



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAMS THAT ENRICH OUR COMMUNITY



2011 - 2012 Winter 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.

2012 MEMBERSHIP RATES

	Bank Draft	Annual	Joiner's Fee
Individual	\$49	\$588	\$75
Student *	\$20	\$240	\$25
Family **	\$70	\$840	\$100
Single Parent **	\$61	\$732	\$100
Senior Individual	\$46	\$552	\$50
Senior Husband/Wife	\$61	\$732	\$75

* For ages 18-25 with valid college ID or current schedule

** Up to 2 additional adults in household may be added for a \$25 fee per month per adult. Proof of address required.

HOURS OF OPERATION

Monday through Friday	5:30 AM - 9:00 PM
Saturday	8:00 AM - 5:00 PM
Sunday	1:00 PM - 5:00 PM

The YMCA is closed 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 2010-2011

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

SPRING BREAK CAMP

Fun while school is out during Spring Break. Your child can spend the days (6:30 AM - 6:00 PM) enjoying sports, games, crafts, and recreational swimming. Open to children ages 6 - 12 years old.

Participants must provide lunch and a drink. Field trips are a separate fee. Pre-registration required by March 30.

Dates	Y Member	Participant
April 9 - 13	\$15/day	\$20/day

CHILD WATCH

Child Watch is a drop-in service provided for the convenience of YMCA 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 - Friday mornings	8:00 AM to Noon
Monday - Thursday evenings	4:00 PM to 8:00 PM
Saturday morning	8:30 AM to Noon
Sunday (beginning Jan 8)	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	\$40	\$50	Mar 10

ARTS & HUMANITIES

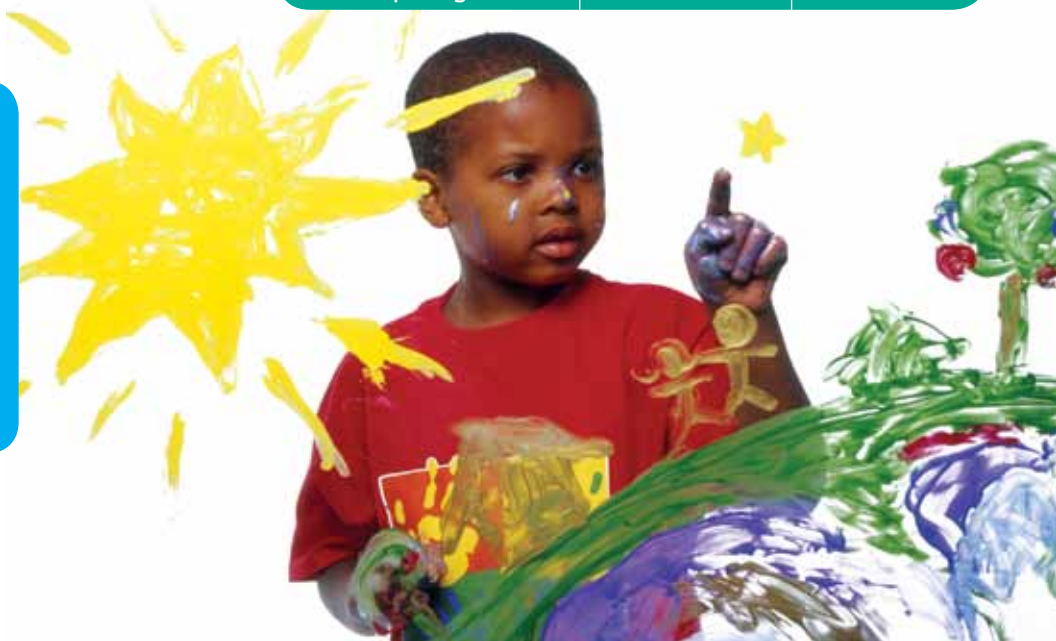
PRIVATE PIANO LESSONS

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

2012 SUMMER CAMP
INFORMATION WILL BE AVAILABLE
IN MARCH

PRESCHOOL 2012-2013 AND
BEFORE AND AFTER SCHOOL
2012-2013 INFORMATION WILL
BE AVAILABLE IN MARCH



SWIM, SPORTS & PLAY

YOUTH SWIM LESSONS

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
SAT	9:45 AM	6 wks	\$28	\$55	Jan 14 Mar 3 Apr 21



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**.

Meets	Time	Length	Y Member	Program Participant	Start Dates
M & W	4:30 PM	4 wks	\$32	\$60	Jan 9 Feb 13 Mar 12 Apr 16 May 14
SAT	9:45 AM	6 wks	\$28	\$55	Jan 14 Mar 3 Apr 21
SAT*	10:20 AM * Pike and Eel ONLY	6 wks	\$28	\$55	Jan 14 Mar 3 Apr 21



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 rescue. 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 help children safely develop skills and self-confidence in the water.

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.

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	Participant	Start Dates
M & W	5:10 PM	4 wks	\$32	\$60	Jan 9 Feb 13 Mar 12 Apr 16 May 14
SAT *	10:20 AM * Polliwog and Guppy ONLY	6 wks	\$28	\$55	Jan 14 Mar 3 Apr 21
SAT	11:00 AM	6 wks	\$28	\$55	Jan 14 Mar 3 Apr 21

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

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 Winter/Spring Session	\$150	\$300	Jan 3 - May 24
USA and YMCA League (Age 12 and under) Winter/Spring Session	\$400 *	\$575 *	Jan 2 - Jun 15
USA and YMCA League (Age 13 and over) Winter/Spring Session	\$425 *	\$600 *	Jan 2 - Jun 15

*Does not include meet fees



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	Jan 13 Feb 17 Apr 20

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	9:30 AM	4 wks	\$25	\$55	Apr 21



GYMNASTICS

This program instructs boys and girls ages 18 months to 14 years in gymnastic skill development, safety measures, and values. Students are grouped by ability and experience.

TUMBLE TOTS

A beginning tumbling class for ages 18 months to 3 years. All classes are 30 minutes and include a parent or guardian. The focus is to learn movement, climbing, rolling down incline mats, walking on hands and feet, jumping, getting weight on their hands, etc. Developing foundational movement mechanics with creative obstacle courses with mats and bars small balance beam.

Meets	Time	Length	Y Member	Participant	Start Date
TH	3:30 PM	4 weeks	\$25	\$35	Jan 5 Feb 2 Mar 1 Apr 5 May 10

CHEER ROLLERS

This class for 3 - 6 year olds is designed to help categorize the fundamental tumbling skills in three different groups: balance and supports, rotation, and springing and landing. Learning these three groups provides the basics for all tumbling skills. We incorporate partner skills so the children can learn to work together. This is recommended for children with little to no tumbling experience, and EVERYONE with ENERGY! All classes are 1 hour.

Meets	Time	Length	Y Member	Participant	Start Date
WED	4:30 PM	6 weeks	\$35	\$45	Jan 4 Feb 15 Mar 28

CHEER TUMBLERS

This class for 7 - 14 year olds is designed to help categorize the fundamental tumbling skills in three different groups: balance and supports, rotation, and springing and landing. Learning these three groups provides the basics for all tumbling skills. We incorporate partner skills so the children can learn to work together. This is recommended for children with little to no tumbling experience, and EVERYONE with ENERGY! All classes are 90 minutes long.

Meets	Time	Length	Y Member	Participant	Start Date
MON*	7:00 PM	6 weeks	\$35	\$45	Jan 9
* This session is only 1 hour long					
TH	6:00 PM	6 weeks	\$45	\$55	Feb 16 Mar 29

SWIM, SPORTS & PLAY

YOUTH SPORTS PROGRAMS

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.

Meets	Time	Y Member	Start Date
M - F	9:45 - 10:15 AM	N/C	Ongoing



FIT KIDS

A nutrition and physical activity curriculum designed to encourage children ages 5 - 12 to develop healthy eating habits and the desire to lead active lives. Gym games, music & dance, and aerobic movement provided in a noncompetitive atmosphere. **Friday class is for ages 8 and up ONLY.**

Meets	Time	Y Member	Start Date
MON	4:30-5:30 PM	N/C	Ongoing
TH	4:00-4:30 PM	N/C	Ongoing
TH	6:30-7:15 PM	N/C	Ongoing
FRI	4:30-5:30 PM	N/C	Ongoing

BAM! (Body And Mind) Youth Wellness Program

This youth program utilizes ActivTrax for a fitness plan designed specifically for youth ages 8-15 years of age. There is no cost for members, but each participant must register at the Membership Services desk. Once registered, a strength assessment will be scheduled and then workouts will begin.

The workouts will consist of a strength routine, cardiovascular, and core exercises. A Fitness Coach will guide kids through the first 3 workouts to ensure familiarity with the exercise prescription. After the initial orientation and the first 3 workouts, participants are ready to workout on their own.

Sign in at the Fitness Desk on Saturday between 9:00 AM and 12:00 PM to come in and workout. Additional assistance will be available if needed. An adult must remain inside the facility while the child is working out.

YOUTH FLAG FOOTBALL

Kids ages 10 to 15 will learn football rules, positions, basic skills, drills and calisthenics as well as the fundamentals of team play. Participants must bring a mouth guard and water bottle. Classes are 1 hour long.



Meets	Time	Length	Y Member	Participant	Start Date
SAT	3:00 PM	6 wks	\$35	\$45	Jan 14

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
FRI*	5:30 PM - 8:00 PM (*Jan - Feb Only)
SAT*	8:00 AM - 12:00 PM (*Jan - Feb Only)

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. Kids 6 and up will have pool time, so bring a swim suit and towel. Children MUST be potty trained to attend. Two slices of pizza and a drink are served. \$5 for each additional child.

Meets	Time	Y Member	Participant	Start Date
FRI	6:00-10:00 PM*	\$15	\$20	Jan 20 Feb 17 Mar 16 Apr 20
	* Program ends at 9:00 PM for 3 to 5 year olds			

FAMILY TIME

UPCOMING FAMILY FUN ACTIVITIES

JANUARY 15TH - FROSTY FUN POOL PARTY

Bring the family to the Y for some fun crafts and a movie in the Therapy Pool. Free to all members.

FEBRUARY 10TH - VALENTINE'S FAMILY SOCK HOP

Break out the poodle skirts and saddle shoes and join us for a 50's themed family evening of dance and activities. We'll have crafts, games, music, bingo, and much more!

MARCH 31ST - EASTER EGG HUNT

The Easter Bunny will visit the Y and leave eggs for all the kids to find! After the hunt, stay for crafts and activities, and maybe a visit from the Bunny!

APRIL 28TH - HEALTHY KIDS DAY

Games and activities that help promote health and wellness for kids of all ages. More detailed information will be available this spring.

CHECK THE WEBSITE, FACEBOOK, OR COME IN TO THE FACILITY FOR MORE INFORMATION ON THESE EVENTS!

HEALTHY LIVING

Improving the nation's health and well-being.

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	8:30 AM	4 wks	\$25	\$55	Apr 21

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 - 5:30 PM
	SAT	3:00 - 4:45 PM

PICKLEBALL

Yes, the Y now has pickleball! What is pickleball? Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The sport is played on a court with the same dimensions as a doubles badminton court. The net is similar to a tennis net, but is mounted two inches lower. The game is played with a hard paddle and a polymer wiffle ball.

People of all ages and athletic abilities can enjoy playing pickleball because it is so easy to learn. After a few minutes of instruction a beginner can enjoy a game with a more experienced player. Pickleball is a fantastic way to exercise and spend time with friends and family. Grandparents can enjoy a competitive game with grandchildren. Bring the whole family out for a game of pickleball!

Location	Days	Time
Gym Side 1	M - TH	8:00 AM - 9:30 AM
Gym Side 1	TH	2:00 PM - 4:00 PM
Gym Side 1	SUN	1:00 PM - 4:45 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. Check out the Group Interests on the Healthy Living page of our website or give us a call to find out what the book of the month is!

HEALTH, WELL-BEING & FITNESS

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

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	Jan 3 Mar 13

HEALTH, WELL-BEING & FITNESS

HEALTHY LIFESTYLES

LIFEGUARD TRAINING

This American Red Cross lifeguarding class includes lifeguarding skills, first aid, and CPR/AED skills. Participants must pass a prerequisite swim test and be at least 15 years old. Proof of age must be presented the first day of class. Books and pocket masks are provided. **Participants MUST attend every class.**

Meets	Time	Length	Y Member	Participant	Start Dates
SAT & SUN	8:30 AM - 5:30 PM	4 days	\$175	\$250	Mar 24, 25, 31, Apr 1
SAT & SUN	8:30 AM - 5:30 PM	4 days	\$175	\$250	Apr 29, May 5, 6, 12
M - F* * HIGH SCHOOL SPRING BREAK	9 AM - 5 PM	5 days	\$175	\$250	Apr 9 - 13

LIFEGUARD CHALLENGE

Recertification

The purpose of a challenge is to give individuals the opportunity to demonstrate knowledge and skill competency outside a full-class setting. Challenges are scheduled by appointment and last at least 2 hours.



IT IS THE PARTICIPANTS SOLE RESPONSIBILITY TO PREPARE FOR THE KNOWLEDGE AND SKILL EVALUATIONS.

Participants are required to bring their own pocket masks to class. Participants must be currently certified or have successfully completed a Red Cross Lifeguarding (full or review) course within the last four years. Current certifications (or those that have expired by no more than 12 months) from the following organizations may be accepted to qualify an individual to take the Lifeguarding Challenge:

- YMCA Lifeguard
- United States Lifesaving Association Open Water Lifeguarding
- Lifesaving Society of Canada – Any National Lifeguard Service certification (Pool, Waterfront, Surf or Waterpark)
- National Pool and Waterpark Pool Lifeguard Training or Special Facilities Lifeguard Training
- National Aquatic Safety Council Basic Lifeguard
- StarGuard Professional Lifeguard
- Boy Scouts of America Lifeguarding
- American Red Cross Lifeguarding Instructor
- American Red Cross Lifeguarding Instructor Trainer

Proof of certification must be presented to the Aquatics Director before the first day of class. Call 757-483-9622 to schedule an appointment.

Meets	Y Member	Participant
Scheduled by appointment	\$90	\$130

CPR/FIRST AID

CPR/AED FOR THE PROFESSIONAL

Recertification/Review

Participants must have successfully completed an American Red Cross CPR/FPR class in the past, may not be expired for more than two years. Participants must present certification cards on the day of the class. Participants are required to bring their own pocket mask. This is a six hour course.

Meets	Time	Y Member	Participant	Start Dates
SAT	8:00 AM - 2:00 PM	\$60	\$90	Mar 10 Apr 14 May 12

GROUP CLASSES

GROUP EXERCISE

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



TRX, Cycling, Low Impact, Kickboxing, Stretch in Motion, Zumba, Cardio Dance, High/Low Combo, Cardio Circuit, Cardio Fusion, Running Group, Line Dancing, Weight/Core Challenge, Muscle Mix, Yoga, Tai Chi, Pilates and Step Classes.

WOW (Women On Weights): This program is designed for women by women. Each session will take you through a workout utilizing the equipment available in the Fitness Center and will include a variety of equipment such as kettle bells, resistance tubing, cable machine, stability ball, Bosu and Dumbbells. WOW is free to all members, but pre-registration is required at the Membership Services desk.

The 8 week session starts January 9th, held on Tuesdays and Thursdays at either 7:00 AM or 7:00 PM. Register today!

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. If you register for all 3 classes, receive a \$5 discount per class.

Type	Meets	Time	Length	Y Member	Participant	Start Date
Cha Cha I	THU	7:00 PM	4wks	\$30	\$40	Apr 5
Cha Cha II	THU	8:00 PM	4wks	\$30	\$40	Apr 5
Rumba I	THU	7:00 PM	4wks	\$30	\$40	May 3
Rumba II	THU	8:00 PM	4wks	\$30	\$40	May 3
Waltz I	THU	7:00 PM	4wks	\$30	\$40	Jun 7
Waltz II	THU	8:00 PM	4wks	\$30	\$40	Jun 7

HEALTHY LIVING

Improving the nation's health and well-being.

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	Jan 2
2	M/W/F	11:00 AM	10 wks	N/C	\$50	Mar 19



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
TU	10:45 AM	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

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



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	Unlimited	Ongoing

AQUA ZUMBA®

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Meets	Time	Session	Y Member	Participant	Start Dates
SAT	12:00 PM	Monthly	N/C	\$50 Unlimited	Ongoing

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	8:15 PM	4 wks	\$32	\$60	Jan 10 Feb 9 * Mar 13 Apr 17 May 15
* No class on Feb 14, 2012					
SAT	9:05 AM	6 wks	\$28	\$55	Jan 14 Mar 3 Apr 21

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	\$30	\$40
4 session package	\$100	\$160
10 session package	\$225	\$400



PERSONAL TRAINING SPECIAL

Not sure if a personal trainer is what you are looking for? Now you can try personal training at a great introductory price of **3 one hour sessions for \$75.00!** This pricing is only available to Y members who are new personal training clients.

4 WEEK INTENSE PERSONAL TRAINING

This intense personal training regimen is designed for the individual who is looking to increase their exercise intensity. This program is geared toward the exerciser who is willing to make the commitment to achieve their fitness goals.

Length: 12 sessions, 1 hour each. Sessions must be used within a 30 day time period.

Member Price: \$240.00

PERSONAL RUNNING COACH

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

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

	Y Member	Participant
1 session	\$30	\$40
4 session package	\$100	\$160
10 session package	\$225	\$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.

Includes enrollment, strength assessment, activation and 3 one hour training sessions with our fitness staff.

This program is FREE to all active YMCA of Portsmouth members. Call today to schedule an appointment with a Fitness Coach to begin your ActivTrax program!

ACTIVTRAX PLUS

Looking for a little more? Our ActivTrax Plus program offers weekly follow up sessions with one of our Personal Trainers. Our Trainers will evaluate your progress and offer suggestions and tips on how to best meet your exercise goals, and help keep you on track.

Length: 4 sessions, 30 minutes each. Sessions must be used within a 30 day time period.

Member Price: \$60.00

To schedule ActivTrax Plus, contact the Fitness Staff at 483-9622.

YMCA OF PORTSMOUTH
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