



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAMS THAT ENRICH OUR COMMUNITY



2011 Summer Program Guide
YMCA OF PORTSMOUTH



WELCOME

The YMCA of Portsmouth has been offering quality programs in the communities of Portsmouth, Western Branch, and North Suffolk since the opening of our new facility in 1989. But did you know the YMCA of Portsmouth has been a positive influence in the community since 1857? The YMCA of Portsmouth began as an organization dedicated to Christian principles and service and we continue that commitment today through programs that help build a healthy spirit, mind, and body for all.

At the heart of this promise is our commitment to Character Development and the YMCA's core values of CARING, HONESTY, RESPECT and RESPONSIBILITY. We challenge ourselves to not only provide the best quality programs and services to you, but to demonstrate these positive values in our actions. Good character demonstrated by our staff, members, volunteers, kids and families make us a better organization and helps make our community stronger.

The YMCA of Portsmouth is a non-profit, charitable organization that offers programs and memberships to all people regardless of race, sex, religion or ability to pay. We regularly offer financial assistance to anyone in need so that all may participate in our programs. We welcome use of our facility to all visiting YMCA card holders and invite you to tour our facility and receive additional information on schedules, programs, and financial assistance information.

Whether you are just starting to get back into shape, in need of quality programs for your child, or want to be part of an organization that shares your values, the YMCA is the community leader for a healthy spirit, mind and body.

Visit our Website: www.portsmouthymca.org

OUR CAUSE

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive.

WHO WE ARE

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

OUR IMPACT

The Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

GENERAL INFORMATION

1. Participation in all programs requires advance registration.
2. All programs have enrollment limits and will fill on a first come, first served basis. Early registration is encouraged.
3. Participants may register in person at the YMCA. MasterCard, American Express, VISA or Discover Card accepted.
4. YMCA programs are open to all persons regardless of race, sex, religion, color, national origin, age, handicap or ability to pay. Participants regardless of age must be a current Portsmouth YMCA member to receive member prices. Membership card required at registration.
5. Portsmouth YMCA members enjoy free reciprocal facility use at all Peninsula YMCA branches. See the Front Desk for locations.

CREDIT & REFUND POLICY

1. If the YMCA has to cancel a class, you will be given a full refund or credit.
2. If you cancel at anytime after we've held a place for you in a program, we will give you a credit (good for six months) to be applied to another YMCA program or we will give you a pro-rated refund, deducting for course time plus processing.
3. No refunds or credits can be given after the second class.
4. Credits are non-transferable.



FACILITY AMENITIES

- Six-Lane, Twenty-Five Yard Heated Indoor Pool
- Warm Water Indoor Therapy Pool with Aqua Jetted Benches and Children's "Splash Zone"
- Full Size, Air-Conditioned Gym and 1/17 Mile Indoor Running Track
- Locker Rooms for Men/Women/Boys/Girls and Family/Assistance
- Whirlpools, Saunas, Steam rooms for Adults
- 2 Aerobics Rooms, 2 Racquetball Courts, 2 Outdoor Lighted Tennis Courts
- All New Youth Center with Interactive Game Room, Playground, and Youth Sports Field
- Child Watch Area and Meeting Room
- Expanded Weight Room and Fitness Center with Smith Stations, CYBEX VR2 weight training machines, Life Fitness Circuit, free weights/dumbbells, Treadmills, Exercise Bikes, Arc Trainer, Stair Climbers, Elliptical Machines, Rowing Machine

PAYMENT PLANS

Annual Memberships are paid in full, non-refundable and expire one year from the date the membership was taken out.

Bank Draft Memberships are continuous monthly memberships that are automatically withdrawn from a checking account. There are **no long term contracts** for Bank Draft Memberships. To terminate the automatic bank draft, the member must give a 30-day written notice.

Joiner's Fee is a non-refundable payment paid by all new members at the time of joining. This is a one-time payment as long as a membership stays current.

FINANCIAL ASSISTANCE AVAILABLE UPON REQUEST.

2011 MEMBERSHIP RATES

	Bank Draft	Annual	Joiner's Fee
Individual	\$49	\$588	\$75
Family	\$70	\$840	\$100
Single Parent	\$61	\$732	\$100
Senior Individual	\$46	\$552	\$50
Senior Husband/Wife	\$61	\$732	\$75

HOURS OF OPERATION

Monday through Thursday	5:30 A.M. - 9:30 P.M.
Friday	5:30 A.M. - 9:00 P.M.
Saturday	8:00 A.M. - 5:00 P.M.
Sunday	1:00 P.M. - 5:00 P.M.

The YMCA is closed New Year's Day, Memorial Day, Easter Sunday, Independence Day, Labor Day Weekend, Thanksgiving and Christmas Day.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

CHILD CARE

BEFORE & AFTER SCHOOL PROGRAM 2011-2012

Come join us for our Before & After School program! Our Before school program opens as early as 6:30 am while After school concludes at 6:00 PM. We provide transportation to a variety of Portsmouth, Suffolk, and Chesapeake schools. Please don't hesitate to ask if we service your school!

We serve grades K-6 in Portsmouth, K-5 in Suffolk, and 1-5 in Chesapeake. There is a \$50 registration fee and financial assistance is available. Please call to schedule an appointment.

Program	Y Member	Participant
Before School Only	\$40 per week	\$55 per week
After School Only	\$53 per week	\$70 per week
Before & After School	\$70 per week	\$90 per week

CHILD WATCH

Child Watch is a drop-in service provided for the convenience of Y members and guests who are exercising or participating in a YMCA program. We are committed to providing a joyful, warm, and safe environment for young children. We work together with families to support their child's healthy growth and development by sharing the learning and excitement of their child's experiences each day.

Monday - Saturday	8:00 AM to Noon
Monday - Thursday	4:00 PM to 8:00 PM
Sunday	1:00 PM to 4:00 PM

EDUCATION & LEADERSHIP

ACADEMIC ENRICHMENT

PRESCHOOL PROGRAM 2011-2012

Our preschool program offers youngsters a number of age appropriate activities in the classroom and gym. Classroom fun includes circle time, learning, and craft activities. Gross motor skills are developed through swimming lessons and structured gym activities. We offer both a 3 year old and a 4 year old licensed program. Registration for the 2011-2012 school year is currently underway. There is a \$50 registration fee and financial assistance is available. Please call to schedule an appointment.

Age	Days/Times	Y Member	Participant
3	T & TH	\$110/monthly	\$140/monthly
3	M/W/F	\$150/monthly	\$180/monthly
4	M/W/F	\$150/monthly	\$180/monthly
4	M - F	\$170/monthly	\$200/monthly

BABYSITTING COURSE

This Red Cross course covers responsibilities of the sitter, characteristics of children, selection of games and toys, accident prevention, basic care, and first aid skills. Ages 11-14. Lunch will be provided.

Meets	Time	Length	Y Member	Participant	Date
SAT	9:00 AM - 4:00 PM	1 day	\$35	\$45	Jul 23

EDUCATION & LEADERSHIP

ARTS & HUMANITIES

PRIVATE PIANO LESSONS

Private lessons are available for ages 5 and up, for all levels of students. Each session is 30 minutes long. Lesson Request Forms must be filled out to register, and are available at the Front Desk.

	Y Member	Participant
1 session	\$15	\$20
2 session package	\$30	\$40
4 session package	\$60	\$80

SWIM, SPORTS & PLAY

SUMMER AQUATICS SESSIONS 2011

Swim Lessons for Youth and Adults are offered M - TH (2 week), SAT only (6 week) sessions, and T & TH (4 week) evening sessions.

A	Monday - Thursday	June 20 - June 30
B	Monday - Thursday	July 5 - July 14*
C	Monday - Thursday	July 18 - July 28
D	Monday - Thursday	August 1 - August 11
E	Monday - Thursday	August 15 - August 25
F	Saturday	June 4 - July 16*
G	Saturday	July 23 - August 27
H	Tuesday & Thursday	June 28 - July 21
I	Tuesday & Thursday	July 26 - August 18

* No Class on July 4
* No Class on July 2

CHILD/PARENT LESSONS

This is the YMCA Aquatics Program for children **six months to five years**. All classes are 30 minutes long, and will be taught in the Therapy Pool by nationally certified staff with a low student-teacher ratio to help children safely develop skills and self-confidence in the water.

SHRIMP, KIPPER

Are classes for children **6 to 18 months** that participate with a parent in the pool.

INIA, PERCH

Inia and Perch are for children **19 to 36 months** that participate with a parent in the pool.

Meets	Time	Length	Y Member	Program Participant	Start Dates
M-TH	10:00 AM	2 wks	\$32/ \$30	\$60/ \$58	A, B, C, D, E
M-TH	10:30 AM	2 wks	\$32/ \$30	\$60/ \$58	A, B, C, D, E
SAT	9:35 AM	6 wks	\$28	\$55	F, G

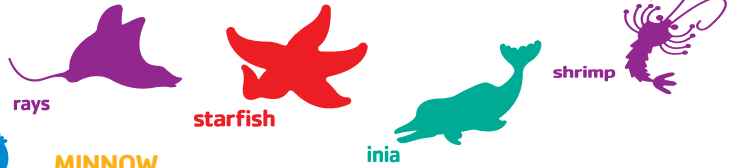
SWIM, SPORTS & PLAY

YOUTH SWIM LESSONS

PRESCHOOL LESSONS

PIKE, EEL, RAY, STARFISH

Are classes for **3 to 5 year olds**, without a parent. Pike and Eel are the beginner levels. Rays and Starfish **must swim and float without assistance**.



MINNOW

Minnow is for intermediate swimmers or for those that have completed Guppy. Strokes are improved without flotation, wet ball is played, basic synchro skills are learned, personal safety/boating and rescue skills are practiced.

FISH

Fish is for children who have completed Minnow. Front crawl, backstroke, sidestroke, and butterfly are refined. Skin diving skills are introduced.

FLYING FISH/SHARK

Flying Fish/Shark is for those who have completed Fish or are moving into advanced swimmer levels. All strokes are refined to near competitive level. Fitness concepts, goal setting, and leadership skills are important components of these levels.

Meets	Time	Length	Y Member	Program Participant	Start Dates
M-TH	10:00 AM	2 wks	\$32/\$30	\$60/\$58	A, B, C, D, E
M-TH	10:30 AM	2 wks	\$32/\$30	\$60/\$58	A, B, C, D, E
M-TH	5:00 PM	2 wks	\$32/\$30	\$60/\$58	A, B, C, D, E
M-TH	5:30 PM	2 wks	\$32/\$30	\$60/\$58	A, B, C, D, E
SAT	9:35 AM	6 wks	\$28	\$55	F, G
SAT	11:20 AM	6 wks	\$28	\$55	F, G
Pike/Eel Combo	6:00 PM T&TH	4 wks	\$32	\$60	H, I
Ray/Starfish Combo	6:00 PM T&TH	4 wks	\$32	\$60	H, I

Meets	Time	Length	Y Member	Program Participant	Start Dates
M-TH	11:00 AM	2 wks	\$32/\$30	\$60/\$58	A, B, C, D, E
M-TH	11:30 AM	2 wks	\$32/\$30	\$60/\$58	A, B, C, D, E
M-TH	4:30 PM	2 wks	\$32/\$30	\$60/\$58	A, B, C, D, E
M-TH	5:30 PM	2 wks	\$32/\$30	\$60/\$58	A, B, C, D, E
SAT	10:10 AM	6 wks	\$28	\$55	F, G
SAT	10:45 AM	6 wks	\$28	\$55	F, G
T&TH	6:30 PM	4 wks	\$32	\$60	H, I

YOUTH LESSONS

Kids **6 years and older** will enjoy the guided discovery methods of learning. Each level of the program promotes total health and fitness using the following five components: personal safety, stroke development, water sports and games, personal growth and safety. Flotation devices and series swimming are used to encourage group participation increasing strength and endurance. Classes are 30 minutes long and taught by nationally certified staff with a low student-teacher ratio to help children safely develop skills and self-confidence in the water.

POLLIWOG

Polliwog is the introductory level for non-swimmers and children unable to swim 20 ft. Children get familiar with the pool and learn pool rules, use flotation devices, floating, front paddle stroke, side and back paddle, and wet ball introduction.

GUPPY

Guppy is the beginning skill level for children that have completed Polliwog, or swim less than 25 yds. Children learn basic skills with or without flotation devices, beginning front and back crawl, sidestroke, breaststroke and elementary backstroke.

Meets	Time	Length	Y Member	Program Participant	Start Dates
M-TH	11:00 AM	2 wks	\$32/\$30	\$60/\$58	A, B, C, D, E
M-TH	11:30 AM	2 wks	\$32/\$30	\$60/\$58	A, B, C, D, E
M-TH	4:30 PM	2 wks	\$32/\$30	\$60/\$58	A, B, C, D, E
M-TH	5:00 PM	2 wks	\$32/\$30	\$60/\$58	A, B, C, D, E
SAT	10:10 AM	6 wks	\$28	\$55	F, G
SAT	10:45 AM	6 wks	\$28	\$55	F, G
T&TH	6:30 PM	4 wks	\$32	\$60	H, I



YOUTH SWIM LESSONS

PRIVATE SWIM LESSONS

Private lessons are available for ages 5 and up, for all levels of swimmers. Each session is 30 minutes long. Lesson Request Forms must be filled out to register, and are available at the Front Desk.

	Y Member	Participant
1 session	\$10	\$20
4 session package	\$40	\$80
10 session package	\$100	\$200

SWIM TEAM

This YMCA swimming program for youths age 5 through 18 emphasizes personal improvement in competitive strokes, starts, turns, and times. Swim coach will hold try-outs for swim club eligibility. **Must be a YMCA member to participate.**

League	Portsmouth Y Members	Other Y Members	Dates
YMCA Swim League	TBD	TBD	Fall 2011*
USA and YMCA League	TBD	TBD	Fall 2011*

*Try-outs will begin in August, and pricing will be available at that time.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

YOUTH SPORTS PROGRAMS

YOUTH KARATE

Martial Arts Basic Karate is a 45 minute class for youth ages 5 - 13 with little or no experience. Instruction is provided on several ability levels.

Meets	Time	Length	Y Member	Participant	Start Date
FRI	4:30 PM	4 wks	\$20	\$50	Jun 17 Jul 29

TENNIS LESSONS

Lessons will focus on introducing the basic fundamentals and strategies of tennis. Class will work on developing hand-eye coordination, flexibility and endurance through drills and play. Ages 7 to 16.

Level	Meets	Time	Length	Y Member	Participant	Start Date
All	SAT	9:00 AM	4 wks	\$25	\$55	Jul 9
All	T&TH	9:00 AM	2 wks	\$25	\$55	Jul 12 Aug 2

BALLET DANCE

An introduction to classical ballet. Leotards, tights, and ballet slippers are recommended. **Beginning Ballet for age 4-6, 45 minutes. Ballet I for ages 6 and up, 45 minutes.**

Meet	Time	Length	Y Member	Participant	Start Date
TUE	3:45 PM	6 wks	\$25	\$35	Jun 14
TUE	4:35 PM	6 wks	\$25	\$35	Jun 14

KIDS IN MOTION

This fun and energetic class for youth of all ages will use common exercise equipment to provide cardiovascular, strength, flexibility and agility training. This class will supply kids with exercise and motion through high energy fitness games, relays and other physical activities.

Meets	Time	Y Member	Start Date
TH	6:30 PM	N/C	Ongoing
FRI	4:20 PM	N/C	Ongoing

ZUMBATOMIC®

Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they're at it? Zumbatomic modifies Zumba moves for ages 4 to 12.

Classes will begin in June and are included in your Y membership. Check our Group Exercise Schedule for dates and times.

TEEN HEALTH & WELLNESS

Looking for summer activities for kids ages 12 to 17? Come join our new Teen Health & Wellness program. Kids will participate in fitness activities such as gym time, swimming, group exercise, and cycling. There will also be speakers on topics important to teens, community service projects, and more. Call for additional details. Sign up for a week or all summer long!

Meet	Time	Length	Y Member	Participant	Dates
M-F	2 - 4 PM	1 week	N/C	\$10	Jun 20-Aug 26*

* There are 10 one week sessions throughout the summer

TODDLER MUSIC & MOVEMENT

Bring the little ones for dancing and games with our Child Watch group. Stay and play with your child, or sign them in to Child Watch while you work out. **Program begins June 1st.**

Meets	Time	Y Member	Start Date
M - F	9:45 - 10:30 AM	N/C	Ongoing
M - W	6:15 - 7:00 PM	N/C	Ongoing

RECREATION

Youth Interactive Zone

Enjoy a workout while playing video games! Youth and teens ages 8 and older can drop in to this counselor monitored area play air hockey, pool, and various interactive video games in our I-Zone while the adults work out elsewhere in the facility. Children under 8 may attend with a parent.

MON-TH 5:30 PM - 8:00 PM

PARENTS' NIGHT OUT

Parents' Night Out is not just for parents. Kids ages 3 - 12 will enjoy games, crafts, and other fun activities. Wear shoes to play in the gym. Two slices of pizza and a drink are served. \$5 for each additional child.

Meets	Time	Y Member	Participant	Start Date
FRI	6:00-9:00 PM	\$15	\$20	May 20, Jun 17, Jul 15



CAMP

SPECIALTY CAMPS

SPORTS CAMP

The YMCA offers one-week sports/specialty camps during the summer in half-day programs. Camp hours can be extended for children who would like to participate in a full-day program with the afternoons spent enjoying gym games, arts and crafts and free swim on Friday. The cost for extended care is \$50 per session. Children must bring a lunch, drink, and 2 snacks for the full-day program. Campers enrolled in the full-day program may be dropped off as early as 7:00 AM and picked up no later than 6:00 PM.



SESSION DATES

Soccer I
June 20 - 24 / Ages 6 - 15

Cheering
June 27 - July 1 / Ages 6 - 15

Horseback Riding I
June 27 - July 1 / Ages 8 - 15

Mall
July 5 - 8 / Ages 11 - 15
No camp July 4

Gymnastics
July 11 - 15 / Ages 6 - 15

Irish Dance
July 18 - 22 / Ages 6 - 15

Flag Football
July 18 - 22 / Ages 8 - 15

Soccer II
July 25 - 29 / Ages 6 - 15

Fit Kids
July 25 - 29 / Ages 6 - 15

Horseback Riding II
August 1 - 5 / Ages 8 - 15

Basketball
August 8 - 12 / Ages 6 - 15

Golf
August 15 - 19 / Ages 10 - 15

Game
August 22 - 26 / Ages 6 - 15

BASKETBALL CAMP

Ages 6 - 15 \$70/105 9am - noon

Campers will learn basic skills of passing, dribbling, and shooting as well as the fundamentals of team play. Bring a snack.

CHEERING CAMP

Ages 6 - 15 \$70/105 9am - noon

Campers will learn cheers, chants, partner stunts, dance routines, and basic gymnastics skills. Exercises will be done to improve coordination, physical fitness, and team work. Bring a snack.

IRISH DANCE CAMP

Ages 6 - 15 \$70/105 9am - noon

Children will build strength and establish familiarity with the music as they begin with the fundamentals essential to traditional Irish dance, including foot placement, body alignment and basic steps of the easy reel & easy jig. Children will have fun learning a mix of solo and group dances. Bring a snack.

FIT KIDS CAMP

Ages 6 - 15 \$70/105 9am - noon

Campers will learn fun ways to incorporate exercise and healthy eating habits into their lives. Bring a snack.

FLAG FOOTBALL CAMP

Ages 8 - 15 \$70/105 9am - noon

Campers will learn football rules, positions, basic skills and drills, calisthenics as well as the fundamentals of team play. Bring a mouth guard and a snack.

GAME CAMP

Ages 6 - 15 \$70/105 9am - noon

Campers will spend their morning playing their favorite hand-held video and card games with friends. Campers must bring their own cards (such as Pokemon and Yu-Gi-Oh) and hand held video games (such as DS and PSP). Bring a snack.

GOLF CAMP

Ages 10 - 15 \$80/115 9am - noon

Campers will learn basic golf skills such as chipping, putting, and driving as well as the fundamentals of the game of golf and golf etiquette. All participants must bring their own putter, wood, and iron. Bring a snack.

GYMNASTICS CAMP

Ages 6 - 15 \$80/115 9am - noon

Campers learn basic introduction to floor routines, balance beam, and other gymnastic skills. Strength and stretching techniques are emphasized. Bring a snack.

HORSEBACK RIDING CAMP

Ages 8 - 15 \$250/290 9am - 2pm

Join us as we head out to Hunter's Run Stables. Campers will learn about general horse care and grooming. Campers will do groundwork with the horses and also saddle up and ride. Bring a water bottle, a snack, and lunch.

MALL CAMP

Ages 11 - 15 \$70/105 9am - 1pm

Tweens and teens come join us for a fun week at our local malls. Enjoy scavenger hunts, bargain shopping, movies and more. Bring a snack.

SOCCER CAMP

Ages 6 - 15 \$70/105 9am - noon

Campers will learn the basic skills of passing, dribbling, trapping, heading, and shooting as well as the fundamentals of team play. Endurance and conditioning techniques will be introduced as important aspects of soccer. Bring shin guards, a soccer ball, water bottle, and a snack.

* prices are listed as
Member rate/Non-member rate

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

CAMP

SPECIALTY CAMPS

KINDER CAMP



Children ages 4 to 6 meet at the Portsmouth YMCA for swimming lessons, gym games, songs, and crafts. The YMCA provides children with a mid-morning snack. Campers need to bring knapsack, bathing suit, towel, wear tennis shoes, and label all belongings. Each session incorporates a different theme for campers. All children receive Y memorabilia.

There are eight 1-week sessions beginning June 20th and ending August 19th. (No Kinder Camp held July 4-8.) Camp is held Monday - Friday from 8:45 AM to 12:15 PM

Half-day program only.

Cost per session: Members
\$60 per child

Program Participants
\$80 per child

SUMMER DAY CAMP

Summer Day Camp with the Y is an experience that builds a lifetime of memories for your children. Traditional camping activities such as canoeing, fishing, crabbing and hiking are mixed with sports, field games, arts and crafts, gym games, environmental education, and Y swim lessons. Campers In Leadership Training (C.I.L.T.) program available for ages 14 - 15.

Camp activities begin at 8:30 AM and end at 4:30 PM. Supervised extended care is provided to allow parents to drop off campers as early as 7:00 AM and pick-up as late as 6:00 PM. **Enrollment is limited. Registration is handled on a first come, first served basis.**

There is one \$50 non-refundable registration fee per family for day camp due at the time of registration. Financial Assistance is available.

Session	Length	Y Member	Participant	Dates
1	1 week	\$115	\$150	June 20-24
2	1 week	\$115	\$150	June 27-July 1
3	1 week	\$115	\$150	July 5-8
4	1 week	\$115	\$150	July 11-15
5	1 week	\$115	\$150	July 18-22
6	1 week	\$115	\$150	July 25-29
7	1 week	\$115	\$150	Aug 1-5
8	1 week	\$115	\$150	Aug 8-12
9	1 week	\$115	\$150	Aug 15-19
10	1 week	\$115	\$150	Aug 22-26

*Pricing for C.I.L.T. ages 14-15 : \$60/\$70

\$10 off each additional child for all sessions

HEALTHY LIVING

Improving the nation's health and well-being.

FAMILY TIME

FAMILY FUN NIGHTS

Looking for something for the whole family? Our summer Family Luau and Pool Party is the answer! We'll have games, crafts, vendors, and wrap things up with a movie in the pool. **There is no charge to attend, but you must register by August 15th.** It is a great time for everyone!

SUMMER FAMILY LUAU AND POOL PARTY

August 19
5:00 - 9:00 PM



GROUP INTERESTS

ADULT ARTS & HUMANITIES

PRIVATE PIANO LESSONS

Private lessons are available for adults, for all levels of instruction. Each session is 30 minutes long. Lesson Request Forms must be filled out to register, and are available at the Front Desk.

	Y Member	Participant
1 session	\$15	\$20
2 session package	\$30	\$40
4 session package	\$60	\$80

BOOK CLUB

Club meets first Tuesday of every month at 12:00 PM, and is open to all members. Call to find out what the book of the month is!

HEALTH, WELL-BEING & FITNESS

ACTIVE OLDER ADULTS

BODY RECALL

Improve circulation, posture, flexibility, balance and strength. Body recall is an exercise program that teaches ways to gain physical self-management. It is a gentle exercise program with mild movements that help increase circulation to all parts of the body without stress to the heart.

Session	Meets	Time	Length	Y Member	Participant	Start Date
1	M/W/F	11:00 AM	10 wks	N/C	\$50	Jun 13*
2	M/W/F	11:00 AM	10 wks	N/C	\$50	Sep 7

* No Class Jun 24, Jul 25-29, end Aug 26

SILVER SNEAKERS

Through a partnership with Humana Health Care, this strength and conditioning class was designed specifically for older adults. Certified instructors guide participants through exercises that focus on strength, flexibility, mobility, range of motion, balance, agility, and coordination to improve activities of daily living. Yoga Stretch is a chair based yoga class - no getting on the floor! Y members and Humana members participate at no additional charge.

Silver Sneakers Basic

Meets	Time	Y Member	Start Date
M/W/TH	2:00 PM	N/C	Ongoing

Silver Sneakers Yoga Stretch

Meets	Time	Y Member	Start Date
WED	10:00 AM	N/C	Ongoing

WATER ACTIVITIES

AQUACISE

Condition and tone muscles, burn fat and increase your cardiovascular fitness with this water workout. You do not need to be able to swim to benefit. The one hour class is free to YMCA members. Program Participants only \$50 monthly to take all classes.

Meets	Time	Session	Y Member	Fee	Start Dates
M - F	9:00 AM	Monthly	N/C	\$50	Ongoing
T & TH	6:05 PM	Monthly	N/C	Unlimited	Ongoing
SAT	12:00 PM	Monthly	N/C	Classes	Ongoing

DEEP H₂O COMBO

Is a low-impact aerobic class done primarily in deep water. Flotation equipment is provided. Participants need to be comfortable in deep water.

Meets	Time	Session	Y Member	Participant	Start Dates
M/W/F	8:15 AM	Monthly	N/C	\$50	Ongoing
M & W	6:05 PM	Monthly	N/C		Ongoing

ARTHRITIS AQUATICS

All classes are led by an Arthritis Foundation YMCA Aquatic Program Instructor. These classes allow participants to exercise without putting excess strain on the joints and muscles, resulting in decreased pain and stiffness. **All participants need a doctor's note of referral and must attend the Basic Arthritis I class to be evaluated.**

Basic I / Basic II - New participants must attend this class to be evaluated. This class includes gentle stretching, flexibility, range of motion, toning, and balance exercises.

In Motion - This class includes stretching, range of motion, toning, resistance, and mild cardio conditioning exercises.

Plus - This class includes leg and hip exercises, and includes stretching, range of motion, toning, resistance exercise, and mild cardio conditioning.

Arthritis for the Working Adult - This class includes stretching and exercises for the strengthening of arms and legs without the use of buoys.

Meets	Time	Session	Y Member	Participant	Start Dates
M/W/F	2:00 PM	Monthly	N/C	\$40	Ongoing
M/W/F	12:00 PM	Monthly	N/C	\$40	Ongoing
M/W/F	1:00 PM	Monthly	N/C	\$40	Ongoing
M/W/F	11:00 AM	Monthly	N/C	\$40	Ongoing
M/W	6:00 PM	Monthly	N/C	\$40	Ongoing



HEALTHY LIVING

Improving the nation's health and well-being.

HEALTH, WELL-BEING & FITNESS

WATER ACTIVITIES

ADULT SWIM CLASSES

Learn to swim or improve your current skills. Classes available for those 16 years and older. Instruction is provided in the basic strokes and safety skills. The 30 minute classes are structured to help you meet your individual needs. You are never too old to learn to swim.

Meets	Time	Length	Y Member	Program Participant	Program Sessions
T & TH	7:15 PM	4 wks	\$32	\$60	Jun 28 Jul 26
SAT	9:00 AM	6 wks	\$28	\$55	Jun 4* Jul 23

*No Class on Jul 2

PRIVATE SWIM LESSONS

Private lessons are available for ages 5 and up, for all levels of swimmers. Each session is 30 minutes long. Lesson Request Forms must be filled out to register, and are available at the Front Desk.

	Y Member	Participant
1 session	\$10	\$20
4 session package	\$40	\$80
10 session package	\$100	\$200



GROUP CLASSES

GROUP EXERCISE

Be part of a fun and great cardiovascular workout by participating in our Y Group Exercise program. Classes are for men and women of all different levels of physical conditioning and are free with a Y membership. Participants are welcome to attend unlimited classes for \$50 a month. **See current Group Exercise Schedule for times.** Some of the exciting classes we offer are:

Cycling, Low Impact, Kickboxing, Stretch in Motion, Zumba, Cardio Dance, High/Low Combo, Cardio Circuit, Boot Camp Fitness, Running Group, Weight/Core Challenge, Body Pump, Yoga, Tai Chi, Pilates and Step Classes.

Be on the lookout for these new classes:

TRX Suspension Training: The goal of functional training, in general, is to emphasize the transfer of fitness gained from exercise into improved performance in sport and daily activities. Stand to train, perform intergraded, multi-joint exercises, train in 3-D, and maximize core function. Come join our group exercise TRX circuit classes beginning December 6. See group fitness schedule for times and days.

Zumba II: Can't get enough Zumba? Come join our energetic instructor, Kyle, for this fun Latin dance inspired class.

BALLROOM DANCE

Have fun exercising while you learn the dances that will help you look good at the next wedding reception. Level I classes are for beginners, level II for more advanced dancers.

Type	Meets	Time	Length	Y Member	Participant	Start Date
Hustle I	THU	7:30 PM	4wks	\$30	\$40	Jun 2
Hustle II	THU	8:30 PM	4wks	\$30	\$40	Jun 2

HEALTHY LIFESTYLES

STRESS MANAGEMENT/RELAXATION PROGRAMS

SWEDISH MASSAGE

Treat yourself to an hour long relaxing and therapeutic massage. Massages are offered by appointment for both men and women. Gift Certificates are available.

PRE/POST-NATAL EXERCISE CLASSES

FIT FOR TWO: Prenatal Water Exercise Class

Developed by the YMCA of the USA and structured around guidelines established by the American College of Obstetrics and Gynecologists, Fit for Two helps expectant moms increase cardiovascular health, muscular strength, and better prepare for their delivery. This 45 minute class is held in the supportive water environment of the pool.

For more information or to register please contact Anne Shoaf at 483-9622.

Meets	Time	Y Member	Participant	Start Date
MON	6:05-7:00 PM	N/C	\$35/10 classes	Ongoing

HEALTH, WELL-BEING & FITNESS

PERSONAL FITNESS

PERSONAL FITNESS TRAINING

One-on-one personal instruction by our nationally certified trainers is a great way to get started or breathe new life into your exercise program.

Personal training sessions that focus on kickboxing, yoga, or pilates are also available. Our specialized fitness training will give you the in-depth workout you've been looking for.

A physician's referral may be required for some participants.

Please call the YMCA Fitness Director for more information or to schedule an appointment. Sessions are 1 hour long.

	Y Member	Participant
1 session	\$35	\$40
4 session package	\$120	\$160
10 session package	\$300	\$400

PERSONAL FITNESS PLUS!

Looking for a little more? Our Personal Fitness Plus program offers all the features of our regular Personal Fitness Assessment plus a 12-week personal exercise program. Our instructor will take you through a training session and offer some tips and instruction on how to best meet your exercise goals. Then they will prepare a 12-week exercise program for you to follow. Our instructor will review your Comprehensive Report from your assessment and your 12 week exercise program prior to your start.

Length: 2 hours. Price: \$65.00

To schedule a Fitness Assessment or a Fitness Assessment Plus, contact the Fitness Staff at 483-9622.

PERSONAL FITNESS ASSESSMENT

Designed for those who have never exercised or are just beginning again. Personal Fitness Assessments involve a skin fold check to assess body composition, a cardiovascular endurance test, flexibility check, and muscular strength and endurance tests. Our instructor will prepare a comprehensive report of findings for you to take with you and we'll maintain a record of your test results to help you track your progress.

Length: 1 hour. Member Price: \$35.00



WEIGHT MANAGEMENT CLASS

What should you weigh? What kind of workout should I be doing? Sign up for weight management class and get your weight under control. Classes include weekly weigh-ins, nutritional information, and other topics and discussion led by a Registered Dietician.

Meets	Time	Length	Y Member	Program Participant	Program Sessions
TU	5:30 PM	8 wks	\$45	\$60	Jul 12 Sep 20

PERSONAL RUNNING COACH

Now Available - a certified running coach at the Portsmouth YMCA! Geared to your fitness level, our coach will cover gait analysis and give proper shoe recommendations.

Please call the YMCA Fitness Director for more information or to schedule an appointment. Sessions are 1 hour long.

	Y Member	Participant
1 session	\$35	\$40
4 session package	\$120	\$160
10 session package	\$300	\$400

ACTIVTRAX

ActivTrax is a tool that creates customized workouts around your goals, strength and fitness experience. Each time you visit the Y, you'll receive a new and customized workout that tells you exactly what you need to do to get in shape. ActivTrax eliminates intimidation, confusion and boredom, and makes working out easier for those new to exercise, and creates refreshing change for those with more experience.

Call today to schedule an appointment with a Fitness Coach for a free demonstration of the program.

SPORTS & RECREATION

ADULT TEAM SPORTS

TENNIS LESSONS

Lessons will focus on introducing the basic fundamentals and strategies of tennis. Class will work on developing hand-eye coordination, flexibility and endurance through drills and play.

Level	Meets	Time	Length	Y Member	Participant	Start Date
All	SAT	8:00 AM	4 wks	\$25	\$55	Jul 9

ADULT BASKETBALL

Come to the Y for a game of full court or cross court basketball. Full court is open for members 16 and older and cross court is open for members 14 and older.

	Days	Time
Full Court Basketball	M/W/F	12:00 - 2:00 PM
Cross Court Basketball	M/W/F	4:30 - 6:30 PM
	SAT	12:00 - 3:00 PM

YMCA OF PORTSMOUTH

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