

YMCA School Age

Fall 2010

YMCA Sports & Family

Contact: 434-847-8750

Michelle Power-Lynchburg | Lorrie Brown- Amherst/ Appomattox | Tabatha Carter - Preschool
Tina Thompson- Nelson County

Before and After School Program

Are you looking for a fun, safe environment for your child after their school day? The YMCA of Central Virginia offers the options you may be looking for in our Afterschool Program.

With locations throughout the Central Virginia Community, our programs have a long history of helping children grow in spirit, mind and body.

The YMCA Childcare offers Before and After School care at 14 site locations:

Amherst County

Amelon Elementary
Amherst Elementary
Elon Elementary
Madison Heights Elementary

Lynchburg City

Bedford Hills Elementary
Linkhorne Elementary
Perrymont Elementary
Sandusky Elementary
Heritage Elementary
Sheffield Elementary
Dearington Elementary

Nelson County

Rockfish Elementary
Ty River Elementary

Appomattox County

Appomattox Primary

Registration for Before and After School Programs will be held at site locations on the dates listed below:

Amherst County: Thursday, August 11, 2010 from 1:00 p.m.-7:30 p.m.

Appomattox County: Wednesday, August 18, 2010 from 12:00-3:00p.m & 4:00-p.m.-7:00p.m.

Lynchburg City: Tuesday, August 17, 2010 from 12:30p.m. - 7:30 p.m.

Nelson County: Monday August 23, 2010 from 1:00- p.m. - 7:00 p.m.

(Items needed: Most recent physical and immunization record and birth certificate)

FUN DAYS at the YMCA: Whenever the schools have scheduled days in which students do not attend such as Holidays, Teacher Workdays, Professional Development Days, etc., bring your child/children ages 5 -12 to the YMCA. Y Fun Days operate from 7am-6pm; locations vary depending on the program. Call for more details. 847-8750

Dates:

October 14, 2010 (Amherst Only)

October 22, 2010 (Nelson Only)

November 2, 2010 (Amherst and Lynchburg Only)

November 8 (Amherst Only)

November 24, 2010 (Amherst and Nelson Only)

Must Have: Swim suits, towels, two USDA snacks, and a USDA lunch.

Must be Registered 3 business days in advance to avoid a \$35.00 late fee.

We must have at least 20 children enrolled at each location to operate.

Register at the Downtown or Jamerson YMCA

Contact: Ryan Zachos, Youth and Family Director,
Jamerson Family YMCA at 434-582-1900

Youth Soccer

Registration Begins July 1 - August 28

- Age 3yrs - 6th grade
- Meet the Coach Day is September 4
- Practice/games begins week of September 6
- It is a 6 week season with 1 practice a week and games on Saturday (except for 3-4 year olds, they are Saturdays only)

Cost is \$44 for Members and \$60 for Program Participants.

Youth Tennis Clinic

Registration starts August 1 - October 1

- Ages 6 - 12; from 9:00am-10:30am each Saturday
- From October 16 - November 20 (Saturday Only)
- Held at the Jamerson YMCA

Cost is \$44 for Members and \$60 for Program Participants.

Snowboard/Ski Lessons

Registration Starts July 1 - December 1

- For all ages held at Liberty's Snowflex
- Lessons will be during the 1st two Tuesdays of each month from September-December (you choose the day/days & times) from 6-8pm or 7-9pm

Cost is \$12-Member; \$15-Program Participant per session. Buy 3 lessons and get the 4th FREE!

Halloween @ the Y

Saturday October 30th

It is from 3:00pm-5:00pm at the Jamerson YMCA

- Refreshments (popcorn, drinks, caramel apples, candy and more), Pony Rides, Face Painting, Cake Walk, games, a Haunted Hallway, maze and more!

Cost is \$5 per child

Youth Basketball Camp

Registration starts October 1 - December 1

- Ages 6 - 12; from 4:30pm-5:30pm held at the Jamerson YMCA
- Starts Thursday, December 2 and goes every Tuesday and Thursday ending Tuesday, December 21

Cost is \$40-Members and \$50-Program Participants



Register at the Downtown or Jamerson YMCA or online at
www.lynchburgymca.org

YMCA Downtown Aquatics

Fall Discount Swim lesson Cost
Member \$27 • Program Participant \$57
\$5 sibling discount
Financial Assistance Available
Refund policy
2 weeks before program begins 100% refund
1 week before program begins 50% refund
No refunds after program starts!

YMCA Jamerson Aquatics

Contact: Ash Coleman; Aquatics Coordinator 847-5597

Fall 2010

Contact Jamerson Aquatics at 582-1900: Mary Peterson Aquatics Coordinator;
Karugah Kariuki, Aquatics Coordinator; Hank Mullins Associate Branch Director

SKILLS FOR PROGRESSIVE SWIM LESSONS AT BOTH FACILITIES

They YMCA's nationally acclaimed Progressive Swim Program for children 6-12 years old
POLLIWOG (Beginner)

- Floating & Submerging
 - Front, Side & Back paddle
- GUPPY (Advanced Beginner)**

- Rhythmic Breathing & Gliding
- Front Crawl & front symmetrical paddle
- Intro Treading Water

- Back symmetrical & alternate paddle (side paddle)

MINNOW (Intermediate)

- Intro Breaststroke & Sidestroke
- Front & Back Crawl (elementary back)
- Intro Diving & Rotary Breathing

- Treading Water

FISH (Perfection of Skills)

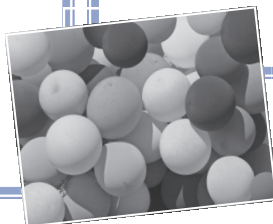
- Breaststroke & Sidestroke
- Front & Back Crawl
- Open Turns
- Intro Butterfly
- Standing Dives

FLYING FISH

- Advance Treading Water
- 100 yds all strokes
- Underwater Swimming
- Lifesaving Sidestroke

Shark

- Flip Turns
- Streamlining with all strokes
- 200 IM & Inverted Breaststroke



Saturday Sessions 1 Lesson per week for 7 weeks

Session I

Registration ends August 18th
August 21st - October 2nd

SESSION IV

Registration ends October 6th
October 9th - November 20th

Tuesday & Thursday

2 Lessons per week for 4 weeks

SESSION II

Registration ends August 28th
August 31st - September 23rd

SESSION III

Registration ends September 24th
September 28th - October 21st

SESSION V

Registration ends October 23rd
October 26th - November 18th

Classes Offer Ages and Times:

Parent/Child: 6-36 Months

Tues./Thurs 30 Min: 6:30pm

Saturday 35 Min: 9:00am

Preschool: 3-5 Years Old

Tues./Thurs 30 Min: 6:30pm

Saturday 35 Min: 9:00am

Youth Progressive: 6-12 Years Old

Tues./Thurs 40 Min:

7:05pm - Polliwog & Guppy

7:50pm - Minnow, Fish & Flying Fish

Saturday 45 Min:

9:40am - Polliwog & Guppy

10:30am - Minnow, Fish & Flying Fish

ADULT/TEEN: 13 and up

Tues./Thurs 40 Min: 7:50pm

Saturday 40 Min: 11:20am

Saturday Sessions 1 lesson per week for 7 weeks

SESSION I

Registration ends August 25
August 28 - October 16

NO CLASS Oct. 2

SESSION M

Registration ends Oct. 20
October 23 - December 11

NO CLASS Nov. 27

Monday Session

SESSION G

Registration ends August 25
August 30 - October 18

NO CLASS September 6

SESSION L

Registration ends Oct. 20
October 25 - December 6

Tuesday & Thursday 2 lessons per week for 4 weeks

SESSION H

Registration ends August 19
August 24 - September 16

SESSION J

Registration ends Sept. 16
September 21 - October 14

SESSION K

Registration ends Oct. 14
October 19 - November 11

SESSION N

Registration ends Nov. 11
Nov. 16 - Dec. 14

NO CLASS November 25

Classes Offer Days and Times: *Parent/Child: 6-36 Months*

- **Tues & Thurs 30 min:** 5:00pm

- **Saturday 35 min:** 9:00am

Preschool: 3-5 Yrs

- **Tues & Thurs 30 min:** 5:00pm & 5:35pm

- **Saturday 35 min:** 9:00am & 9:45am

- **Monday 35 min:** 4:00pm & 4:40pm

Youth Progressive: Age 6-12 Yrs

- **Tues & Thurs 40 min:** 5:35pm & 6:10pm - Polliwog; 6:10pm - Guppy; 6:20pm - Minnow; 6:55pm Fish, Flying Fish & Shark

- **Saturday 45 min:** 9:45am & 10:40am - Polliwog; 10:40am - Guppy & Minnow; 11:35am - Fish, Flying Fish, Shark.

- **Monday 5:20pm -** Polliwog; 5:20pm - Guppy

Adult/Teen 13 & UP

- **Tues & Thurs 40 min:** 7:05pm

- **Saturday 45 min:** 11:35am

What is your make-up/increment weather policy?

Make up/Increment Weather: We guarantee that you will receive at least 7 of the 8 lessons. Lessons will be made up on Friday or Saturday or time will be added to the remaining classes for cancellations and make ups. Classes will be made up as a class, not on an individual basis. We do not make up a lesson that you would miss for reasons such as sickness, however we do request that you call to let the Swim Lesson Instructor know you will be absent.

Water Polo at the Jamerson Family YMCA

August 28—November 20 (12 weeks)

Ages 8 - 12 years old

Cost: Member \$42; Program Participant \$72

Birthday Parties at the Downtown or Jamerson YMCA!

When: 2 hours; 3pm-5pm Saturday or Sunday

Minimum age of children: 6 years old Maximum number of children: 15

All birthday parties include a lifeguard chaperone

& Dairy Queen Ice Cream Cake.

CALL FOR DETAILS! PAYMENT DUE AT REGISTRATION.

Register at the Downtown or Jamerson YMCA or online at
www.lyncburgymca.org