PROGRAM GUIDE
May–August 2015
STAUNTON-AUGUSTA FAMILY YMCA

www.saymca.org     Facebook:  STAUNTON-AUGUSTA FAMILY YMCA      Twitter:  SAYMCA

NEW CYCLING STUDIO

YMCA SUMMER DAY CAMP

June 10th – July 31st

Ages 5-10
Bessie Weller,
Ware Elementary,
Weyers Cave Community Center

Ages 11-14
Shelburne Middle

SPACE IS LIMITED
REGISTER TODAY

NEW and IMPROVED TEEN CENTER

NEW CYCLING STUDIO
JOIN US TODAY!

When you become a member of the Staunton-Augusta Family YMCA you not only strengthen yourself - you strengthen our community. There are so many ways you can use your membership, and there’s no limit to the positive impact you can make on your own life and on the lives of others. Enjoy your health, engage with your friends and neighbors and give back to those in need. Join the Staunton-Augusta Family Y today...it might just change your life.

HOURS OF OPERATION

Monday-Thursday  5:30am-10:00pm
Friday       5:30am-9:00pm
Saturday    7:00am-7:00pm
Sunday       1:00-7:00pm

HOLIDAYS (Y Closed)
Easter Sunday    Thanksgiving
Independence Day  Christmas Eve
Memorial Day      Christmas Day
Labor Day          New Years Day
Limited hours on New Year’s Eve.

YMCA AMENITIES

Indoor Tennis Court
Indoor Track (13.5 laps = 1 mile)
Indoor Pool (Junior Olympic, 25 meters, 6 lanes)
Racquetball/Handball Courts (2)
Basketball Courts (2)
Wellness Center (weight room/cardio room)
Men’s & Women’s Locker Rooms, Family Locker Rooms
Saunas and Steam Rooms
Hot Tub
Multi-Purpose Room (birthday parties and rentals)
Teen Center
Three Group Fitness Studios

FREE GROUP FITNESS CLASSES

With your membership, you can choose from various fitness classes for beginners up to the fitness enthusiast. Our Y offers traditional aerobics, yoga, pilates, cycling and many other group exercise classes including ZUMBA®, all taught in a fun, welcoming environment. In addition to the group fitness classes, our trained wellness staff can help design a fitness program that meets your individual needs.

A PART OF OUR FAMILY

Sometimes you want to go where everybody knows your name, and at the Y, we consider you part of our family. Whether its an extra special greeting on your birthday or special rates on all Y programs and services, you’ll find yourself right at home at the Y.

FAMILY FRIENDLY PROGRAMS

Family fun doesn’t have to break the bank. Join us for free play time in our playroom, teen center, gymnasium, and our family-friendly pool. Members also receive discounts on the Afterschool Adventure Club, day camp, sports and other programs.

STRENGTH AND CARDIO EQUIPMENT

Our Y has a variety of strength and cardio equipment for members. Whether you prefer running on a treadmill, cycling beside a friend, reading while on an elliptical trainer, lifting free weights or using strength training equipment, you can do it all at the YMCA.

RACQUET SPORTS

Our Y offers a range of racquet sports for the beginner or the enthusiast. Available are two racquetball/handball courts and an indoor tennis courts. Racquetball courts may be reserved for an hour while the tennis court can be reserved for one-and-a-half hour. Members receive discounts on private and semi-private tennis lessons, clinics, cardio tennis classes and league play.

SWIMMING AND WATER ACTIVITIES

Our facility has an indoor pool that offers recreational swimming, swimming lessons and water aerobic activities. Certified lifeguards staff the pool and our swim lessons are taught by trained instructors.

QUALITY CHILD CARE

We provide quality child care in our Child Watch playroom while you’re working out or participating in other Y activities for up to two hours per day. If you’re looking for longer afterschool care, we offer that too. Check out the Afterschool Adventure Club.

ACCESS TO Ys ACROSS THE COUNTRY

The AWAY (Always Welcome at the YMCA) PROGRAM in which Staunton-Augusta members get in free or at a reduced rate at participating out-of-town YMCAs, is available at facilities throughout the country. Ask the front desk for a list of participating facilities. Waynesboro and Rockbridge YMCA members pay $5.00 per visit.

NO CONTRACTS

At the YMCA, there are no contracts for the length of your membership.
MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>TYPE</th>
<th>MONTHLY FEE</th>
<th>JOINING FEE</th>
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</thead>
<tbody>
<tr>
<td>Youth (through age 17)</td>
<td>$13</td>
<td>$25</td>
</tr>
<tr>
<td>Full Time Student (ages 18-22)</td>
<td>$37</td>
<td>$25</td>
</tr>
<tr>
<td>Individual</td>
<td>$46</td>
<td>$75</td>
</tr>
<tr>
<td>Married Couple</td>
<td>$61</td>
<td>$100</td>
</tr>
<tr>
<td>Married Couple with Children</td>
<td>$66</td>
<td>$100</td>
</tr>
<tr>
<td>One-Parent Family (non-married)</td>
<td>$57</td>
<td>$100</td>
</tr>
<tr>
<td>Senior Adult (ages 60+)</td>
<td>$37</td>
<td>$75</td>
</tr>
<tr>
<td>Senior Married Couple</td>
<td>$44</td>
<td>$100</td>
</tr>
</tbody>
</table>

*Family members must be claimed as dependent on your income taxes. Children must be 22 or younger to be included on the Married Couple with Children membership.*

MEMBERSHIP CARDS

Y membership cards are non-transferable and must be presented to enter the facility. Picture ID is required for guests.

REFUNDS

Refunds will only be given for classes cancelled due to insufficient enrollment. Credit will be issued for an illness when it results in the loss of class days and is supported by a doctor’s note. Fees will not be prorated for classes missed without medical documentation. Memberships can be placed on a medical hold when supported by a doctor’s note. Every effort will be made to make-up classes that are cancelled due to inclement weather and emergency situations.

GUEST POLICY

All guests must show a picture ID. Guest Fee $20: Adult, $10: Youth. All in-town guests must be with an adult Staunton-Augusta Family Y member and pay the Guest Fee for each visit. Out-of-town guests without a member may visit two times per year and pay the Guest Fee for each visit. Out-of-town guests with an adult Staunton-Augusta Family Y member may visit four times/month for free. Guests who present a photo ID and belong to a participating YMCA AWAY program, or who are on active military duty (must present military ID) may visit free four times/month. The purpose behind our guest policy is to enhance member service to current members who are encouraging a friend to join and to make reasonable accommodations for members of other YMCAs traveling in our area, out-of-town family of current members and out-of-town visitors.

PROGRAM REGISTRATION

Registration for programs listed in this brochure may be completed at the Front Desk or selected programs maybe completed on-line. Registrations are processed in the order received and MUST include payment.

PROGRAM MEMBER RATES

Rates are listed for programs throughout this brochure. If you plan on participating in several programs a year, you may want to consider becoming a member. Class sizes are limited, so register early. To get member rates, the participant’s membership must be active throughout the entire program session.

APPOINTMENT RESERVATION CANCELLATION POLICY

24-hour notice is required for cancellations or regular fees apply.

FINANCIAL ASSISTANCE

At the Y, we believe our community will grow stronger when everyone has the opportunity to live healthier. That’s why the Y welcomes people of all ages, races, ethnicities, religions, abilities and financial circumstances. Programs embrace diversity, reflecting the needs of our community. We offer financial help through our Financial Assistance Program. Applications for membership and programs are available at the front desk. Please fully complete the application and return with all required documentation; incomplete applications will not be processed. The approval process takes four to six weeks. Please allow ample time when applying.

READY TO JOIN?

Come in and talk with our staff. We’ll give you a tour and explain our programs and services.

OUR ADMINISTRATIVE STAFF

Josh Cole, Executive Director
Rhonda Shinaberry, Associate Executive Director
Jeff Collins, Business Manager
Georgiann Catlett, Administrative Office Manager
Candace Martin, Administrative Assistant
Jon Harris, Maintenance Director
Wendy Shutty, Fitness Director
Domenic Zaccaria, Program Director
Windsor Vaughn, Assistant Program Director
Anna Ruth Simmons, Membership Representative
Carol Byrd, Active Old Adults Coordinator
Sharon Mayo, Playroom Coordinator
Beth Valentine, Lifeguard Coordinator
Barbara Knopp, Swim Lesson Coordinator
Dave Boger, Chaplin

OUR MISSION

“We, the Staunton-Augusta Family YMCA, are a charitable organization committed to putting Christian principles into practice through programs that promote the health of spirit, mind, and body for all.”
SUMMER DAY CAMP
June 10th – July 31st
A safe and exciting alternative for your child this summer.
Arts and crafts, sports, swimming, field trips, games, songs, and much more! One-week sessions available; scheduled activities from 8:30am-4:30pm, sites open from 7:00am to 6:00pm. (All camp sites will begin camp at the YMCA on June 10 & 11)

Ages 5-10    Child must be 5 by July 1, 2015.
Children need not have attended kindergarten
but will do best if she/he has been in structured programs.
Camp Sites:  Bessie Weller and Ware Elementary

Ages 11-14   Teen Camp...must be a rising 6th grader
to attend Teen Camp.
Camp Site:  Shelburne Middle

FEES:
$10 one-time registration fee
$10/week non-refundable, non-transferrable deposit per child
$95/week    Member
$115/week  Program Participant

Registration is open, space is limited.

NEW CAMP SITE IN AUGUSTA COUNTY
now in WEYERS CAVE!
The Staunton YMCA Day Camp is coming to the Weyers Cave Community Center. June 8-31, Monday through Friday, 7:30am-5:30pm. The Y-staff will be available for questions on May 2, from 9:00am-12:00pm at the WCCC. Please call 885-8089, and ask for Dom or Windsor.

GIRLS VOLLEYBALL SUMMER LEAGUE
Ages 10-13
REGISTRATION:  May 1st-25th
One hour practice per week on either Monday or Tuesday; games will be held on Wednesday evenings. Practice times determined by the coach.
Fees:    $50 Member    $60 Program Participant
Dates:  June 1 - July 15
Times:  TBD
Coaches will call registered participants before Friday, May 29.

GYMNASTICS CAMP
Ages 5 and Up
REGISTRATION:  June 1st – July 24th
Join us at the Y for Gymnastics Camp. Students will be learning new skills and mastering old skills on the floor, beam, vault, and bars. We will teach conditioning for gymnastics; dance movements will also be included. Wear shorts, leggings or gymnastics attire.
Fees:    $55  Members     $65 Program Participants
Dates:  July 27-30
Times:  5:00-7:30pm (Monday through Thursday)

YOUTH HEALTH and FITNESS
Ages 10-14
All youth ages 10-14 must complete at least four one-hour appointments with a fitness instructor in order to use the Wellness Center. Sessions emphasize safety and alignment. See Front Desk for available times.
Fee:    $20/4 appointments    Member
$40/4 appointments    Program Participant

HATCHER-YMCA BASKETBALL CAMP
Boys and Girls, Ages 6+
Registration May 1 through June 12 at the YMCA
Fees:    $70 Members    $75 Program Participants
Location:  Staunton YMCA (both age groups)
Dates:  June 15-18
Times:  8:00-10:30am, ages 6-9
10:00am-12:30pm, ages 10-15
Participant Directors:  Jarrett Hatcher, Lee High School
Camp Staff:  Paul Hatcher, current Lee High Coaching Staff, current and former Lee High Players

TEEN CENTER
Join us in our new and improved TEEN CENTER (where the Cycling Studio used to be). We have a Ping-Pong Table, Foosball Table, couches, TVs, game systems, lounge area, snack area and homework area! The Teen Center is for kids ages 12 to 18, with a three hour time limit.
CHILD WATCH/PLAYROOM
Ages 3 months - 11

You don’t have to worry about your children wanting to come to the YMCA while you work out. In fact you may get tired of them asking you to take them to the YMCA’s Child Watch area, open to children ages 3 months through 11 years. You can leave them in good hands and let them experience fun the Y’s way. Our playroom offers a wide variety of activities including a 20-foot high Play Place. The staff is trained in Infant/Child CPR/AED/First Aid. See monthly schedule for open times.

Fee: FREE! YMCA Family Member
     $2/child/visit Other Members
     $10/child/visit Program Participant

BIRTHDAY PARTIES

BIRTHDAY PARTIES
Available times on Friday evenings, Saturday and Sunday afternoons. Please reserve early (at least one week notice required)

Pool Party Package
Includes tee-shirt for birthday child, one hour swimming with lifeguard(s), one hour celebration in private room with pizza, cake, drinks, set-up and clean-up. YMCA Character Development Theme with red, yellow, blue, and green used for cake and decorations (limited to 25 children and adults).

Play Place Party Package
Includes tee-shirt for birthday child, 45 minutes in the Play Place, one hour celebration in private room with pizza, cake, drinks, set-up and clean-up. YMCA Character Development Theme with red, yellow, blue, and green used for cake and decorations (limited to 25 children AND adults; 20 children allowed in the tunnels at a time).

Fee: $50 non-refundable deposit required to book party
     $150 Family Members $200 All others

PARENT’S NIGHT OUT
Ages 5-11

Parents Night Out is a safe and fun environment for kids ages 5-11 years, while parents enjoy a quiet evening to themselves or an evening out on the town. Pizza and drinks are provided as well as lots of fun! Program is supervised by trained staff. Child/ren must be signed in by 6:00pm. Pre-register at the Front Desk by the Monday before the scheduled date. Activities may include swimming, x-box, wii, and crafts. Life jackets and bubbles provided for non-swimmers. MINIMUM of 6 needed to hold event.

Fee: $15/night/child Member
     $17.50/night/child Program Participant

Dates: June 12, July 10, August 7
Time: 5:30-8:45pm

A PEEK AT FALL 2015

Little Tykes Football ages 5-7 NEW*
Little Kickers Soccer ages 3-6
Homeschool P.E. ages 5-8 and 9-12
Girls Volleyball ages 10-13
Basketball League ages 6-15
Before School Care ages K-6
Afterschool Adventure Club ages K-6

We are always adding new programs. Check our website, saymca.org, or like our Facebook page (STAUNTON-AUGUSTA FAMILY YMCA) for all the latest program information.

GREAT OUTDOORS classes/events for children and families see page 8.
PARENT & CHILD
INFANTS & TODDLERS WITH PARENTS
AGES 6 MONTHS–3 YEARS
Specifically designed for infants and toddlers with their parent. Lessons introduce parent/child teams to the aquatic environment through water exploration with songs, games, and rudimentary propulsive movements. Emphasis is placed on basic safety and enjoyable experiences for both parents and children.

PRESCHOOL
AGES 3–5 YEARS
Preschool Aquatics is a progressive program that involves five components: personal growth, personal safety, stroke development, water sports and games, and rescue skills. Progress reports are given to swimmer at the last class.

* A 10% discount is given for siblings in the same session. A minimum of four students (six for parent/child class) is required to hold class. We no longer take credit card registrations over the phone. Classes/times are subject to change. If a student registers for a class inappropriate to his swim level, the swimmer will be moved if space allows, or given a credit toward future lessons. No refunds are given once a session has started. Parents must remain on the Y premises during lessons. If you are new to our program and your child has some existing swim skills, please contact the Swim Lesson Coordinator to evaluate the proper swim class placement. Registration for classes beyond the Pike or Polliwog level is restricted to returning students, or new students who have completed a skills evaluation.

Please call for evaluation before sign-ups start whenever possible so the new student will have an equal opportunity to enroll.
SWIM LESSONS

CONTACT
BARBARA KNOPP
Swim Lesson Coordinator
barbara@saymca.org

YOUTH
AGES 6-12 YEARS
The YMCA youth swim program involves five components: personal growth, personal safety, stroke development, water sports and games, and rescue skills.

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<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>TIMES</th>
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<tbody>
<tr>
<td>POOLWOG</td>
<td>TUESDAY &amp; THURSDAY 10:05-10:35am 4:40-5:10pm 6:00-6:30pm</td>
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<tr>
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<td>SATURDAY 9:15-9:55am 10:55-11:35am</td>
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<tr>
<td>GUPPY</td>
<td>TUESDAY &amp; THURSDAY 5:20-5:50pm 6:40-7:10pm</td>
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<td>SATURDAY 10:05-10:45am 11:45am-12:25pm</td>
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<tr>
<td>MINNOW</td>
<td>TUESDAY &amp; THURSDAY 6:40-7:10pm</td>
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<td>SATURDAY 11:45am-12:25pm</td>
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ADULT SWIM LESSONS
Lessons for adults are offered through the private and semi-private lessons or to a group of four. Lessons are available for those with special needs with an experienced instructor. Please fill out and submit private lesson form available at the Front Desk or on-line at saymca.org.

PRIVATE SWIM LESSONS
Please fill out and submit a private lesson application available at the Front Desk or on-line at saymca.org to schedule 30-minute lessons. 15% off when purchasing four or more lessons.

PRIVATE Lesson Fees:
$20 Member; 2nd child $17
$32 Program Participant; 2nd child $29

SEMI-PRIVATE Lesson Fees:
$15 Member; 2nd child $13
$24 Program Participant; 2nd child $22
If you’re 15 or older and looking for a great year-round job or challenging career that’s in demand, the American Red Cross Lifeguard Training is the best place to start. See the Front Desk for details or contact Beth Valentine.

Fees: $250 Members $300 Program Participants
Sessions: May 16 and 17
June 13 and 14
August 1 and 2

If you’re looking for a way to get fit and outdoors? Try our new Hiking Club! Our Club will feature 4 hikes during the summer season. The Club will meet before hikes to discuss goals and potential hikes and routes. Anna Ruth Simmons, Certified Wilderness 1st Responder will guide each hike and discuss basic safety and emergency protocols.

Fee per hike: $10 Member $12 Program Participant
Hikes:
May 30  11:00am  Crabtree Falls
June 20  11:00am  Spyrock
July 25  11:00am  Elliott’s Knob
August 1  11:00am  Old Rag

LEARN TO SAVE A LIFE!
American Red Cross First Aid, CPR and AED certification courses are designed to give you the confidence to respond in an emergency situation with skills that can save a life. Class held in YMCA Multi-Purpose Room
Full Course
Fee: $45 Member $55 Program Participant
Dates and Times: August 12, 4:00-8:00pm

ADULT & INFANT MANIKINS for RENT
Is your company or organization in need of manikins for the American Red Cross CPR/First Aid Course? The American Red Cross no longer provides manikins for training purposes. The YMCA has 16 Adult and 12 Infant manikins that can be rented for a small fee. Contact Candace or Wendy for information.

Contact Candace or Wendy for more information.

GREAT OUTDOORS

HIKING CLUB
Ages 15+
Looking for a way to get fit and outdoors? Try our new Hiking Club! Our Club will feature 4 hikes during the summer season. The Club will meet before hikes to discuss goals and potential hikes and routes. Anna Ruth Simmons, Certified Wilderness 1st Responder will guide each hike and discuss basic safety and emergency protocols.

Fee per hike: $10 Member $12 Program Participant
Hikes:
May 30  11:00am  Crabtree Falls
June 20  11:00am  Spyrock
July 25  11:00am  Elliott’s Knob
August 1  11:00am  Old Rag

HIKES with TYKES
Ages 2-5 (with parent/s)
Bring your little ones outdoors in a safe, fun environment. Hikes will be 35-40 minutes in length and geared towards building the child’s appreciation for fun and fitness while outdoors. Hikes will take place once a month on Saturdays.

Fee per hike: $10 Family
Hikes:
May 16  10:00am  Betsy Bell
June 13  10:00am  Waynesboro Park
July 11  10:00am  Bessie Weller
August 8  10:00am  Montgomery Hall

FAMILY HIKES
Families with children age 6+
Bring the whole family outside as we explore our environment and build outdoor awareness as well as family and community ties. Hikes will be 1-1.5 hours in length, once a month.

Fee per hike: $10 Family
Hikes:
May 16   2:00pm  Humpback Rocks
June 13  2:00pm  Crabtree Falls
July 11  1:00pm  White Rock Falls
August 8  1:00pm  Moorman’s River

CONTACT
ANNA RUTH SIMMONS  
Membership Representative
annaruth@saymca.org
EQUIPMENT ORIENTATIONS
One of our fitness attendants will develop and guide you through a general fitness routine on all of the weight machines. Follow-up orientations may be scheduled after your first appointment. The follow-up orientation will review workouts and make adjustments to exercise routines as needed. We recommend two appointments for beginners. Appointments can be made at the Front Desk (ages 15+).
FREE TO YMCA MEMBERS
WELLNESS CONSULTATION
FREE service for our members used as a follow-up to the equipment orientation. Let this be your next step in assessing your goals and objectives. A Personal Trainer will discuss your current routine and schedule, then offer suggestions based upon what you are doing and where you may want to go from there. Appointment must be scheduled with a Personal Trainer.
PERSONAL TRAINING
One-on-one fitness training with certified professionals. The YMCA’s Personal Training Program begins with an extensive consultation and health screening to identify any risks and set appropriate goals. Once your fitness level is determined, your trainer will develop a fitness plan customized to your particular abilities, goals, and health status (ages 10+).
Fees: 1 hour session $36 Member $51 Program Participant
½ hour session $26 Member $36 Program Participant
Purchase 10 sessions and get 10% off.

STROKE SURVIVOR WELLNESS CLASS
This is a class for stroke survivors to stay active and improve their health after completing formal physical therapy. An individualized program will be developed for each participant. Class will be conducted by YMCA Personal Trainers/Instructors who have trained with Licensed Physical Therapists. Participants MUST have physician’s referral. Class size is limited...four-week sessions
MUST PRE-REGISTER
Fees: $25 Members $35 Program Participant
Dates: May 25–June 17
June 29–July 22
August 3–26
Times: 1:00–3:00pm on Monday and Wednesday

FUNCTIONAL MOVEMENT SCREEN
A screening tool used to identify limitations or asymmetries in seven fundamental movement patterns. The score of the screening can help target potential problems and track the progress of corrective exercises that will be recommended. Schedule an appointment with Alvin White, ACSM CPT, to do your screening. In a follow-up appointment Alvin will help you identify those exercises that will help restore proper movement and build strength. Because no one moves perfectly, everyone can benefit from being screened. See Front Desk to schedule an appointment.
Screening and follow-up appointment takes approximately 15 minutes each.
Cost is $26 for screening and follow-up appointment

MASSAGE
Sign up and pay at the Front Desk. 24-hour notice required for scheduling and cancellations.
Times: Mondays, 11:30am–3:00pm
Wednesday, 4:00–8:00pm
Saturdays by appointment
DEEP TISSUE MASSAGE
Deep tissue massage works through the superficial layers, affecting the deeper layers of muscle and connective tissue. Deep tissue massage affects the deep fascia surrounding the muscles, loosening adhesions and promoting healthy circulation.
Fees: 1 hour: $75 Member $85 Program Participant
½ hour: $45 Member $55 Program Participant
THERAPEUTIC MASSAGE
Therapeutic massage is the mobilization of soft tissue such as muscles and fascia, to restore normal systematic and bio-mechanical functional use. Therapeutic massage can improve circulatory, lymphatic and neurological functioning.
Fees: 1 hour: $65 Member $75 Program Participant
½ hour: $40 Member $50 Program Participant
GROUP FITNESS

If you can’t seem to get motivated to exercise alone, come join the group! There are many reasons why Group Fitness is a great choice for staying active! The energy of exercising in a group with music is a great motivation! Everyone is supportive of each other. Group Fitness is for MALES and females. Below is the list of classes that we currently offer on our Group Fitness schedule. The classes and schedule are subject to change. There are 3 different Group Fitness studios and there are also classes in the pool. All classes are from 45-60 minutes in length unless otherwise noted. To learn class times, lengths, and locations, pick up the schedules near the front desk, or view them on-line at www.saymca.org . The schedules and more detailed class descriptions are on the “home” page on the right-hand side. All classes are free to Y members. If not a member of the Y, you can purchase 8 classes for $34 or 12 classes for $45.

GROUP FITNESS CLASSES IN THE MIND-BODY STUDIO

Tai Chi
Pilates
Early Bird Yoga (5:45am)
PACE
(People with Arthritis Can Exercise)
Beginner Yoga
Flow Yoga Basics
Vinyasa Yoga
Intermediate Yoga
Adaptive Yoga
Chair Yoga

GROUP FITNESS CLASSES IN THE CARDIO/STRENGTH STUDIO

CardioBox
Lift & PUMP
Step
Zumba®
H.E.A.T.
Muscle Mix
Fit For Life
Low Impact Intervals
Senior Wellness
Boot Camp (held in various places)
Insanity
Piloxing
PiYo
TurboKick

CYCLING CLASSES

Endurance Ride
Interval Ride
Choice Rides
Strength Ride
Virtual Ride
Race Day Rides

GENTLE AQUA FIT

This shallow water class is recommended for beginners who are new to water workouts (or exercise in general), active older adults, or those who simply want a more gentle workout.

AQUA FIT

This shallow water class is a beginner/intermediate level class, yet provides and effective workout.

AQUA YOGA

This popular land-based class makes its way into the water using the release of gravity so that the body can find its optimum stretch. This class strengthens and tones the body while relieving tension and renewing energy.

SPASHBURNER

This workout is vigorous to high intensity.

DEEP WATER

This class is for those with the ability to suspend themselves in deep water (only 5 feet) for an extended period of time.

AQUA ZUMBA®

Aqua Zumba routines are now interspersed with the existing SplashBurner format. Aqua Zumba is where moves/rhythms are adapted/modified for Zumba dance fitness in the water.

Aqua shoes are suggested for water workouts.

For full class descriptions, days and times, pick up a printed monthly schedule at the Y or visit our website: saymca.org
YOUTH TENNIS (minimum 6/class)

**Little Champs**  Ages 4-5
Introduction to tennis with emphasis on FUN court activities. Group games provide motor and socialization skills.
Fee: $45  Member  $60  Program Participant
Dates: June 22, 23, 24, 25
Times: 9:20-10:00am  REGISTER by June 17

**Aspiring Champs**  Ages 6-8
Learn the basics of tennis in a format that encourages young players to develop rally skills and proper stroke technique using successful age/size methodology.
Fee: $50  Member  $65  Program Participant
Dates: June 22, 23, 24, 25
Times: 9:20-10:00am  REGISTER by June 17

**Rising Champs**  Ages 9-10
Learn the basics of tennis and develop rally skills quickly using successful age/size methodology.
Fee: $60  Member  $75  Program Participant
Dates: June 22, 23, 24, 25
Times: 10:00-10:50am  REGISTER by June 17

**Future Champs**  Ages 11-14
Learn the basics of tennis and how to rally and play a match
Fee: $75  Member  $90  Program Participant
Dates: June 22, 23, 24, 25
Times: 11:00am-12:00pm  REGISTER by June 17

**TENNIS COACHING**  (Private/Semi-Private/Group Lessons)
Fee: Private  $49  Member  $59  Program Participant
$30/person/group of 2  Member
$40/person/group of 2  Program Participant
$25/person/group of 3  Member
$35/person/group of 3  Program Participant
$20/person/group of 4  Member
$30/person/group of 4  Program Participant
$25 for Competitive Match Evaluation
Lessons may include video analysis

**CARDIO TENNIS** (minimum of 4)
**LOW IMPACT CARDIO DRILLS TENNIS**
Intended for the beginner to intermediate player. NTRP LEVEL 1.5 to 3.5 (ask about being rated for free). Very little instruction involved. Loaded with drills to keep you moving. Lots of fun and music!
Fee: $12/class or $100/10 classes  Member
$15/class or $125/10 classes  Program Participant
Dates: May 4, 11, 18, June 1, 8
Times: 10:00-11:30am

**RACQUET STRINGING AVAILABLE:**
Call David at 540-569-0878 or e-mail David at thetennisrevolution@gmail.com

**TENNIS INSTRUCTORS:**
All tennis coaching is performed by The Tennis Revolution LLC
Head Coach David Shell, PTR & USPTA Certified, and/or YMCA volunteer coaches.

**BALL MACHINE RENTAL:**
$10/month/person
$100/year/person
ALSO AT THE “Y”

MONDAY MORNING BIBLE STUDY
In 1844, 22 year-old George Williams, founded the first Young Men’s Christian Association (YMCA), a refuge of Bible study and prayer for young men seeking escape from the hazards of life on the streets of London.

The Staunton Y carries on the tradition of non-denominational Bible study that is free and open to the public every Monday morning at 9:00am in the Multi-Purpose Room. Bring your Bible and a friend. This hour-long study is led by Penney Jensen.

ACTIVE OLDER ADULTS
Have you visited an interesting or historical spot that would make a great day trip via motorcoach? Do you want to travel with friends and enjoy the comraderie and fellowship that a group venture can bring? Then, contact Carol Byrd, the YMCA Active Older Adults Coordinator with your suggestions. All Active Older Adult summer time picnics and parties will be announced through the Front Desk...be on the look-out for these events.

HERITAGE CLUB
Your contribution supports the long-term stability of the Staunton-Augusta Family YMCA, while ensuring that the Y will continue to serve the community in the future. By investing in the Endowment Fund of the Staunton-Augusta Family YMCA, you become a member of an important group of people. The Heritage Club of the Staunton-Augusta Family YMCA is made up of individuals, such as yourself, who have put the YMCA in their estate planning.

☐ Please send me more information about planned giving to the Staunton-Augusta Family YMCA.
☐ I would like to talk with someone about giving to the Staunton-Augusta Family YMCA.

NAME________________________________________________________
ADDRESS_______________________________________________________
CITY________________________ STATE____________________
TELEPHONE_____________________________________________________
E-MAIL_________________________________________________________

STAUNTON-AUGUSTA FAMILY YMCA
708 North Coalter Street
Staunton, VA  24401

ECRWSS
Postal Patron