



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE PART OF THE COMMUNITY

DANVILLE FAMILY YMCA
Summer Program Guide
2017
JUNE - AUGUST

WWW.YMCADANVILLE.ORG

BE PART OF THE COMMUNITY AT THE DANVILLE FAMILY YMCA

The YMCA is so much more than just a gym. We are a community that is committed to Youth Development, Social Responsibility, and Healthy Living. With a membership you will have access to every area of our facility: the pool, the wellness center, the walking track, all group exercise classes, and more. In addition to access to the facility, members are given a discounted rate for programs such as swim lessons, afterschool care, sports programs, and facility rentals.

MEMBERSHIP PRICING:

Type:	Monthly:	Annual:
Adult	\$35	\$420
Family	\$60	\$720
Senior (60+)	\$30	\$360
Senior Family	\$50	\$600
Youth	\$15	\$180 (no joiner's fee)
Student	\$65 per semester (no joiner's fee)	

HOURS:

Monday–Friday:	5AM–9:30PM
Saturday:	8AM–6PM
Sunday:	12PM–5PM

Each membership requires a one time joiner's fee of \$50. Monthly membership payments are set up through a monthly draft from a checking account, credit card or debit card. Since there is no contract, membership can be canceled at anytime with a 30-day notice. For those who may need financial assistance, our Scholarship program is available for those who qualify; applications are available at the front desk.

WHAT'S HAPPENING THIS SUMMER?

Virginia/North Carolina Reciprocity:

- Summertime means vacation! We have reciprocity with Virginia and North Carolina, so you may use any of these YMCA's while you travel, just show your YMCA membership card to the YMCA's front desk.

Summer Swim Team:

- The Danville River Otters Swim Team has started up for the Summer.
 - Stop by the Front Desk to sign up.
 - Cost: \$75 for Members only.
- Beginner Swim Team is also available for participants new to swim team.
 - Cost: \$50 for Members only.

Special dates to mark your calendar:

- Independence Day:
 - We will be OPEN on July 4th from 9am – 3pm.
 - No Group Exercise or Water Classes.



STAY CONNECTED:

Like us on Facebook at Danville Family YMCA or follow us on Twitter @YMCADanville for new updates on classes and events around the Danville Family YMCA



Download our "YMCADanville" mobile app for class schedules, updates, and much more!

CHILDCARE

Afterschool Care

- Our Afterschool Care Program runs during school time. We offer Summer Camp for those who wish to participate during Summer Vacation.
- Our program picks up at all city elementary schools. We are open until 6:30pm.
- We value education. We tutor kids through their homework as soon as they arrive. Snacks are provided as well. Other activities include Youth Hip Hop, Youth Zumba, Gymnasium Time, and Playground time.
- The cost is \$45 a week for Members and \$90 for Non-Members.
- We still pick up on half days. However if schools are closed, our Childcare Center will be closed as well.

Child Watch

- Our child watch is open for children 6 months-12 years. Children 3 and up need to be on a family membership or youth membership. Hours are 8am-1pm Monday-Saturday and 4:30pm-8:30pm Monday - Thursday.



SPORTS & PROGRAMS

Muscles for Youth

- We offer youth personal training for one-on-one or in a group setting. This is a great option for sport training such as Basketball, Baseball, Football, Track, and more! Learn position specific training to fitness basics, or improve overall strength and wellness.
- We train student athletes on the field and in the classroom by helping them learn, grow, and thrive in a motivating environment.
- **Youth Members enjoy this program at \$15 per session.**
- For more information, contact Travis Tarpley at travis.tarpley@ymcadanville.org



AQUATICS

2017 Swim Lessons:

Friday Night Sessions:

3-5 years: 6:30pm-7:10pm;
6-14 years: 7:15pm-7:55pm

- June 2nd - July 7th
- July 21st - August 25th
- September 8th - October 13th
- October 27th - December 1st

Monday/Wednesday Lessons:

Ages: 3-15
6:00pm - 6:40pm

- June 26th - July 12th
- July 24th - August 9th

Saturday Mornings:

3-14 years: 10:20am-11:00am,
Adults: 11:00am - 11:40am

- June 3rd - July 8th
- July 22nd - August 26th
- September 9th - October 14th
- October 28th - December 2nd

Summer Morning Lessons

9:10am - 9:50am
10:00am - 10:40am

- May 30th - June 7th
- June 12th - June 21st
- June 26th - July 6th
- July 10th - July 19th



Cost is \$40 for Members and \$80 for Non-Members. Lessons are 6 sessions. Other lessons, such as private lessons, are also available. For more information, visit the front desk or contact Caylan Wade, Swim Instructor Coordinator, at caylan.wade@ymcadanville.org

WELLNESS



When you are getting started in the Wellness Center, we want you to learn how to use our tools correctly and work with you to transform old, unhealthy habits into a healthy lifestyle. Here are some ways we can help you out:

New Member Orientation:

- We offer three free training sessions with one of our Wellness coaches to all of our members as an orientation to our Wellness Center. The sessions will go through all cardio, lower body, and upper body equipment, as well as get you set up with Activtrax, our computerized personal training program. Activtrax serves as a tool to not only get you started living a healthy lifestyle, but to make it a lasting change. To sign up for your free sessions, stop by the Wellness desk to make an appointment with a Wellness Coach today.

F.A.S.T (Fit Adolescents Safely Training):

- Through our F.A.S.T. Program, your child, ages 9-11, can learn how to effectively use our Cardio equipment, and those ages 12-15 can effectively learn the basics of our strength equipment. Sign your child up to get F.A.S.T certified and start a workout habit with your child today!

The Inbody Program:

- The Inbody will show you what you're made of, literally. The full page results will help you find motivation to achieve your goals by reporting your individual composition (in pounds and percentage) of body fat, segmental muscle distribution, Body Mass Index and much more!
- The results of your Inbody Scan will help you and your Wellness Coach take a more educated approach toward achieving your fitness goals!
- Members can sign up at the Wellness Desk for a NEW, Less Evasive, Full Body Scan today! Those that take advantage of Activtrax, through the New Member Orientation, or Personal Training will also be able to take advantage of this new program!
- The only body fat machine of this kind in our community! Used by exercise science professionals at Liberty University!

GROUP EXERCISE

We offer a number of classes each day to meet the needs of our members. We have cardio classes, such as Zumba, Step Mix, Cardio Boxing, Cycle and Cycle30 spin classes. We also have sculpting classes such as HIIT, TRX, Weights in Motion, and Pilates. There are also specialty classes such as Group Power, Yoga, Silver Sneakers, Youth Yoga and Youth Hip-Hop. We offer special time slots in our gym as well for certain activities such as Pickle ball and Adult Basketball. Classes are free to members and \$5 for Non-Members.

Check out these popular classes and more!

- **Yoga**
 - Either with POWER or in a more gentle form, a stretch based workout that increases flexibility and strength and increases your sense of balance.
- **Box & Sculpt**
 - Learn Boxing moves while getting a cardio based workout! Box & Sculpt is designed to teach you the basic moves of Boxing while in a Group setting.
- **Zumba/REFIT**
 - Latin based and modern rhythms get you moving. REFIT has a spiritual aspect to bring health and wellness to all areas.

New Changes:

- Thursday early morning TRX, get your boxing fix on Tuesday and Friday.
- New times for our day time Silver/Senior classes and for STT/GP on Tuesday evenings (6:40 to allow for transitions).
- Strength Train Together will work your body by combining squats, lunges, curls with functional exercises.



PERSONAL TRAINING

Have a national certified personal trainer work with you to achieve your health and fitness goals. Our trainers will design an exercise program specific to you and your goals.

Benefits of Personal Training:

- You will learn to exercise more efficiently and effectively
- Results gained from personal training include:
 - increased energy
 - muscular strength and endurance
 - decreased body fat
 - improved self-confidence.
- Introducing the NEW Inbody System with Personal Training, which includes a NEW, less evasive method for measuring your weight, body fat, and areas you need the most improvement. The Inbody System is included in the price of Personal Training!
- Personal Training offers a variety of prices including:
 - Solo:
 - 1 Session: \$30
 - 10 Sessions: \$250
 - 20 Sessions: \$500
 - Partner
 - 1 Session: \$45
 - 10 Sessions: \$400
 - 20 Sessions: \$800



SUMMER CAMP

Summer Camp

- Summer Camp will run starting May 30th to August 4th.
- The children take a field trip every week and get involved in Y programming the rest of the week.
- Parents can sign children up for as little as one week or as many as all 10 weeks.
- Drop-off is at 7-9am every morning and pick-up is by 6pm.
- Ages 4-12 welcome.
- \$25 Registration Fee applies for new applicants.
- The cost is \$100 a week for members and \$150 for nonmembers. Parents must pay for the next week by Thursday of the week prior.
- Scholarships are available for those who qualify. Stop by our Membership Services Desk to find out more about our Scholarship Program!



Weeks:

Week 1 May 30 - Jun 2

Week 2 Jun 5 - Jun 9

Week 3 Jun 12 - Jun 16

Week 4 Jun 19 - Jun 23

Week 5 Jun 26 - Jun 30

Week 6 Jul 3 - Jul 7*

Week 7 Jul 10 - Jul 14

Week 8 Jul 17 - Jul 21

Week 9 Jul 24 - Jul 28

Week 10 Jul 31 - Aug 4

*Closed July 4th



**Sign up your child for the BEST SUMMER EVER
today at the Danville Family YMCA!**

SPORTS CAMPS

Registration Information:

ECU Football Camp: Ages: High School - College

This camp will provide instruction and focus on the fundamentals of all positions on offense and defense. One on one and group drills will be conducted. Height, weight and speed will also be recorded. The camp will be held at East Carolina University. Transportation provided by the YMCA. **REGISTRATION ENDS DAY OF CAMP. *****LIMITED SPACE AVAILABLE*******

Football: Ages: Elementary - Middle School

Camp will focus on teaching safety while maintaining the energy and intensity with which the game is played. Football Camp is coached by Travis Tarpley, Danville native, GW graduate, All American from Delaware State University. Camp will be held outside at Langston School. **REGISTRATION ENDS DAY OF CAMP.**

Tennis: Ages 7-13

Join us for a fun, informative Tennis Camp! Campers ages 7 to 13 will focus on the fundamental skills of Tennis in a fun and exciting atmosphere. This camp is ideal for beginner and intermediate juniors wishing to start tennis or improve upon basic fundamentals. The class will focus on modern stroke development, and improving on athletic movements while playing fun, interactive games with the intent to prepare kids for competitive play. Tennis Camp will be coached by professional tennis instructor, Rusty Lovell. Camp held in the YMCA Gymnasium, and at Stratford Tennis Club. **REGISTRATION ENDS JUNE 9TH FOR WEEK 1, AND JULY 7TH FOR WEEK 2.**

Basketball: Ages 6-11, 12-18

Camp will focus on the fundamentals of the sport and introduce drills to enhance the skills of dribbling, passing, shooting, rebounding, and defensive plays. Basketball Camp is coached by YMCA coaches from the Winter Youth Basketball league. Camp will be held at the YMCA Gymnasium. **NC STATE SHOWCASE IS AVAILABLE TO ATTEND EXCLUSIVELY THROUGH THIS CAMP. NC STATE SHOWCASE IS OPTIONAL. REGISTRATION ENDS DAY OF CAMP. SEE REGISTRATION BROCHURE FOR MORE INFORMATION.**

Wrestling: Ages 5-18

Campers will learn the unique sport of wrestling from A to Z. The camp will not only teach them the fundamentals of the sport but they will walk away with knowledge that will give them an edge at the next match. Camp will be held at the Bounce Back Wrestling Center, Greensboro, NC. Transportation provided by the YMCA. **REGISTRATION ENDS DAY OF CAMP. *****LIMITED SPACE AVAILABLE*******

Softball: Ages: Middle - High School

Camp will focus on the fundamental skills of the sport while stressing the importance of team work and good sportsmanship. Campers will learn the skills necessary to play the game of Softball while having fun. Softball Camp will be coached by George Washington Softball Coach, Coach Huntley. Camp to be held at O.T. Bonner School. **REGISTRATION ENDS DAY OF CAMP.**

Swimming: Entry based on Swimming Ability

Camp will focus on the fundamental skills of competitive swimming while stressing the importance of teamwork in a fun and exciting atmosphere. Campers will learn fundamental stroke techniques, flip turns, and starts. **Campers must be able to swim the length of the Pool in order to participate.** Swim Camp will be coached by YMCA Aquatics Director, Cord Cothren. Camp to be held in the YMCA Aquatics Center. **REGISTRATION ENDS JULY 14TH.**



ECU Football Camp:

June 4th | 6a - 7p
Cost: \$75

Football:

June 7 - June 10 | 5p-8p
at Langston Focus School
Cost: \$40

Tennis:

June 12 - 14
9:30-12(Half) | 9:30-3(Full)
Locations: YMCA/Stratford Club
Half Day: \$60 for Members;
\$120 for Non-Members
Full Day: \$115 for Members;
\$200 for Non-Members

Basketball:

June 12 - 16
9a-10a(6-11) | 10a-11a(12-18)
12th - 14th : \$25 for Members;
\$50 for Non-Members.
**NC State Showcase 15th - 16th
\$125 per day**

Wrestling:

June 22 - 27 | 7a-6p
Bounceback Greensboro
Cost: \$85

Tennis:

July 10 - 14
9:30-12(Half) | 9:30-3(Full)
Locations: YMCA/Stratford Club
Half Day: \$60 for Members;
\$120 for Non-Members
Full Day: \$115 for Members;
\$200 for Non-Members

Softball:

July 17 - 21 | 3p - 6p
O.T. Bonner School
Cost: \$25 for Members;
\$50 for Non-Members.

Swimming:

July 24 - 28 | 9:10a - 10:40a
YMCA Aquatics Center
Cost: \$50 for Members;
\$100 for Non-Members.

**Scholarship applications available at
our Membership Services Desk**

FRIENDS OF THE Y



M River District
Movers



DANVILLE FAMILY YMCA
215 Riverside Drive
Danville, Virginia 24540
P 434.792.0621
F 434.797.2892

www.ymcadanville.org