



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# BUILD MORE THAN MUSCLE.

**Strengthen your community.  
For a better us.**

**YMCA OF SOUTHERN WEST VIRGINIA**  
Fall/Winter 2021 Membership & Program Guide

# 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

Jay Rist

### VICE PRESIDENT OF MARKETING & MEMBERSHIP

Matt Bishop

### AQUATICS & WELLNESS DIRECTOR

Ryan Gilkerson

### BUSINESS MANAGER

Rachel Bishop

### SPORTS & RECREATION DIRECTOR

Jason Logan

### SPORTS & RECREATION - PROGRAM DIRECTOR

Matt Sumpter

# MEMBERSHIP

Join Us – We Could Use Someone Like You.

## 2021 MEMBERSHIP DUES\*

Category	CI Fee**	Monthly	Semi-Annual	Annually***
Family	\$35	\$48	\$288	\$528
Single Parent	\$35	\$41	\$246	\$451
Senior Couple	\$35	\$33	\$198	\$363
Senior	\$30	\$25	\$150	\$275
Adult	\$30	\$38	\$228	\$418
Young Adult	\$25	\$29	\$174	\$319
Youth	\$20	\$16	\$96	\$176

\*Membership Dues are non-refundable & non-transferable. \*\*CI Fee is a one-time fee due at sign-up dedicated to capital improvements for the Y. \*\*\*CI Fee is waived for membership fees paid Annually.

### FAMILY\*

Adult couple with or without dependent children up to age 22 living in the same household.

### SINGLE PARENT FAMILY\*

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

### SENIOR COUPLE\*

Two adults, one must be 65 or older, 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

\*Proof of residency required.

## CORPORATE MEMBERSHIP/WELLNESS PROGRAM

Help protect your business' most valuable asset: your people. Make the move that has proven to lower health care costs, improve productivity and reduce absenteeism. Partner with the YMCA and help your employees achieve a healthier lifestyle.

For more information, contact Matt Bishop, 304 252 0715 x 309.

## GENERAL INFORMATION

### PAYMENT OPTIONS

#### MONTHLY BANK DRAFT

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

#### SEMI-ANNUALLY

Pay your dues in advance for 6 months.

#### 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 downtown 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 equipment (by appointment) and **FREE** priority program registration with reduced fees.

#### FAMILY

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 3:00 PM on school days and 11:00 AM during breaks. Youth members are required to follow the age appropriate privileges as detailed on page 5.

### NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating Y in the United States through your membership here. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities. Simply contact the Y in the area you're visiting to see if they honor Nationwide Membership. More than 2600 Y's across the country participate in the program!

### FACILITY CLOSURES

The Y will observe the following facility closures Sep - Dec 2021:

Monday, Sep 6	Labor Day
Thursday, Nov 25	Thanksgiving Day
Saturday, Dec 25	Christmas Day*
Saturday, Jan 1	New Year's Day*

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

### VISIT US ONLINE

Website: [www.ymcaswv.com](http://www.ymcaswv.com)

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

# MEMBERSHIP

Join Us - We Could Use Someone Like You.

## FACILITY INFORMATION

### HOURS OF OPERATION\*

Monday-Friday: 5:00 AM to 8:00 PM

Saturday: 8:00 AM to 5:00 PM

Sunday: 1:00 PM to 5:00 PM

\*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 Playground and behind the facility on Prince Street.

Metered and City Lot parking nearby may be used for **FREE** after 5:00 PM 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

Identity verification is required for members to access the Y's facility for Child Protection & Safety as well as trace purposes. To enter, you must check in at the Welcome Center Desk, your identity must be verified and your account must be in good standing. Updated account information & photo are required.

### 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. Membership check in is required 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.

### NEW! CHANGING ROOMS

Located on the top floor of the facility, these spaces are for YMCA adult members utilizing the Wellness Center that would like to get changed and get their workout started quickly.

### 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. Youth members are not permitted in these dressing rooms.

#### MALE & FEMALE FAMILY/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

Drink machines are located on the bottom floor. Snacks may be enjoyed in the Member Lounge. 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.

**NEW!** Express lockers are available on the top floor in the Wellness Center and allow members to store small items such as wallets, purses, keys, etc. No wet items such as swim suits or snow/salt covered shoes/boots are allowed in these lockers. Please use the daily use lockers in the dressing rooms to store those items.

### NEW! MEMBER LOUNGE

The newly expanded and updated member lounge located on the top floor is the main hub of the building for socializing, hanging out and catching a ball game or two.

### 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! Check in here. 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 Memberships include **FREE** child watch services available in our Kid's Corner located on the middle floor next to the Cycling Studio. 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
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.

\*\*Pool lane reservations now required for both lap swimming and open swim. Contact the Welcome Center Desk 24 hours in advance and reserve your lane today.

## ADDITIONAL INFORMATION

Find group exercise schedules, pool schedules, program flyers, registration forms and more by visiting us online at [www.ymcaswv.com](http://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.

# 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.

### 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.

### 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](http://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 credits 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 credit 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 PRE-K - 5)

YMCA Afterschool Care is open to 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 as needed.

#### Availability & Registration

YMCA Afterschool Care is accepting enrollment at the following locations:

Crescent Elementary  
Hollywood Elementary  
Maxwell Hill Elementary  
Ridgeview Elementary  
Shady Spring Elementary (Before School Only)  
Stanaford Elementary

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

**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.

For more information, contact Rachel Bishop at [rachel.bishop@ymcaswv.com](mailto:rachel.bishop@ymcaswv.com).

### 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	8:30 AM to 12:00 PM 4:30 PM to 7:30 PM

#### 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.

### SCHOOL DAY OUT (GRADES K - 5)

When school is out, the Y is open! The YMCA School Day Out Program is offered during Faculty Senate, Snow Days, Thanksgiving Break, Winter Break and Spring Break. Bring the kids to the Y for a fun-filled day of activities overseen by our staff. Kids need to bring a swimsuit, towel, and lunch. Registration required. Space is limited.

#### Scheduled Days

None This Period

#### Time

7:30 AM to 5:30 PM

#### Daily Fee

Y Members: \$10  
Non-members: \$20  
Lunch: \$5

#### Staff/Child Ratio

1:15





# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

### Youth Sports

#### NEW! YOUTH INDOOR SOCCER

The Y is bringing the game of soccer from the pitch to the hardcourt! The Youth Indoor Soccer League is an eight week program for 8u - 14u boys and girls teams interested in keeping their skills sharp in the off-season. All league games are played in the Y's gymnasium.

#### Session

Nov 28 - Jan 30

#### Registration

Sep 13 - Nov 14

<b>Day</b>	<b>Time</b>
W & Su	TBD

#### Cost/Team

\$250

#### Age Matrix

Age Group	Birth Year
08u	2014 & 2015
10u	2012 & 2013
12u	2010 & 2011
14u	2008 & 2009

### 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 6 - Feb 5

#### Registration

Sept 5 - Oct 31

<b>Day</b>	<b>Time</b>
M	5:30 PM 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 6 - Feb 5

#### Registration

Sept 5 - Oct 31

<b>Day</b>	<b>Time</b>
F	5:30 PM 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 6 - Feb 5

#### Registration

Sept 5 - Oct 31

<b>Day</b>	<b>Time*</b>
T or Th	5:30 PM through 8:30 PM
S	9:00 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 6 - Feb 5

#### Registration

Sept 5 - Oct 31

<b>Day</b>	<b>Time*</b>
T or Th	5:30 PM through 8:30 PM
S	12:00 PM 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](http://www.ymcaswv.com).

Days	Times
T & Th	5:00 PM

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

**Student/Instructor Ratio:** 10:1

### 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](http://www.ymcaswv.com).

Days	Times
T & Th	5:30 PM

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

**Student/Instructor Ratio:** 6:1

### SCHOOL AGE LESSONS (AGES 6 - 12)

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](http://www.ymcaswv.com).

Days	Times
T & Th	6:15 PM

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

**Student/Instructor Ratio:** 8:1

### 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

**Student/Instructor Ratio:** 1:1

\*Private lesson packages expire six weeks from the date of purchase.

## 4-WEEK SESSIONS Meeting T & Th Evenings

### FALL I: Sep 14 - Oct 7

Registration  
Y Members: Aug 30 - Sep 10  
Non-members: Sep 6 - Sep 10

### FALL II: Oct 19 - Nov 11

Registration  
Y Members: Oct 4 - Oct 15  
Non-members: Oct 11 - Oct 15

### WINTER I: Nov 30 - Dec 28

Registration  
Y Members: Nov 15 - Nov 26  
Non-members: Nov 22 - Nov 26



## 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.

### 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.

### FUNCTIONAL FITNESS

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

### NEW! HIGH FITNESS

Think Old School Aerobics made modern. Cardio and toning meets Jane Fonda with a side of Richard Simmons. You will have a blast, see real results both physically and mentally, and leave this class wanting more because its so much fun.

### 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.

### NEW! LES MILLS™ BODYFLOW

Ideal for anyone and everyone, Les Mills™ BodyFlow is the yoga-based class that will improve your mind, your body and your life. During Les Mills™ BodyFlow an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy. Les Mills™ BodyFlow is available as either a 55, 45 or 30-minute workout.

### LES MILLS™ BODYPUMP

Les Mills™ 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.

### NEW! LES MILLS™ SPRINT

Les Mills™ Sprint is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a Les Mills™ Sprint workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

### 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!

### 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!

### 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](http://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)

### 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\*

6 Sessions: \$120

9 Sessions: \$180

12 Sessions: \$220

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

Contact Aquatics & Wellness Director Ryan Gilkerson at 304 252 0715 x 313 to schedule your first Personal Training appointment.

### Water Activities

#### ADULT/TEEN SWIM LESSONS (12 & OLDER)

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

**Student/Instructor Ratio:** 1:1

\*Private lesson packages expire six weeks from the date of purchase.

### AQUA FIT/ZUMBA

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.

### TRIATHLON SPRINT SERIES

This program gives you the opportunity to do an indoor swim, bike & run, but without the major distances. Register as an individual or as a team! Participants must be at least 13 years of age.

#### Event

Nov 13

#### Registration

Sep 27 to Nov 7

#### Distances

Swim: 300 Meters

Bike: 20 Miles

Run: 4 Miles

#### Start Time

8:30 AM Check-in, 9:00 AM Start

#### Fee

##### Adult Individual Entry Fee

Y members, single race: \$20

Non-members, single race: \$45

##### Adult Team Entry Fee

Y members, single race: \$40

Non-members, single race: \$70



# HEALTHY LIVING

Improving the nation's health & well-being.

## HEALTH, WELL-BEING & FITNESS (continued)

## SPORTS & RECREATION

### Recreation NOON BALL

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

<b>Days</b>	<b>Time</b>
M - F	Noon to 1:30pm

### PICKLEBALL

Join the YMCA and play one of the fastest growing sports in America. A mix between ping pong and tennis, pickleball's easy to follow rules are fun and competitive for the whole family! The YMCA has paddles and balls that you may borrow to try it out.

### OPEN PLAY

<b>Days</b>	<b>Time</b>
TBD	TBD

See Most Updated Gym Schedules.

### LEAGUE

<b>Days</b>	<b>Time</b>
TBD	TBD

### 45TH 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!

<b>Day</b>	<b>Time</b>
Thursday, Nov 25*	8:10am

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

### Pre-Registration

Sep 9 - Nov 24

### Fee

Run/Walk: \$25 thru Nov 20, \$30 after Nov 24  
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](http://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 2021. Contact: Jason Logan, 304 252 0715, [jason.logan@ymcaswv.com](mailto:jason.logan@ymcaswv.com).

#### SPECIAL EVENTS – RECREATION

45th Annual YMCA Thanksgiving Day Run. Workers needed. Nov 28, 2019. Contact: Jason Logan, 304 252 0715, [jason.logan@ymcaswv.com](mailto:jason.logan@ymcaswv.com).





**YMCA of Southern West Virginia**

121 East Main Street, Beckley, WV 25801

(P) 304 252 0715 (F) 304 256 0187

(W) [www.ymcaswv.com](http://www.ymcaswv.com)

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