WELCOME TO SUMMER

YMCA OF SOUTH HAMPTON ROADS
2016 GUIDE TO SUMMER FUN • 18 locations—endless possibilities
P (757) 962-5555  W www.ymcashr.org
Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.
GREETINGS YMCA FAMILY AND FRIENDS,

Awaiting you and your family this summer are enjoyable sunny, relaxing days at any of our 11 outdoor aquatic center locations, the use of 14 indoor pools, as well as countless family activities, events, programs and classes.

With the Y, you can be assured that whatever activity your family or child engages in—from themed pool parties to swim lessons to family group exercise classes—you'll have a safe, positive environment to spend quality time together. With a broad range of activities and instructional programs outlined in this guide, we are sure you will agree that your favorite summer vacation retreat will be just around the corner—at the Y.

You'll also find important information to help you maximize your summer fun experience, including hours of operation for all of our centers, pool rules and summer calendars. At the Y, we believe that there is no greater life-long skill as valuable as learning to swim. For your convenience, the Y offers affordable swim lessons all year-round. Learn more and sign up online at www.YMCASwimLessons.org.

If you have any questions at all, please give us a call. All YMCA of South Hampton Roads family centers and contact information are listed on the next page.

For now, sit back, relax and let our highly trained staff deliver an enjoyable summer experience for you and your family. If there is anything we can do to make your visits better, please let us know.

Yours in the Y,

William “Billy” George
President and CEO
YMCA of South Hampton Roads

Dudley Ware
Board Chairman
YMCA of South Hampton Roads

Visit www.ymcashr.org for a complete list of summer activities, special events, and indoor and outdoor aquatic programs and schedules. Download our mobile app for schedules on the go (iOS and Android).

YMCA Aquatic Centers .......................... 3
Summer Fun at the Y ............................ 4-5
Albemarle Family YMCA ....................... 6
Blocker Norfolk Family YMCA ............... 7
Currituck Family YMCA ....................... 8
Eastern Shore Family YMCA .................. 9
Effingham Street Family YMCA .............. 10
Great Bridge/Hickory Family YMCA ....... 11
Greenbrier Family YMCA .................... 12
Greenbrier North YMCA ..................... 13
Hilltop Family YMCA ......................... 14
Indian River Family YMCA .................. 15
James L. Camp, Jr. Family YMCA .......... 16
Mt. Trashmore Family YMCA ............... 17
Outer Banks Family YMCA .................. 18
Princess Anne Family YMCA ............... 19
Suffolk Family YMCA ....................... 20
Taylor Bend Family YMCA ................... 21
The Y on Granby ................................. 22
General Information ......................... 23-25
Member Benefits ................................. 26
Locations/Programs ............................ 27
SUMMER FUN AT THE Y

SWIM LESSONS
The Y is the starting point for many youth to learn about becoming active and developing healthy habits they will carry throughout their lives. Whether it’s gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship, participating in swimming at the Y is about building the whole child.

YMCA swim lessons are taught by nationally certified instructors with additional safety training in CPR, First Aid, AED and O2 administration. Certified lifeguards are on duty at all times. We offer a low student-teacher ratio to help participants safely develop skills and confidence in the water. Sessions consist of eight 30-minute lessons.

Signing up for swim lessons is easy—visit www.YMCASwimLessons.org to register online or stop by any YMCA family center and register at Member Services. Private lessons are also available at the convenience of the member and instructor.

Price per session: $35/member; $70/prospective member

Parent/Child Lessons are for children ages 6–36 months who participate with a parent in the water. Preschool Lessons are for ages 3–5.

School-Age Lessons are for ages 6–12. Teen/Adult Lessons are for ages 13+.

INTERACTIVE ZONE
The Interactive Zone provides a fun and engaging experience for the entire family, especially kids! With video-based fitness programs, children learn that exercise can be fun. Plus, they develop new friendships with other children in a safe, supervised environment.

Trained and certified staff will supervise your child for up to three hours per day while you are at the Y. Use of the Interactive Zone is complimentary and included with a family membership. Parents may play in the Interactive Zone as well! Interactive Zone hours and equipment vary across family centers. For more information, visit www.ymcashr.org.

LIFEGUARDING
Whether you are looking for a great summer job or career as a professional lifeguard, the YMCA of South Hampton Roads Lifeguard program is the place to begin!

Through classroom activities, hands-on practice and group discussion, you’ll learn the skills you need to work as a lifeguard.

YMCA Lifeguard Training course includes:
• Accident prevention
• Lifeguarding techniques
• Emergency systems
• Rescue skills
• CPR for the Professional Rescuer
• AED, Oxygen Administration & First Aid

View upcoming trainings and certifications online at www.ymcashr.org.

PARENTS NIGHT OUT
is a complimentary service included with all YMCA of South Hampton Roads family memberships that allows parents to enjoy a night out without hiring a babysitter. Dates, times and age requirements vary by family center. Visit www.ymcashr.org to learn more.
DAY CAMP at the Y is all about discovery. Kids have the opportunity to explore nature, find new talents, try new activities, gain independence and make lasting memories. And, of course, it’s fun too. Visit www.ymcashr.org/camp to learn more and explore the fun and adventure that awaits this summer.

FAMILY ACTIVITIES at the Y allow families a time and a place to come together to have a good time, participate in a variety of fun activities, share, communicate, strengthen their relationships and meet other families. See upcoming family activities and events by visiting www.ymcashr.org.

CAMP SILVER BEACH Visit CampSilverBeach.org to learn about making memories for a lifetime at our resident camp on Virginia’s beautiful Eastern Shore. Campers enjoy loads of activities packed on 151 amazing acres of forest, field and wetlands, and 1,200 feet of pristine Chesapeake Bay beach front.

32nd ANNUAL YMCA INDEPENDENCE DAY 5K Wear your red, white and blue and show your patriotism at the Mt. Trashmore Family YMCA’s 32nd Annual YMCA Independence Day 5K and 1/4-Mile Tot Trot. All proceeds go to the YMCA Annual Giving campaign. By participating in this event you are helping to assist others in your community with Child Care, Swim Lessons, Health and Wellness programs, Youth and Teen activities, Older Adult programs and Summer Camp. Monday, July 4, 7:30am For more information, call (757) 456-9622 or www.ymcaindependencedayrun.org.

YOUTH SPORTS Summer is a time for fun, but it’s also a good time to look ahead and plan for fall sports at the Y. Kids ages 3–17 learn new skills, make new friends and set individual and team goals—improving self-confidence, promoting diversity and increasing self-esteem. Honoring the Y’s core values of Caring, Honesty, Respect, Responsibility and Faith, the Y provides a quality experience for players, coaches and families that promotes the development of each athlete to reach their highest potential through skill refinement, teamwork and sportsmanship.

At THE FIRST TEE of Hampton Roads, a program of the YMCA of South Hampton Roads, golf is more than a game. Children learn golf fundamentals, rules and etiquette, as well as The First Tee’s Nine Core Values, Nine Healthy Habits and more. Learn more about all golf camps and programs at www.ymcashr.org/first-tee.
Tubular Tubing
June 17, July 15, August 12, 6–7:30pm
Those cool beach floats aren’t just for the beach anymore! Bring your favorite float (no water wings please) and have a great time. Ice cream floats and pizza will be provided. Additional lifeguards will be on duty to ensure safety. Swim test guidelines will still be followed.

Messy Mondays
June 27, July 25, August 15, 12–12:30pm
Tie Dye on the pool deck! We will provide the dye, rubber bands, supplies and assistance—just bring your own item to tie dye.

Bingo!
June 24, July 22, August 19, 10–11:30am
After water exercise classes, enjoy light refreshments, a few games of Bingo and good times with your fellow members.

Back-to-School Luau Pool Party
Saturday, August 27, 4:30–6pm
Luau the Y way! Dress in your Hawaiian shirts, skirts and leis, but don’t forget your bathing suit! Play luau games and have lots of fun before starting back to a new school year. Please bring a side dish; we will provide main dishes and drinks.

Check out ymcashr.org for more summer fun including day camp, specialty and overnight camps, teen opportunities, golf lessons, family activities and more!
**FAMILY FUN**

**Mini-Monet Mondays**  
Mondays, June 27-August 22, 1–3pm  
Discover your inner artist. Show off your talents and help decorate the pool. Let the walls be your canvas and the markers be your tool. All supplies provided by the Y. Members and their guests are welcome.

**Time Warp Tuesdays**  
Tuesdays, June 28–August 30, 1–3pm  
Listen to your favorite old school tunes while you have fun in the pool.

**Family Float Wednesdays**  
June 29-August 17, 12-5pm  
Bring your favorite inflatables, noodles and pool toys and enjoy lounging and playing in the pool. Additional lifeguards will be on deck to ensure water safety.

**Freeze Out Fridays**  
July 1-August 19, 1-3pm  
It’s finally Friday! Unwind at the pool and enjoy a freeze pop with us at the end of each week.

**11th Annual Camp Carnival and Toga Party!**  
Friday, August 5, 6–9pm  
Toga! Toga! Toga! Join us at YMCA Camp Red Feather, located on the Virginia Wesleyan College campus, for an amazing night of games, prizes, popcorn, cotton candy and tons of fun! Campers and members welcome.

Activity Tickets: 25¢; Food Tickets: $4 (includes burger/hot dog, chips and drink)

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**WATER EXERCISE**

**Water Fitness**  
Improve cardiovascular and respiratory endurance in a nonweight-bearing water environment. Certified instructors will help you increase strength, flexibility, bone density and overall wellness as you enjoy a sociable environment with friends. A variety of conveniently scheduled classes appeal to all levels of fitness. Challenge yourself—have a good laugh and fantastic workout!

**Lap Swim** is available during all hours of operation. During busy times, lap swim may be limited to one lane.

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**THE PRESS**

**FOOD LAB & JUICE BAR**

Don’t let the summer heat zap you! Recharge with healthy and delicious items from our very own food lab and juice bar!

Monday–Thursday 7am-9pm  
Friday 7am-8pm  
Saturday 9am-7pm  
Sunday 10am-3pm
FAMILY FUN

Memorial Day Weekend
Family Field Day
Saturday, May 28
Enjoy the beginning of summer relaxing by the pool. Pack a lunch and bring the entire family out to enjoy field day games and activities. Light refreshments will be provided and grills will be available.

Watermelon Wednesdays
June 15–August 17, 12pm
Come enjoy some fun in the sun by the outdoor pool with the whole family and cool off with a sweet slice of watermelon.

Yoga by the Pool
Saturdays, June 18-August 6, 9-10am
Begin your day by enjoying multi-level Yoga by the outdoor pool before it opens. No matter your level of experience, you’ll improve balance, flexibility, relaxation and breathing while taking in the serene atmosphere by the water.

Happy Birthday America!
Monday, July 4, 11am-2pm
Celebrate America’s birthday poolside. We’ll have a patriotic photo booth, face painting and fun pool games. Bring a picnic basket or something to grill for your family. (Grills will be available.) Join us in wearing red, white and blue!

Teens Night Out
Saturday, July 16, 7-9:30pm
Teens ages 12-16 can enjoy an evening all to themselves at the outdoor pool. Come enjoy night swimming, dance to great music, play volleyball and other fun games. We’ll provide snacks and drinks. Register at the Member Services Desk.

Back-to-School Bash
Saturday, August 20, 11:30am-2pm
Join us for hot dogs, sweet treats, cornhole competitions, volleyball and games as we wrap up the summer and get ready to go back to school! Plus, on this day only, register for Before- and After-School Care and save 50% off the registration fee! School site directors will be available to meet and answer questions.

Doggie Dip
Saturday, September 17, 9:30am-12pm
Bring your best furry friend and meet other dogs at the outdoor pool! Doggie snacks will be on hand, with plenty of barking, fetching and fun. Please bring up-to-date shot records. Donations to Currituck ASPCA are welcome.

SPECIALTY CLASSES

Junior Lifeguard Camp I
Monday–Friday, June 20-24
9:30am-1pm
This camp is designed to give a basic introduction to the YMCA Lifeguard Course for ages 12-15 years. Campers will learn boating and water safety, as well as personal safety, and will perform basic rescues with the supervision of certified YMCA lifeguards. Please contact us for more information.

Junior Lifeguard Camp II
Monday–Friday, June 27-July 1
9:30am-1pm
A continuation of Junior Lifeguard Camp I, junior guards will perform rescues requiring greater skill. They will learn rescue strokes, pull the rescue tube, assist veteran guards in mock rescues, as well as begin an introduction to CPR and more. Please contact us for more information.
## INDOOR POOL HOURS

<table>
<thead>
<tr>
<th>Day</th>
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<tr>
<td>Monday–Friday</td>
<td>6am–8:45pm</td>
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<td>Saturday</td>
<td>8am–5:45pm</td>
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<td>Sunday</td>
<td>1–5:45pm</td>
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### Holiday Family Center Hours

<table>
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<tr>
<th>Holiday</th>
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<tr>
<td>Memorial Day</td>
<td>5:45am–2pm</td>
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<tr>
<td>Independence Day</td>
<td>5:45am–2pm</td>
</tr>
<tr>
<td>Labor Day</td>
<td>5:45am–2pm</td>
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### Planned Closings

- Lifeguard In-Service Training: May 21
  - Pool closes 2pm

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## WATER EXERCISE

### Water Fitness

Improve cardiovascular and respiratory endurance in a non-weight-bearing water environment. Certified instructors will help you increase strength, flexibility, bone density and overall wellness as you enjoy a sociable environment with friends. A variety of conveniently scheduled classes appeal to all levels of fitness. Challenge yourself—have a good laugh and fantastic workout!

**Lap Swim** is available during all hours of operation. During busy times, lap swim may be limited to one lane.

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## FAMILY FUN

### Messy Mondays

**Mondays, June 6–27, 4–6pm**

Discover the artist within you! Show off your talents and create both a masterpiece and a mess!

### Watermelon Wednesdays

**Wednesdays, July 6–27, 2–4pm**

Cool off and enjoy a slice of fresh watermelon every Wednesday in July. Located in the front lobby.

### Flick & Float Fridays

**Friday, June 24 & July 22, 6:30pm**

Grab your favorite raft or pool float and join us in the closed pool area for a family-friendly movie.

### Bring Your Own Pool Party

**Friday, August 12, 5–7pm**

Bring your own outdoor baby pool and join us for relay races, water games and fun!
WATER EXERCISE

Water Fitness
Improve cardiovascular and respiratory endurance in a nonweight-bearing water environment. Certified instructors will help you increase strength, flexibility, bone density and overall wellness as you enjoy a sociable environment with friends. A variety of conveniently scheduled classes appeal to all levels of fitness. Challenge yourself—have a good laugh and fantastic workout!

Lap Swim is available during all hours of operation. During busy times, lap swim may be limited to one lane.

FAMILY FUN

Wacky Kool Aid Mondays
June 20–August 22, 4–6pm
Enjoy a refreshing drink by the pool, with a new mystery flavor every Monday!

Artistic Wednesdays
June 22–August 24, 4–6pm
Come decorate the pool deck every other Wednesday with chalk and washable paints and make fun, creative arts and crafts. All supplies provided by the Y.

Frozen Treat Fridays
June 24–August 26, 6:30–7:30pm
Cool off with us at the pool with a special frozen treat every Friday!

Independence Day Family Event
Monday, July 4, 1–4pm
Relax by the pool and enjoy some red, white and blue tie-dye fun! Bring your own shirt, socks, hat, etc. and we will provide the rubber bands and dyes. We will also cook out—hot dogs, chips and drinks!

Parents Night Out
Friday, July 15, 6–8pm
Children ages 4–12 will enjoy the outdoor pool while parents enjoy the night out! Lifeguards and Stay & Play staff will make the night special with your little ones. Pack a swimsuit and towel.

Cannonball Competition
Saturday, July 30, 1–3pm
Cannonbaaaaal! Join in fun and friendly competition. Prizes will be given for the biggest splash!

End-of-Summer Bash
Friday, August 26, 4–7pm
Celebrate a fun summer by joining your Y friends for frozen yogurt with all your favorite toppings at the outdoor pool. Enjoy Family Water Zumba too!

* See a detailed list of all activities at the Member Services Desk.

OUTDOOR POOL HOURS

Pool opens May 28

May 28–June 19
Saturday 11:30am–5:30pm
Sunday 1:30–5:30pm

June 20–September 5
Monday–Friday 9am–8pm
Saturday 10am–5:30pm
Sunday 1:30–5:30pm

Holiday Pool Hours
Memorial Day 9am–6pm
Independence Day 10am–6pm
Labor Day 10am–6pm

Holiday Family Center Hours
Memorial Day 7am–2pm
Independence Day 7am–2pm
Labor Day 7am–2pm
OUTDOOR POOL HOURS

Pool opens April 16

April 16–June 15
Monday–Friday 10am–1pm and 4-7pm
Saturday 10am–6:45pm
Sunday 11am–6:45pm

June 16–September 4
Monday–Friday 10am–8pm
Saturday 10am–6:45pm
Sunday 11am–6:45pm

September
Limited hours as warm weather allows.

Holiday Pool Hours
Memorial Day 10am–6pm
Independence Day 10am–6pm
Labor Day 10am–6pm

Holiday Family Center Hours
Memorial Day 7am–2pm
Independence Day 7am–2pm
Labor Day 7am–2pm

Planned Closings
Lifeguard In-Service Training
May 21 Pools close 3pm

INDOOR POOL HOURS

Monday–Friday 5am–10:30pm
Saturday 8am–6:45pm
Sunday 8am–6:45pm

FAMILY FUN

“Like” our Facebook page and stay updated on all summer activities and events at the outdoor pool. There’s something happening every weekday! Please check the family center schedule for event times.

Funday Mondays
FUN is the fun-damental component of the day! Join us for some splashing summer pool fun and games.

Tropical Tuesdays
Aloha! Grab your Hawaiian shirt and tropical gear and beat the summer heat with a refreshing swim, limbo and other water games.

Wacky Wednesdays
We will supply all of the materials for you to create a variety of wacky arts and crafts. Spend quality time with your family while producing fun and funky art poolside.

Throwback Thursdays
Splash into a different decade! Join us as we throw back to the ’70s, ’80s and ’90s with vintage music and games.

Family Fridays
Float on in to the Y and end your week with a relaxing day at the pool while enjoying family-friendly activities.

HOLIDAY EVENTS

Memorial Day Pool Party
Monday, May 30, noon–2pm
Let’s kick off the summer with music, food and fun! Bring the family out for fellowship. We will provide the food and drinks.

Independence Day Picnic
Monday, July 4, noon–2pm
Show your patriotism and wear your red, white and blue to the Y while you enjoy a poolside cookout. We will provide the food and drinks.

Labor Day Summer’s End
Monday, September 5, noon–2pm
Enjoy summer’s end at the pool with food, fun and fellowship for the entire family. We will provide the food and drinks.

WATER EXERCISE

Water Fitness
Improve cardio and respiratory endurance in a nonweight-bearing water environment. Increase strength, flexibility and wellness in a sociable environment with friends. A variety of conveniently scheduled classes appeal to all levels of fitness.

Lap Swim is available during all hours of operation. During busy times, lap swim may be limited to two lanes.

Lap Swimming Only
June 1–September 4
Please check our mobile app.

Masters Swimmers
June 2–September 3
Tuesday, Thursday 6am–7am
Saturday 8am–9am
**FAMILY FUN**

**Memorial Day Pool Party**  
Monday, May 30, 12–2pm  
Enjoy the beginning of summer relaxing by the pool with music, friends and family! We will provide drinks and grilled food; please bring a side dish to share with friends.

**Tie-Dye Tuesdays**  
June 28–August 23, 12–1pm  
Bring a white T-shirt and personalize it with some awesome messy colors! Take a dip in the pool while your shirt dries.

**Freeze Pop Fridays**  
July 1–August 26, 5:30-6:30pm  
It’s finally Friday! Come unwind by the pool and enjoy a freeze pop with us at the end of each week.

**Independence Day Party**  
Monday, July 4, 12–2pm  
Celebrate Independence Day with food, drinks and a festive atmosphere. Music, games, prizes, and more will be waiting! Bring a side dish to share and we will provide the grilled food.

**Labor Day**  
Monday, September 5, 12–2pm  
Celebrate the summer in style—bring your family for a day of fun, games and food. We will provide the grilled food, and you bring a dish to share! It’s a great way to spend the holiday with your family.

**SPECIALTY CLASSES**

**Lifeguard Certification**  
Courses begin May 7 and run monthly throughout the summer. Participants will become certified in Lifeguarding, CPR, AED, First Aid and O2 administration in this 38-hour course.

**VYAC YMCA Swim Team**  
VYAC is a competitive swim team for members ages 5–18. Practices are available up to six times per week with optional monthly meets and an opportunity to join the USA team. VYAC offers something for all ages and abilities and provides a fun, exciting atmosphere. Catch the wave!

**Flying Fish Swim Club**  
Different from a swim team, the Flying Fish Swim Club will allow children to improve stroke technique and efficiency, teaching proper starts and turns, and build endurance in a swim team style practice within a small group. Swimmers grow self-confidence and learn to set goals for themselves based on times and techniques. This club is geared for children ages 7–14 interested in continuing their swimming education or advancing to swim team.

**WATER EXERCISE**

**Water Fitness**  
Improve cardiovascular and respiratory endurance in a nonweight-bearing water environment. Certified instructors will help you increase strength, flexibility, bone density and overall wellness as you enjoy a sociable environment with friends. A variety of conveniently scheduled classes appeal to all levels of fitness. Challenge yourself—have a good laugh and fantastic workout!

**Lap Swim**  
is available during all hours of operation. During busy times, lap swim may be limited to two lanes.
GREENBRIER NORTH YMCA
WELLNESS & RACQUETBALL CENTER
2100 Old Greenbrier Road, Chesapeake, VA 23320  P (757) 366-9622
Online schedules are available at ymcashr.org.

Holiday Hours
Memorial Day    7am–3pm
Independence Day 7am–3pm
Labor Day 7am–3pm

RACQUETBALL
Youth Racquetball Clinic
June 16–July 21, 6:30–8pm
Summer is a great time to try a new
sport, practice and improve. Children
ages 8–14 can learn to play racquet-
ball Thursdays at the Y! We start with
the fundamentals, learn the rules and
play games, ending the six-week clinic
with a fun competition. Registration is
required for this clinic.

Outdoor Summer Racquetball
Adult League
June 16–August 4, 6–9pm
Join us every Thursday for an evening
of friendly competition. No registration
required—just show up and play!

FAMILY FUN
Move It Mondays
Mondays, June 20–August 29
Start the week off right with Open Gym
from 2–9pm and Hip Hop class every
Monday at 6:50pm.

Together Tuesdays
Tuesdays, June 21–August 30
Work out with a partner on Tuesdays and let
us know about it. Your names will be entered
to win two personal training sessions, with
new names drawn each month!

Participate and dance in a group exercise
class as a family—Family Zumba is offered
every Tuesday at 5:45pm.

Racquetball courts are also open from
5:30am–9pm for more together time.

Water Nation Wednesdays
Summer is hot, but Water Nation
Wednesdays are so cool! Children ages
5–12 signed into the Interactive Zone
between the hours of 5–8pm will get to
participate in fun, water-incorporated
physical activities such as water balloon
tosses, slip-n-slides and bucket brigade
races and competitions.

Throw Back Thursdays
Enjoy the tunes from your favorite past
decades throughout our lobby and in your
group exercise classes every Thursday.

Get fit with your fellow Generation X-ers
and Baby Boomers with Age 30 & up Pick-
up Basketball, 10am–12pm on Thursdays.

Family Fun Fridays
Family Open Gym from 7–9pm every Friday
night—a great way to burn off energy at the
end of the week and spend time with other
families at the Y.

SPECIAL EVENTS
Family Bingo Night
Friday, June 24, 7–9pm
Come one, come all for some good old
fashioned Bingo fun. All ages are welcome
to join us for a fun night of games, refresh-
ments, music and prizes! (All children must
be accompanied by an adult.)

Family Outdoor Movie Night
Friday, July 8 and August 12, 7–9pm
Join us outside and experience the outdoor
racquetball courts transform into a movie
theater! We will have popcorn, bottled
water, and of course, a family-friendly movie
for all to enjoy. (This event will move indoors
if the weather does not cooperate.)

Back to School Bash
Thursday, September 1, all day
It’s almost time for school to start and for
everyone to fall back into a more regular
schedule and routine. Come in any time
today and if you join the Y, you’ll pay no
joining fee—a savings of up to $75! Plus,
save half off the registration fee for After-
School Care. Get excited about the new
school year!
**FAMILY FUN**

**Tween Night**  
**Friday, June 10, 5-10pm**  
This is a fun night for ages 8-12 to play games and make friends. Kids will enjoy a pizza dinner as well as a variety of activities including swimming, volleyball and basketball. Register at Member Services.

**Outdoor Movie Night**  
**Friday, July 15, 7–9pm**  
Enjoy a night under the stars and watch a movie with us in our back parking lot. Light snacks will be provided. Please bring a blanket or chairs to sit on. Register at Member Services or online at www.ymcashr.org.

**Snow Cone Saturdays**  
**Saturdays, 12–3pm**  
Enjoy a refreshing snow cone every Saturday after swim lessons!

**SPECIALTY CLASSES**

**Masters Swim**  
Masters Swim Class meets Monday, Tuesday and Thursday, 12-1pm. Instruction and emphasis is on stroke development as well as improving endurance and strength. This is a great place for adult swimmers, Triathletes, and/or anyone looking for a great cardio workout. Inquire at Member Services about training with us!

**WATER EXERCISE**

**Water Fitness**  
Improve cardiovascular and respiratory endurance in a nonweight-bearing water environment. Certified instructors will help you increase strength, flexibility, bone density and overall wellness as you enjoy a sociable environment with friends. A variety of conveniently scheduled classes appeal to all levels of fitness. Challenge yourself—have a good laugh and a fantastic workout!

**Lap Swim**  
is available during all hours of operation. During busy times, lap swim may be limited to one lane.
**FAMILY FUN**

**Flick & Float**  
June 24 and July 22, 6:30–8:30pm  
Bring your favorite inflatables (no water wings please) and watch a family-friendly movie while lounging in the pool.

**Wacky Window Wednesdays**  
June 22–August 31, 1–2pm  
Bring out your inner artist and doodle your best work on the windows of the Indoor Pool. Washable paint will be made available.  
Adult supervision is required.

**Freeze Pop Mondays**  
June 20-August 29, 5:30-6:30pm  
It’s the start to a great week! Come unwind at the pool and enjoy a freeze pop with us.

**Master Swim Meet**  
June 18, 12–3pm  
Compete against fellow members, ages 16 and up, in a fun-filled adult swim meet.  
Please register at Member Services.

**Independence Pool Party**  
Saturday, July 2, 11am–1pm  
Enjoy Independence Day weekend with your family. We’ll decorate with our red, white and blue and have fun too! Bring a dish to share with your friends poolside, and we’ll provide the drinks and snacks.

**Swim Lesson Open House**  
July 21, 4:30–7pm  
Share your love of swimming and bring a friend with you to swim lessons.

**End-of-Summer Ice Cream Social**  
Saturday, August 27, 1–3pm, all ages  
Celebrate a fun summer with your Y friends and family! Enjoy an ice-cream sundae creation with all your favorite toppings while relaxing with friends by the pool. Feel free to bring your own toppings to share too.

**SPECIALTY CLASSES**

**Porpoise Swim Club**  
Tuesday/Thursday, 6–7pm, ages 6–14  
Different from a swim team, the Porpoise Club will allow children to experience many aquatic activities such as conditional swimming, stroke development, water safety skills and water games. Swimmers will be given the opportunity to grow self-confidence, set goals and be a part of the team. New sessions begin each month.

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**WATER EXERCISE**

**Water Fitness**  
Improve cardiovascular and respiratory endurance in a non-weight-bearing water environment. Certified instructors will help you increase strength, flexibility, bone density and overall wellness as you enjoy a sociable environment with friends. A variety of conveniently scheduled classes appeal to all levels of fitness. Challenge yourself—have a good laugh and a fantastic workout!

**Lap Swim** is available during all hours of operation. During busy times, lap swim may be limited to one lane.

**Open Swim & Family Swim** available during all hours of operation with the exception of Tuesdays and Thursdays from 4:30–5:30pm.

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**INDOOR POOL HOURS**

<table>
<thead>
<tr>
<th>Days</th>
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<tbody>
<tr>
<td>Monday–Thursday</td>
<td>5:30am–9:15pm</td>
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<td>Friday</td>
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<td>Saturday</td>
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<td>Sunday</td>
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Open Swim and Family Swim are not available Tuesdays and Thursdays from 4:30–5:30pm.

**Holiday Family Center Hours**

- Memorial Day: 7am–2pm
- Independence Day: 7am–2pm
- Labor Day: 7am–2pm

**Planned Closings**

- Lifeguard In-Service Training  
  - May 21: Pool closes 3pm

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**Check out ymcashr.org for more summer fun including day camp, specialty and overnight camps, teen opportunities, golf lessons, family activities and more!**
FAMILY FUN

Popsicle Tuesdays
Tuesdays, June 21-August 23, 1-2pm
Enjoy a cool, frozen treat out by the pool every Tuesday between 1-2pm.

Yard Game Thursdays
Thursdays, June 23-August 25, 1-5pm
Come out and enjoy some traditional yard games with some friendly competition out by the pool.

Fun Float Fridays
Fridays, June 24-August 26, 4-7pm
Bring your favorite float, lay back and relax the day away.

Cannon Ball Contest
Wednesday, June 29, 1pm
Think you have the best cannonball? Come on out and show us. Prizes will be given for winners in several categories.

Aqua Zumba Party
Friday, July 8 & 22, 10am
Join us in the pool for a great cardio and dance workout! Aqua Zumba integrates the Zumba format and philosophy with traditional aqua fitness disciplines, all blended together into a safe, challenging, water-based workout that’s cardio-conditioning, body toning and fun.

Tie Dye Days
Wednesday, July 27 & August 17, 1-2pm
We’ll provide the supplies—you bring an item to dye. We’ll show you how to create something unique and special. Enjoy a dip in the pool while your new creation dries.

Memorial Day Pool Party
Monday, May 30, 11am-1pm
Enjoy the beginning of summer relaxing by the pool with music, friends and family! We will provide drinks and grilled food; please bring a side dish to share with friends.

Labor Day Fun at the Y
Monday, September 5, 9-11am
Show your spirit and wear your red, white and blue. Participate in our annual 5K and then cool off at the pool.

WATER EXERCISE

Water Fitness
Improve cardiovascular and respiratory endurance in a nonweight-bearing water environment. Certified instructors will help you increase strength, flexibility, bone density and overall wellness as you enjoy a sociable environment with friends. A variety of conveniently scheduled classes appeal to all levels of fitness. Challenge yourself—have a good laugh and fantastic workout!

Lap Swim is available during all hours of operation, except during Water Fitness classes. During busy times, lap swim may be limited to one lane.

SPRAY PARK GRAND OPENING
Monday, June 20 at 11am
Join us for the much-anticipated grand opening celebration of our new Outdoor Pool Spray Park! This exciting addition to the Outdoor Pool features a double-drizzle shower, rain bell, rain drop and bubblers.

We will have food, games and lots of fun for all!
MT. TRASHMORE FAMILY YMCA
4441 South Boulevard, Virginia Beach, VA 23452  P (757) 456-9622
Online schedules and registration are available at ymcashr.org.

OUTDOOR AQUATIC CENTER HOURS

Pool opens May 21

May 21–June 16
Lap Pool
Monday–Friday 10am–2pm
Saturday/Sunday 12–5:45pm
Kiddie Pool/Spray Park
Monday–Friday 10am–6pm
Saturday/Sunday 12–5:45pm

June 17–September 5
Lap Pool
Monday–Friday 10am–7:45pm
Saturday/Sunday 12–5:45pm
Kiddie Pool/Spray Park
Monday–Friday 10am–7:45pm
Saturday/Sunday 12–5:45pm

September 6–30
Open limited hours as weather permits. Please contact the Y for details.

Holiday Pool Hours
Memorial Day 10am–6pm
Independence Day 10am–6pm
Labor Day 10am–6pm

Holiday Family Center Hours
Memorial Day 7am–2pm
Independence Day Closed for 5K
Labor Day 7am–2pm

Planned Closings
Lifeguard In-Service Training
May 21 Pools close 3pm

FAMILY FUN

Food Truck Showdown
Saturday, May 28, 11am–2pm
Bring the family out to enjoy some tasty competition between two local food truck favorites right in our very own parking lot.

Memorial Day Field Day & Pool Party
Monday, May 30, 2–4pm
Start your summer right! Bring the family out to enjoy field-day games and activities.

School’s Out Bash
Friday, June 17, 12-3pm
Celebrate the end of the school year with a fun pool party! Enjoy games and water fun all afternoon.

Picasso Mondays
Mondays, June 20–August 22, all day
Express your artistic side on our outdoor pool deck with our sidewalk chalk!

Take the Challenge Tuesdays
June 21–August 23, 3:30–4:30pm
Weekly challenges with our Aquatics Director will be posted prior to each challenge. Prizes will be given to winners!

Watermelon Wednesdays
June 22–August 24, 11am–1pm
Enjoy some fun in the sun at the outdoor pool and cool off with a sweet treat.

Throwback Thursdays
Thursdays, June 23–August 25, 2–4pm
Throwback to the ’70s, ’80s and ’90s every Thursday with vintage music and games.

Frozen Fridays
June 24–August 26, 1pm, 3pm & 5pm
Enjoy a frozen treat poolside with the whole family—on us!

Cornhole Saturdays
Saturdays, June 25–August 27, 2–4pm
Grab a partner and see how you match up in our cornhole games every Saturday.

Selfie Sundays
Sundays, June 26–August 28, 10am–6pm
Oh snap! Use our outdoor pool selfie stick, smile and use the hashtag #MTymcarocks. All pictures will be entered to win a prize!

July 4th Extravaganza
Monday, July 4, 12–2pm
Show your red, white and blue at the Y. Come participate in our annual 5K and then cool off at the pool. (Learn more on page 5.)

Pool Jam! Live Outdoor Concert
Saturday, July 30, 6:30–9pm
Virginia Beach’s very own Brian Grilli will be performing his award-winning music at our Outdoor Pool! Enjoy hot dogs, refreshments and swimming all while being entertained with great music. Registration is required for this special event. Register online at www.ymcashr.org or at Member Services.

Cornhole Tournament
Saturday, August 20, 12–4pm
Compete in our annual Cornhole Tournament! Spend a fun day at the Y sinking bean bags on the field and yourself in the pool.

Labor Day Back-to-School Bash
Monday, September 5, 1–3pm
Celebrate the last day of summer with your friends at the Y! Have fun competing in pool games as well as field games.

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Improve cardiovascular and respiratory endurance in a nonweight-bearing water environment. Certified instructors will help you increase strength, flexibility, bone density and overall wellness as you enjoy a sociable environment with friends. A variety of conveniently scheduled classes appeal to all levels of fitness. Challenge yourself—have a good laugh and fantastic workout!

Lap Swim is available during all hours of operation. During busy times, lap swim may be limited to two lanes.

SPECIALTY CLASSES

Porpoise Club
Mondays/Wednesdays, 6:15–7:15pm, ages 5–14
Different from a swim team, the Porpoise Club allows children to experience aquatic activities such as conditional swimming, lifeguarding skills, kayaking, and water polo. We will work to grow self-confidence, goal setting and team building.

Water Exercise

FAMILY FUN

Food Truck Showdown
Saturday, May 28, 11am–2pm
Bring the family out to enjoy some tasty competition between two local food truck favorites right in our very own parking lot.

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Different from a swim team, the Porpoise Club allows children to experience aquatic activities such as conditional swimming, lifeguarding skills, kayaking, and water polo. We will work to grow self-confidence, goal setting and team building.
FAMILY FUN

Brave the Wave
May 30 & June 27, 2–4pm
Get everyone in the water and have some fun. Let the kids show off their swimming skills, play a game or just float around. Members may bring a guest for $5.

Messy Mondays
June 6–August 29
Come decorate the pool deck with colored chalk. Spend quality time with your family while creating fun and funky art poolside.

Dive Into Summer
June 10, 5–10pm
Celebrate the start of summer with the Y! Bring a dish to share and we will grill up some hot dogs and hamburgers while you enjoy the pool and water fun. Then grab a lounge chair and stick around to watch a family-friendly flick on the big screen.

Watermelon Wednesdays
June 15, July 13, August 17, 1pm
Have a treat on us—fresh watermelon slices by the pool.

Get into the Games
Thursdays, June 9–August 25
Enjoy fun-filled games on the pool deck. See if you have what it takes in corn hole, hopscotch and more!

Freeze Pop Fridays
Fridays, May 27, June 17, July 15, August 12, 1–4pm
Cool down your week at our outdoor pool with a refreshing swim and enjoy a freeze pop during adult swim.

Cannonball!
Fridays, June 17, July 8, August 5, 4–6pm
Cannonbaaaalll! Bring your best cannonball to the diving board. Prizes are awarded for the biggest splash. Members must have a green band to participate.

Dive-In Movie
Fridays, June 24 & July 29, 8:30–10:30pm
Watch a movie on the big screen. Bring the whole gang for a swim, and once it gets dark, grab a lounge chair for an entertaining, family-friendly flick.

End-of-Summer Luau
Friday, August 27, 11am–7pm
End the summer with a bang! We will grill hot dogs and hamburgers. Please feel free to bring anything else you would like to share. Food will be served at 6pm.

Dog Walk and Swim
A late September date will be announced soon! Bring out your furry friends! The walk will begin at 9:30am followed by an outdoor Dog Swim. Each family will receive a T-shirt; extra shirts will be available for purchase. Dog owners must bring vaccination records. $15 members; $25 prospective members

SPECIALTY CLASSES/CAMPS

Porpoise Club
Monday–Thursday, 3–3:45pm
June 20–30, July 5–14, July 18–28 and August 1–11
Porpoise Club fills the transition between swim lessons and swim team, working on technique and speed in the four competitive strokes. Must be able to swim 50 yards. $45/members; $85/prospective members

Half Day Aquatic Camps, 10am–1pm for ages 5–12
Lifeguard Camp—June 13–17
Camp Fins—June 20–24
Scuba Snorkeling Camp—July 5–8
Ocean Rescue Camp—July 18–22
Camp Fins—August 1–5
Visit us at www.ymcashr.org for camp descriptions, prices and registration.
**FAMILY FUN**

**Splash Park Play**
Have summer fun indoors with our indoor splash park featuring a zero-entry ramp and wading pool. We also have two indoor slides to make for more summer fun.

**Memorial Day Challenge**
*Monday, May 30, 7am-1pm*
Kick off the summer with a variety of workouts to challenge yourself and others. These workouts will be led by TIDE Swimming’s lead coach, Josh. Healthy snacks and drinks will replenish you afterwards.

**Adult Swim Under the Stars**
*Mondays, Wednesdays, Fridays June 6-September 30, 7:30-9:30pm*
Enjoy an evening lap swim under the stars in our 50-meter Olympic-size outdoor pool. Open to ages 18 and older only.

**Bump It! Fridays**
*Fridays, June 24-August 26, 6:30-7:30pm*
Spike, set, dig, dive, jump and splash in a game of water volleyball in the outdoor pool. Everyone is invited!

**Summer Splash Blast**
*Friday, June 17, 6-9pm*
School’s out for the summer! Splash and laugh with your friends at the Y. Enjoy music, karaoke, cornhole, water volleyball and good ole’ family fun.

**Agility Testing Tuesdays**
*Tuesdays, June 21-August 30*
*Ages 6-adult*
Improve balance, agility, core strength and concentration—all while having fun!
Introducing **log rolling** at the Princess Anne Family YMCA! Log rolling creates an opportunity for families to be involved in a sport together. This centuries-old talent of walking on a log has evolved into a fun and exciting sport.

**Independence Day “Fireworks”**
*Monday, July 4, 7am-1pm*
These are not your ordinary fireworks. Fire up your skills to improve balance, agility, core strength and concentration—all while having fun!

**Labor Day Challenge**
*Monday, September 5, 7am-1pm*
Let’s see how far you’ve come with your workouts this summer. Once again, we will have a variety of workouts, but they will be just a bit more challenging than the ones on Memorial Day. Healthy snacks and refreshments will be waiting for you after your workout with TIDE Swimming’s Coach Josh.

**Lifeguard Certification**
After successful completion of this course, participants will be certified in YMCA Lifeguarding, CPR/AED, First Aid and Oxygen administration. Learn more about YMCA Lifeguarding online at [www.ymcashr.org](http://www.ymcashr.org), or visit Member Services.

**OUTDOOR POOL HOURS**

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<tr>
<th>April 11–June 17</th>
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<tbody>
<tr>
<td>Monday–Friday</td>
<td>6–8am, 11am-1pm and 4–8:30pm</td>
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<tr>
<td>Saturday</td>
<td>7am-6:30pm</td>
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<th>June 18–September 4</th>
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<td>Monday–Friday</td>
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**Holiday Pool Hours**

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<td>Labor Day</td>
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**Holiday Family Center Hours**

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<th>Memorial Day</th>
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<td>Labor Day</td>
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**Planned Closings**

| Lifeguard In-Service Training | May 21 | Pools close 3pm |

**INDOOR POOL HOURS**

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**OUTDOOR POOL LAP SWIM**

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<th>Monday–Friday</th>
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<td>Mon/Wed/Fri</td>
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During TIDE swim team practice, lap swim may be limited to one lane.
*Adult Swim only, ages 18 & up

**WATER EXERCISE**

**Water Fitness**
Improve cardiovascular and respiratory endurance in a nonweight-bearing water environment. Certified instructors will help you increase strength, flexibility, bone density and overall wellness as you enjoy a sociable environment with friends. A variety of conveniently scheduled classes appeal to all levels of fitness. All classes take place in our indoor pool.

**SPECIALTY CLASSES**

**Lifeguard Certification**
After successful completion of this course, participants will be certified in YMCA Lifeguarding, CPR/AED, First Aid and Oxygen administration. Learn more about YMCA Lifeguarding online at [www.ymcashr.org](http://www.ymcashr.org), or visit Member Services.

Our 50-meter pool is the home for TIDE Swimming, the premiere swim club in South Hampton Roads. TIDE Swimming shares the Y’s core belief that children learn valuable life lessons through sports. The focus is on individual and team development. The Princess Anne Family YMCA is a community partner with TIDE Swimming, and all participants of TIDE Swimming’s swim team are members of the YMCA.

For additional information about TIDE Swimming go to [www.tideswimming.com](http://www.tideswimming.com).
**OUTDOOR POOL HOURS**

Pool opens May 28

**May 28–June 19**
- Saturday: 9am–5:30pm
- Sunday: 11am–5:30pm

**June 20–September 4**
- Monday–Friday: 5am–9am, lap swim, 9am–8pm
- Saturday: 9am–5:30pm
- Sunday: 11am–5:30pm

**Holiday Pool Hours**
- Memorial Day: 10am–6pm
- Independence Day: 10am–6pm
- Labor Day: 10am–6pm

**Holiday Family Center Hours**
- Memorial Day: 7am–2pm
- Independence Day: 7am–2pm
- Labor Day: 7am–2pm

**Planned Closings**
- Lifeguard In-Service Training: May 21
  - Pool closes 3pm

**INDOOR POOL HOURS**

- Monday–Friday: 5am–9:30pm
- Saturday: 8am–5:30pm
- Sunday: 11am–5:30pm

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**FAMILY FUN**

**Funky Float Mondays**
Mondays, June 27–August 29, 6-7:30pm
Bring your favorite inflatable or borrow one of ours to use for a fun night of funky floating. (No water wings please.)

**Watermelon Wednesdays**
Wednesdays, July 6 & 20, August 3, 17 & 31, 11am–12pm & 4–5pm
Relax and cool off while enjoying a delicious slice of watermelon.

**Game Day Thursdays**
Thursdays, June 30–September 1, 12-3pm
Come and play as a family in our outdoor pool. Every Thursday we will have water balloons, sidewalk chalk, bubbles, water paints, hula hoops, hopscotch and cornhole!

**Cannonball Contest**
Friday, July 15 & August 12, 6-7pm
Compete in a cannonball contest at the outdoor pool. Prizes will be given for the biggest and best splashes. (Please sign up by 5:45pm.)

**Freeze Pop Saturdays**
Saturdays, June 25, July 16, August 13 & September 3, 2–3pm
Take a break from the splashing and enjoy a freeze pop from our friendly staff.

**Dive-in Movie**
Friday, July 29 & August 26, 7–10pm
Swim until sundown and then lounge out on the pool deck to watch a family-friendly movie.

**Labor Day Picnic**
Monday, September 5, 11am–1pm
Celebrate the end of the summer and join us for hotdogs, chips, watermelon and beverages at our Labor Day Picnic.

**WATER EXERCISE**

**Lap Swim** is available during all hours of operation. During busy times, lap swim may be limited to one lane.

**Water Fitness**
Water fitness classes are available mornings and evenings, with a variety of classes that appeal to all levels of fitness. Improve cardiovascular and respiratory endurance with exercises led by certified water fitness instructors. The properties of water offer nonweight-bearing resistance for increasing the strength of joints and muscle. Notice increased flexibility and overall wellness as you enjoy a sociable, encouraging environment with friends. Equipment such as barbells, noodles and hand weights are used to increase the force needed to improve muscle tone and bone density. Come and challenge yourself—have a good laugh and a fantastic workout!

Water fitness classes offered include Power Aqua, Deep Water Exercise, Gentle Water, and Water Circuit. For days and times, pick up a schedule at the Y or visit www.ymcashr.org.

Wednesday 8am classes will be held at the outdoor pool, weather permitting!
Memorial Day Delight
Monday, May 30, 9–11am
Start the holiday off right by joining us in the morning for coffee, donuts and refreshments. Bring the family for fellowship with friends and neighbors at the Y.

School’s Out Water Blowout
Thursday, June 16, 3–6pm
Say hello to summer as we celebrate the end of the school year with a pool party at the Y! We will start the summer right with a group jump in the pool, then enjoy games and water fun the entire afternoon.

Wacky Wednesdays
Wednesdays, June 22–August 31 (times vary with weekly activities)
Wear a wacky hat or crazy outfit, do a silly craft, or compete in an off-the-wall event. Check the weekly schedule to see which wacky events are happening each week.

Frozen Fridays
Fridays, June 3–September 2
Enjoy a frozen treat poolside with your family on us every Friday!

Family Night Pool Party
Friday, June 24 & August 12, 6:30–8pm
Bring the family out to the pool and enjoy an evening of water, games and music.

Labor Day End of Summer Treat
Monday, September 5, 1–3pm
Celebrate the end of the summer by joining us for an ice cream social at the outdoor pool. Relax and enjoy a cool sundae or maybe even a root beer float!

Yappy Hour
Sunday, September 18, 1–3pm
Members are invited to bring their furry friends and meet other dogs for fun at the outdoor pool. We will have some doggone fun with lots of barking and doggie paddling. Please bring a bag of dog food or treats to donate to our local animal shelter.

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# FAMILY FUN

## Granby Birthday Bash!
**Monday, May 30, 12–2pm**
Join us in celebrating the Y on Granby’s third year in operation. Enjoy fellowship, special activities and giveaways!

## School’s Out BBQ
**Friday, June 24, 12–2pm**
Bring your family and join us for good food, fun, and meet your fellow Y members. We’ll grill burgers and dogs; please bring a side to share. Enjoy the pool, music and games for all. It’s a Family Float Night as well—bring your favorite float to the pool (no water wings please).

## Monet Mondays
**June 27–August 22, 1–3pm**
Show us your talent by chalking our sidewalks with your favorite summer theme. When your art is completed, relax by the pool!

## Chilly Willy Wednesdays
**June 29–August 24, 1–4pm**
Make a splash and cool off! Join us for some summer pool fun and enjoy some cool treats.

## Family Float Fridays
**July 1–August 26, 11am–7pm**
Bring your favorite float and splash around the pool with your family and friends (no water wings please).

## Independence Celebration
**Monday, July 4, 12–1pm**
Wear your red, white and blue, and take part in our patriotic-themed fashion show! The best display of American spirit will win a prize! Enjoy a slice of cold watermelon and beat the mid-summer heat.

## End-of-Summer Pot Luck Celebration
**Monday, September 5, 12–2pm**
Celebrate a fun summer with your Y friends with a potluck bash. Please bring a labeled side dish to share.

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## OUTDOOR POOL HOURS

**Pool opens May 28**

### May 28–June 22
- **Monday–Friday**: 3–7pm
- **Saturday**: 11am–5:30pm
- **Sunday**: 1:30–5:30pm

### June 23–September 5
- **Monday–Friday**: 11am–7pm
- **Saturday**: 11am–5:30pm
- **Sunday**: 1:30–5:30pm

### Holiday Pool Hours
- **Memorial Day**: 9am–5pm
- **Independence Day**: 9am–5pm
- **Labor Day**: 9am–5pm

### Holiday Family Center Hours
- **Memorial Day**: 8am–6pm
- **Independence Day**: 8am–6pm
- **Labor Day**: 8am–6pm
We encourage you to contact the Aquatic or Executive Director at your family center for any specific questions or clarification. Benefits to our members in a safe environment and may amend policies to reflect our commitment to provide the best service possible. The Y continually evaluates all policies to ensure the maximum enjoyable benefit to our members in a safe environment and may amend policies to reflect our commitment to provide the best service possible. We encourage you to contact the Aquatic or Executive Director at your family center for any specific questions or clarification.

Age Guidelines
Children must be at least 13 years old to use the YMCA’s pools without a parent present in the building. Children ages 10–12 (who pass the swim test) may use the pool if a parent/guardian is physically on YMCA premises. A parent/guardian must be present at the pool and directly supervising his/her children ages 0–9.

Nonswimmers must be within arm’s reach of a parent or supervising guardian at all times.

Swim Test
- Comfortably swim one length of the swimming pool (25 yards) without assistance.
- Pausing is allowed for the swimmer to rotate and breathe.
- Any stroke or combination of strokes are permissible, however, the swimmer must remain on top of the water (underwater swim not acceptable) and have some level of proficiency of the swim stroke.
- Tread water for 30 seconds.
- Exit the swimming pool either by steps, ladder or side.
- YMCA of South Hampton Roads Pool Rules are reviewed and a copy of the rules will be provided to the child.

Children who successfully pass the YMCA swim test:
- Will be issued a GREEN swim necklace. They are required to wear the necklace if they wish to enter water above their armpits or deep water recreational elements (large slides, diving boards, etc.).
- If between the ages 10–12, they will be permitted to use aquatic facilities without the direct supervision of a parent/guardian (who must remain on YMCA premises).
- Will have access to the diving boards, water slides and other areas of the swimming pool.

Children who are not identified with a green swim necklace will be considered nonswimmers. Nonswimmers ages 10-12 are not permitted in water above their armpits unless within arm’s reach of parent or guardian and are not permitted to use deep water recreational elements (i.e. large water slides, diving boards, etc.), but may use shallow recreational elements (kiddie slide, splash pad, etc.).

Lifeguards will consider all children under the age of 13 to be nonswimmers unless they are wearing the YMCA-issued green swim necklace.

Guests
Our first priority is to serve our members who have made a commitment to the Y by joining. The purpose behind our guest policy is to enhance member service to current members who are encouraging a friend to join and make reasonable accommodations for members of other YMCAs traveling in our area, for out-of-town family of current members and for out-of-town visitors.

All YMCA of South Hampton Roads centers are part of one association; therefore, a visit to one location counts as a visit to all centers.

Guest Policy

In-Town Guests:
- One complimentary visit per year
- Second visit $5 per person
- Third visit $10 per person (no more than 3 visits per year)

Out-of-Town Guests:
- Must be accompanied by a member
- A member may bring a maximum of five guests per visit
- Guests may visit up to 14 days per calendar year
- $5 guest fee per person, per visit
- Must live 100 miles outside of our service area and not be a current YMCA member (see AWAY Program)

Centers can restrict guest usage, hours of usage and area of usage with or without notice to ensure the safety and comfort of members. We highly encourage members to contact the Y prior to visiting with a guest to inquire about any guest restrictions due to demands on the facility.

AWAY Program
When you join the YMCA, you become part of a national movement of 22 million members in more than 2,700 YMCAs. Because each YMCA is autonomous, not-for-profit and not a franchise, local YMCA policies vary on the use of equipment, facilities, services and programs by visiting members from out-of-town or from nearby YMCAs. If you plan to visit another YMCA, it is always a good idea to call that YMCA about visiting member policies.

Member Reciprocity
At the Y, we encourage our members to live their healthiest and to utilize our facilities as often as possible. Sometimes it’s more convenient to use a Y in another location when you are traveling, working, or just visiting another region. As a valued YMCA member, you have the flexibility to use other YMCA facilities throughout Virginia at no extra charge. Simply present your YMCA membership card and photo ID at participating Virginia YMCAs and enjoy complimentary access. Learn more at www.ymcashr.org/reciprocity. The Outer Banks Family YMCA is excluded from this program May 1–September 30.

Securing Your Valuables
Please safeguard your valuables inside the Y. We strongly recommend against locking belongings in your vehicle. If you don’t have a lock to secure items, complimentary kit lockers and key locks are available at Member Services for short-term use. The Y is not responsible for lost, stolen or damaged personal property.

23
**GENERAL INFORMATION**

**Lost and Found**
The YMCA is not responsible for any lost or stolen articles. Please lock cars and leave valuables in a secure location. All lost and found clothing, towels, etc. will be retained at the pool for one week. After one week, all unclaimed articles will be discarded or donated to Goodwill or other charitable agencies.

**Smoking/Tobacco**
The Y is a tobacco-free zone. Smoking, including the use of electronic cigarettes, is prohibited on YMCA property at all times.

**Music**
Boom boxes, radios, etc. may be restricted by pool management if the music is offensive to other patrons. If you wish to listen to your own music, we suggest headphones.

**Pool Accidents**
Please report all accidents to a member of the lifeguard staff. We maintain a well stocked First-Aid cabinet in the pool office with plenty of Band-Aids. The lifeguards will be happy to assist you with any First Aid. Small children may have an accident in the pool at times. Please be aware that we maintain acceptable levels of disinfectant (chlorine) in all pools at all times. During an accident of personal nature, please notify the lifeguards. We will close the affected area of the pool for cleaning. Once we have cleaned the pool area, we will spread granular chlorine to kill any additional contaminates. In the event that an accident has occurred in the small wading pool, we will close that pool (smaller volume of water) during the clean-up procedure.

**Birthday Parties**
Please see the Aquatic Director about birthday parties that include pool use.

**Pool Toes**
We will all get them; it’s a fact of life! During the winter months, when we wear shoes, the soles of our feet get soft. This is as much of a problem for the lifeguards as it is for little ones. It takes time for tender feet to “toughen up” to the rough pool deck. During this time, we hand out a lot of Band-Aids. We have plenty in stock, so please check with the pool office or gate house as needed. After several visits to the pool, feet will toughen, and the problem should subside. You may also want to limit the time at the pool during the first several visits. The worst case of pool toes is after the first full day of barefoot activity. If you decide to purchase pool shoes for your children, their feet will not have a period to toughen, and you may be putting off the inevitable.

**Pool Furniture**
While the pool has hundreds of pieces of pool furniture, there may be times during peak usage where a chair may not be available. On special days, (particularly holidays like Memorial Day and July 4), we suggest that you keep a beach chair in your car. If needed, it will be handy. We also ask that you be considerate of others and follow the one-person, one-chair rule. Please refrain from using chairs as towel hangers and bag holders.

**Stay & Play**
Please see Member Services for information regarding babysitting while you are at the Y.

**YMCA Certified Lifeguards**
Qualified lifeguards will be on duty during pool hours. The lifeguards are responsible for enforcing pool rules and may remove any person from the pool for committing an unsafe act or for being involved in activities that may be dangerous. If a patron or guest is asked to leave the pool, his/her card may be withheld for a determined period of suspension. The YMCA Executive Director may revoke any membership for repeated offenses or acts that may directly endanger the lives or comfort of pool patrons. Local law enforcement officers will be called for any person who does not leave the pool when requested by a member of the management staff.

**Best Safety Practices**
YMCA lifeguards are periodically audited by our management team. Inspections and drills may require clearing of the pool to ensure safety and emergency readiness. We appreciate your patience and understanding while we strive to provide the safest aquatic environment to you and your family.

**Parent/Guardian Supervision**
Parents are responsible for the conduct of their children. Children under ten years of age must be accompanied and supervised by an adult (18 years or older) at all times. Non-swimmers must be within arm’s reach of a parent or supervising guardian at all times. (See Age Guidelines on page 23.) The pool management reserves the right to require parental supervision for any child ten years of age and older who repeatedly violates pool rules. Remember, lifeguards are on duty to prevent and respond to accidents. Lifeguards are not babysitters.

**Inclement Weather**
The lifeguards/management have the authority to close the pool during inclement weather. All attempts are made to keep the pool open, and “wait out a storm,” however, the pool management may delay opening, or close the pool for the day to ensure the safety of patrons and staff. Standard procedure is to wait twenty minutes after each lightning strike. The lifeguards/management will also clear the pool during thunder under threatening skies.

**Adult Swims**
Lifeguards may call a ten-minute adult swim each hour. At times, adult swims may be more sporadic due to limited pool usage, inclement weather, special days, etc. During adult swims, the pool will be reserved for adults 18 years and older, allowing parents a relaxing period in the pool while giving children a break from the constant activity and exhaustion that pool play may elicit. Children under 42” tall will be allowed in separate wading pools (where available; see wading pool rules) during adult swims; lifeguards will permit infants under 18 months old access to the main pool with their parents. Infants must be in the parent’s arms at all times.

**Discipline**
The pool management encourages all parents to review the pool rules with their children. While the summer pool can be a place of fun and memories, it can also be extremely dangerous if pool rules are not followed. The lifeguards have been trained to administer discipline fairly. Generally on the first offense (minor), the lifeguards may verbally warn. Repeated offenses may result in “time out” from the pool for a period of 5–15 minutes (depending on offense and age of child).

(continued on next page)
GENERAL INFORMATION

Repeated infractions of the pool rules may result in a conference between the Aquatic Director and parents and/or suspension or expulsion from the pool. Serious offenses will be dealt with on a case-by-case basis. Vandalism, theft and use of illegal substances on YMCA property may result in immediate expulsion from the pool and criminal prosecution. Please contact the Aquatic Director with questions or concerns regarding discipline at the pool.

Pool Guidelines
The lifeguards and staff of the Y will enforce the following rules. The Y reserves the right to suspend or expel any individual who violates the pool rules/policies. Rules and policies may change without notice to ensure the safety and comfort of all members. Rule changes will be posted at the pool entrance.

- YMCA swimming pools are only to be used when a lifeguard is on duty.
- Please shower before entering the swimming pool.
- Persons with open cuts, sores or blisters are not permitted in the swimming pool.
- Children who are not potty-trained must wear a swim diaper or plastic pants (disposable diapers are not permitted).
- Please use appropriate changing facilities (on-deck changing of any age is prohibited).
- Children ages 10–12 may use the pool only if a responsible adult is on the Y’s premises and the child has passed the YMCA of South Hampton Roads Swim Test. Please refer to the member guide for all age guidelines and definitions.
- Swimmers must wear appropriate swim wear (no jeans or cut-offs; swimsuits only). The Y asks all members to remember the family environment and choose the style of your swimsuit accordingly.
- Children wearing Coast Guard approved flotation devices and nonswimmers must be within arm’s reach of a parent. Water wings (arm floaties) are not permitted. The aquatic director may make exceptions based on special needs of the swimmer and inspection of the device.
- Glass or metal objects are not permitted in the pool area and any food consumed must be at least 10’ from the edge of the swimming pool. Chewing gum, tobacco products and alcohol are not permitted in the Y’s aquatic environments.
- Feet-first entries only. No diving. Flips, spins or back dives are not permitted from the side of the pool. Diving is permitted in swimming pools with a minimum of 9’ of water during posted times.
- Running, horse playing, pushing, carrying people on shoulders or dunking is prohibited in the swimming pool or deck area.
- Hanging on lane lines, safety ropes and basketball hoops is not permitted.
- Prolonged underwater swimming or breath holding (and hyperventilation) is not permitted.
- Floats and rafts are only permitted during designated times and when posted in advance.
- Fins and snorkels are only permitted in lap lanes. On occasion during peak demand, the aquatic director may restrict usage of fins to ensure the safety of other swimmers.
- The YMCA prohibits the use of mermaid tail fins and mono fins for all swimming pools.
- When the whistle blows, look to a lifeguard immediately!
- Any act deemed unsafe by the aquatics director or management will not be tolerated.

Diving Guidelines
Outer Banks Family YMCA
- All users under 13 years of age must pass the YMCA of South Hampton Roads Swim Test prior to use.
- One diver on diving board or steps at a time.
- Immediately exit the pool using the ladder to the left or right of the diving well.
- Only one swimmer is permitted in the diving well at a time.
- Inward/cutaway dives and any other dives deemed unsafe by the aquatics director are not permitted.
- Dive straight—diving to either side of the diving board is not permitted.
- Goggles, jewelry, toys or restrictive devices that could cause injury are not permitted.
- Please consider appropriate swim attire before using the diving board.
- Jewelry (rings, watches, anklets, etc.) and goggles are not permitted on the water slides (exceptions include break away swim necklaces or rubber wrist identification bands issued by the Y).
- Only one person is permitted on the water slide or the slide entry ladder at a time.
- Wait for lifeguards’ instructions and start signal before sliding.
- Slide feet first in a layout position on your back only (head first is not permitted).
- Clear the splash zone immediately after sliding.
- Exit the pool quickly on the designated side for each slide.
- Obey all lifeguard instructions.

Wading Pool Guidelines
- Children 42” and smaller are welcome in the wading pool.
- A supervising adult age 16 or older must be in the wading pool with children.
- Deck surrounding the wading pool must be kept clear of baby equipment and toys.
- One person at a time is permitted on the slide. Feet-first entries only.

Tube Slide Guidelines
- Youth ages 12 and younger are required to pass the YMCA of South Hampton Roads Swim Test prior to use.
- Flotation devices or toys are not permitted when using the slide.
- Swimwear with exposed zippers, buckles, rivets or metal ornaments are not permitted.
YOUR MEMBER BENEFITS

As a diverse organization of men, women and children, we are joined together by a shared commitment to nurture the potential of kids, promote healthy living and foster a sense of social responsibility. Our membership is 22 million strong, and spread across more than 2,700 Y associations nationwide. Your YMCA of South Hampton Roads membership entitles you to the following benefits:

• Unlimited use of all 17 family centers and our satellite wellness center at Dominion Tower
• Free Wi-Fi
• Cardio equipment, new in 2015 and replaced and upgraded every three years
• FitQuest, an individual fitness and nutrition plan created by your coach and accessible online
• Y-Change, a six-week/small group program for those ready to embrace a lifestyle change
• Orientation and instruction on cardio and strength equipment
• Fitness theaters in several family centers
• Fitness evaluations and weight management
• Group Exercise classes such as Zumba®, Body Design, Tabata, Group Power®, Group Fight® and Stretch, Move & Bend
• 30-minute intro classes
• Mind/Body classes including Yoga and Pilates and Group Cycling classes
• Complimentary Interactive Zone play area for youth & teens (included with family membership)

• Indoor and Outdoor Aquatic Centers with spray parks including slides and pool toys for open swim, laps, water exercise and family fun
• Priority registration for swim lessons
• Teen Centers and clubs
• Family and Older Adults programs
• Sports like racquetball, basketball, soccer and more (including outdoor racquetball)
• Complimentary babysitting in Stay & Play while you are in the YMCA (included with family membership)
• Complimentary Parents Night Out (included with family membership)
• Vending machines stocked with healthier snack options
• Member discounts and incentives on the Y’s Diabetes Prevention Program
• Member discounts on programs like child care, swim lessons, sports and day camp
• Member discount on The First Tee of Hampton Roads membership and golf camp sessions
• Member discount on YMCA Camp Silver Beach camp sessions
• Member Referral Program year-round (earn free months of membership!)
• Access to most Virginia YMCAs, thanks to the My Y is Every Y Membership Reciprocity Program
• YMCA AWAY program (provides access to many YMCAs throughout the U.S.)

Visit www.ymcashr.org/membership for a complete list of benefits.

THE Y.™ FOR A BETTER US.™

The Y is a positive force in our community. Together, we take on the challenges that shape the future of our communities. As a nonprofit organization, the YMCA of South Hampton Roads provides a lasting impact, vital programs and services that are funded through our Annual Campaign.

Throughout Hampton Roads, the Eastern Shore and Northeastern North Carolina, donations to our Annual Campaign provide outreach and scholarship for programs such as after-school care, swim lessons, health & wellness, summer camps, teen leadership and more.

By helping kids, adults, families and seniors improve their health and well-being, we build a stronger community every day. With our doors open to all, the Y brings together people from all backgrounds and supports those who need us the most. We take on the most urgent needs in our community and inspire a spirit of service in return.

YMCA donors, members, volunteers, supporters, partners and staff demonstrate the power of what we can achieve by giving back together. When you donate to the Y, you’re donating for a better us.

Make a gift today at ymcashr.org/donate
| Facilities                        | AL | BL | CU | DT | EF | ES | GB | GH | GN | HT | IR | JL | MT | OB | PA | SU | TB | YG |
|----------------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Pieces of cardiovascular equipment | 52 | 145 | 46 | 14 | 34 | 53 | 72 | 141 | 34 | 53 | 61 | 46 | 81 | 58 | 101 | 86 | 99 | 46 |
| Pieces of strength-training equipment | 30 | 116 | 31 | 19 | 21 | 28 | 46 | 48 | 25 | 38 | 40 | 30 | 34 | 29 | 58 | 52 | 56 | 26 |
| Group exercise studio            |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Functional training stations     |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| BoxMaster®                        |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Interactive Zone                 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Indoor pool                      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Outdoor pool                     |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Water spray park                 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Hot tub                          |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Racquetball courts               |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Gymnasium                        |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Teen center                      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Sauna/steam room                 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Play Zone                        |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Group Cycling studio             |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Mind/Body studio                 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Music/Arts/Humanities Center     |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

**Programs For Healthy Living**

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**Programs For Social Responsibility**

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**COMING IN 2016**

**Facilities**

- AL: Albemarle Family YMCA
- BL: Blocker Norfolk Family YMCA
- CU: Currinck Family YMCA
- DT: Dominion Tower YMCA
- EF: Effingham Street Family YMCA
- ES: Eastern Shore Family YMCA
- GB: Greenbrier Family YMCA
- GH: Greenbrier North YMCA Wellness & Racquetball Center
- GN: Great Bridge/Hickory Family YMCA
- HT: Hilltop Family YMCA
- IR: Indian River Family YMCA
- JL: James L. Camp, Jr. Family YMCA
- MT: Mt. Trashmore Family YMCA
- OB: Outer Banks Family YMCA
- PA: Princess Anne Family YMCA
- SU: Suffolk Family YMCA
- TB: Taylor Bend Family YMCA
- YG: The Y on Granby
Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.