

Fall Youth and Family 2010 Program Guide

YMCA MISSION:

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

PARENTS NIGHT OUT

Ages 6 weeks-12 years

What a great night out for kids and parents alike! Parents can drop off their kids at the YMCA and enjoy an evening to themselves. But not to worry...your kids will have a blast while they are here! Different themes and activities will be planned each month. Kids will eat, swim, play gym games, do crafts, watch a special movie and more! This event fills up quickly so sign up early! Registration deadline will be Thursday at 6:00 pm prior to the event.

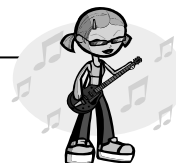
Friday nights never looked so good!

Upcoming Dates:

Sept.10 * Oct.1 * Nov. 5 * Dec. 3

6 WEEKS-3 YEARS WILL BE IN
CHILDWATCH AND THEIR MEAL
WILL NEED TO BE PROVIDED BY PARENTS

\$15./members \$30./non-members



FRIDAY NIGHT LIVE FOR MIDDLE SCHOOLERS ONLY

Calling all Middle Schoolers - come hang out at the Y with all your friends. Make *new* friends from other area schools. Try out the latest dance moves or put together a winning team for the basketball tournament.

Friday Nights 7:30-10:00pm

Sept. 24 * Oct. 29 * Nov. 19 * Dec. 17

DJ * Dancing * Basketball
Tournament * Wii Tournament
Concessions Available
Only \$5.00 at the door

MAKE YOUR PARTY JUMP ON THE "Y" Inflatable!

Have your party at the Y with all your friends!

Perfect for Churches, Schools, Sports Banquets, Scout troops

*1 hour in community room *1 hour inflatable play

*Birthday t-shirt * Party Host

Fridays - limited availability Saturdays 12-2pm or 3-5 pm

Contact: Samantha Bloomer 342-9622 ext. 3124

Gymnastics and Sports Themed Parties also available.



Inflatable Obstacle Course Free Play Fridays 5:30-7:00pm

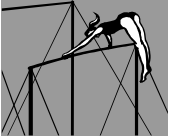


SESSION DATES:

Fall 1: September 13-October 23 6 weeks

Fall 2: October 25-December 11 (No classes week of November 21-27)

ALL PROGRAMS ARE OFFERED FALL 1 AND FALL 2 SESSION.

Cost Description: M = Member NM = Non-Member


Program	Class Description	Class Name	Age	Day and Class Time	Class Fee
 	<p>Our program follows Y Gymnastics and USA Gymnastics curriculum. Our instructors are trained and have over 40 years combined experience. Skills are taught in a progressive, safe, nurturing environment. Children build confidence, balance, strength, and coordination. Levels 2 and above, placement by instructor based on skill.</p>	Tumbling Tots (Parent required)	2-3 years	Thurs. 4:00-4:30pm Sat. 9:45-10:15am	M \$25 NM \$50
		Level 1 Beginner	3 years-up	Thurs. 3:15-4:00pm Sat. 9:00-9:45am	M \$30 NM \$60
		Level 2 Advanced Beginner	5 years-up	Thurs. 4:30-5:15pm Sat. 10:15-11:00am	M \$30 NM \$60
		Level 3 Intermediate	5 years-up	Thurs. 5:15-6:15pm Sat. 11:00am-12:00pm	M \$35 NM \$70
		Level 4 Advanced Intermediate	8 years-up	Thurs. 5:15-6:15pm Sat. 11:00am-12:00pm	M \$35 NM \$70
	<p>Learn the important concepts and fascinating background of Kung Fu in a safe, nurturing environment. Skills include basic hand and foot techniques. Children build discipline, balance, and self-esteem. Our instructors have over 30 years experience teaching youth and adults.</p>	Youth	5-12 years	Tues. 5:30-6:15pm Thurs. 5:30-6:15pm	M \$60 NM \$120
		Adult	12 years-up	Mon. 7:00-8:00pm Wed. 7:00-8:00pm	M \$70 NM \$140

FREE CHILD CARE SERVICES

ChildWatch Operating Hours: Monday-Friday 8:15am-1:15pm & 3:00-8:00pm

Saturday 8:15am-12:00pm Sunday 1:00-4:00pm


Child Watch
Serving ages
6 weeks-12 years




"Building Blocks"
ages 2-up
9:30-10:30 am &
5:30-6:30 pm
Mon.-Fri.

Mon.-Cookin' Capers
Tues.-Gym Games
Wed.-Cookin' Capers
Thurs.-Marvelous Messes
Fri.-Inflatable Play


Child Watch
Kidzone
ages 5-12 years
5:30-6:30 pm
Mon.-Fri.



Mon.-Young Chefs
Tues.-Gym Games
Wed.-Mad Scientist
Thurs.-Artrageous
Fri.-Inflatable Play




Youth Center
serving 8-16 years



Structured, Supervised,
FUN nightly activities

Mon.-Wii Choice
Tues.-Card Games & Swimming
Wed.-Pool Tournament
Thurs.-Wii Guitar Hero/Sing It
Fri.-Board Games & Inflatable
Play




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BASKETBALL 	This progressive, instructional class teaches the fundamental basketball skills. Each class includes drills, game play, and FUN. Core values are emphasized in each class as well as teamwork and discipline. Our instructor is a seasoned college player and experienced coach.	Preschool	3-4 years	Mon. 4:30-5:00pm Sat. 9:00-9:30am	M \$25 NM \$50
		Youth	5-7 years	Mon. 5:00-5:45pm Sat. 9:30-10:15am	M \$30 NM \$60
		Tween	8-12 years	Mon. 5:45-6:45pm Sat. 10:15-11:15am	M \$35 NM \$70

Program	Class Description	Class Name	Age	Day and Class Time	Class Fee
DANCE   	Ballet classes are progressive and provided in a safe, nurturing environment. Participants learn to appreciate dance as a lifelong activity for self-expression, grace, strength, agility, creativity, and balance. Instructors are skilled dancers with a combined experience of 20 years. On Levels 2 and up, placement will be made by instructor.	Level 1 Creative Movement	3-10 years	Wed. 5:00-5:30pm Sat. 9:45-10:15am	M \$25 NM \$50
		Level 2 Beginner Ballet	3 years-up	Wed. 5:30-6:15pm Sat. 10:15-11:00am	M \$30 NM \$60
		Level 3 Intermediate Ballet	5 years-up	Wed. 6:15-7:00pm Sat. 11:00-11:45am	M \$30 NM \$60
		Level 4 Advanced Ballet	5 years-up	Wed. 7:00-8:00pm	M \$35 NM \$70
	Jazz classes are offered for those students that have had previous dance experience. Jazz is one of the most popular dance styles today. Jazz is high energy, lots of fun, and teaches a variety of unique moves such as big leaps and quick turns. A dancer's individual style and originality will be showcased.	Level 2 Jazz	5 years-up	Sat. 9:00-9:45am	M \$30 NM \$60
		Polynesian Dance classes provide a "work-out", for both body and mind. Increase your fitness level, develop an ear for Polynesian languages through dance terminology and lyric translation. Dances are accompanied by chants, songs, and instruments. Our instructor has been teaching dance for over 20 years.	Youth	4-8 years	Mon. 6:00-6:30pm
	Adult		8 years-up	Mon. 6:30-7:30pm	M \$35 NM \$70

Children in dance classes will participate in the Holiday Dance Recital, Friday, December 10th

Program	Class Description	Class Name	Age	Day and Class Time	Class Fee
FENCING 	Fencing is great exercise, safe, and FUN. Our instructor is a skilled, competitive fencer with over 30 years teaching experience. A typical session includes warmups, group skills and drills, and partner practice. Core values and sportsmanship are emphasized. Competition is optional.	Beginner	6 years-up	Sat. 1:00-2:00 pm	M \$35 NM \$70
		Intermediate	6 years-up	Sat. 2:00-3:00 pm	M \$35 NM \$70
		Competitive	12 years-up	Sat. 3:00-4:00 pm	M \$35 NM \$70

\$25. Equipment Fee per participant per session



“Everyone Deserves a YMCA”

At the Kirk Family YMCA, no one is turned away due to inability to pay program rates. We provide financial assistance for programs and memberships to families and individuals in need. Ask for the financial assistance application at our Welcome Desk today and enjoy all the Y has to offer you and your family!

For program questions, please contact:

Karen Wilbourne, Youth and Family Director Phone: (540) 342-9622 ext. 3133 or kwilbourne@ymcaroanoke.org
Samantha Bloomer, Youth and Family Assistant Phone: (540) 342-9622 ext. 3124 or sbloomer@ymcaroanoke.org

You can also visit OUR WEBSITE on the Internet at www.ymcaroanoke.org

SPOOKTACULAR

(Free Event)

Inflatables, Trick or Treating,
Games, Costume Contest,
"Not so scary" Haunted House
Thursday, October 28
6:00-8:00 pm

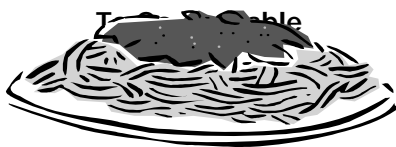


SPAGHETTI DINNER

Please come out and support the youth's annual fundraiser.

Thursday, November 11
5:00-8:00 pm

Spaghetti, Tossed Salad, Bread,
Dessert and Drink
Only \$5.00 for adults
and \$3.00 for children



HOLIDAY DROP AND SHOP

Do your Christmas shopping or just take a well deserved break and drop off your children ages 6 weeks-12 years at the Y.

Fun Games and Activities, Movie, Inflatable Play, Snack

Friday, November 26 7am-12pm
Saturday, November 27 7am-12pm
Saturday, December 4 7am-12pm
Saturday, December 11 12-5 pm
Saturday, December 18 12-5pm

\$20.00/members \$40.00/non-members



The Y Values

Caring - Show a sincere concern for others.

Honesty - Be truthful in what you say and do.

Respect - Follow the Golden Rule.

Responsibility - Be accountable for your promises and actions.

Program Credit/Refund Guidelines

- *Should the Y need to cancel a session, a full online credit or refund will be issued to the participant.
 - *Should the participant cancel prior to the first class, an online credit or refund may be issued based on incurred expenses.
 - *Should the participant cancel after the first class meeting, whether or not they attended, a 50% online credit or refund may be issued.
 - *Should the participant cancel after the second class meeting, no online credit or refund will be issued.
 - *Online credits expire one calendar year from the date issued.
 - *Online credits may be used by any individual on the household membership throughout the association.
- These are guidelines. We realize that every situation is unique. Please fill out a Program Online Credit/Refund Request Form and turn into the Welcome Desk. A Program Director will contact you within 2 business day.