

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

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

WINTER FUN DAYS & SNOW DAYS

The YMCA offers winter fun/snow days when school is out. Y Winter Fun/Snow Days are a great structured environment for your child to develop positive identities, values and social skills and have a great time.

Fun Days

Y fun days for children ages 5 –12 yrs old; operates 7am-6pm. 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.

Lynchburg:

January 18 & 25
February 15

Amelon

January 4 & 18
February 5 & 2

Nelson County

January 15, 18 & 19
February 18 & 19

Snow Days

Oh the weather outside is frightful but 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. **Please call to confirm the YMCA is open**

Cost : \$21 YMCA Members | \$23 Program Participant

Children need to bring their swim suits, towel, two USDA snacks, USDA lunch, and spending money. The YMCA does not turn anyone away for inability to pay. Through our scholarship program, children are able to attend our programs at a reduced rate.

**Must have 20 participants. *Must be registered 3 days in advance to avoid \$35 late fee.*

Christmas Camp 2009-2010

“Holidaze”

We will be celebrating all holidays as we travel through traditions and cultural experiences that will have you feeling the holiday spirit.

Where: Jamerson YMCA, Amelon Elem., Tye River Elem. & Rock Fish Elem.

When: December 21- December 31 2009 **(The YMCA will close at 2pm on Christmas Eve and on New Years Eve ONLY at the Jamerson Family YMCA)**

Who: Children ages 5 –12 yrs old

Time: 7:00am- 6:00pm

Cost: Y Family Members \$80; Program Participants \$90; Three day rate \$70

**Must have 20 participants. *Must be registered 3 days in advance to avoid \$35 late fee.*

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

Camp is closed on December 25 and January 1, 2010

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



Youth Basketball

Registration Begins October 1st thru
January 17th

- Age 3yrs - 6th grade
- Meet the Coach Day is January 23rd
- Practice week begins January 25
- First Games start January 30
- Date for Last Games March 6; makeup March 13 (if needed)
- **Cost is \$44 for Members and \$60 for Program Participants.**



Youth Spring Soccer

Registration Begins January 1st thru March 21st.

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

Youth Tee Ball

Registration starts February 1st thru May 16th.

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.



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)

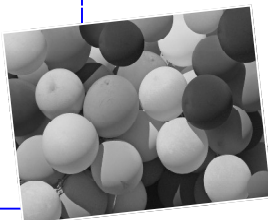
- Breast Stroke Kick
- Front Crawl
- Turns
- Side Stroke
- Life Saving Medley

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™

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

Winter 2010 Swim Lesson Schedule

Session I Saturday

1 Lesson per week for 7 weeks

January 16-February 27

Registration ends Jan. 13

Session II Tues/Thurs

2 Lessons per week for 4 weeks

January 19-February 11

Registration ends Jan. 15

Session III Tues/Thurs

2 Lessons per week for 4 weeks

February 16-March 11

Registration ends Feb. 12

Classes Offer Days 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:

10:10am - Polliwog & Guppy

11:00am - Minnow, Fish & Flying Fish

ADULT/TEEN: 13 and up

Tues./Thurs 45 Min: 7:55pm

Saturday 45 Min: 11:00am

Monday or Saturday Sessions

1 lesson per week for 7 weeks

SESSION L

Registration ends Jan. 20

January 23 – March 13

NO CLASS February 27

Special Session Monday

Registration ends Jan. 15

January 18 - March 1

Tuesday & Thursday
2 lessons per week for 4 weeks

SESSION M

Registration ends Jan. 15

January 19 – February 11

SESSION N

Registration ends Feb. 12

February 16 – March 11

Wet Ball: Age 6-12 Yrs

Minimum of 4 participants

1 lesson per week for 7 weeks

Registration ends Jan. 20

January 23 – March 13

NO CLASS February 27

Saturday 1pm - 1:45pm

Cost: Member \$31

Program Participant \$62

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; 6:55pm - 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

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

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