



Kids' Gym Schedule Description

ORIENTATION (Interactive and Strive Circuit) – We ask each participate in the Kids' Gym go through an orientation for both the interactive equipment and the Strive circuit equipment.

- Strive Circuit Orientations are done on the hour weekly (4pm/5pm/6pm).
- Interactive Orientations are done on the individual (s) first visit.

YMCA Afterschool/YMCA Preschool – YAfterschool Friday 4pm -6pm & YPreschool Tues. 10am – 11am - will be using the Kids' Gym interactive equipment and circuit equipment under the direction of YMCA staff.

YKINDER CORNER – Monday – Friday 9am – 10:30am - this is an opportunity for the children in our child watch to use areas of the Kids' Gym during our peak times in the morning.

TUMBLING TOTS – Tues 9:30am & 10:00am (Child Watch) a fun beginner tumbling class for children ages 3 – 6 yrs old. Children are taught the basic fundamentals of tumbling.

TUMBLING ROOKIES – Tues./Th. 4:30pm – 5pm – an exciting beginner to intermediate tumbling class for children ages 7 – 14yrs old. Tumblers will progress through fundamental skills including: leaps, handstands, cartwheels and round-offs.

KIDS' ZUMBA – Latin inspired 30min energetic kids' dance/fitness class where children learn the fundamentals of Latin American dance rhythms including: Salsa, meranga, cumbia, calypso, hip hop and more.

ACTIVE ADULT CIRCUIT – this is an opportunity for our Active Seniors to come in the Kids' Gym to play on the interactive equipment and the circuit equipment.

YCHANGE – Mon & Wed 11am – 12pm - An experienced, committed, and motivated Y-Change Coach will lead you through a 6-week journey toward a healthier lifestyle.

GIRLZ CLUB – an exciting girls only club for children age 7 – 14 yrs old Tues./Th. 4:30pm -5pm. Activities will include: dance, gymnastics, jumping rope, flexibility, strength training and more all in the new kids' gym.

EXTREME BOYZ – Wednesday 5:45pm- 6:15pm – a fun, energetic boys only group for ages 7 – 14 yrs old. Activities will include: rock climbing, boxing snowboarding, strength training and more all in the new kids' gym.

YSTRETCH – Tues./Th. 5:00pm – 5:20pm – a 20 minute flexibility class that will teach kids the fundamentals of stretching. Children will learn the difference between static, active, passive, and dynamic stretching.

FOOD and FAMILY – Thursday 6pm – 7pm in the Multipurpose Room C (across for the vending machines) -

OPEN PLAY TIME – Friday 10am – 12am - an opportunity for our members to come in to play on the interactive equipment.

PEE WEE KARATE – additional fee applies. Please see Front Desk for more details.

Fitness Gram/Activity Gram – 12 week fitness study more details to come.

POST-NATAL – upto 7mths. Old - the perfect class for new moms – Build strength, regains balance and increase your stamina. Babies under the age of 7months are welcome in class.

WOMEN ON WEIGHTS/WOMEN AT PLAY - this is an opportunity for our females to come in the Kids' Gym to play on the interactive equipment and the circuit equipment.

Kids' Club:

Will now be for children ages 5 - 6 years old. Parents must sign-in and sign-out their child (ren). While your child is in Kids' Club, there will be games and activities. Kids' Club hours are Monday – Friday 3:30pm – 7:30pm

Fun Days Scheduled for February 15 & February 19

Members hours are 12:30pm – 7:30pm

Bedford County Schools – February 15, March 11, April 5 – 9, April 30, May 31 and June 8 & 9

Campbell County Schools – February 15, April 5 – 9, April 23, May 31, and June 9
Lynchburg City Schools – February 15, March 12, April 5 – 9, April 30, May 30, June 11

RULES AND GUIDELINES for the Igym

WARNING!!! GAMING IS ADDICTIVE PLAY AT YOUR OWN RISK!

1. An Orientation is required before using the interactive equipment and the circuit equipment.
2. YMCA Staff must be in the room when in use.
3. Youth 5 – 6 years must have adult supervision when using the interactive equipment. Programs for youth 5 - 6 will be scheduled.
4. Youth 5 - 12yrs old must be signed in and out by an adult that remains on YMCA premises.
5. PROPER shoes and clothing attire required.
6. No gum, food, or drink in the kids' gym.
7. There is a 1 hour time limit in the Kids' gym. A 15 minute time limit on the interactive equipment may be enforced during peak times.
8. Please be courteous of others and limit your use of others and limit your use to one game at a time while other are waiting.
9. No Profanity or obscene language.
10. This room is monitored by video camera.

YOUTH FITNESS Circuit area guidelines

1. The Youth Fitness Area may be utilized by youth 7 years and older with a minimum height of 3 feet 7 inches.
2. YMCA staff must be present at all times the area is in use.
3. An Orientation is required prior to using any equipment.
4. Please use locker cubbies for personal items. No personal items are allowed on the floors at any time. Locking your items in the locker rooms is highly recommended.
5. Proper exercise attire and athletic shoes are required. No jeans, sandals or flip-flops at any time.
6. NO GUM, FOOD, or drink IN THE kids' gym.
7. Please use wipes provided to wipe down pads after use.
8. For everyone's safety, horseplay is strictly prohibited.
9. Please allow others to "Work In" with you when doing multiple sets.

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