




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY FUTURES BEGIN HERE

**YOUTH PROGRAMS**  
**Mar-May 2017**

 **FREE Family Fun at our  
Easter and Healthy Kids Day  
Events**

 **Save a life with Lifeguard  
Training & Recertification**  
Page 3 & 4

 **Learn to swim with success**  
Page 6

**PROGRAM REGISTRATION  
BEGINS FEBRUARY 5**



# MEMBERSHIP BENEFITS



## CHILD WATCH

Child Watch provides up to two hours each day of supervision and activities for children so members can participate in YMCA activities.

### KIRK FAMILY YMCA

M: FREE

Spring Hours	M-F	8:15am-1:30pm & 3:15-8:00pm
	Sa	8:15am-2:00pm
	Su	1:00-4:00pm

### SALEM FAMILY YMCA

M: FREE

Spring Hours	M-F	8:00am-2:00pm & 3:30-8:00pm
	Sa	8:00am-2:00pm
	Su	1:00-4:00pm

## Y-ARCADE PLAY HOURS

AGES 5-12

The Y-ARCADE is a supervised environment that provides up to two hours of childcare to keep kids active! We combine video gaming and exercise from dancing and jumping to gaming where you are the controller. Get ready to play hard and laugh loud. Parents are welcome to join in on the fun!

Mar-May	M-F	3:15-8:00pm	M: FREE	KFY
	Sa	8:15am-2:00pm	M: FREE	KFY
	Su	1:00-4:00pm	M: FREE	KFY

## CLUBHOUSE PLAY HOURS

AGES 5-8

AGES 3-4 WITH PARENT/GUARDIAN

The Clubhouse is a supervised environment that provides up to two hours of childcare with an interactive play area complete with a playhouse and deck, magnet wall and interactive building manipulatives. Learning is encouraged through imagination play and craft activities.

Mar-May	M-F	4:00-7:00pm	M: FREE	KFY
	Sa	9:15am-1:00pm	M: FREE	KFY
	Su	1:00-4:00pm	M: FREE	KFY

## OUTDOOR PLAYGROUND

AGES 2-6 WITH PARENT/GUARDIAN

We invite you and your child to enjoy our outdoor playground during Child Watch hours. (see hours under Child Watch above)

Year Round	M: FREE	KFY
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## WATER FUN WEEKENDS

ALL AGES

All of our water features are on for maximum water fun!

Every Fri	4:00-7:00pm	M: FREE	KFY
Every Sat	1:30-3:30pm	M: FREE	KFY

## WIBIT

AGES 8+

Splash on the WIBIT inflatable pool obstacle course. Must pass a skilled swim test to be able to play in the lap pool.

Every Sat	1:30-3:30pm	M: FREE	KFY
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## (WIBIT CONT)

1 <sup>st</sup> & 3 <sup>rd</sup> Sun	1:30-3:30pm	M: FREE	SFY
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## REC ROOM

AGES 13+

AGES 6-12 WITH PARENT/GUARDIAN

Come enjoy your favorite games like ping pong, foosball and pool or use our computers to play games and stay connected. This is a great place for teens, families and adults to be in community. This area is not supervised.

Teen/Family	M-F	3:15-8:00pm	M: FREE	KFY
	Sa	8:15am-2:00pm	M: FREE	KFY
	Su	1:00-4:00pm	M: FREE	KFY

Adults Only	M-F	8:15am-3:15pm	M: FREE	KFY
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## TEEN CENTER HOURS

AGES 8+

Part rec center, part hang out, all FUN! Join us to play pool, surf the web, play interactive games and meet up with friends.

Mar-May	M-Th	8:00am-9:00pm	M: FREE	SFY
	F	8:00am-8:00pm	M: FREE	SFY
	Sa	8:00am-5:00pm	M: FREE	SFY
	Su	1:00-5:00pm	M: FREE	SFY

## Y-TOWN PLAY HOURS

ALL AGES

Complete with a house, a park and "real" stores, young children can discover their interests and potential through play, hands-on learning experiences, and role playing in our mini play town. Children must be accompanied by a parent or guardian.

Mar-May	M-Th	8:00am-7:00pm	M: FREE	SFY
	Fri	Closed for rentals		
	Sa	10:00am-2:00pm	M: FREE	SFY
	Su	2:00-4:00pm	M: FREE	SFY

Y-Town will be closed between 8:00 am and 4:00 pm April 17-20th for Spring Break Camp.

## TEEN STRENGTH ORIENTATION

AGES 12-15

This orientation is essential for teens who want to know how to safely perform a variety of cardio and resistance training exercises so that they are able to use the Wellness Center without direct supervision from a parent or guardian. Sign up for an appointment at the Welcome Desk.

Year Round	by appointment	M: FREE	KFY/SFY
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## YOUTH CARDIO ORIENTATION

AGES 10-11

This orientation is mandatory for young members who would like to exercise on the cardio machines in the Wellness Center with their parents. They will learn how to properly use all cardio equipment. Sign up for an appointment at the Welcome Desk.

Year Round	by appointment	M: FREE	KFY/SFY
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# YOUTH DEVELOPMENT



## CAMP

### SPRING CAMP

**AGES 3-10**

Looking for something fun and entertaining while the kids are out of school? Spring Camp is the answer. We will have four days non-stop fun! Don't forget to wear your bathing suit. Children are asked to bring a lunch. Snack is provided by the Y. Register by April 13.

Apr 17-20 M-Th 9:00am-2:00pm M: \$90 /NM: \$113 SFY

## CHILD CARE

### Y AFTERSCHOOL

**AGES 5-12**

Y Afterschool is a fun, safe and supportive afterschool program that is designed to get kids engaged in activities that support their growth in and out of the classroom. From homework help to STEM presentations to healthy meals and active play, the Y's Afterschool program provides far more than just a safe place. Y Afterschool serves the preschool and school age children of Roanoke City, and the school age children in Botetourt County and Salem City public schools. Learn more at [www.ymcaroanoke.org/y-after-schoolly-summer-camp](http://www.ymcaroanoke.org/y-after-schoolly-summer-camp). For more information call (540) 342-2332 or email [anichols@ymcaroanoke.org](mailto:anichols@ymcaroanoke.org).

School year M-F 2:00-6:00pm \$63+/week

### Y PASS - AFTERSCHOOL CARE

**AGES 10-15**

Andrew Lewis Middle Schoolers think Y Pass is fun, and parents know the Y offers a safe place to socialize, get tutoring help, be active and participate in group activities. The YMCA bus transports students from Andrew Lewis Middle School to the Salem Family YMCA.

Sep-Jun M-F 3:30-6:00pm M: \$20/mo SFY

## PARENTS' NIGHT OUT

**AGES 6 WEEKS-12**

This is PNO with a twist you won't want to miss! Dress to the theme and children ages 4 and up will enjoy games, activities, crafts and dinner. Don't forget your swim suit for some pool time fun! Children under 4 will remain in Child Watch and parents must provide their meal. Register by the Wed prior to program.

Mar 10-Shamrock Craze F 5:30-9:00pm M: \$14 /NM: \$18 KFY

Apr 14-Easter Craze F 5:30-9:00pm Members Only, FREE KFY

May 12-Pajama Jam F 5:30-9:00pm M: \$14 /NM: \$18 KFY

## DATE NIGHT

**AGES 6 WEEKS-10**

Parents, drop off the kids and enjoy an evening to yourselves. Children ages 4 years+ will enjoy a meal, activities, swimming, gym games and more. Register by the Wed prior to program.

Mar 17, Apr 21 F 6:00-9:00pm M: \$10 /NM: \$13 SFY

May 19 F 6:00-9:00pm Members Only: FREE SFY limited space available!

## EDUCATION & LEADERSHIP

### AMERICAN RED CROSS LIFEGUARD TRAINING

**AGES 15+**

American Red Cross Lifeguarding course teaches candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. Water rescues, first aid, CPR and AED certifications are obtained through this course. Registration deadline is a week before the class begins.

Mar 3-12 F 4:00-8:00pm M: \$195 /NM: \$225 KFY

Sa 8:00am-2:00pm

Su 1:00-5:30pm

Mar 31-Apr 9 F 4:00-8:00pm M: \$195 /NM: \$225 KFY

Sa 8:00am-2:00pm

Su 1:00-5:30pm

Apr 14, 17-20 F 4:00-6:00pm  
M-Th 10:00am-5:00pm M: \$195 /NM: \$225 SFY

May 5-14 F 4:00-8:00pm M: \$195 /NM: \$225 KFY

Sa 8:00am-2:00pm

Su 1:00-5:30pm

### LIFEGUARD REVIEW/RECERTIFICATION

**AGES 15+**

This course is a competency testing of knowledge and skills, with review and practice of skills. Participants will review CPR, First Aid, and water rescues as well as practice skills before testing.

Mar 3-12 F 4:00-8:00pm M: \$100 /NM: \$200 KFY

Sa 8:00am-2:00pm

Su 1:00-5:30pm

Mar 31-Apr 9 F 4:00-8:00pm M: \$100 /NM: \$200 KFY

Sa 8:00am-2:00pm

Su 1:00-5:30pm

May 5-14 F 4:00-8:00pm M: \$100 /NM: \$200 KFY

Sa 8:00am-2:00pm

Su 1:00-5:30pm

## IMPORTANT INFO

PRICE KEY: M= YMCA Member NM: Non-member

BRANCH KEY: KFY=KIRK, SFY=SALEM, YEG=YMCA EXPRESS

LEARN MORE: [www.ymcaroanoke.org](http://www.ymcaroanoke.org)

## SPORTS & PLAY

\*Register 7 days in advance for programs unless otherwise noted

**YMCA Express at Gainsboro now offers dance classes for ballet, modern contemporary and hip-hop. Contact Megan Ward for more details at 570.344.9622.**

### SPRING SOCCER

### AGES 3-4 & GRADES K-1

Kids have a blast engaging in team drills followed by organized games. Practice and games are 45-50 min. within the 9:00-2:00 time frame. Every participant receives a team t-shirt, trophy or medal and a team picture.  
**Registration Deadline SFY: March 4/ KFY: March 24**

### PRESCHOOL-AGES 3-4

Mar 18-Apr 22	Sa	9:00am-2:00pm	M \$65 / NM \$82	SFY
Apr 1-May 6	Sa	9:00am-2:00pm	M \$65 / NM \$82	KFY

### YOUTH-GRADES K-1

Mar 18-Apr 22	Sa	9:00am-2:00pm	M \$65 / NM \$82	SFY
Apr 1-May 6	Sa	9:00am-2:00pm	M \$65 / NM \$82	KFY

### T-BALL

### AGES 3-4 & GRADES K-1

Our T-ball program focuses on developing good players and good sportsmanship. Kids have a chance to learn the fundamentals of America's favorite pastime through throwing, catching, hitting and base running. Each Saturday session includes a team practice and game using skill stations. Every participant receives a team t-shirt, trophy or medal and a team picture.

**Registration Deadline SFY: April 22/ KFY: April 22**

### PRESCHOOL-AGES 3-4

May 6-Jun 10	Sa	9:00am-2:00pm	M: \$65 / NM: \$82	SFY
May 13-Jun 17	Sa	9:00am-2:00pm	M: \$65 / NM: \$82	KFY

### YOUTH-GRADES K-1

May 6-Jun 10	Sa	9:00am-2:00pm	M: \$65 / NM: \$82	SFY
May 13-Jun 17	Sa	9:00am-2:00pm	M: \$65 / NM: \$82	KFY

# HEALTHY KIDS DAY

## A YMCA Initiative

Join us in the Y's largest national initiative, bringing kids and families together and providing the education, activities and experiences that teach good health and foster connections through fitness, sports, fun and healthy habits. Help us help your kids achieve greater health and well-being for their spirit, mind and body. Join us for Healthy Kids Day!

**Apr 29 Sa 10:00am-2:00pm at KFY - FREE**

**Apr 29 Sa 10:00am-12:00pm at SFY - FREE**



## ROOKIE SPORTS SAMPLER

AGES 3-4 & GRADES K-1

Your child will be introduced to a variety of sports in a fun and nurturing environment. Sports will include basketball, soccer, and t-ball. Register by February 24.

### PRESCHOOL-AGES 3-4

Mar 7-28	T	5:30-6:15pm	M: \$30 / NM: \$38	KFY
Apr 4-May 2	T	5:30-6:15pm	M: \$30 / NM: \$38	KFY

### YOUTH-K-1

Mar 7-28	T	6:15-7:00pm	M: \$30 / NM: \$38	KFY
Apr 4-May 2	T	6:15-7:00pm	M: \$30 / NM: \$38	KFY

## HOMESCHOOL GYM

AGES 5-15

The fun and easy-to-use games and activities are designed to help homeschooling kids learn fitness, movement, and sports skills. We focus on helping children develop strong muscles, cardiovascular endurance and flexibility. But, more importantly, it's fun! Register by Thursday before program begins.

Mar 6-29	M & W	1:00-2:00pm	M: \$30 / NM: \$36	SFY
Apr 3-26	M & W	1:00-2:00pm	M: \$30 / NM: \$36	SFY
May 1-24	M & W	1:00-2:00pm	M: \$30 / NM: \$36	SFY
Mar 6-Mar 29	M or W	1:00-2:00pm	M: \$15 / NM: \$18	SFY
Apr 3-26	M or W	1:00-2:00pm	M: \$15 / NM: \$18	SFY
May 1-24	M or W	1:00-2:00pm	M: \$15 / NM: \$18	SFY

## STEP ONE COOKING

AGES 4-10

Add 2 cups of fun with 1 cup of laughter. Mix in a handful of friends and you get a 4 week cookin class that explores essential cooking skills, healthy choices and inspires creativity and collaboration through mouthwatering masterpieces. This class will ask participant to bring a food item from home each week. Register by April 28.

### Ages 4-5

May 2-23	T	6:00-6:45pm	M: \$35 / NM: \$43	SFY
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### Ages 6-10

May 2-23	T	6:00-7:00pm	M: \$35 / NM: \$43	SFY
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## SPRING INTO EASTER

AGES 3-10

Join as we countdown the days until Easter with stories, craft, cooking and more. Children will learn about the great Resurrection, make Easter baskets, color eggs and make goodies. Register by Mar 17.

### Ages 3-5

Mar 21-April 11	T	6:00-6:45pm	M: \$32 / NM: \$40	SFY
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### Ages 6-10

Mar 21-April 11	T	6:00-7:00pm	M: \$32 / NM: \$40	SFY
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## EVENTS

### EASTER CELEBRATION

ALL AGES

Grab your baskets, the Easter Bunny is hitting the trail and he's making his way to the Y. Children will participate in fun and games, including an Easter egg hunt, make-and-take crafts, face painting and more!

Apr 1	Sa 11:00am-1:00pm	M: FREE	KFY
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### Egg Hunts

Ages 0-3	12:00pm
Ages 4-6	12:10pm
Ages 7-12	12:20pm

### 85TH ANNUAL FATHER, SON & FAMILY BANQUET

ALL AGES

A YMCA tradition spanning more than 80 years, the banquet is the YMCA's longest, continuously running program. Each year, the event honors the unique bond forged between fathers and sons with dinner, entertainment and awards for both fathers and sons and mothers and daughters. Presenting our 4th Annual "A.L. Holland Heart of a Father" award plus face painting, First Tee golf, juggling, mad scientist experiments, balloon animals, a prize wheel, craft activities, photo station, and other fun activities.

Apr 1	Sa 4:00-6:30pm	M \$20/ NM \$20 per ticket	Lucy Addison Middle School
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### EASTER EGGSTRAVAGANZA

AGES 3-10

Looking for a fun spin on your average Easter Egg Hunt? Join us for a good ole egg hunt in our pools, prizes for all, games, crafts and yummy snacks as well! Participants are divided into age groups and assigned to appropriate swimming areas/depths. Register by April 1.

Apr 8	Sat	5:00-8:00pm	M:\$20/NM:\$25	SFY
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## OUR NEW AND IMPROVED ONLINE REGISTRATION HAS ARRIVED

Online registration is now available for most programs.

You can view, sort, and register for programs with just a click of a button!

- View programs by day/time
- Find programs based on interest
- Sort programs for your children based on age
- Register and pay online
- Make a donation and more!



Visit our website [www.ymcaroanoke.org](http://www.ymcaroanoke.org) and click REGISTER to be directed to the online portal.

### IMPORTANT INFO

PRICE KEY: M= YMCA Member NM: Non-member

BRANCH KEY: KFY=KIRK, SFY=SALEM, YEG=YMCA EXPRESS

LEARN MORE: [www.ymcaroanoke.org](http://www.ymcaroanoke.org)

# SWIM LESSONS



## SWIM LESSONS

The YMCA has been teaching people how to swim for over 100 years. YMCA swim lessons teach safety and responsibility around the water. Participants gain confidence and self-esteem as they work to become better, safer swimmers.

### M/W SESSIONS      REGISTRATION DEADLINES      PRICES

Spring 1	Feb 27-Mar 22	Feb 20	Weekdays: M: \$42 / NM: \$58
Spring 2	Mar 27-Apr 26	Mar 21	Weekdays: M: \$42 / NM: \$58
*Spring Break Apr 9th - 15th No Swim Lessons			
Spring 3	May 1-24	Apr 25	Weekdays: M: \$42 / NM: \$58

### T/TH SESSIONS      REGISTRATION DEADLINES      PRICES

Spring 1	Feb 28-Mar 23	Feb 20	Weekdays: M: \$42 / NM: \$58
Spring 2	Mar 29-Apr 27	Mar 21	Weekdays: M: \$42 / NM: \$58
*Spring Break Apr 9th - 15th No Swim Lessons			
Spring 3	May 2-25	Apr 25	Weekdays: M: \$42 / NM: \$58

### M/W SESSIONS      REGISTRATION DEADLINES      PRICES

Spring 1	Feb 27-Mar 22	Feb 20	Weekdays: M: \$42 / NM: \$58
Spring 2	Mar 27-Apr 26	Mar 21	Weekdays: M: \$42 / NM: \$58
*Spring Break Apr 9th - 15th No Swim Lessons			
Spring 3	May 1-24	Apr 25	Weekdays: M: \$42 / NM: \$58

### SAT SESSIONS      REGISTRATION DEADLINES      PRICES

Spring 1	Mar 4-25	Feb 20	Saturdays \$21 / NM: \$29
Spring 2	Apr 1-29	Mar 21	Saturdays \$21 / NM: \$29
*Spring Break Apr 9th - 15th No Swim Lessons			
Spring 3	May 6-27	Apr 25	Saturdays \$21 / NM: \$29

## PRESCHOOL SWIM LESSONS      AGES 3-5

Preschool swim lessons teach fundamental swimming skills to children. Basic skills and water safety are taught throughout the course as children are encouraged to interact with instructors in a relaxed and fun environment. Participants are grouped into classes by ability, which include the following levels: Pike (beginner), Eel (advanced beginner), Ray (intermediate) and Starfish (advanced). Children will be placed in appropriate level for their ability the first day of class.

## YOUTH SWIM LESSONS

### AGES 6-12

Beginners through advanced levels focus on stroke development, personal water safety, rescue skills, and aquatic sports and games. This comprehensive progressive program is divided into six levels based on the participants ability. These include Polliwog (beginner), Guppy (advanced beginner), Minnow (intermediate), Fish (intermediate advanced), Flying Fish (advanced) and Shark (most advanced). Children will be placed in appropriate level for their ability the first day of class.

### PRESCHOOL & YOUTH DAYS AND TIMES

Spring 1, 2 & 3	M & W	4:15-4:55pm	KFY
Spring 1, 2 & 3	M & W	5:00-5:40pm	KFY
Spring 1, 2 & 3	T & Th	4:50-5:30pm	KFY
Spring 1, 2 & 3	T & Th	5:45-6:25pm	KFY
Spring 1, 2 & 3	Sa	10:15-10:55am	KFY
Spring 1, 2 & 3	Sa	11:10-11:50am	KFY
Spring 1, 2 & 3	M & W	4:20-5:00pm	SFY
Spring 1, 2 & 3	M & W	5:10-5:50pm	SFY
Spring 1, 2 & 3	T & Th	4:20-5:00pm	SFY
Spring 1, 2 & 3	T & Th	5:10-5:50pm	SFY
Spring 1, 2 & 3	Sa	10:40-11:20am	SFY

## PARENT/CHILD SWIM LESSONS

### AGES 6 MO-3 YEARS

You and your six-month to three year old child will love these fun, game-filled, half-hour lessons. Positive reinforcement helps your child enjoy the water, never forcing them to submerge. This is an excellent introduction to the pool and our preschool lessons.

Spring 1, 2 & 3	Sa	9:40-10:10am	KFY
Spring 1, 2 & 3	Sa	10:00-10:30am	SFY

## TEEN SWIM LESSONS

### AGES 13-17

Spring 1, 2 & 3	T & Th	6:30-7:10am	KFY
Spring 1, 2 & 3	Sa	9:30-10:10am	KFY
Spring 1, 2 & 3	M & W	6:00-6:40pm	SFY
Spring 1, 2 & 3	Sa	9:10-9:50am	SFY

## PRIVATE & SEMI PRIVATE LESSONS

We offer private lessons to anyone who needs a little extra attention in the water. Thirty-minute lessons are offered in 4, 6 or 8-class packages. Check date and time availabilities at the Welcome Desk.

### PRIVATE LESSONS

4 (30 min) lessons	M: \$80 / NM: \$120	KFY / SFY
6 (30 min) lessons	M: \$120 / NM: \$180	KFY / SFY
8 (30 min) lessons	M: \$160 / NM: \$240	KFY / SFY

### SEMI-PRIVATE LESSONS (PER PERSON)

4 (30 min) lessons	M: \$60 / NM: \$88	KFY / SFY
6 (30 min) lessons	M: \$90 / NM: \$132	KFY / SFY
8 (30 min) lessons	M: \$120 / NM: \$176	KFY / SFY

# HEALTHY LIVING



## HEALTH, WELL-BEING & FITNESS

### WEIGHT-LOSS BOOT CAMP

AGES 12+

\*Non-members receive a temporary membership for all boot camps. This six week Weight Loss Boot Camp is designed to help you start the spring season off right, and get you back on track. Join us for one hour of interval and circuit training each session geared toward beginner and intermediate exercisers. Measurements and fitness testing performed at beginning and end.

Apr 4-May 12 T & Th 6:30-7:30pm M:\$45 /NM: \$99 KFY

### BEACH BODY BOOT CAMP

AGES 12+

\*Non-members receive a temporary membership for all boot camps. Challenge yourself with this four-week program. Shape and tone your body at your group workouts led by your personal trainer. Join us for one hour of interval and circuit training each session geared toward intermediate and advanced fitness levels. Get READY TO WORK HARD! Register at the welcome desk.

May 2-26 T & F 5:15-6:15am M: \$30 /NM: \$75 SFY  
 May 2-25 T & Th 10:30-11:30am M: \$30 /NM: \$75 SFY  
 May 2-25 T & Th 6:00-7:00pm M: \$30 /NM: \$75 SFY

### PERSONAL TRAINING

AGES 10+

We offer personal training to help you set and meet your specific goals to live healthier. Our trainers are equipped to help you lose weight and keep it off. We work with a variety of people: from those recovering from an injury to elite athletes training for an event/sport. So, no matter what your fitness level, age or health goal, we can help you.

Year Round	By Appointment	KFY/SFY/YEG
	<b>INDIVIDUAL SESSIONS</b>	<b>PARTNER SESSIONS*</b>
1-4 sessions:	M: \$45 /NM: \$55	-----
5-9 sessions:	M: \$190 /NM: \$250	M: \$250
10 sessions:	M: \$360 /NM: \$450	M: \$480

\*Partner=2 people/session

Ask the Welcome Desk about group rates and bulk session discounts. Individual package rates as low as \$32/hour. See our Personal Training Brochure for complete details.

### PERSONAL TRAINING STARTER PACKAGE

AGES 10+

Available to New Clients Only

If you've never tried personal training before, this is the package for you. Let our personal trainers get you on the right track to help you meet your personal goals. 3 sessions for \$99

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 LEARN MORE: [www.ymcaroanoke.org](http://www.ymcaroanoke.org)

# 85<sup>TH</sup> ANNUAL FATHER, SON & FAMILY BANQUET

Join us for this time-honored event celebrating families featuring food, family fun, prizes and the annual Heart of a Father Award.

Sat | Apr 1 | 4:00-6:30pm  
Lucy Addison Middle School  
[ymcaroanoke.org/family-banquet](http://ymcaroanoke.org/family-banquet)



# PARTY HERE!

There's no party like a YMCA party. Kids have a blast splashing, jumping and playing, and you can enjoy a stress-free party that is coordinated by a Y Party Host who will lead activities and assist with setup, serving and clean up. Keep it simple or go to the extreme—you can personalize your own private party room as much or as little as you like.

## PARTY OPTIONS:

- POOL PARTY
- WIBIT PARTY
- Y-ARCADE
- Y-TOWN



## Book a party TODAY!

Kirk Family YMCA: (540) 342-9622

Salem Family YMCA: (540) 387-9622