



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TO BE TO BECOME TO BELONG

**Fall/Winter 2018
Membership & Program Guide**

YMCA OF SOUTHERN WEST VIRGINIA



WELCOME TO THE YMCA OF SOUTHERN WEST VIRGINIA

Since 1963 we've been an inclusive organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility in the communities we call home.

OUR CAUSE DEFINES US

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR IMPACT IS FELT EVERYDAY

With a mission to put Christian principles into practice through programs that build a healthy spirit, mind and body for all, our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

BE INVOLVED

Our new Membership & Program Guide will give you everything you need to connect, be involved and have fun. From swim lessons and team sports that build self-esteem, confidence and strong muscles to exercise classes that clear your mind and strengthen your body to providing opportunities to make a difference in someone else's life, you will find the Y has something for everyone.



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YMCA MANAGEMENT STAFF

CHIEF EXECUTIVE OFFICER
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AQUATICS DIRECTOR
Reginia Thomas
BUSINESS MANAGER/CONTROLLER
Trina Lawson
CHILD CARE DIRECTOR
Kim Buckhannon
HEALTH & WELLNESS DIRECTOR
Megan Clackler
FACILITY & PROPERTY MANAGER
John Lowery
MEMBERSHIP DIRECTOR
Ryan Gilkerson
SPORTS & RECREATION DIRECTOR
Jason Logan

MEMBERSHIP

Join Us – We Could Use Someone Like You.

2018 MONTHLY MEMBERSHIP FEES*

Membership Category	Joiner's Fee	Monthly Fee
Family/Household	\$30	\$47
Single Parent Family/Household	\$30	\$40
Senior Family/Household	\$30	\$32
Senior	\$30	\$24
Adult	\$30	\$37
Young Adult	\$30	\$28
Youth	\$30	\$15

*The Y is accessible to all people. Financial assistance through our Open Doors Income-Based Membership Program is offered to children and families in need.

FAMILY/HOUSEHOLD

Two adults with dependent children up to age 22 living in the same household.

SINGLE PARENT FAMILY/HOUSEHOLD

One adult with dependent children up to age 22 living in the same household.

SENIOR FAMILY/HOUSEHOLD

Two adults, one must be 65 or older, with dependent children up to age 22 living in the same household.

SENIOR

Age 65 or older

ADULT

26-64 years old

YOUNG ADULT

19-25 years old

YOUTH

12-18 years old

THE Y WELCOMES ALL STUDENTS,
FACULTY & STAFF OF:



GENERAL INFORMATION

PAYMENT OPTIONS MONTHLY BANK DRAFT

A convenient way to pay monthly through automatic withdrawal from your checking or savings account.

ANNUALLY

Pay your dues in advance for a full year.

OPEN DOORS INCOME-BASED MEMBERSHIP PROGRAM

The Y believes in providing membership and program services to all who desire to participate. Our Open Doors Income-Based Membership Program, supported by generous contributions from our members and the community, provides support to families and children in need, so they have access to our programs and services.

Open Doors applications are available at the Welcome Center.

ABOUT YOUR Y MEMBERSHIP

Membership to the Y includes access to our three-level facility located in the heart of uptown Beckley as well as certain benefits depending on the type of membership held.

ADULT

Adult members enjoy access to the entire facility and have benefits that include **FREE** group exercise classes, **FREE** orientations to our wellness center and weight room equipment (by appointment) and **FREE** priority program registration with reduced fees.

FAMILY/HOUSEHOLD

Family memberships include all of the above plus **FREE** child watch services in Kid's Corner.

YOUTH

Youth members may access the building beginning at 3:00pm on school days and 11:00am during breaks. Youth members are required to follow the age appropriate privileges as detailed on page 5.

ALWAYS WELCOME AT YMCAS

When traveling, don't forget your membership card! You can have **FREE** or reduced rate guest visits at any of the over 2,000 participating Ys across the country by presenting your membership card. Call or visit online the YMCA at your travel destination for its policies and procedures on AWAY Visitors.

FACILITY CLOSURES*

The Y will observe the following facility closures Sep - Dec 2018:

Monday, Sep 3	Labor Day
Thursday, Nov 22	Thanksgiving Day
Tuesday, Dec 25	Christmas Day*
Tuesday, Jan 1	New Year's Day*

*The Y will close at 2:00pm on Monday, December 24th and Monday, December 31st.

VISIT US ONLINE

Website: www.ymcaswv.com
Facebook: facebook.com/ymcaswv

MEMBERSHIP

Join Us - We Could Use Someone Like You.

FACILITY INFORMATION

HOURS OF OPERATION*

OCTOBER-APRIL

Monday-Friday: 5:00am to 10:00pm
Saturday: 8:00am to 7:00pm
Sunday: 1:00pm to 5:00pm

MAY-SEPTEMBER

Monday-Friday: 5:00am to 9:00pm
Saturday: 8:00am to 7:00pm
Sunday: 1:00pm to 5:00pm

*The Indoor Pool closes 15 minutes earlier than the facility.

PARKING

Convenient parking is available for **FREE** in the lot across from the facility on Main Street next to the YMCA Happy Kids Preschool Playground and behind the facility on Prince Street. Metered and City Lot parking nearby may be used for **FREE** after 5:00pm Monday-Friday and all day Saturday and Sunday. Handicap parking is available in front of the facility in the semi-circle, along Main Street and behind the facility as marked.

ACCESSING THE FACILITY WITH YOUR KEY TAG

Membership key tags are required to access the facility. Your key tag helps verify your identification and membership status. Please swipe your membership key tag at the Welcome Center Desk, allow our Y Staff to verify your status and then enter. As a member, you are responsible for making sure your key tag remains in good working order. There is a \$3 fee to replace worn out, lost or stolen membership key tags.

ACCESS FOR HANDICAP & SENIOR MEMBERS

The YMCA facility has top floor access through the main entrance and bottom floor access through the double glass doors located in the back of the facility during regular hours of operation. Your membership key tag is required to gain access, so be sure to bring it with you each time you visit. Should you have trouble gaining access through the double glass doors, please call the Y so a staff member can help you.

DRESSING ROOMS

MALE & FEMALE

ADULT DRESSING ROOMS

Located on the middle floor of the facility, these areas are for YMCA adult members and include daily use lockers, showers and bathrooms as well as a steam room, sauna and whirlpool. Your membership key tag is required to gain access. College/Youth members are not permitted in these dressing rooms.

MALE & FEMALE FAMILY AND COLLEGE/YOUTH DRESSING ROOMS

Located on the bottom floor of the facility, these areas are for families with little ones to change and youth members and include daily use lockers, showers and bathrooms.

FOOD & BEVERAGES

Snack and drink machines are available throughout the facility. Snack areas are available in the Member Lounge and the bottom floor lobby. No food or drinks are permitted anywhere else in the facility, except a water bottle.

LOCKERS

Lockers located inside the dressing rooms are for daily use only. When you come to the Y, you may bring your things from home along with your own lock, select a locker and store your things during your visit. When you are finished for the day, remove your belongings and lock from the locker. Any belongings and locks left on lockers at the end of the day will be removed and all items will be donated to the Salvation Army.

MEMBER LOUNGE

From a hot cup of coffee in the morning to a place where friends meet throughout the day, the member lounge located on the top floor is the main hub of the building for socializing.

SAFE & NURTURING ENVIRONMENT

The YMCA of Southern West Virginia and its properties offer safe spaces and healthy environments for our members and our community. Our facilities are tobacco-free and smoke-free (including vaping). Firearms and weapons of any kind as well as alcohol and drugs are strictly prohibited. Violation of these policies may result in the loss of membership privileges.

SUGGESTIONS

We encourage all of our members to make your comments and concerns known. Comment cards are available at the Welcome Center Desk. We pledge to acknowledge each comment and respond appropriately.

VISUAL RECORDING DEVICES

Video recorders, cameras or any other visual recording devices may not be used in the Y without permission from the CEO.

WELCOME CENTER DESK

The Welcome Center is where all YMCA members enter! Swipe your membership card here and come on in. Our friendly and courteous Welcome Center Attendants are available to take care of your needs. Register for programs or get information on what's happening at the Y.



MEMBERSHIP

Join Us – We Could Use Someone Like You.

MEMBER GUIDELINES

For the safety of all members, the Y has established age appropriate guidelines and rules in areas where you find heavy or moving equipment and where parental supervision is required. These guidelines and rules must be followed when visiting the facility.

ATTIRE

Proper attire must be worn in all areas of the Y. Shirts, shorts, sweats and tennis shoes are appropriate. No black-soled or street shoes are allowed. Tennis shoes should be worn. In the swimming pool and whirlpool, proper swim suits must be worn.

CHILD SUPERVISION

Members 11 & under in the YMCA facility or on our grounds are required to be under the direct supervision of a parent or legal guardian.

Remember, Family/Household Memberships include **FREE** child watch services available at Kid's Corner while you work out. See the Kid's Corner Parent Handbook (included in your Welcome Packet) for details on this service.



AGE APPROPRIATE PRIVILEGES

Area	Age	Privilege
Building	12 & Up 11 & Under	Access Access w/ parent supervision
Child Watch	2 mos. – 8 years	Access
Cycling Studio*	15 & Up 14 & Under	Access No Access
Group Exercise Studio*	15 & Up 14 & Under	Access No Access
Gymnasium	9 & Up 8 & Under	Access Access w/ parent supervision
Indoor Pool	9 & Up 7 – 8 6 & Under	Access Access w/ parent on pool deck Access w/ parent in water
Indoor Track	12 & Up 6 – 11 5 & Under	Access Access w/ parent supervision No Access
Personal Training Center**	19 & Up 18 & Under	Access No Access
Weight Room	15 & Up 14 & Under	Access No Access
Wellness Center	15 & Up 12 – 14 11 & Under	Access Access w/ parent supervision No Access

*Access for classes only. Refer to the Group Exercise Schedule for more information.

**Access to the Personal Training Center is available by checking in with one of our Personal Trainers on staff.

MEMBERSHIP

Join Us - We Could Use Someone Like You.

MEMBER GUIDELINES (continued)

CODE OF CONDUCT

The Y is fun and safe for everyone! Y staff are trained to enforce basic rules of conduct. Children and adults are expected to act in a respectful manner while visiting the YMCA facility or participating in any programs. Our code of conduct does not permit any language or action that may threaten or injure another person, or that falls below a generally accepted standard of conduct. Specifically, this includes, but is not limited to:

- Improper Attire
- Angry or Vulgar Language
- Arguing, Fighting, Harassment or Bullying
- Sexual Activity or Contact
- Destruction of the Y's Equipment or Property

It is our expectation that all members, participants and guests follow basic rules of conduct or they will be asked to leave the facility or grounds and may be in jeopardy of losing their YMCA membership. Thank you for making the Y a wonderful place to visit.

EQUIPMENT FOR MEMBERS

In return for your Membership Key Tag, basketballs are available for members at the Welcome Center Desk. All equipment is expected to be returned in the same condition as it was when checked out. No outside balls are permitted in the gym.

FAMILY TIME

Monday through Friday after 7:00pm is family time at the Y! During this time, youth 14 & under must be accompanied by a parent or legal guardian to enter and remain in the facility.

GUEST PASSES

The Y encourages its adult membership holders to be ambassadors in the community to help cultivate new members interested in joining. To that end, adult members may bring one guest at a time to visit the facility. Guest passes are available for purchase at the Welcome Center Desk. For more information, see the guest policy sheet in your Welcome Packet or ask for a copy at the desk.

LOST & FOUND

Lose something? See lost and found located off of the pool deck on the bottom floor of the facility. Please note that the Y is not responsible for lost or stolen items.

ADDITIONAL INFORMATION

Find group exercise schedules, pool schedules, program flyers, registration forms and more by visiting us online at www.ymcaswv.com and follow us on Facebook, [facebook.com/ymcaswv](https://www.facebook.com/ymcaswv), for the most up-to-date announcements about the Y.

REPORTING ACCIDENTS OR INCIDENTS

We are here to assist you! If there is an accident, injury or unusual incident, please contact a YMCA staff person immediately. First Aid Kits and AEDs are available throughout the facility. Please ask a member of our staff if you need any of the first aid supplies.

You are ultimately responsible for yourself, your children and your guests. It is imperative you cooperate with YMCA staff to complete an accident/incident report in the event of an accident, incident or injury.

Remember:

- A risk of injury exists when engaging in physical activity.
- Members and participants are advised to use protective equipment where necessary and to be alert to the signals of over exertion.

YOUTH POLICY

Youth members must be enrolled in a program, taking a class or involved in an activity available at the Y in order to utilize the facility. Roaming the halls, stairwells or other areas will not be permitted. Youth members' access is subject to the Y's Age Appropriate Privileges (see page 5), and they must follow the Y's Policies & Procedures as well as the Code of Conduct.



OUR FOCUS

We believe that to bring about meaningful change in individuals and communities, we must be focused and accountable. At the Y, we measure the success of our cause by how well we engage communities in our three areas of focus.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

HEALTHY LIVING

Improving the nation's health and well-being.

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

In the following pages, you will find ways to get more deeply involved with the Y. Enroll your child in one of our camps. Find the group exercise class you are interested in. Lace up your shoes for some pick-up basketball. Enjoy some family time at the pool. Make a difference through volunteering. Whatever you choose to do, you can count on the Y being there with you - let's grow stronger together!



PROGRAM POLICIES

GENERAL

Group exercise classes are **FREE** with your membership to the Y.

Y Members also receive priority program registration with reduced rates when applicable.

REGISTRATION

Group exercise classes are held on a first come, first serve basis. Pick your class day and time, come to the Y, and sign-in with your instructor!

Adult and youth programs are usually held on a session basis and have a start and end date, unless otherwise noted. Participants must register for these programs.

Registration forms are available at the Welcome Center Desk and online at the Y's website, www.ymcaswv.com. Payment is due at the time of registration.

Cash, check or credit card accepted.

CANCELLATION

DUE TO PARTICIPATION

On occasion, programs may be cancelled in their entirety due to not meeting the minimum number of participants. All registered participants will be notified in the event of a program cancellation and refunds will be issued.

DUE TO WEATHER

Programs held at the Y will be cancelled if Raleigh County Schools dismisses or cancels school for the day. Weekend events will be determined by program staff, and local media outlets will be notified of the decision to cancel. All volunteer coaches will be contacted in the case of weather related cancellation.

Programs at the Paul Cline Memorial Youth Sports Complex and in the Y's Indoor Pool are subject to the Outdoor Weather Policy. When lightning or thunder is present, all fields and the pool will be cleared for no less than thirty minutes from the last occurrence. The Y reserves the right to close the complex for wet conditions that may cause injury or extensive damage to the fields.

REFUNDS

Refunds will only be issued if requested prior to the registration deadline. Anyone requesting a refund after the cut off date will be issued a full or partial credit to use at the YMCA of Southern West Virginia. Program staff will determine whether a full or partial credit will be given based on the date of the request and how much of the session has taken place. After the midway point of the session, no refund or credits will be issued.

PROGRAM RULES

All participants are expected to follow the Y's Code of Conduct (see page 6). Further, please note that during our programs or events, the following is not permitted:

- Tobacco Use
- Vulgar Language
- Arguing or Fighting

Violation of the Y's Code of Conduct or those instances highlighted above may result in a suspension from the program and from the YMCA of Southern West Virginia.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

CHILD CARE

AFTERSCHOOL CARE (GRADES K – 5)

YMCA Afterschool Care is for children in kindergarten through fifth grade who need supervision until their parents can pick them up once school lets out. The program is designed to offer homework help; fun, exciting activities; nutritious snacks; and play time in an innovative, safe environment that promotes a healthy spirit, mind and body for all. Afterschool Care is held on-site at your child's elementary school by Y Staff, all of whom are certified teachers in the Raleigh County School System. Our staff will carefully guide your child through each part of the day's curriculum and will provide encouragement and coaching where needed.

Availability & Registration

YMCA Afterschool Care is accepting enrollment at the following locations:

Beckley Elementary
Cranberry Elementary
Crescent Elementary
Coal City Elementary
Hollywood Elementary
Maxwell Hill Elementary
Ridgeview Elementary
Shady Spring Elementary

Contact Kim Buckhannon at 304 252 0715 for more information.

Days	Time
M - F	2:45pm to 6:00pm

Weekly Fee*
\$50 per week or \$10 per day

*Mountain Heart assistance is available for this program.

PLEASE NOTE

Check the Raleigh County School Calendar for closures. Afterschool Care is not in session when schools are closed.

KID'S CORNER CHILD WATCH SERVICES (AGES 2 MOS. – 8)

Child Watch Services are available **FREE** to our Family/Household Membership holders, who need their children supervised for up to two hours while they are in the facility exercising. Space is limited and children will be taken on a first come, first serve basis. A waiting list may be necessary during peak hours. Please check with our Child Watch Staff for the next available opening. This is a non-licensed drop-in sitting program. Parents must remain at the Y at all times.

Days	Times
M - F	8:30am to 1:30pm 4:30pm to 8:30pm
Saturday	9:00am to Noon

Staff/Child Ratio

Toddlers: 1:10
Infants: 1:4

Capacity*
20 Children

*Child Watch Staff reserve the right to reduce capacity based on the number of infants checked into Kid's Corner. See Parent Handbook for more information.



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

Competitive Swimming YSWV PIRANHAS SWIM TEAM (AGES 5 - 18)

The Piranhas Swim Team is a competitive, year-round program designed to provide any swimmer the opportunity to swim at the level he or she desires while developing and building character, self-esteem, life skills and life-long activities within the structure of the Y and USA Swimming. The YSWV Team is divided into levels based on swimmer's age, ability and competition level. Each swimmer must be a YMCA member.

Registration
Ongoing

Practice
M - Th

Time
TBD

Meets
F, Sat & Su

Monthly Dues*
TBD

*Additional payment options and multi-child discounts are available.

USA Swimming Annual Fee (Optional)
\$73

Contact Regina Thomas at 304 252 0715 for more information.

Youth Sports YOUTH BASKETBALL

One of the most popular programs at the Y, youth basketball emphasizes equal participation, sportsmanship and skills of the game. Divisions for all ages are available. All practices and games are held in the Y's gymnasium.

IDDY-BIDDY (Pre-K & Kindergarten)

For boys & girls. This is a co-ed instructional division for learning the basics of the game. No scores or records are kept.

Session
Dec 3 - Feb 9

Registration
Sept 4 - Nov 4

Day **Time**
M 5:30 to 6:30 pm

Fee
Y Members: \$30
Non-members: \$55

BIDDY-B (1st & 2nd grade)

For boys & girls. This is a co-ed instructional division for learning the basics of the game. No scores or records are kept.

Session
Dec 3 - Feb 9

Registration
Sept 4 - Nov 4

Day **Time**
F 5:30 to 6:30 pm

Fee
Y Members: \$30
Non-members: \$55

BIDDY (3rd & 4th grade)

For boys & girls. This is a co-ed league with practices and games. No records are kept.

Session
Dec 3 - Feb 9

Registration
Sept 4 - Nov 4

Day **Time***
T or Th 5:30 through 8:30 pm
S 10:00 am to 12:00 pm

*Practices will last for one hour. Practice and game schedules with definitive times for each team will be provided.

Fee
Y Members: \$55
Non-members: \$80

BUDDY (5th & 6th grade)

For boys & girls. This is a co-ed league with practices and games. No records are kept.

Session
Dec 3 - Feb 9

Registration
Sept 4 - Nov 4

Day **Time***
T or Th 5:30 through 8:30 pm
S 1:00 to 3:00 pm

*Practices will last for one hour. Practice and game schedules with definitive times for each team will be provided.

Fee
Y Members: \$55
Non-members: \$80



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY (continued)

Youth Swim Lessons

The Y offers a comprehensive and developmentally appropriate swim program that teaches your child how to skillfully and safely think and act in, on and around water.

PARENT/CHILD (AGES 6 MOS. - 3)

This stage builds basic water safety skills for infants, toddlers and their parents. The semi-structured classes allow children to adjust to the water and become more comfortable.

Infant/Toddler Progressive Levels*

Level A: Water Discovery
Level B: Water Exploration

*For detailed descriptions of each swim level, visit our website, www.ymcaswv.com.

Days	Times
T & Th	5:00pm

Fee
Y Members: \$30
Non-members: \$45

PRESCHOOL LESSONS (AGES 3 - 5)

Preschool lessons begin with water adjustment and then progress, stressing safety and increasing the student's confidence while in the water. Students progress to the next level upon mastering the skills of their current level of swimming.

Pre-School Progressive Levels*

Level 1: Water Acclimation
Level 2: Water Movement
Level 3: Water Stamina
Level 4: Stroke Introduction

*For detailed descriptions of each swim level, visit our website, www.ymcaswv.com.

Days	Times
T & Th	5:00pm

Fee
Y Members: \$30
Non-members: \$45

YOUTH LESSONS (AGES 6 & UP)

This stage provides participants with a logical, five-level progression that helps students of varying abilities develop their swimming and water safety skills. Students progress to the next level upon mastering the skills of their current level of swimming.

School-Age Progressive Levels*

Level 1: Water Acclimation
Level 2: Water Movement
Level 3: Water Stamina
Level 4: Stroke Introduction
Level 5: Stroke Development
Level 6: Stroke Mechanics

*For detailed descriptions of each swim level, visit our website, www.ymcaswv.com.

Days	Times
T & Th	5:30pm

Fee
Y Members: \$35
Non-members: \$55

PRIVATE SWIM LESSONS

We offer private swim lessons with your favorite swim instructor. Six lessons are scheduled on a one-on-one basis in 30-minute increments. We will work with your schedule to find a time that works best for you and the instructor.

Fee
Members: \$120
Non-members: \$150

4-WEEK SESSIONS Meeting T & Th Evenings

FALL I: Sep 4 - Sep 27

Registration
Y Members: Aug 20 - Sep 2
Non-members: Aug 22 - Sep 2

FALL II: Oct 9 - Nov 1

Registration
Y Members: Sep 24 - Oct 8
Non-members: Sep 26 - Oct 8

WINTER I: Nov 13 - Dec 6

Registration
Y Members: Oct 29 - Nov 12
Non-members: Oct 31 - Nov 12



HEALTH, WELL-BEING & FITNESS

Group Classes

All of the Y's Group Exercise Classes are **FREE** with your membership. Attend as many classes as you like each week, and design a fitness schedule that works for you! Some classes are offered seasonally, so check the current Group Exercise Schedule available at the Welcome Center Desk for the days, times and location of your favorite classes.

ARTHRITIS FOUNDATION GENTLE AEROBICS

This class is specifically designed to help those who have an arthritic condition. Exercises will be adapted based on the needs of participants to help those with arthritis gain a full range of motion, strengthen muscles and joints and build bone density.

BODY COMBAT™

No experience necessary! A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn some calories!

BODYPUMP™

BODYPUMP™ uses low weight loads and high repetition movements to help you burn fat, gain strength and quickly produce lean body muscle conditioning. The cutting-edge choreography, chart-topping music and supportive group environment will keep you motivated and coming back.

CARDIO KICKBOXING

Interval training that incorporates kickboxing and aerobic moves to provide a total body workout for all levels of fitness. Beginner, instructional and advanced classes available.

CARDIO TONING

A mix of cardio kickboxing and interval training using the step. This upbeat class will work your entire body.

CROSS TRAINING

Enhance overall fitness through a variety of exercises designed to develop muscular fitness and aerobic conditioning.

INDOOR CYCLING

Get ready for a fun time and a great workout! Cycling is for anyone who enjoys a group workout to motivating music. All terrain ride- flats and hills. We encourage riders to work at their own pace- all fitness levels welcome.

STEP AEROBICS/FUSION STEP

A fun way to workout for anyone! This ever popular cardio and toning class incorporates step and floor drills. Challenge yourself by doing the PLUS class!

STEP TONING

It ain't your mommas aerobics! A mix of high intensity step, toning, and cardio mixed up in a fun hour and a half class! This class will get the heart pumping for any level participant, whether a trained athlete or just starting out!

TONE & TIGHTEN

A one hour class designed for full body strengthening using the TRX straps, weights and bodyweight exercises! This class is challenging but can be modified to any level!

TRIPLE A (AL'S AWESOME ABS)

A variety of exercises and equipment are used to get your mid-section ripped. More than just traditional crunches!

TRX

A non-traditional way of working out using a suspension training system. Either your hands or feet are generally supported by a single anchor point while the opposite end of the body is in contact with the ground. The TRX's single-point attachment provides the ideal mix of support and mobility to help you gain strength, endurance, balance, coordination, flexibility, power and core stability all at once and across a wide range of resistance. Make your body your machine!

YOGA

Increase your muscular strength and flexibility, de-stress and fine-tune your body. Basic, Intermediate, and Advanced classes offered.

ZUMBA®

Integration of Latin rhythms with easy to follow moves to create a unique fitness experience. These classes will tone your body, burn fat and get your heart rate going!

ZUMBA® STRONG

A one hour bodyweight group exercise class that blends plyometrics, muscle conditioning, and intense cardio for the ultimate full body workout! Zumba strong is driven by the science of synced music motivation where every beat has a move! This class is designed to ignite, fire up, and push your limits!

ADDITIONAL INFORMATION

Find group exercise schedules, pool schedules, program flyers, registration forms and more by visiting us online at www.ymcaswv.com and follow us on Facebook, [facebook.com/ymcaswv](https://www.facebook.com/ymcaswv), for the most up-to-date announcements about the Y.



HEALTHY LIVING

Improving the nation's health & well-being.

HEALTH, WELL-BEING & FITNESS (continued)

Healthy Lifestyles

WEIGHT MANAGEMENT PROGRAM*

Those with PEIA Preferred Provider Benefit Insurance may now benefit from a partnership with the YMCA of Southern West Virginia.

The new criteria for the PEIA Weight Management Program includes those individuals with a Body Mass Index of 25 or greater, or if you are a woman, a waist circumference of 35 inches or greater, or if you are a man, a waist circumference of 40 inches or more.

Additionally, while there is still no deductible or coinsurance, the member copayment is a flat \$20 monthly throughout the length of the program, making it more affordable for couples and/or families who want to attend together.

The PEIA Weight Management Program uses the services of exercise and nutrition professionals in conjunction with professional phone counselors to help you make the necessary lifestyle changes so that you may lose weight and improve your health.

You will receive:

- Individualized services, including a baseline assessment and periodic follow ups.
- 120 Minutes of PT/Month.
- Phone coaching.
- Access to a participating fitness facility meeting PEIA's health and safety standards.
- Two years of services so long as you demonstrate progress.

As a participant, you will be obligated to do the following:

- Keep all scheduled appointments.
- Provide at least 24 hours notice for any cancellations or you may be charged for a missed appointment.
- Pick one facility (you may not switch).
- Exercise at the facility at least twice weekly.
- Cooperate with the monthly measurements.
- Pay your facility copayment when due.
- Notify your phone coach if you are experiencing problems interfering with your participation.

- Keep a food journal to be reviewed by staff.

For more information, call 1 866 688 7493.

- This program is only available to those with PEIA Preferred Provider Benefit Insurance.

Personal Fitness

PERSONAL TRAINING

Experienced, certified personal trainers are available to help you commit to a healthier lifestyle. Your personal trainer will assess your fitness needs and design an individual program specifically for you. Plus, they will provide motivation to you every step of the way.

Fee

\$25 per session

Packages Available*

Members

6 Sessions: \$120
9 Sessions: \$180
12 Sessions: \$220

Non-members

6 Sessions: \$180

*Packages must be paid in full prior to scheduling your first session. Packages expire three weeks from the date of purchase.

PARTNER/GROUP TRAINING

Train with a friend or friends by selecting our group training option.

Packages Available*

Members

6 Sessions: \$72 per person
9 Sessions: \$108 per person
12 Sessions: \$144 per person

Non-Members

6 Sessions: \$108 per person

*Packages must be paid in full prior to scheduling your first session. Packages expire three weeks from the date of purchase.

WELLNESS ASSESSMENT

Let us assist you in evaluating your level of fitness. This extensive assessment will document height, weight, blood pressure, body composition, abdominal and upper body strength as well as flexibility.

Fee

\$25

Contact Health & Wellness Director Megan Clackler at 304 252 0715 x 319 to schedule your appointment.

GET SPARTAN READY!

Thinking about doing a Spartan Race? Let our certified SGX trainers create a personalized workout to prepare your spirit, mind and body for the challenge ahead.

Packages Available*

6 Sessions: \$72 per person
9 Sessions: \$108 per person
12 Sessions: \$144 per person

*Packages must be paid in full prior to scheduling your first session. Packages expire three weeks from the date of purchase.

HEALTH, WELL-BEING & FITNESS (continued)

SPORTS & RECREATION

Water Activities

ADULT/TEEN SWIM LESSONS (12 & OLDER)

Adult/Teen lessons are geared toward the student's level of comfort and ability. Classes are available for first-time swimmers and those who want to tune up their skills. For specific session & registration dates, refer to the 4-Week Session Schedule (see page 10).

School-Age Progressive Levels*

- Level 1: Water Acclimation
- Level 2: Water Movement
- Level 3: Water Stamina
- Level 4: Stroke Introduction
- Level 5: Stroke Development
- Level 6: Stroke Mechanics

*For detailed descriptions of each swim level, visit our website, www.ymcaswv.com.

Days	Times
T & Th	4:45pm
Sat	10:30am

Fee

- Y Members: \$35
- Non-members: \$55

AQUA FIT

Water classes include low, moderate or high-intensity aerobic activity, deep water exercise and resistance training using a variety of equipment. All levels welcome in any class.

Recreation

NOON BALL

This lunch-hour program features pickup games **FREE** for our adult members.

Days	Time
M - F	Noon to 1:30pm

42ND ANNUAL THANKSGIVING DAY RUN/WALK

Work up an appetite Thanksgiving morning by participating in the Y's annual 5-Mile Run/Walk or 1-Mile Family Fun Run at the YMCA Paul Cline Memorial Youth Sports Complex. Multiple age groups are available, so bring the whole family!

Day	Time
Thursday, Nov 22*	8:10am

*Registration & Check-in starts @ 7:00am.

Pre-Registration

Sep 10 - Nov 22

Fee

Run/Walk: \$20 early bird, \$25 day of
Fun Run: \$10



SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

VOLUNTEERISM & GIVING

Financial Support ANNUAL SUPPORT CAMPAIGN

With a focus on youth development, healthy living and social responsibility, strengthening communities is our cause. At the Y, we believe that lasting personal and social change happens when we all work together. Every day we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to be healthy, confident, connected and secure. When you give to your Y, you are funding life-changing programs that help thousands of children, adults and families right here in our community to learn, grow and thrive.

Your support helps the Y deliver on our commitment:

- To nurture the potential of youth through building confidence at camp, academic enrichment in safe afterschool programs or foundational skills and values in our child care programs.
- To improve the nation's health and well-being through combating obesity and chronic disease by providing the support and resources people need to make positive change.
- To give back and support our neighbors by empowering people with the resources to improve their lives and connect and contribute to the community.
- To offer programs and services to children, adults and families who need financial assistance.

There are three ways to support the YMCA of Southern West Virginia throughout the year:

- **Giving Online.** To make a donation to the YMCA of Southern West Virginia today, visit www.ymca.net/give. Enter our zip code (25801) or city and state (Beckley, WV) and select the YMCA of Southern West Virginia.
- **Mailing Donations.** Donations can be mailed to the YMCA of Southern West Virginia at 121 East Main Street, Beckley, WV 25801.
- **Supporting the Y's endowments through the Beckley Area Foundation.** Contributions made to the Tomlinson Endowment Fund, Ophia A. Davis and Elmer L. Davis Memorial Fund and the YMCA Youth Fund Honoring Douglas and Iris Lusk benefit the YMCA of Southern West Virginia.

Volunteers PROGRAM VOLUNTEERS

Our programs and services are only as strong as the volunteers involved. Have a deeper impact in our community through volunteering at the Y!

YOUTH SPORTS PROGRAMS

Youth Basketball League. Referees, coaches needed beginning December 2018. Contact: Jason Logan, 304 252 0715, jason.logan@ymcaswv.com.

SPECIAL EVENTS – RECREATION

42nd Annual YMCA Thanksgiving Day Run. Workers needed. Nov 22, 2018. Contact: Jason Logan, 304 252 0715, jason.logan@ymcaswv.com.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAINED TO SAVE LIVES

RED CROSS LIFEGUARDING YMCA OF SOUTHERN WEST VIRGINIA

PROGRAM SUMMARY:

The YMCA of Southern West Virginia will be offering a Red Cross lifeguard certification course this November. Classes are held on evenings and weekends at the YMCA. Our Y's Lifeguard Training prepares individuals for a lifeguard position. Must attend all scheduled classes and pass both written and water skills tests. Course includes: Lifeguard, First Aid, CPR, and AED certifications.

PRE-TEST:

300-meter swim; timed swim that includes retrieval of a 10-pound brick; surface dive, tread water for 2 min. with no hands and exit the pool.

DATES/TIMES:

Pre-Test: Friday, Nov 2, 5:00pm
Classes: Tuesday, Nov 6, 10:00am (Election Day - No School!)
Friday, Nov 9, 5:00pm
Saturday, Nov 10, 9:00am
Sunday, Nov 11, 9:00am

PROGRAM FEE:

\$200*

*\$25 non-refundable pre-test fee. The additional \$175 must be paid upon the successful completion of the pre-test in order to gain access to course work.

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Need to Get Ready for the Pre-Test and Class Sessions? The Y is also offering a prep course!

LIFEGUARD PREPARATION COURSE

This course will help prepare participants to take and successfully complete the lifeguard pre-test and subsequently the lifeguard class. The course will consist of distance swimming, treading water and brick tow practice.

Registration: Sep 10 - Oct 2

Dates/Times: Oct 2 - Oct 25, T & Th Evenings, 6:30pm-7:15pm
Course Fee: \$35 for Members, \$55 for Non-Members

FOR MORE INFORMATION ABOUT THE LIFEGUARDING CERTIFICATION COURSES, CONTACT:

Reginia Thomas, Aquatics Director, 304 252 0715 x 313, reginia.thomas@ymcaswv.com.



YMCA of Southern West Virginia

121 East Main Street, Beckley, WV 25801

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(W) www.ymcaswv.com

Facebook: [facebook.com/ymcaswv](https://www.facebook.com/ymcaswv)