kanawha Valley while Tyler Mountain YMCA, located in Cross Lanes, covers a fitness center and a variety of programs and fitness classes. By becoming a member of YMCA of Kanawha Valley, you have two locations to choose from to meet your fitness and recreational needs. For membership information, please contact Membership Director Cynthia Harman at 304-340-3527 or at membership@ymcawv.org.

## YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

### New Ownership! Opens May 26!

The YMCA welcomes The Hammond Group, owner of 19 Subway restaurants.



**The Hammond Group** 

Subway at the Charleston Family YMCA offers a broad variety of options for YMCA Members and guests. In addition to our full menu, breakfast is available each morning, and includes a full breakfast menu, build your own sandwiches and other delicious offerings. Subway caters parties of any size. There are packages available for your gatherings. Box lunches are offered and specials are offered daily.

#### Hours of Operation:

(effective May 26 – September 27)

Monday – Friday	6:00am – 9:30pm
Saturday	8:30am – 5:00pm
Sunday	10:30am – 5:00pm

**WE CATER! – CONTACT US FOR DETAILS**

(304) 340-3537 Phone  
(304) 340-3541 Fax



**CHARLESTON  
FAMILY YMCA**

We build strong kids, strong families, strong communities.

100 YMCA Drive  
Charleston, WV 25311  
304-340-3527

[www.ymcawv.org](http://www.ymcawv.org)

### Charleston Family YMCA Membership Benefits Include:

- Indoor, 6-lane 25-yard pool
- Whirlpool/Steam room/Sauna
- State-of-the Art Fitness Equipment in our Health & Fitness Center
- Free Weights and Hammer Strength Equipment
- FREE Fitness Equipment Orientation and Body Age Assessment
- Gymnasiums; Double and Single
- Multipurpose Sport Gym
- Group Exercise Studio and Cycling Studio
- Five (5) Indoor Tennis Courts
- Four (4) Racquetball Courts
- Recreation Fields
- Child care for members on site
- Birthday Party Packages available on site
- Preferred Program Registration and Reduced Class/Program Fees

### Facility Hours

Effective May 29 - September 26

Monday – Friday ..... 5:30 a.m. – 10:30 p.m.

Saturday ..... 8:00 a.m. – 6:00 p.m.

Sunday ..... 10:00 a.m. – 6:00 p.m.

### Facility Closings

Memorial Day ..... Monday, May 31

Independence Day ..... Sunday, July 4

Labor Day ..... Monday, Sept. 6

Building Shutdown ..... Sept. 2-6

Indoor Pool Shutdown ..... Aug. 30-Sept. 6



## TYLER MOUNTAIN FAMILY YMCA

We build strong kids, strong families, strong communities.

5113 Rocky Fork Road  
Cross Lanes, WV 25313  
304-776-3323311  
304-340-3527

[www.ymcawv.org](http://www.ymcawv.org)

### **Tyler Mountain YMCA Membership Benefits Include:**

- State-of-the Art Fitness Equipment in our Health & Fitness Center
- Free Weights and Hammer Strength Equipment
- FREE Fitness Equipment Orientation and Body Age Assessment
- Group Exercise Studio
- Childcare for members on site
- Birthday Party Packages Available on site
- Preferred Program Registration and Reduced Class/Program Fees

### **Facility Hours**

Effective May 29 - September 26, 2010  
Monday – Friday ..... 6:00 a.m. – 9:00 p.m.  
Saturday ..... 8:00 a.m. – 6:00 p.m.  
Sunday ..... Closed

### **Facility Closings**

Memorial Day Monday, May 31, 2010  
Independence Day..... Sun, July 4, 2010  
Labor Day..... Mon, Sept. 6, 2010

## **YMCA Community Assistance**

YMCA of Kanawha Valley allows flexibility in fees to assure as many as possible can participate. Your YMCA is here to serve people of all ages, backgrounds, abilities and incomes. The YMCA is community-based and believes that its programs and services should be available to everyone. YMCA of Kanawha Valley offers a sliding fee schedule that is designed to fit each individual's financial situation. This is made possible by contributions from donors to the Spirit of the Valley and the United Way. For more information, contact the Membership Office at 304-340-3527.

## **Rental Information**

The Charleston Family YMCA and the Tyler Mountain YMCA are available for party and special event rentals. Meeting space is available for parties and overnights. Birthday party packages include: Sports (basketball, soccer, hockey or volleyball), non-exclusive pool use or kid's gym Outdoor facilities are available during the summer. Call Jim Harris at 304-340-3527 today to plan your next gathering. Call Jason Ashley at 304-776-3323 to make Tyler Mountain reservations.

## **YMCA Corporate Partnership**

The YMCA of Kanawha Valley invites your company to take advantage of the YMCA Corporate Partnership which offers a WIDE array of health and wellness programs.

When your company becomes a YMCA Corporate Partner, you give your employees access to the healthy lifestyle programs and information we've developed during 100 years of working in the Kanawha Valley. Our goal is to shift the cost of expensive treatment to the less expensive concept of prevention through maintaining good health. Being fit makes you feel better. Employees who feel better are happier, work harder and are more likely to stay loyal to a company. Your YMCA corporate plan will be based on your specific needs and can include on-site visits by a member of our fitness staff.

With two locations covering all of the Kanawha Valley and one membership rate that includes both branches, you can simply choose the YMCA as your corporate partner. For more information or to join the YMCA Corporate Partner Program, contact Cynthia Harman, Membership Director, at 304-340-3527 ext. 1123 or [membership@ymcawv.org](mailto:membership@ymcawv.org) to get all the information you will need to begin this program TODAY!

## Summer Memberships

YMCA of the Kanawha Valley offers summer memberships effective from May 1 through August 31, 2010. Please note that these memberships are only good through the end of August and a new membership will need to be purchased if the membership is to continue. For more information, please contact Membership Director, Cynthia Harman, at membership@ymcawv.org or at 304-340-3527.

Pricing is below:

Youth 12 & under: \$50

Teen: \$60

College: \$80

Adult: \$125

Single Parent Family: \$150

Family: \$175

Senior: \$90

Senior Family: \$110

## Membership Rates\*

Ask a Member Services Associate for information.

Category	Joiner's Fee	Monthly Draft	1 <sup>st</sup> Year	Prepaid Yearly
Family (Husband/Wife and Children under 21 or dependent full time college student, must submit proof of registration annually)	\$75	\$59.50	\$717	\$684
Adult (19 and Over)	\$50	\$43	\$506	\$492
Single Parent (One Parent in household/Children under 21 or dependent full-time college student, must submit proof of registration annually. Designed for unmarried, divorced or widowed situations.)	\$50	\$45	\$536	\$522
Senior Adult (60 and Over)	\$50	\$34	\$416	\$390
Senior Family (Husband & Wife both 60+)	\$75	\$41.50	\$507	\$474
College (Full Time Student/12 Hrs/Proof Required)	\$25	\$30	\$337	\$348
Teen (13-18)	\$25	\$23.50	\$277	\$270
Youth (12 & Under)	\$15	\$16	\$171	\$168

\*Prices effective March 1, 2010. Rates are subject to change.

**Children under 13 years of age must be accompanied by/or accessible to his or her parent or a guardian, 18 years of age or older. We encourage parent/child participation.**

## Voucher Policy

Membership fees are non-refundable and nontransferable. The YMCA does not issue refunds for programs under ordinary circumstances. Vouchers will be issued to participants by the Program Director and the program voucher amount will remain on the YMCA computer system to be used at a future date, up to one year. Vouchers will be accessible by any family member to use for any program or membership purpose.

- 80% Voucher before the first class
- 50% Voucher after the first class
- No Voucher issued after second class
- Prorated fees for group exercise classes are no longer permitted.

## Late/NSF Fees

**Effective September 1, 2007**

Late fees will be added to past due invoices sent by the YMCA. See individual programs for details. A \$20 NSF fee for all returned checks or drafts.

## Membership Payment Options

**Annual Payment Plan** The option of paying a lump-sum yearly payment is available.

**Bank Draft Plan** When a new member joins the YMCA on a monthly draft payment plan, they are not signing a contract and can terminate their membership at any time. We only require a 30-day written notice to make any changes or to stop a draft. Please stop by the YMCA Member Service Center nearest you.

**Credit Card Draft Plan** Members may pay monthly by allowing the YMCA to charge their credit card (VISA/MC/American Express/Discover). Each 15th of the month the YMCA will submit your membership dues to the credit card of your choice. Like the bank draft plan members may terminate at any time with a 30 day written notice.

## Visitors Pass Guidelines

A guest of a member who wants to use the facility for an occasional visit may purchase a visitor's pass.

1. All visitors between the ages of 13-15 must be sponsored by a member.
2. Members may not sponsor more than three (3) guests at any one time.
3. Members are responsible for the actions of their guest during visit of facility.
4. An out of area visitor may purchase a guest pass anytime without a member present. Drivers license required.

Fees: Youth (18 and under) ..... \$7.00  
 Adult (19+) ..... \$12.00  
 Family (Husband, wife and..... \$15.00  
 children 21 and under)



100 YMCA Drive  
Charleston, WV 25311  
304-340-3527

**CHARLESTON  
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# programs

## YADULT SPORTS

### 24th Annual Corporate Cup

The YMCA will be holding the Corporate Cup July 10-24. This event is designed to promote health and fitness awareness in the workplace. The registration deadline is June 19 and all interested companies should contact Kate Hunter, Sports Director at 304-340-3527 ext. 1132 for additional information.

Fees: \$495 per team

### 2010 Summer Adult Intermediate Volleyball

Registration May 3rd-June 14th  
Season begins-June 22nd  
\$200 per team

### 2010 Summer Adult Recreation Volleyball

Registration May 3rd-June 14th  
Season begins-June 24th  
\$200 per team

### 2010 Summer Ultimate Frisbee

Registration May 3rd-June 16th  
Season begins-June 30th  
\$200 per team

### 2010 Mens Open Basketball League

Registration May 3rd-June 14th  
Season begins-June 19th  
\$400 per team

## YAQUATICS

### YMCA Swim Teams

#### Barracudas: Summer Swim Team

The Barracudas are a multi-level, competitive swim team meeting the needs of individual swimmers. In the tradition of the YMCA, the Charleston YMCA Swim Team program emphasizes sportsmanship, competition, development of mind, body and team spirit.

The Barracudas participate in the Greater Kanawha Valley Summer Swimming League Meets, which are dual team meets. The YMCA is part of Division III which also includes: Berry Hills Country Club, Hilawn

Pool, Lakewood Pool, and Nitro City Pool. The season is comprised of home and away dual meets against the local outdoor pools listed above. The meets are held on Wednesday evenings. Swimmers who qualify can compete at the Tyler Mountain Water Company/Greater Kanawha Valley Summer Swimming Championships in July.

Practices will be held Monday, Tuesday, Thursday and Friday from 6:00pm - 7:00pm unless otherwise noted by the Head Coach. Meets are held on Wednesdays at 6pm. Practices begin June 8, 2010.

Season Fee:  
Members \$65.00 Non-Members \$95.00

For more information contact Erin Dydland at 340-3527 or [aquatics@ymcawv.org](mailto:aquatics@ymcawv.org)

### Masters

The YMCA Master's program is for anyone over the age of 18 who wishes to swim laps and work on strokes. You do not have to be a competitive swimmer to enjoy this fantastic exercise. The Charleston Family YMCA is also a registered team with the United States Masters Swimming (USMS). Practices are held T/TH-7:00pm-8:00pm and Sat. 8:00am-10:00am.

Yearly Fee:  
Members \$75 Non-Members \$250

### Swim Lessons

#### Adult Swim Lessons

Our adult swim lessons incorporate personal safety, stroke development, personal growth and rescue into each level. Instruction is individualized to suit each student.

Members: \$15 per session  
Non-Members: \$25 per session  
Tuesdays 6:00-7:00pm

#### Private Swim Lessons

Private swim lessons are for anyone wanting to learn to swim or just improve their strokes. Private lessons offer one-on-one instruction for swimmer of all ages. To register for private lessons fill out a private swim lesson information form at the Member Service Center. Following registration, an instructor will contact you to schedule your lesson. Lessons are based on your schedule, pool schedule and instructor availability. For more information on private swim lessons please contact Erin Dydland at 304-340-3527 x1133 or [aquatics@ymcawv.org](mailto:aquatics@ymcawv.org).

Fee:	30 min.	45 min.	60 min.
Members	\$15	\$20	\$25
Non-Members	\$20	\$25	\$30



## New and Improved Swim Lessons

The American Red Cross offers a comprehensive and developmentally appropriate swim program that teaches your child how to swim skillfully and safely, and think and act safely in, on and around the water. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1, which has no prerequisites. Each level also includes lessons in water safety.

<p><b>Parent and Child Aquatics</b>  <b>Ages 6 months -3 years</b>                  Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim.</p>	<p>Provides experiences and activities for children to—</p> <ul style="list-style-type: none"> <li>• Learn to ask for permission before entering the water</li> <li>• Learn how to enter and exit the water in a safe manner</li> <li>• Feel comfortable in the water</li> <li>• Explore submerging to the mouth, nose, eyes and completely</li> <li>• Explore buoyancy on the front and back position</li> <li>• Change body position in the water</li> <li>• Learn how to play safely</li> <li>• Experience wearing a U.S. Coast Guard-approved life jacket</li> </ul>
<p>5:00-5:30pm Monday - Thursday                  10:30-11:00am Sat.</p>	

<p><b>Preschool Aquatics- Ages 3-5</b>                  Gives young children ages three - five a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts.</p>		
<p><b>Level 1</b>                  Orients children to the aquatic environment and helps them gain basic aquatic skills.</p> <ul style="list-style-type: none"> <li>• Enter and exit water using ladder, steps or side</li> <li>• Blow bubbles through mouth and nose</li> <li>• Submerge mouth, nose and eyes</li> <li>• Open eyes under water and retrieve submerged objects</li> <li>• Front and back glides and recover to a vertical position</li> <li>• Back float and recover to a vertical position</li> <li>• Roll from front to back and back to front</li> <li>• Tread with arm and hand actions</li> <li>• Alternating and simultaneous leg actions on front and back</li> <li>• Alternating and simultaneous arm actions on front and back</li> <li>• Combined arm and leg actions on front and back</li> </ul>	<p><b>Level 2</b>                  Helps children gain greater independence in their skills and develop more comfort in and around water.</p> <ul style="list-style-type: none"> <li>• Enter water by stepping in</li> <li>• Exit water using ladder, steps or side</li> <li>• Bobbing</li> <li>• Open eyes under water and retrieve submerged objects</li> <li>• Front and back floats and glides</li> <li>• Recover from a front or back float or glide to a vertical position</li> <li>• Roll from front to back and back to front</li> <li>• Tread water using arm and leg actions</li> <li>• Combined arm and leg actions on front and back</li> <li>• Finning arm action on back</li> </ul>	<p><b>Level 3</b>                  Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.</p> <ul style="list-style-type: none"> <li>• Enter water by jumping in</li> <li>• Fully submerge and hold breath</li> <li>• Bobbing</li> <li>• Front, jellyfish and tuck floats</li> <li>• Recover from a front or back float or glide to a vertical position</li> <li>• Back float and glide</li> <li>• Change direction of travel while swimming on front or back</li> <li>• Tread water using arm and leg actions</li> <li>• Combined arm and leg actions on front and back</li> <li>• Finning arm action on back</li> </ul>
<p>4:00-4:30pm M - Th                  5:00-5:30pm M - Th                  10:30-11:00am Sat.</p>	<p>4:30-5:00pm M - Th                  11:00-11:30am Sat.                  12:00-12:30pm Sat.</p>	<p>4:30-5:00pm M - Th                  11:30-12:00pm Sat.</p>

	Weekday	Saturdays
Members	\$25	\$20
Non-Members	\$40	\$30

**Saturday** – Classes run for 5 weeks  
 June 12 – July 17  
 July 24 – August 21

\*Times listed apply to all sessions.

**Weekly** – Classes run Monday thru Thursdays for two weeks.  
 June 14-June 24  
 July 5 – July 15  
 July 19 –July 29  
 August 2 – August 12

**Aquatic Fitness**  
**Deep Water Exercise – Also known as “Water Walking”**  
 Deep Water patrons experience a non-impact muscle toning workout. Swimming experience is not required as a flotation belt is worn around the waist. A great class for toning all of the major muscle groups of the body.

T/Th 8:30-9:30am



**Learn-to-Swim- Ages 6 & up**

Based on a logical, six-level progression that helps swimmers of all ages and varying abilities develop their swimming and water safety skills.

<p><b>Level 1 - Introduction to Water Skills</b> Helps participants feel comfortable in the water.</p> <ul style="list-style-type: none"> <li>• Enter and exit water using ladder, steps or side</li> <li>• Blow bubbles through mouth and nose</li> <li>• Bobbing</li> <li>• Open eyes under water and retrieve submerged objects</li> <li>• Front and back glides and floats</li> <li>• Recover to vertical position</li> <li>• Roll from front to back and back to front</li> <li>• Tread water using arm and hand actions</li> <li>• Alternating and simultaneous leg actions on front and back</li> <li>• Alternating and simultaneous arm actions on front and back</li> <li>• Combined arm and leg actions on front and back</li> </ul>	<p><b>Level 2 - Fundamental Aquatic Skills</b> Gives participants success with fundamental skills.</p> <ul style="list-style-type: none"> <li>• Enter and exit water by stepping or jumping from the side</li> <li>• Fully submerge and hold breath</li> <li>• Bobbing</li> <li>• Open eyes under water and retrieve submerged objects</li> <li>• Front, jellyfish and tuck floats</li> <li>• Front and back glides and floats</li> <li>• Recover to vertical position</li> <li>• Roll from front to back and back to front</li> <li>• Change direction of travel while swimming on front or back</li> <li>• Tread water using arm and leg actions</li> <li>• Combined arm and leg actions on front and back</li> <li>• Finning arm action</li> </ul>	<p><b>Level 3 - Stroke Development</b> Builds on the skills in Level 2 through additional guided practice in deeper water.</p> <ul style="list-style-type: none"> <li>• Enter water by jumping from the side</li> <li>• Headfirst entries from the side in sitting and kneeling positions</li> <li>• Bobbing while moving toward safety</li> <li>• Rotary breathing</li> <li>• Survival float</li> <li>• Back float</li> <li>• Change from vertical to horizontal position on front and back</li> <li>• Tread water</li> <li>• Flutter, scissor, dolphin and breaststroke kicks on front</li> <li>• Front crawl and elementary backstroke</li> </ul>
<p>4:00-4:30pm M - Th 5:00-5:30pm M - Th 10:30-11:00am Sat.</p>	<p>4:30-5:00pm M - Th 11:00-11:30am Sat. 12:00-12:30pm Sat.</p>	<p>4:30-5:00pm M - Th 11:30-12:00pm Sat.</p>
<p><b>Level 4 - Stroke Improvement</b> Develops confidence in the skills learned and improves other aquatic skills.</p> <ul style="list-style-type: none"> <li>• Headfirst entries from the side in compact and stride positions</li> <li>• Swim under water</li> <li>• Feetfirst surface dive</li> <li>• Survival swimming</li> <li>• Front crawl and backstroke open turns</li> <li>• Tread water using 2 different kicks</li> <li>• Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly</li> <li>• Flutter and dolphin kicks on back</li> </ul>	<p><b>Level 5 - Stroke Refinement</b> Provides further coordination and refinement of strokes.</p> <ul style="list-style-type: none"> <li>• Shallow-angle dive from the side then glide and begin a front stroke</li> <li>• Tuck and pike surface dives, submerge completely</li> <li>• Front flip turn and backstroke flip turn while swimming</li> <li>• Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly</li> <li>• Sculling</li> </ul>	<p><b>Level 6 - Swimming and Skill Proficiency</b> Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.</p> <ul style="list-style-type: none"> <li>• Fitness Swimmer</li> </ul>
<p>4:00-4:30pm M - Th 11:00-11:30am Sat.</p>	<p>11:30-12:00pm Sat.</p>	<p>12:00-12:30pm Sat.</p>

**Y's Way to Water Exercise – for non swimmers and swimmers.**

Shallow Water Aerobics in 4 feet of water provides a cardiovascular workout while minimizing knee, ankle and hip joint stress. Shallow water aerobics with different types of music will motivate patrons to experience a variety of workouts and achieve overall physical fitness. Free to members.

M/W/F 8:30-9:30am  
T/TH 9:30-10:30am

M/W 5:30-6:30pm  
Sat. 9:00-10:00am

**Arthritis Class**

The Arthritis Foundation Aquatic Program increases range of motion, flexibility, muscle strength, cardiovascular health through joint protected exercise. Posture alignment, body awareness, injury/surgery rehabilitation is emphasized and recommended for individuals with arthritis, chronic pain and muscle fatigue. Free to Members

M/W/F

9:30-10:30am

## Outdoor Pools

The YMCA operates two outdoor pools in the Upper Kanawha Valley!

Montgomery Outdoor Pool - 304-442-8890  
 Pioneer Park, East Bank - 304-949-3500

### Planned Hours of operation - June 6th-Aug 15th

Monday	12:00 - 6:00pm
Tuesday	2:00 - 8:00pm
Wednesday	12:00 - 6:00pm
Thursday	12:00 - 6:00pm
Friday	12:00 - 6:00pm
Saturday	12:00 - 6:00pm
Sunday	12:00 - 6:00pm

Inquire about shelter Rentals, Pool Parties, Swim Lessons, Swim Team and other activities.

## YCHILD CARE

**Bank draft is available for childcare programs.**  
**Late Fees: \$10 Late Fee in effect on Wednesday each week.**

**Afterschool Program capacity is 80 students. Teen Club capacity is 25 students. Preschool capacity is 16 children per day. We have 3-day, 4-day and 5-day enrollment options available for Preschool.**

**Bright Beginnings Child Development Center**  
**908 Quarrier Street, Suite 100**  
**Downtown Charleston**

YMCA Bright Beginnings Development Center accepts children from the ages of six-weeks up to five years old. Children, age six (6) weeks to three (3) months, must have a medical form that states the child's licensed healthcare provider is permitting the child to be enrolled in a group care program. This center offers full day programs only. All enrollment forms must be completed prior to the child's start date. A one-time registration fee of \$25.00 will apply. If space is not available for your child, you may request to be put on the Admissions Waiting List. Web cameras are among the high-tech features of the center. Children at the center will have a great head start with The Creative Curriculum, currently used by Kanawha County Schools. If you would like more information regarding the YMCA Bright Beginnings Development Center, please contact us at 304-345-0474 or e-mail at [brightbeginnings@ymcawv.org](mailto:brightbeginnings@ymcawv.org).

Hours of Operation: M-F 6:30am-6:00pm  
 Fee: 2 years old and under \$170 weekly  
 3 years and older \$145 weekly

## Creative Care

Our caring staff will supervise your children while you are enjoying the facility.

Date/Times: Monday – Friday 8:30am - 8:00pm  
 Saturday 9:00am - 3:00pm  
 Sunday – Closed  
 Fees: \$2 per hour; \$1.50 each add'l child  
 Ages: 6 weeks – 12 years

## Kids Gym

Children are supervised while they enjoy our indoor play structure! Parents may leave children in this area while they enjoy the facility.

Date/Times: Monday - Friday 10:00 - 8:00pm  
 Saturday 9:00am - 3:00pm  
 Sunday Closed  
 Fees: \$2 per hour; \$1.50 each add'l child  
 Ages: 4-9 years of age

## Outdoor Playground

New outdoor playground with a variety of play equipment for children to enjoy.

Date/Time: Daylight Hours/ Monday-Saturday  
 Fees: FREE  
 Ages: 3-12 years of age

No Staff Supervision, must be accompanied by parent or guardian.

## Early Learner's Preschool

The three primary goals of Early Learners are safety, kindergarten preparation and peer socialization skill building. Well trained and caring staff provides high quality, affordable child care for working families. Children must be fully potty trained. Contact Michelle Lewis at 304- 340-3527 for more information.

Date/Time: Monday - Friday 8:00am - 12:00pm,  
 with aftercare available until 6:00pm

Fees (weekly): (member/non-member)  
 3 Days per week **\$24/44**  
 4 Days per week **\$32/52**  
 5 Days per week **\$40/60**  
 AfterCare (per day) **\$10/\$20**  
 Full day rate (when school is not  
 in session) **\$10/\$20**

Ages: 3-5 years of age

**REGISTER NOW!**



## School's Out – Afterschool Program

School's Out is an afterschool daycare program designed for youth from area elementary and middle schools. Certified van drivers pick up from the schools listed below and transport to the "Y" each day. Children participate in safe, educational activities that teach character development. Additionally, all students participate in the Activate America program. For more information contact Michelle Lewis at 304-340-3527. We operate on the Kanawha County Schools schedule. Program enrollment for the 2010-2011 school year will begin July 13, 2010. New participants are required to provide a current immunization record and a copy of their latest Well Care assessment.

Fees: Members / Non-Members  
5 days week \$44/\$64  
Multiple Children \$39 **Members Only**  
Full day rate (when school is not in session) \$10/\$20

Ages: 5-12

Schools served: Chamberlain, Charleston Catholic, Holz, Horace Mann, JE Robbins, John Adams, Kanawha City, Kenna, Montrose, Mountaineer Montessori, Overbrook, Piedmont, Ruffner, Sacred Heart, St. Anthony, St. Agnes, Watts, and Weberwood.

## TEEN CLUB

### (Middle School Afterschool)

Teen Club is an afterschool program for middle school students located at the Charleston YMCA. Participants ride a van from school to the YMCA to take part in sports, gain community service experience, and hang out with friends. The goal of the program is to provide these students with a safe place to socialize, complete homework, and extend learning experiences in a fun way. Currently we provide van service to the following schools: Charleston Catholic, Horace Mann, and John Adams. For more information, please contact Michelle Lewis at 304-340-3527.

Fees: (Members/Non-Members)  
5 Days/week \$44/\$64  
Multiple Children \$39 **Members Only**  
Full day rate (when school is not in session) \$10/\$20

## Adventure Guides

In the YMCA Adventure Guides program, a parent serves as a guide in a child's life. Parents lead, direct, supervise, influence and teach while presenting opportunities for children to explore the world around them. Parents and children participate in the program within the context of a small community. Parents guide their children through a wide array of experiences aimed at helping children reach their full potential. For more information on this new and beneficial program, contact Michelle Lewis at 304-340-3527.

Date/Time: Ongoing Ages: 5-10 years of age  
Fees: \$40 per Parent/Child

## Summer Camps

### Funshine Camp (3-5 year olds)

Funshine Camp is a camping experience with weekly themes and indoor/outdoor activities including swimming, fitness, art & crafts, computers, story time, hikes, and outdoor playground. Camp focuses on physical development, cognitive learning, and peer socialization skills. Snacks and drinks provided. Funshine Campers do not participate in off-site field trips. Registration is open to 30 children on a first come-first serve basis. Weekly Registration is required! Register early – spaces fill quickly!

Ages: 3 to 5 year olds  
Dates: June 7 - August 20  
Times: Pre-Camp 7:00am - 8:00am  
Camp 8:00am - 12:00 noon  
Post Camp 12:00 noon - 6:00pm  
Fees - Weekly: Member/Non-Member \$100/\$120

**Full Day Attendance:** \$100/\$120  
Multiple Child Discount Rate (Members Only): \$95/per child/per week  
**Half Day Attendance:** \$50/\$70  
Multiple Child Discount Rate (Members Only): \$45/per child/per week

Children enrolled in half day program must be picked up by 12:00 noon.

### Day Camp

#### (Completed K - 5th/Ages 6-11)

Day Camp is based on weekly themes that encourage physical activity, crafts, and peer socialization skills. Campers will have the opportunity to participate in indoor/outdoor swimming, fitness, team and individual sports, theme projects, crafts, and nature studies. Theme related field trips are scheduled once per week. Weekly registration is required.

**Limit:** 125 campers per week (Students that have completed 5th grade have the option to attend TOGA Camp at parent/guardian discretion.)

Ages: Completed K-5th Grade/Ages 6-11  
Dates: June 7 - August 20  
Times: Pre-Camp 7:00am - 9:00am  
Camp 9:00am - 4:00pm  
Post Camp 4:00pm - 6:00pm

Fees - Weekly: Member \$100 / Non-Member \$135  
Multiple Child Discount Rate (Members Only): \$95/per child/per week



**TOGA Camp (Completed 5th\* - 8th Grades)**

TOGA Camp will be housed at St. Mark's United Methodist Church on Washington Street in downtown Charleston. This space gives the advantage of a secure space dedicated to TOGA camp, close proximity to activities such as the library, movie theatre, Town Center Mall, Appalachian Power Park, and the Clay Center. Campers will have the chance to visit the YMCA and Coonskin Park as well as other destinations around the state and region on our weekly field trips.

\* Students that have completed 5th grade have the option to attend at parent/guardian discretion.

Contact: Michelle Lewis (304) 340-3527  
 Ages: 5th\*, 6th, 7th or 8th Graders  
 Dates: June 7 - August 20  
 Times: Pre-Camp 7:00am - 9:00am  
 Camp 9:00am - 4:00pm  
 Post-Camp 4:00pm - 6:00pm

Fees - Weekly: Member \$100 / Non-Member \$135

Multiple Child Discount Rate (Members Only): \$95/ per child/per week

**TOGA Add-On Trips  
 Whitewater Rafting - Friday, June 25**

An adventure trip to Fayetteville, West Virginia for hiking, camping, and white water rafting. We explore the hiking trails of the New River Gorge and ride the Lower New River. (One day trip - depart/return to YMCA on same day). Qualified YMCA staff will accompany and supervise campers at all times. Departure/Return (YMCA) times and specific trip details, including what to bring will be available prior to the trip.

Fees: Member \$90 / Non-Member \$130

**King's Island Trip - Friday, August 14**

A one day trip (depart/return YMCA on same day) to King's Island Theme Park in Cincinnati, Ohio. Qualified YMCA staff will accompany and supervise participants at all times. Trip details will be available prior to the trip.

Fees: Member \$90 / Non-Member \$130

**Counselors in Training Program  
 (16-18 year olds)**

Due to licensing restrictions, counselors in training must be at least 16 years of age. The Director will designate which camp each trainee will participate. A mandatory meeting with parents/guardians and counselors in training participants will be scheduled prior to summer camp. You will be notified by telephone of acceptance into the program.

**HEALTH & FITNESS**

**Equipment Orientation**

The Staff of the Health and Fitness Center will introduce you to the facility and set up a personalized weight training and cardiovascular program to meet your specific goals and needs. We strongly encourage all new members to have an evaluation. Stop by the Health and Fitness counter for more information or to schedule an appointment!

**Y's Fitness Evaluation Program**

Physical fitness can be measured, improved and guided to an enhanced feeling of well-being, thus leading to a better life. Your body's ability to meet the demands placed upon it can be measured by a series of simple evaluations. The Y's Way to Physical Fitness Evaluation will assess the following: weight, resting heart rate, blood pressure, body composition, ideal weight, flexibility and training heart rate. To begin the evaluation, please contact Jesse Madden at 304-340-3527 ext.1140.

Fee: Free to Members Non-Members \$45

**Personal Training**

The YMCA's ACE certified trainers can help you reach your fitness goals. Perhaps you're just beginning to work out on a regular basis or maybe you're a serious athlete looking to get to the next level. Whatever your situation or goals our YMCA Personal Trainers can help YOU! YMCA Personal Training is a great way to customize your workout program. Our trainers can help you improve your cardiovascular fitness, muscular conditioning, endurance and flexibility and further improve your body composition through traditional and innovative techniques.

- Rev up a stale exercise routine with fresh approaches to your workout
- Break out of your fitness plateau – challenge yourself
- Reduce the risk of injury by using proper techniques
- Stay motivated and committed to your workout program. Call 304-340-3527 or leave your name and phone number with Jesse Madden at ext. 1140.

**Members Only**



**Ace Certified: The Mark of Quality**

Look for the Ace-certified symbol of excellence in fitness certification, training and education.

Brandon Walters Personal Trainer A.C.E.

Fee: 1 Client \$42  
 2 Clients \$26 each  
 3 Clients \$23 each  
 4 Clients \$20 each

Greg Falbo Personal Trainer A.C.E.

Cheryl Jackson Personal Trainer A.C.E.

Carrie Nyden Personal Trainer A.C.E.

Fee: 1 Client \$40  
 2 Clients \$24 each  
 3 Clients \$20 each  
 4 Clients \$18 each

Josh Lewis Personal Trainer A.C.E.

**Boot Camp**

Join Brandon Walters for a physique transforming class that will be a blend of strength, bodyweight, interval and core training and various outdoor activities. The class will use science-based training protocols that provide REAL WORLD RESULTS.

Date/Time: M, W, F, 6:00pm-7:00pm  
 7:25pm-8:25pm

Instructor: Brandon Walters  
 Level of Skill: Intermediate to Advanced

# East Gym Fitness Schedule

Summer 2010 June 5 to August 20

DayTime	Class	Instructor	Level
<b>Monday</b>			
9:00-9:25am	AB ATTACK	Debbie	BIA
9:30-10:30am	ZUMBA	Debbie	BIA
11:00am-12:00pm	SENIOR FIT	Pat	SS
5:30-6:25pm	PUMP!	Ryan	BIA
6:30-7:25pm	ZUMBA	Cathy	BIA
<b>Tuesday</b>			
4:00-5:00pm	YOUTH MOVEMENT	Jody and Mindy	BIA
5:00-5:50pm	ZUMBA	Cathy	BIA
6:00-6:55pm	KICKBOX JAm	Gene	BIA
<b>Wednesday</b>			
9:00-9:55am	TURBO KICKZ	Debbie	BIA
10:00-10:30am	POWER SCULPT	Debbie	BIA
10:20-10:50am	SENIOR POWER (Fit Ctr)	Pat	SS
11:00-12:00pm	SENIOR FIT	Pat	SS
6:00-7:00pm	CARDIO PUMP PARTY	Gail	BIA
<b>Thursday</b>			
9:00-10:00am	ZUMBA	Debbie	BIA
4:00-5:00pm	YOUTH MOVEMENT	Jody and Mindy	BIA
5:00-5:45pm	SIMPLY STEP	Sue	BI
5:30-6:25pm	POWER SCULPT	Cathy	BIA
6:30-7:30pm	ZUMBA	Cathy	BIA
<b>Friday</b>			
8:30-8:55am	AB ATTACK	Terri	BIA
9:00-10:00am	CARDIO PUMP PARTY	Terri	BIA
<b>Saturday</b>			
9:00-9:50am	ZUMBA	Alternating	BIA
10:00-11:00am	ULTRA STEP	Gene	IA

# Noffsinger Fitness Schedule

Summer 2010 June 5 to August 20

DayTime	Class	Instructor	Level
<b>Monday</b>			
9:30-10:30am	SS MSROM	Pat	SS
11:00am-12:00pm	MS FITNESS PLUS*	Shirley	SC
4:30-5:25pm	YOGA*	Shirley	BIA
5:30-6:25pm	YOGA*	Johnna	BIA
6:30-7:30pm	MAT PILATES*	Johnna	BIA
<b>Tuesday</b>			
10:00-10:55am	YOGA*	Shirley	BIA
11:00am-12:00pm	GENTLE YOGA	Shirley	BI
6:00-7:00pm	POWER SCULPT	Cathy	BIA
<b>Wednesday</b>			
9:30-10:15am	SS YOGASTRETCH	Mary Louise	SS
11:00am-12:00pm	MS FITNESS PLUS*	Shirley	SC
4:30-5:25pm	YOGA*	Mary Louise	BIA
6:30-7:25pm	BEGINNER COMBO	Carol	BI
<b>Thursday</b>			
10:00-10:55am	YOGA*	Shirley	BIA
11:00am-12:00pm	GENTLE YOGA	Shirley	SS
6:00-6:45pm	TAI CHI*	Ron	BIA
<b>Friday</b>			
11:00-11:45am	SS MSROM	Cindy	SS

**Key:** B - Beginner, I - Intermediate, A - Advanced, SS - Senior Specific

\* Fee based - Must register at member service center prior to class.



**Massage Therapy**

Trained licensed professionals will work out your tired muscles! We offer sports, Swedish deep tissue, hot stone and therapeutic massage. Massage is one of the oldest forms of therapy and is a holistic application of physical touch focusing on different areas of the body to relieve pain, relax and invigorate the body. Massage promotes increased blood flow and healing. This is just another way that the YMCA promotes programs that build healthy spirit, mind and body. **The YMCA is now accepting insurance for medical massage. See therapist for details!**

Fee: Half Hour \$35 Full Hour \$60  
 Monday - Sunday - Call to schedule an appointment.  
 Shelby Radcliffe 304-965-2364 or 304-395-9188  
 Jenny Dascoli 304-881-7772 or 304-342-6514

If you have questions call YMCA contact Jesse Madden at 304-340-3527 ext.1140 or email healthandfitness@ymcawv.org.

**YGROUP FITNESS**

\*\* All classes 55 minutes unless stated otherwise

**Beginner's Combo:** Designed for those who are new to fitness or ready to get back into fitness. Focus will be on a variety of cardio (step and freestyle), strength training and flexibility.

**Ab Attack:** Get on the ball and sculpt the abs you have always wanted. 25 minutes dedicated to your abdominals and back that will develop functional endurance, healthy posture and balance.

**Cardio Pump Party:** A total body cardio warm-up followed by strength training using dumbbells, body bars, resistance bands and body weight. Class will also include short intensity bursts to move your fitness to a new level.

**Kickbox Jam:** Are you ready to strike, kick and punch to today's hottest jams? If so, you've come to a great class. Cardio-kickboxing at its best! Focus mitts, jump ropes and weights are used at times to make it a powerful experience.

**Power Sculpt:** A great muscular conditioning class that adds variety to your workout! Strengthen all major muscle groups by incorporating a wide range of resistance equipment.

**Pump!** A no non-sense class with invigorating music designed to develop core strength, muscle definition and a strong physique using a variety of resistance tools.

**Simply Step:** Step into the basics and get a great cardio workout from the ground up. Simple steps and easy combinations will keep you movin and groovin. The step will be used for a little ab work and strength to give you a full body makeover. **30 minute class**

**Turbo Kickz:** A powerful workout that combines shadow boxing, kickboxing, sports drills, dancing, yoga, and Zumba dance moves in a party atmosphere. Turbo Kickz is interval based and allows participants of any fitness level to participate and custom tailor their work-out.

**Ultra Step:** Do you love advanced step choreography? This class combines interesting step combinations and great club/dance music to simulate a non-stop step party to challenge you physically and mentally.

**Zumba:** Ditch the workout...Join the party! Easy but exciting Latin dance moves and motivating rhythms allow you to dance while burning lots of calories! It's **HOT, HOT, HOT!** This is great family exercise. Parents...get your children ages 14 and up moving!

**Specialty Classes**

**Spin:** Let's ride. Spin can challenge even competitive cyclists but is easily modifiable for the beginner. Everyone sets their own resistance during class. Our spin room is equipped with belt-driven LeMond spin bikes for a smooth ride. Register for the distinct day and time.

Fee: 5 weeks	Member	Non-Member
1st class	\$15	\$35

**This is Your Wake-Up Call - Monday 8:30am:** Wake up and smell the coffee but be ready to move your body. Get your day started right with smiling faces and a serious ride.

**Spinnnnergy - Monday 5:30pm (New Time!):** An interval cycling class designed to simulate outdoor terrains. "Rock and ride" to great music as you climb hills, navigate and jump obstacles and race to the finish. Get fit, burn fat and have fun - oh and did we mention tone glutes and thighs? Bring your water bottle and lots of spinnnnergy!

**Music & Motion Explosion - Tuesday 5:30pm:** A challenging ride incorporating varying skill intervals - jumps, sprints, explosions. Get ready to feel the beat while you ride to today's hottest music.

**Road Rage - Thursday 8:30am:** Don't say you weren't warned. This ride will be led by a seasoned road racer and he's not-stop (fun). Be prepared to put the rubber to the road.

**Twists and Turns - Thursday 6:00pm:** You'll never know what to expect on this evening's ride - a little less predictable but nonetheless a wild ride that will leave you wanting more.

**Anything Goes - Saturday 9:00am:** The focus of this class could be anything from interval, endurance or strength training. A full range of spin offerings from a different instructor each week. Just jump on and enjoy the ride.

### DAILY SPIN SCHEDULE

Monday 8:30am	This is Your Wake-Up Call
Monday 5:30pm	Spinnnnergy
Tuesday 5:30pm	Music & Motion Explosion
Thursday 8:30am	Road Rage
Thursday 6:00pm	Twists & Turns
Saturday 9:00am	Anything Goes

**Youth Movement** Get your kids moving! Activateamerica's fitness class designed for children 6 to 13 years of age. A fun, non-competitive circuit incorporating cardiovascular movement with resistance training. Free to members!

**Mat Pilates** This training method focuses on improving flexibility and strength for the entire body without adding bulk. Mat-based to create a sleek, toned physique while improving body awareness, posture and abdominal and back strength.

Fee:	Member	Non-Member
Per session	\$15	\$35

Members may register for both summer session when registration opens on May 22. Non-Members on May 29.

**Yoga** A flow-yoga style based on the primary series to accommodate all levels of students. Strengthens the musculature, improves flexibility, calms the mind and decreases stress. Some sports yoga will be offered.

Participants must register for each specific yoga class.

Fee:	Member	Non-Member
Per session	\$15	\$35

Members may register for both summer session when registration opens on May 22. Non-Members on May 29.

**MS Fitness Plus** A specifically designed class for people with Multiple Sclerosis (MS) but excellent for those with arthritis, fibromyalgia, stroke recovery, cystic fibrosis, etc. Using the support of a chair or wheelchair, you will spend time with stretches, strength training, balance and breathing techniques. Benefits include increased body awareness, release of muscular tension (this relieving spasticity), increased coordination and balance, increased flexibility and strength, control over fatigue, increased tolerance to heat, improved circulation and breathing, better management of stress and an overall feeling of well-being. We offer 2 separate classes per week.

Fee:	Member	Non-Member
Per session	\$15	\$35

Members may register for both summer sessions when registration opens on May 22. Non-Members on May 29.

### Tai Chi

The ancient art of Tai Chi improves balance and agility and reduces stress by using a gentle flowing movement. It is often described as a meditation in motion and will leave you feeling calm, energized and refreshed. Connect your mind with your body in this class.

Fee:	Member	Non-Member
Per session	\$15	\$35

### Gentle Yoga

TA basic beginner class. Learn basic poses and breathing techniques. **Free to Members!**

## Y SENIOR FITNESS

### Specialty Classes

(55+ or those with physical limitations)  
**Free to Members!**

#### Senior Fit

This comprehensive fitness class is for men and women looking for a low impact program designed specifically for older adults. Components of the class are aerobic conditioning, strength training, stretching and flexibility with an emphasis on balance and agility. Healthy lifestyles are encouraged and current updates from well-known medical centers are distributed regularly. **Free to Members!**

#### Senior Power

A 40-minute instructional time is designed to orient the older adult through strength training in the YMCA fitness center, facilitated on an individual basis by the instructor. **Free to Members!**



#### SilverSneakers I:

Muscular Strength and Range of Movement-Have fun and move to the music through a variety of exercises designed to increase bone density, muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are used for resistance, and a chair is provided for seated or standing support. Bring water. **Free to Members!**

#### YogaStretch

Our NEWEST SilverSneakers class blends three Yoga styles to create a harmony of movement for the whole body. YogaStretch is taught from both a seated and standing position to enhance the flow and energy created in combination with restorative breathing exercises. It offers a variety of safe and effective options designed to increase flexibility and balance to improve each individual's sense of well-being. **Free to Members!**

#### Senior Spirit

We're not in session June, July and August but please join us in September for our monthly potluck luncheon held at noon in the Noffsinger Room on the second Wednesday of each month. This program is for all older adults at the YMCA and affords the opportunity to hear speakers on a variety of topics, as well as to socialize and get to know one another.

**NOTE: Classes are subject to cancellation if registration/participation minimums are not met.**

# Y MARTIAL ARTS

For more information visit [www.vvaikido.com](http://www.vvaikido.com) or email [info@vvaikido.com](mailto:info@vvaikido.com).

## Adult Aikido

The Japanese martial art of Aikido is a comprehensive system of strategy, movement and a variety of throwing, joint locking, pinning and striking techniques that require little strength to perform.

Beginning Date: June 7  
 Date/Time: All Sessions - Mon & Wed.  
 7:00 - 8:30pm  
 Saturday 10:30 - 11:30am  
 Fees: \$50 Members  
 \$85 Non-Members  
 Location: Charleston Family YMCA  
 Ages: 16 & Over, All Levels of Skill

## Lacrosse

YMCA Lacrosse is a sport combining elements of soccer and hockey. YMCA youth sports guarantees each player 50% playing time in all games during the season. Players will learn valuable values in our team sports. This sport teaches great team work and patience within a player. Participant will need to purchase their own face mask and helmet.

Summer Registration: May 22  
 Non-Member May 29  
 Session: 7 weeks; Begins June 15  
 Fees: Member \$35  
 Non-Member \$50  
 Ages: High School Boys Only  
 All Levels of Skill: All Levels

# Y TEEN DEVELOPMENT

## Homeschool Physical Education

**Who can participate?**  
 Homeschool students who are members of the Kanawha/Putnam Homeschool Educators Group. Programs are offered for 6 to 18 year olds.

**When?** Five 7 week sessions September - May  
**Where?** Charleston Family YMCA with locations varying by sport.

**How do I register?**  
 Complete a Registration Form available at the YMCA Member Services Center or contact a KPH representative and pay by the session.

**How much?**  
 One class per week per session per child: \$30.00  
 Two classes per week per session per child: \$40.00

## Black Minority Achievers

**Who can participate?** Open to Black, Minority and All High School Students

**When?** September to May  
**Where?** Meet in the Noffsinger Room on Scheduled Saturdays

**How do I register?** Contact Jim Harris at 304-340-3527 ext. 1121

**How much?** There is no charge for membership to this program.



### What do we do?

The Charleston Family YMCA Black and Minority Achievers' purpose is to encourage young people to develop and pursue education and career goals with the assistance and guidance of African American mentors from diverse career fields. Registration for the 2010 - 2011 school year will begin in September. For more information, contact Jim Harris at 304-345-3527 ext. 1121.

### Leaders Club

**Who can participate?** Youth ages 12-18

**When?** Meetings are held Monday nights, September-May at 6pm-7pm

**Where?** YMCA Teen Room at St. Mark's United Methodist Church

**How do I register?** Applications may be obtained at the YMCA Member Services Desk.

**How much?** There is no for this program

### What do we do?

Leaders Club is a character development program sponsored by the Charleston Family YMCA. The Club is designed to help members gain a strong sense of confidence, motivation, and responsibility while having fun and making new friends. If you join Y's Leaders Club, you will have the opportunity to participate in service projects such as collaborating with the WVDHHR and the Kanawha County Communities that Care Partnership as well as planning and organizing YMCA events such as Halloween at the YMCA. Leaders Club participants can earn a YMCA membership and work towards attending Leaders Rallies and Leaders Training School while meeting service hour requirements. For more information contact Michelle Lewis at 304-340-3527.

**Late Fee: A \$5 late fee will be added for registrations after the first week's classes.**

# Y TENNIS

### YMCA Tennis Staff

Sean Murphy	USPTA	Director of Tennis
Ron Williams	USPTA	Director of Adult Tennis
Mindy White	USPTA	Instructor/Activities Coordinator
Gary Hey	USPTR	Instructor
Jo Marie Bohn		Instructor
Nick Barr		Instructor
Pat Hyman		Instructor
Matt Santen		Instructor
Jenna Markham		Office Assistant
Cathy Hicks		Office Assistant
Dinah Hurley		Office Assistant
Cory Booker		Office Assistant
Kim Suthers		Office Assistant
Sara Burgess		Office Assistant

### Adult Tennis Program

The YMCA offers both group and private lessons to players of all ability levels. These lessons are offered both day and evening throughout the year. Lesson costs vary according to the number of participants and the length of the class. Please call the tennis office for more information at 304-340-3533.

### WOMEN'S CLINICS

Beginner	Monday	6:00 - 7:30pm
2.5	Thursday	6:00 - 7:30pm
2.5	Tuesday	6:00 - 7:30pm
3.0	Tuesday	6:00 - 7:30pm
3.0	Friday	9:00 - 10:30am
3.5	Monday	6:00 - 7:30pm
3.5	Friday	12:00 - 1:30pm
4.0	Thursday	6:00 - 7:30pm

### MEN'S CLINICS

Beginner	Monday	6:00 - 7:30pm
3.0	Monday	7:30 - 9:00pm
3.5/4.0	Monday	6:00 - 7:30pm
3.5/4.0	Thursday	7:30 - 9:00pm

### YMCA Summer Adult Leagues

*Starting the week of June 8th (10 Week Session)*

### Women's Doubles Leagues

Tuesday (10 wks)	11:30am - 1:00pm	3.5
Wednesday (10 wks)	11:30am - 1:00pm	3.0

### Men's Doubles Leagues

Wednesday (10 wks)	6:00 - 7:30pm	3.5
Thursday (10 wks)	6:00 - 7:30pm	4.0

League Fee: Members \$68  
Non-Members \$98



## YMCA Junior Clinics

Two summer sessions:

Session IV June 7 - July 16, 2010 (5 weeks)

Session V July 18 - August 20, 2010 (5 weeks)

**No Junior Tennis or Tennis Camps July 5 - July 8**

**Tiny Tots:** A fun introduction to tennis emphasizing team work and cooperation in a non-formal, instructional clinic. Games, relays and instructional aids will be used to promote hand-eye coordination.

Time:	T/Th	10:00-10:30am
	T/Th	5:00-5:30pm
Fees:	Member	\$46 5wk
	Non-Member	\$60 5wk

**Beginner:** An introduction to the fundamental skills and rules of tennis. Games and relays in a team environment will be used to teach cooperation and camaraderie.

Time:	M/W	9:00 - 10:00am
Fees:	Member	\$95 5wk
	Non-Member	\$130 5wk

Time:	T/TH	5:00 - 6:00pm
Fees:	Member	\$95 5wk
	Non-Member	\$130 5wk

**Intermediate:** A clinic offering slightly more advanced stroke productions. Participants will be learning singles and doubles match play.

Time:	M/W	5:00 - 6:00pm
Fees:	Member	\$95 5wk
	Non-Member	\$130 5wk

### Tennis Court Rental Fees per Hour Summer 2010 (Memorial Day - Labor Day)

Monday - Friday	
5:30am - 8:00am	\$10.00
8:00am - 10:00pm	\$16.00
Saturday	
8:00am - 6:00pm	\$16.00
Sunday	
10:00am - 6:00pm	\$16.00

## YMCA Tennis Camp (Ages 6-15)

Times: Monday - Thursday  
1:00 - 4:00pm

Fees: Members \$75  
Non-Members \$95

Location: Charleston Family YMCA

**No pre or post camp.** Campers can be picked up between 4:00 - 5:00pm. (No later than 5:00pm.)

Camp I	June 8 - 11
Camp II	June 14 - 17
Camp III	June 21 - 24
Camp IV	June 28 - July 1
<b>No Camp</b>	<b>July 5 - 8</b>
Camp V	July 12 - 15
Camp VI	July 19 - 22
Camp VII	July 26 - 29
Camp VIII	August 2 - 5
Camp IX	August 9 - 12
Camp X	August 16 - 19

### Tournament Group Tournament Prep

June 7 - August 19, 2010

Time: T/Th 8:00 - 9:30am

**For more information, please contact Ron Williams or Sean Murphy at 304-340-3533.**

Private lessons are available upon request. Please contact the Tennis Office at (304) 340-3533 for more information.

## YOUTH SPORTS

### Youth Camps

For Youth Sports Camps, please refer to the Summer Day Camp/Sports Camp Guides available for Tyler Mountain and the Charleston Family YMCA.

### Summer Youth Outdoor Soccer League

Fees:	Member	Non-Member
	\$35	\$50

Registration: May 3rd-June 7th.

Season begins June 12th.





5113 Rocky Fork Rd  
Cross Lanes, WV 25313  
304-776-3323

### Voucher Policy

Cash and check refunds are no longer available for any programs. The YMCA offers only vouchers for YMCA programs. This includes sports, child care, membership, aerobics and other YMCA programs.

# programs

## YCHILD CARE

Bank draft is available for childcare programs.  
Late Fees: \$10 Late Fee in effect on Wednesday each week.

### Tyler Mt. Child Development Center

The Tyler Mt. YMCA offers child care for ages 6 weeks - 2 years and preschool for children ages 3-5 years old. All ages will be using Creative Curriculum in the classrooms, with weekly themes and other age appropriate activities. Creative Curriculum emphasizes the development of social competence, learning through play, fostering independence, self confidence and self esteem. All prices include breakfast, lunch and snack. Meals served are in compliance with the CACFP (Child and Adult Food Program). Connect and Link accepted. Contact Cindy Cash for more information at 304-776-3323 or tmydaycare@ymcawv.org.

#### Hours of Operation:

Monday – Friday, 6:00am - 6:00pm

Fees: Children under 2 years old - \$140/week  
Children over 2 years old - \$115/week  
Second child discount - \$10 off per week (Members only)

### Tyler Mt. Preschool

At Tyler Mountain YMCA we offer two full-day preschool classes. Both classes are curriculum based and utilize a variety of interest areas including blocks, dramatic play, toys & games, art, library, discovery, sand & water, music & movement, cooking and computers. **Children in these classes must be potty trained.**

The Pre-K class is for children that will be attending Kindergarten next year. Children in the Pre-K class must be 4-years old by September 1, 2010 and registered with Kanawha County Schools Pre-K.

The Preschool class is primarily for children ages 3 & 4. In addition to our regular full-day enrollment, a limited number of part-time spaces are available. For more information please contact Cindy Cash at 304-776-3323 or tmydaycare@ymcawv.org.

### Creative Care

Our caring staff will supervise your children while you are using our facility. Contact Karleigh Scott at 304-776-3323 or tmyschoolage@ymcawv.org for more information.

**Note: We require 24 hours notice if a child is less than 6 months old.**

Hours	Monday / Wednesday	9:30am – 8:30pm
	Tuesday / Thursday	9:30am – 8:00pm
	Friday	9:30am – 6:00pm
	Saturday	10:00am – 2:30pm
	Sunday	Closed (Subject to change)

## YHEALTH & FITNESS

### Turbo Kick

Punch, kick and dance your way through fun and high energy cardio set to the hottest new tunes! Come get your groove on with this fun and exciting class.

Date/Time: Tuesday & Thursday  
7:00 - 7:50pm

Ages: 17 and over

Level of skill: Beginner to Advanced



### Zumba

An exciting combination of exercise and dance! Zumba combines high energy and motivating Latin music with easy to follow dance steps that allow participants to dance their way to better health. The format is interval training with a combination of fast and slow rhythms that get every part of the body moving. Come and experience the Zumba craze! FREE to Members!

Date/Time: Monday 5:00 - 6:00pm  
Wednesday 7:00 - 8:00pm  
Saturday 11:00am - noon

Ages: 17 & over

Level of Skill Beginner to Advanced

### Personal Training

The YMCA's ACE certified trainers can help you reach your fitness goals. Perhaps you're just beginning to work out on a regular basis or maybe you're a serious athlete looking to reach the next level. Whatever your situation and goals our YMCA Personal Trainers can help you! Fee: \$38.00 per hour



# YGROUP FITNESS

## Gentle Yoga

Learn the basic Asanas (poses) & Pranayana (breathing) techniques and guided relaxation/ meditation during this physical and mental practice.

Date/Time: Tues & Thurs 10:00 - 11:00am  
Fee: Free to members  
Ages: 17 and older  
Level of skill: Beginner to Advanced

## Step Aerobic

A combination of step moves with weight training for toning and trimming.

Date/Time: Tuesdays 5:00 - 5:50pm  
Fees: Free to Members  
Ages: 17 and older  
Level of Skill: Beginner to Advanced

## Aerobic Kickboxing

A combination of high cardio exercise with kickboxing skills plus conditioning exercises.

Date/Time: Tuesdays 7:00pm  
Fees: Free to Members  
Ages: 17 and older  
Level of Skill: Beginner to Advanced

## Burn and Firm

This class will help tone and sculpt the lower body and abs by working on key areas of the body. All levels welcome.

Date/Time: Thursdays 5:00 - 6:00pm  
Fees: Free to Members  
Ages: 17 and older  
Level of Skill: Beginner to Advanced

## Body Sculpt

Full body-toning class with free weights, steps and resistance bands. Sculpt your arms, back, legs, buttocks and abs to a variety of music and moves that will get you in the best shape of your life. This class will focus on proper form, because better form generates better results.

Date/Time: Mondays 7:30 - 8:30pm  
Fees: Free to Members  
Ages: 17 and older  
Level of Skill: Beginner to Advanced

## YMCA Pilates

Pilates is a unique system of stretching and strengthening exercises that will tone muscles, improve posture, and provide balance. Classes are held on Saturday mornings at 10:00am to 11:00am and Wednesday from 5:00pm-5:50pm. Cost for the class is \$15 for members for five weeks. For more information please contact the Tyler Mountain YMCA at 304-776-3323.

## Beginner Yoga

This Class offers a flow style of yoga based on the primary series to accommodate all levels of students. Strengthens the musculature, improves flexibility, calms the mind and decreases stress. It moves each joint in the body through its full range of motion stretching, strengthening and balancing each area.

Date/Time: Tues & Thurs 6:00 - 6:50pm  
Fees: Free to Members  
Ages: 15 and older  
Level of skill: Beginner to Intermediate

## Silver Sneakers

Have fun and move to the music through a variety of exercises designed to increase bone density, 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, and a chair is used for seated or standing support.

Date/Time: Tuesday & Thursday  
9:00 - 10:00am  
Ages: Over 50

## Intro to Health and Fitness

Come join us at the Tyler Mountain YMCA for this fun and exciting class. Certified personal trainer Joy Ranson will be taking participants through the basics of Health and Fitness. She will be teaching the basic fundamentals of our fitness center as well as goal setting, fitness evaluations, ways to increase metabolism through fitness.

Date/Time: To be announced  
Fees: Members \$15 (5 week session)  
Ages: 16 and older  
Level of Skill: Beginner

# Y YOUTH DEVELOPMENT

## Summer Day Camp

The Tyler Mountain YMCA Summer Day Camp offers a full day of theme-based camp activities. Weekly sessions are designed to keep youth actively engaged all summer as they develop new skills, discover new interests and have fun. Participants will enjoy age-appropriate activities such as hiking, swimming, songs, crafts, field trips, and much more! Camp hours are 6am-6pm Monday-Friday for children ages 6-12. Camp is licensed by the state and Connect or Link are accepted.

Fees: Members \$115 weekly  
Non-Members \$155 weekly

### School's Out Program

The Tyler Mountain YMCA offers an after school program for children that attend Cross Lanes and Point Harmony Elementary. Our certified bus driver will pick up and transport the children to the YMCA each day. The YMCA offers a nutritious snack followed by activities such as arts and crafts, sports, games, and much more. Staff will assist children with homework and provide enrichment activities that support character development. The school's out program is licensed through the state and accepts Connect and Link.

Fees (Weekly): Members \$44 / week  
Non-Members \$64 / week

We also offer care on faculty senate days, school holidays, snow days, and early dismissal, which is included in the weekly fee. There is no additional fee for half days or early dismissal due to weather.

Fees (Holidays): Holiday Weeks (Spring Break, Christmas Break, etc.)  
Members \$20 / day  
Non-Members \$40 / day

For more information contact Karleigh Scott at Tyler Mountain YMCA at 304-776-3323.

### Early Learners Preschool Program

The Early Learners Preschool is a half-day preschool program which operates from 7:30am-12:00 noon daily. Enrollment for the 2010-2011 school year is currently ongoing. Children must be 3 - 5 years old and completely potty trained in order to be eligible to attend. Extended care is available until 3:30 p.m. each day for an additional fee. Children may attend two, three, or five days a week.

7:30 - 8:00am	Arrival
8:00 - 8:30am	Breakfast
8:30 - 11:00am	Instruction/Free Play/ Story time
11:00 - 11:30am	Lunch
11:30 - 12:00pm	Pick Up

The Early Learners Preschool provides a safe and stimulating environment in which children learn important socialization skills, along with the fine and gross motor skills necessary for entering Kindergarten. For more information, please call Cindy Cash at the Tyler Mountain YMCA at 304-776-3323 or tmydaycare@ymcawv.org.

### Funshine Camp

The goal of this program is to introduce the Day Camp experience to young children in a comfortable learning environment. Fun shine camp is a 10 week program that runs a full day. All weeks have a basic camp theme and activities will include swimming, fitness, arts & crafts, hikes, computers, cooking, story time and occasional field trips. This program, like all youth programs, focuses on the three main goals: Safety, outdoor education and peer socialization skills development

**Late Fee: A \$10.00 late fee added after registration deadline.**

### Summer Sports Camp

The Tyler Mountain YMCA will be offering seven different sports camps this summer for children of various ages. We will be offering soccer, basketball, baseball, dance, cheer, and art. These camps are full day camps and will give each child a fun and safe environment for the summer months. Sport Camps start at 9:00am and run till 3:30pm each day. Meals are provided and drop off is available at the Tyler Mountain YMCA. For more information please contact Brian Bess at the Tyler Mountain YMCA 304-776-3323.

## YOUTH SPORTS

### Fall Outdoor Soccer League

This league will be designed to teach children basic soccer skills. Games will be held on Saturdays for ages 4-8. For more information contact Sports Director Brian Bess at 304-776-3323.

### Youth Flag Football

Participate in the area's alternative youth football program! Both boys and girls are welcome to learn the fundamentals of the game and the spirit of teamwork. Shorts and shirts only (no pads) with two divisions of play, 4-5 years and 6-8 years. This program will start at the conclusion of fall outdoor soccer. For more information contact Sports Director Brian Bess at 304-776-3323.

### Fall Corn Hole Tournament

Sign up with one of your buddies and face the challenge in the popular tailgate tradition of the game of Corn Hole. This tournament will begin later in the fall when the Herd and Mountaineers are on the road. For more information contact Sports Director Brian Bess at 304-776-3323.

### 3on3 Basketball Tournament

Sign up yourself and two of your friends for a 3 on 3 challenge that will take heart, talent and determination to win! There will be a men's division and a women's as well for those 16 years of age and older. For more information contact Sports Director Brian Bess at 304-776-3323.

## YMCA Meatballs & Masterpiece Huge Success

A special thank you to all those who supported the YMCA Meatballs & Masterpieces Special Event! We were able to raise more than \$5,000 to help purchase much needed supplies for our youth programs and to support our Community Arts Program.





YMCA of Kanawha Valley  
100 YMCA Drive  
Charleston, WV 25311  
[www.ymcawv.org](http://www.ymcawv.org)  
304-340-3527

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304-345-0474

**Charleston Family YMCA**

100 YMCA Drive  
Charleston, WV 25311  
304-340-3527

**Tyler Mountain YMCA**

5113 Rocky Fork Road  
Cross Lanes, WV 25313  
304-776-3323

**Upper Kanawha Valley YMCA**

304-340-3540 ext. 1135

To:  
Or Current Resident

**YMCA Mission**  
To put Christian Principles into practice through programs that  
build healthy spirit, mind and body for all.