

Y SCHOOL AGE™

We build strong kids, strong families, strong communities.

Contact: 434-847-8750

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

Spring Break Camp

Our YMCA camp is a great structured environment for your child to develop positive identities, values and social skills while having a great time. Children must bring swim suit, towel, two USDA snacks and lunch, and spending money (optional). The children will be participating in: swimming, local field trips, crafts, kid's gym, and lots of fun games.

YMCA Spring Break 2010

Where: Jamerson YMCA, Amelon Elementary, Tye River Elementary, and Rock Fish Elementary

When: April 5-9 2010

Who: Children ages 5-12 years old

Time: 7:00am- 6:00pm

Cost: Y Family Members \$80

Participants \$95

Three day rate \$70

Sibling Rate \$5.00 off weekly rate and \$3.00 off daily

Snow Days

Oh the weather outside is frightful by the Y is always delightful. When school is out for bad weather bring your child to the YMCA for a snow day! Snow days operate from 8am-6pm at the Jamerson YMCA and Downtown YMCA. Children need to bring their swim suits, towel, two USDA snacks, USDA lunch, and spending money.

Winter Fun Days 2010

The YMCA offers Y fun days for children ages 5-12 whenever school is out. Y Fun Days are a great structured environment for your child to develop positive identities, values and social skills have a great time. Y fun days operate 7am-6pm; locations vary depending on the program. We ask that all of the campers arrive by 9am to ensure that their day is full of excitement; children arriving after 9am may not be accepted. Children need to bring their swim suits, towel, two snacks, lunch and spending money.

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



Y SPORTS™

We build strong kids, strong families, strong communities.

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

Youth Soccer

Registration Begins January 1— March 21

- Age 3yrs - 6th grade
- Meet the Coach Day is March 27
- Practice week begins March 29
- First Games start April 3
- Date for Last Games May 8; makeup May 10-13 (if needed)
- **Cost is \$44 for Members and \$60 for Program Participants.**



Youth Tee Ball

Registration starts February 1 — May 16.

This is a parent led league, we must have parent participation in order to run the league

- 3-4 year old league & a 5-6 year old league.
- 4 week mini-season
- Meet the Coach Day is on May 22nd
- First practice/games being on May 29th.

Cost is \$30 for Members and \$50 for Program Participants.

Youth Tennis Clinic

Registration starts February 1 — May 16.

- Ages 7 - 12
- 4 week Saturday only Clinic
- From May 29 - June 19 (9:00am-10:15am)
Saturdays only.

Cost is \$30 for Members and \$50 for Program Participants.



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

Downtown YAQUATICS™

We build strong kids, strong families, strong communities.

Contact: Emily Watkins; Aquatics Director 847-5597

SKILLS FOR PROGRESSIVE SWIM LESSONS AT BOTH FACILITIES

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

POLLIWOG (Beginner)

- Floating
- Paddle Stroke
- Front and Back Glide
- Rhythmic Breathing

GUPPY (Advanced Beginner)

- Rotary Breathing
- Paddle Stroke
- Front Crawl
- Treading Water

MINNOW (Intermediate)

- Survival Floating
- Front Crawl
- Diving Safety
- Back Crawl
- Treading Water
- Turns

FISH (Perfection of Skills)

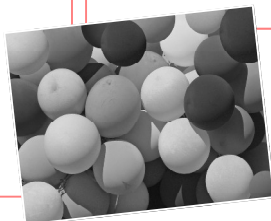
- Breast Stroke Kick
- Front Crawl
- Turns
- Side Stroke
- Life Saving Medley

FLYING FISH (Endurance & Additional Strokes)

- Butterfly Stroke
- Dolphin Kick
- Back Crawl
- Elementary Back Stroke

SHARK (Final Class)

- Starts
- Flip Turns
- Individual Medley
- Breast Stroke



Swim lesson Cost
Member \$31 • Program Participant \$62
\$5 sibling discount

Financial Assistance Available

Refund policy

2 weeks before program begins 100% refund

1 week before program begins 50% refund

No refunds after program starts!

Jamerson YAQUATICS™

We build strong kids, strong families, strong communities.

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

Saturday Sessions 1 Lesson per week for 7 weeks

SESSION I

Registration ends March 3
March 6 — April 24 (NO CLASS April 3)

SESSION IV

Registration ends April 28
May 1 — June 12

Tuesday & Thursday 2 Lessons per week for 4 weeks

SESSION II

Registration ends March 19
March 23 — April 15

SESSION III

Registration ends April 16
April 20 — May 13

Classes Offer Ages and Times:

Parent/Child: 6-36 Months

Tues./Thurs 30 Minute Class, 6:30pm

Saturday 35 Minute Class, 9:00am

Preschool: 3-5 Years Old

Tues./Thurs 30 Min: 6:30pm

Saturday 35 Min: 9:35am

Youth Progressive: 6-12 Years Old

Tues./Thurs 40 Min:

7:05pm - Polliwog & Guppy

7:55pm - Minnow, Fish & Flying Fish

Saturday 45 Min:

9:40am - Polliwog & Guppy

10:30am - Minnow, Fish & Flying Fish

ADULT/TEEN: 13 and up

Tues./Thurs 45 Min: 7:55pm

Saturday 45 Min: 11:20am

Saturday Sessions 1 lesson per week for 7 weeks

SESSION O

Registration ends March 17
March 20 — May 8
NO CLASS April 3

Monday Session

Registration ends March 5
March 8 — April 26
NO CLASS April 5

Tuesday & Thursday 2 lessons per week for 4 weeks

SESSION Q

Registration ends March 12
March 16 — April 15
NO CLASS April 6 & 8

SESSION S

Registration ends April 16
April 20 — May 13

Gym & Swim: Age 3-5 Yrs

Wednesday PM Sessions
4:00-5:30pm

Session E: March 3, 10, 17, 24

Session F: March 31,

April 14, 21, 28

Cost: Member \$36 / Program
Participant \$48

Classes Offer Days and Times:

Parent/Child: 6-36 Months

- Tues & Thurs 30 min: 5:00pm
- Saturday 35 min: 9:00am

Preschool: 3-5 Yrs

- Tues & Thurs 30 min: 5:00pm & 5:35pm;
- Saturday 35 min: 9:00am & 9:45am
- Monday 35 min: 4:00pm & 4:40pm

Youth Progressive: Age 6-12 Yrs

- Tues & Thurs 40 min: 5:35pm & 6:10pm - Polliwog; 6:10pm & 6:20pm - Guppy; 6:20pm - Minnow; 6:55pm Fish, Flying Fish, Shark
- Saturday 45 min: 9:45am - Polliwog; 10:40am; Guppy & Minnow; 11:35am - Fish, Flying Fish, Shark.
- Monday 45 min.: 5:20pm - Guppy & Polliwog

Adult /Teen 13 & UP

- Tues & Thurs 40 min: 7:05pm
- Saturday 45 min: 11:35am



Jr. Lifeguard: Age 8-12 Yrs

Minimum of 4 participants

1 lesson per week for 7 weeks, starting March 20

NO CLASS April 3

Saturday 1pm - 1:45pm

Cost: Member \$31; Program Participant \$62

Birthday Parties at the Downtown or Jamerson YMCA!

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

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

All birthday parties include a lifeguard chaperone
& Dairy Queen Ice Cream Cake.

CALL FOR DETAILS! PAYMENT DUE AT REGISTRATION.

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

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.