



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



**JANUARY - MAY 2018 • YMCA OF KANAWHA VALLEY**

# WELCOME MESSAGE FROM OUR CEO

The YMCA was founded in the mid-19th century as a refuge for young people who were in need of a safe harbor in the storms of an austere, treacherous, and ominous urban environment. The estrangement that came with factories, child labor, and industrialization was debilitating and destructive. Though the times have changed, needs persist and children are confronted with entirely new and different 21st century dangers. Young people still need a wholesome environment where healthy growth and socialization readily and routinely occur.

We build healthy spirits, minds, and bodies at the YMCA. We are all about **youth development, healthy living, and social responsibility**. We are here for all people, regardless of background, age, or condition. We put Christian principles into practice through programs that are directed and run by caring, professional staff and counselors. Come see what we have to offer. This guide will introduce you to some of what we will be doing this year.

You don't just go to the Y; you belong to the Y. The YMCA is the entire community in action, taking care of ourselves and our future by ensuring the healthy growth and development of today's youth.

There are numerous opportunities to volunteer at the YMCA and make a difference. Please join us in bringing about the changes necessary to make this community everything it can and should be.

**MONTY WARNER, CEO**

**Follow Us on Social Media**





# HOW CAN WE HELP YOU?

## YMCA of KV Staff

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**FAYE SNYDER**  
*Kitchen Services Coordinator*

*Come see why 6,500 of your neighbors joined!*

## YMCA of Kanawha Valley

100 YMCA Drive  
Charleston, WV 25311

## FACILITY HOURS

Monday - Thursday • 5:00am - 10:00pm

Friday • 5:00am - 8:00pm

Saturday • 8:00am - 8:00pm

Sunday • 10:00am - 8:00pm

Y24 is available

## POOL HOURS

Monday - Thursday • 5:30am - 9:30pm

Friday • 5:30am - 7:30pm

Saturday • 8:00am - 7:30pm

Sunday • 10:00am - 7:30pm

## 7 WEEK SESSIONS

**Session I • Jan. 6 - Feb. 23**

Member Registration

December 18, 2017

Future - member Registration

December 26, 2017

**Session II • Feb. 24 - Apr. 20**

Member Registration

February 12, 2018

Future - member Registration

February 19, 2018

**Session III • Apr. 21 - June 1**

Member Registration

April 2, 2018

Future - member Registration

April 9, 2018

# MEMBERSHIP INFORMATION

## MEMBERSHIP BENEFITS

- FREE water exercise class
- FREE water aerobics classes
- FREE spin classes
- FREE Pilates & Yoga classes
- FREE group fitness classes
- FREE fitness room orientation
- FREE 3 guest passes per year
- FREE mini locker - day use
- Creative Care child care
- Swim & Family movie night
- Towels available
- Grab-'n-go meal from Connie's Cafe
- FREE outdoor pool in the summer

### You have access to the following rooms & areas when not in use for classes, competitions or team practices:

- 5 indoor tennis courts (fee based)
- 3 basketball courts
- 3 volleyball courts
- 2 pickleball courts (East Gym)
- 2 racquetball courts
- High-tech Golf Simulator
- Outdoor soccer field
- Softball field
- Multi-purpose room
- Fully-equipped fitness room
- 25 yard swimming pool
- Large whirlpool
- Steam room (wet sauna)
- Sauna (dry heat)
- Outdoor kids gym
- ... and much more

## MEMBERSHIP FOR ALL – COMMUNITY ASSISTANCE

Our scholarship program provides membership and program assistance to children and families who may be undergoing financial hardship. At the YMCA, opportunities to participate in high quality, character-building programs exist for everyone in the Kanawha Valley. Contact us for application information and further details. Download Application.

## MEMBERSHIP RATES

Category	Monthly Fee	Joiner's Fee
Youth	\$25	\$25
College	\$34	\$25
Adult	\$46	\$50
Single Parent	\$51	\$50
Household	\$66	\$75
Senior Family	\$47	\$75
Senior Adult	\$38	\$50

**Youth:** 13 years and younger must be accompanied by guardian.

**College:** Full time student. Proof of 12 credit hours required.

**Senior Family:** Husband & wife both 60 years old and over.

**Senior Adult:** 60 years old and over.

**Single Parent:** One adult and dependent children up to age 21.

**Adult:** 19 years old and over.

**Household:** Two adults living in the same household with dependent children up to age 21.

## CORPORATE MEMBERSHIPS

Memberships at the Y means your employees will get the support they need to achieve their health goals. Benefit Coordinators or Designated Human Resources representatives are encouraged to contact our YMCA to develop corporate programs tailored to employees' needs.

## ATTENTION NEW MEMBERS!

We offer over 50 Group Fitness Classes,  
Drop In Spinning Classes and  
10 Aquatic Fitness Classes each week!

*Let your kids play while you work out!*

When you come to work out at the YMCA, consider bringing your children along for the fun that awaits them at our Creative Care. We can watch children, 6 wks up to 12 yrs, for four hours total. For more information contact our Membership Dept. at 304.340.3527.

**Stop by for a tour of our facility to receive a free guest pass!**

**LEARN MORE AT [YMCAOFKV.ORG](http://YMCAOFKV.ORG)**

# STAY CONNECTED



**CALL: 304.340.3527**

**VISIT: [YMCAOFKV.ORG](http://YMCAOFKV.ORG)**

 [facebook.com/ymcaofkv](https://facebook.com/ymcaofkv)

 [twitter.com/ymcaofkv](https://twitter.com/ymcaofkv)

**Join our eNews online and find out the latest promotions and classes. Go on our website to sign up.**

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**DO MORE. BE MORE. *Volunteer Today!***

The generosity of others is at the core of our existence. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change in your own community. As a volunteer, you'll be working with other caring, committed people who want to make a difference in your community. Go on our website to find out how you can become a volunteer.

**[www.ymcaofkv.org/support-the-y](http://www.ymcaofkv.org/support-the-y)**

# YOUTH DEVELOPMENT

We operate on the Kanawha County Schools schedule and have certified van drivers who will pick up and transport students to the YMCA when there is a sufficient number of participants from the school.



## Y CHARACTER AFTER SCHOOL PROGRAM

We operate on the Kanawha County Schools schedule and have certified van drivers who will pick up and transport students to the YMCA when there is a sufficient number of participants from the school. This program begins at the end of the school day and operates until 6:00 p.m.

**Y Members \$60/week**  
**Non-members \$80/week**

### ELEMENTARY SCHOOLS

- Chamberlain
- Edgewood
- Kanawha City
- Overbrook
- Piedmont
- Ruffner
- Weberwood

### MIDDLE SCHOOL

- Horace Mann

**(NO PICKUP DURING INTERSESSION)**



## FULL DAY OUT PROGRAM

We also offer care on school out days including, faculty senate days, many school holidays, bad weather days, Thanksgiving break, Christmas break and Spring break.

**Y Members \$25/day**  
**Non-members \$50/day**  
Program runs 7am to 6pm.

*Pre-Registration is required.*



## FINANCIAL ASSISTANCE

At the Y, everyone has the opportunity to take part in our programs. Financial assistance is available to those who are unable to pay full membership or program fees. Completed applications can be turned in at the YMCA of Kanawha Valley. Please allow 14 business days for processing.

***Please call 304-340-3527 for details.***



# AQUATICS



## WEEKLY SWIM LESSONS

SESSION I: JAN 6 - FEB. 23

SESSION II: FEB. 24 - APR. 20

SESSION III: APR. 21 - JUNE 1

### LEVEL 1 | INTRO TO WATER SKILLS

Orients children to aquatic environment and helps them accomplish skills, with assistance.

**REQUIREMENTS - none.**

Monday, Wednesday • 4:00 - 4:30 p.m.

Monday, Wednesday • 5:00 - 5:30 p.m.

Saturday • 10:30 - 11:00 a.m.

Saturday • 11:30 a.m. - 12:00 p.m.

### LEVEL 2 | FUNDAMENTAL AQUATICS

Helps children further develop their skills and comfort in and around water.

**REQUIREMENTS - entering water by stepping or jumping from the side (with assistance, submerging entire head, blowing bubbles).**

Monday, Wednesday • 4:00 - 4:30 p.m.

Monday, Wednesday • 4:30 - 5:00 p.m.

Saturday • 10:30 - 11:00 a.m.

Saturday • 11:00 - 11:30 a.m.

### LEVEL 3 | STROKE DEVELOPMENT

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

**REQUIREMENTS - entering water by stepping or jumping in from the side, back float, front float, front and back crawl 10 yards.**

Monday, Wednesday • 4:30 - 5:00 p.m.

Monday, Wednesday • 4:00 - 4:30 p.m.

Saturday • 10:00 - 10:30 a.m.

Saturday • 11:00 - 11:30 a.m.

### LEVEL 4 | STROKE IMPROVEMENT

Develop confidence in the strokes learned thus far and improve other aquatic skills by increasing endurance through swimming greater distances.

**REQUIREMENTS - entering deep water by stepping or jumping in from the side, front and back crawl 15 yards.**

Monday, Wednesday • 5:00 - 5:30 p.m.

Tuesday, Thursday • 4:30 - 5:00 p.m.

Saturday • 11:30 a.m. - 12:00 p.m.

### LEVEL 5 | STROKE REFINEMENT

Coordination and refinement of strokes.

**REQUIREMENTS - 1 minute of survival floating, treading and back floating, 25 yards of crawl, breaststroke and back crawl, and 15 yards of butterfly.**

Tuesday, Thursday • 5:00 - 5:30 p.m.

Saturday • 10:00 - 10:30 a.m.

### LEVEL 6

#### SWIMMING & SKILL PROFICIENCY

Refine strokes so students swim them with more ease, power and smoothness over greater distances.

**REQUIREMENTS - students entering this level must possess a level 5 certificate or demonstrate all the Level 5 skills.**

Tuesday, Thursday • 5:00 - 5:30 p.m.

Saturday • 10:00 - 10:30 a.m.

### PARENT & CHILD AQUATICS

American Red Cross Parent and Child Aquatics helps young children (ages 6 mon. thru 4 yrs.) to become comfortable in and around the water, so they are ready to learn to swim. It is not designed to teach children to become good swimmers or even to survive in the water on their own. Parent and Child Aquatics gives parents information and techniques to help orient their children to the water and to supervise water activities in a safe manner.

Tuesday, Thursday • 5:30 - 6:00 p.m.

Member • \$40/weekday session

Non-member • \$60/weekday session

### PRIVATE SWIM LESSONS

For anyone wanting to learn how to swim or just improve their strokes. Private lessons offer one-on-one instruction for swimmers of all ages. To register for private lessons fill out a private swim lesson information form at the Member Service Center. Following registration, an instructor will contact you to schedule your lesson. Lessons are based on your schedule, pool schedule and instructor availability.

**Member:**

\$20/30 min

\$24/45 min

\$29/60 min

**Non-member:**

\$27/30 min

\$31/45 min

\$35/60 min

# YOUTH SPORTS

Our sports programs develop more than skills—they develop character. We offer a variety of programs for youth, through league sports. Instructors and coaches—often volunteers and including many parents—emphasize teamwork, cooperation, and developing good values.

## SESSION I

### BASKETBALL

JAN. 8- FEB. 19

#### Pre - K & Kindergarten

Practice Monday 5 p.m.  
Saturday games 9 a.m.

#### 1st - 3rd grade\*

Practice Monday 5:45 p.m.  
Saturday games 9:45 a.m.

#### 4th - Middle School

Practice Monday 6:30 pm.  
Saturday games 10:30 a.m.

**Member \$45**

**Non-member \$60**

*\*3rd graders have the option of playing up*

### INDOOR SOCCER

JAN.9 -FEB. 24

#### Pre - K & Kindergarten

Tuesday practice/games 5 p.m.

#### 1st - 3rd grade\*

Tuesday practice/games 6 p.m.

#### 4th - Middle School

Tuesday 7 p.m.,  
Saturday games afternoons

#### High School

Saturday games afternoons

**Member \$45**

**Non-member \$60**

**Team fee: \$200 for all divisions**

*\*3rd graders have the option of playing up*

### VOLLEYBALL

JAN. 10 - FEB. 21

#### 3rd - 5th grade girls & boys

Wednesday 5:30 - 6:30 p.m.

#### Middle School boys & girls

Wednesday 6:30 - 7:30 p.m.

**Member \$45 • Non-member \$60**

*\* Instruction designed/run by the Appalachian Volleyball Academy or local middle school, high school, and college coaches and players.*

### CHEERLEADING/TUMBLING

JAN. 10 - FEB. 21

**Ages 4 - 15 • Wednesday 6-7 p.m.**

**Member \$45 • Non-member \$60**



## QUESTIONS AND REGISTRATION?

Email Chris Wade, Youth Sports Coordinator, at [cwade@ymcaofkv.org](mailto:cwade@ymcaofkv.org) or call 304.340.3527.  
Check out our website for the latest updates [www.ymcaofkv.org/programs/youth-and-adult-sports](http://www.ymcaofkv.org/programs/youth-and-adult-sports)



# YOUTH SPORTS

## SESSION II

### BASKETBALL

FEB. 26 - APRIL 9

#### Pre - K & Kindergarten

Practice Monday 5 p.m.

Saturday games 9 a.m.

#### 1st - 3rd grade\*

Practice Monday 5:45 p.m.

Saturday games 9:45 a.m.

#### 4th - Middle School

Practice Monday 6:30 pm.

Saturday games 10:30 a.m.

**Member \$45 • Non-member \$60**

*\*3rd graders have the option of playing up*

### KICKBALL

MARCH 1 - APRIL 12

#### Pre - K & Kindergarten

Thursday Evening

#### 1st - 3rd grade\*

Thursday Evening

#### 4th - Middle School

Thursday Evening

**Member \$45 • Non-member \$60**

### VOLLEYBALL

FEB. 28 - APRIL 11

#### 3rd - 5th grade

Wednesday 5:30 - 6:30 p.m.

#### Middle School boys & girls

Wednesday 6:30 - 7:30 p.m.

**Member \$45 • Non-member \$60**

*\* Instruction designed/ran by the Appalachian Volleyball Academy or local middle school, high school, and college coaches and players.*

### CHEERLEADING/TUMBLING

FEB. 28 - APRIL 11

**Ages 4 - 15 • Wednesday 6-7 p.m.**

**Member \$45 • Non-member \$60**

## SESSION III

### SOCCER\*

APRIL 16 - MAY 28

#### Pre - K & Kindergarten

Monday 5 p.m. • Saturday 9 a.m.

#### 1st - 3rd grade

Monday 5:45 p.m. • Saturday 9:45 a.m.

#### 4th - Middle School

Monday 6:30 pm. • Saturday 10:30 a.m.

**Member \$45 • Non-member \$60**

### T-BALL/BASEBALL\*

APRIL 19 - MAY 31

#### Pre - K & Kindergarten • Thursday Evenings

**1st - 3rd grade • Thursday Evenings**

**4th - Middle School • Thursday Evenings**

**Member \$45 • Non-member \$60**

### SOFTBALL\*

APRIL 19 - MAY 31

#### Pre - K & Kindergarten • Thursday Evenings

**1st - 3rd grade • Thursday Evenings**

**4th - Middle School • Thursday Evenings**

**Member \$45 • Non-member \$60**

*\* First three weeks are all instructional sessions conducted by local high school or college coaches and players. The last four weeks are games.*

### CHEERLEADING/TUMBLING

APRIL 18 - MAY 30

**Ages 4 - 15 • Wednesday 6-7 p.m.**

**Member \$45 • Non-member \$60**

# GROUP FITNESS

## ALL CLASSES ARE FREE TO MEMBERS



### PUMP & BURN

A fast-paced program mixing strength and cardio training to maximize calorie burning.

Tuesdays: 9:30 - 10:30 a.m. • East Gym  
Tuesdays: 5:30 - 6:25 p.m. • Noffsinger Room  
Thursdays: 6:00 - 7:00 p.m. • Noffsinger Room  
Thursday: 9:30- 10:30 a.m. • East Gym  
Fridays: 9:30 - 10:15 p.m. • Noffsinger Room

### CARDIO & STRENGTH

A fun and comprehensive workout designed for core stability, strength and cardiovascular fitness.

Mondays: 9:00 - 10:00 a.m. • East Gym  
Wednesdays: 9:00 - 10:00 a.m. • East Gym  
Friday: 9:00 - 10:00 a.m. • East Gym

### INSANITY

A high intensity, interval training class with athletic drills and modifications for all fitness levels.

Wednesdays: 6:35 - 7:30 p.m. • Noffsinger Room

### FIT FOR LIFE

This class is designed for beginners.

Wednesdays: 5:30 - 6:30 p.m. • Noffsinger Room

### TAI CHI

Meditation in motion. Tai Chi promotes serenity through gentle, flowing movements.

Mondays: 12:30 - 1:30 p.m. • Noffsinger Room  
Thursdays: 9:00 - 10:00 a.m. • Noffsinger Room  
Saturdays: 8:15 - 9:15 a.m. • Noffsinger Room

### TURBO KICK

Cardio kickboxing and dance moves choreographed to the hottest music mixes.

Saturdays: 10:00 - 11:00 a.m. • East Gym

### P90X LIVE

A total body workout with a variety of strength training , cardio, and core work.

Mondays: 6:35 - 7:30 p.m. • East Gym

### MOSSA

Strength Train Together will blast all of your muscles with a high rep weight training workout.

Monday: 6:30 pm – 7:30 pm • Noffsinger Room  
Tuesday: 6:00 am – 7:00 am • Noffsinger Room  
Wednesday: 6:35 pm – 7:30 pm • Noffsinger Room  
Thursday: 6:00 am – 7:00 am • Noffsinger Room  
Saturday: 9:30 am – 10:30 am • Noffsinger Room  
Sunday: 2:00 pm – 3:00 pm • Noffsinger Room

## YOGA & PILATES

**FOUNTAIN OF YOUTH YOGA** • Mondays: 4:30 – 5:25 p.m. • Wednesdays: 4:30 – 5:25 p.m.

Experience an active and moving type of yoga designed to help your body feel biologically younger.

### HATHA YOGA

Mondays: 7:00 - 8:00 a.m. • Tuesdays: 10:30 - 11:30 a.m.

Tuesdays: 6:35 - 7:30 p.m. • Wednesdays: 7:00 - 8:00 a.m. • Thursdays: 4:30 - 5:30 p.m.

This basic yoga class will explore various postures and will increase your strength and flexibility as it relieves stress.

**MAT PILATES** • Mondays: 5:30 – 6:25 p.m.

This training method improves flexibility and strength for the entire body, without adding bulk.

# SPINNING



Reserve your bike for a full session for only \$5! To register visit us online or stop by the front desk.

Like to spin but don't feel you are able to commit to class each week? That's okay! Just stop by the spin room and see if there is a bike available. There is no charge for members for drop-in-spin.

Know non-members that like to spin? They are able to buy a YMCA day pass and attend a spin class for FREE or can register for the entire session for \$70.

## SPIN 101

A beginner spin class that will introduce indoor cycling to new spinners.

Mondays • 5:30 - 5:55 p.m.

Thursdays • 5:30 - 5:55 p.m.

## CAMP CYCLE

It's like boot camp on a bike. Join this cycling class and get an energy high from the enthusiasm and non-stop challenge.

Mondays • 8:30 - 9:30 a.m.

Saturdays • 8:30 - 9:30 a.m.

## HILLS' N' THRILLS

An interval spin class that simulates outdoor terrains. "Rock and Ride" to great music as you climb hills and jump obstacles and race to the finish.

Mondays • 6:00 - 7:00 p.m.

## SPINSANITY

This high intensity ride is packed with speed, intervals, sprints and hill drills.

Wednesdays • 5:30 - 6:30 p.m.

## SPINNERVAL EXPRESS

Join us for a 45-minute class packed with high intensity sprints followed by active recovery.

Thursdays • 6:00 - 6:45 p.m.

Saturdays • 9:45 - 10:30 a.m.

## SUNRISE SPIN

Spin with flat roads, steady hills, sprints & interval training.

Tuesdays/Thursdays • 6:00 - 6:55 a.m.



# FITNESS & PERSONAL TRAINING

## BOOT CAMP



Join Lyndsey Daye Lewis in a physique transforming class that blends strength, bodyweight, interval and core training and various outdoor activities that produces top tier results.

**MORNING BOOT CAMP:** Monday/Wednesday/Friday • 6:00 - 7:00 a.m.  
Members \$210 • Non-Member \$265

**EVENING BOOT CAMP:** Monday/Wednesday • 5:30 - 6:30 p.m.  
Members \$140 • Non-Member \$175

**SATURDAY BOOT CAMP:** Every other Saturday • 8:30 - 9:30 a.m.  
Members \$12 • Non-Member \$15

*Questions? Contact Lyndsey Lewis at [LLewis@ymcaofkv.org](mailto:LLewis@ymcaofkv.org)*

**6 CLASS WOW CARD  
MEMBERS • \$72  
NON-MEMBERS: \$90**

## PERSONAL TRAINING

From beginning to competitive athletics our nationally certified trainers can help you reach your fitness goals. Whatever your situation or goals, our YMCA trainers can help you accomplish them.

LYNDESEY DAYE LEWIS (ISSA)  
GREG FALBO (ACE)  
JOSH HILL (WITS)

FELY CASTILLO (NASM)  
TOM BLANKENSHIP (WITS)

### MEMBER 1 HOUR

- 1 Client: \$44
- 2 Clients: \$28
- 3 Clients: \$25
- 4 Clients: \$22

### MEMBER 1/2 HOUR

- 1 Client: \$25

### NON-MEMBER 1 HOUR

- 1 Client: \$60
- 2 Clients: \$38
- 3 Clients: \$34
- 4 Clients: \$30

### NON-MEMBER 1/2 HOUR

- 1 Client: \$35



# ADULT TEAM SPORTS



Whether you miss “suiting up” or are new to team sports, the Y’s sports leagues provide a perfect opportunity to be active, social and to reconnect or start fresh with a sport you love. Basketball, soccer, volleyball, and ultimate frisbee are just some of the options available to get you back on the court or on the field.

## BASKETBALL • ON SUNDAYS JANUARY - APRIL; APRIL - JUNE

YMCA Adult Basketball is open for anyone 18 and over. This is a great way to stay fit and build relationships. Get your friends and co-workers together and come play!

Team Fee: \$500 (per season)  
including final tournament

## VOLLEYBALL • ON TUESDAYS JANUARY - APRIL; APRIL - JUNE

Enjoy this high energy team sport while increasing skill, getting fit, and gaining new friendships in an engaging social atmosphere. Adult volleyball leagues are a great way to improve your health and wellness while having fun at the same time. Join with a group of friends to create your own team, or register as an individual to create new social connections.

Team Fee: \$250 (per season)  
including final tournament

## ULTIMATE FRISBEE • ON WEDNESDAYS JANUARY - APRIL; APRIL - JUNE

Ultimate is an exciting non-contact team sport mixing the best features of soccer and football into a fun and fast-paced game.

Team Fee: \$200 (per season)  
including final tournament

## ADULT SOCCER CO-ED • ON SUNDAYS JANUARY - APRIL; APRIL - JUNE

Team Fee: \$400 (per season)

*If you have any questions contact Chris Wade,  
Adult Sports Coordinator, [cwade@ymcaofkv.org](mailto:cwade@ymcaofkv.org)  
or 304.340.3527.*

## CORPORATE CUP



Corporate Cup offers Kanawha Valley companies and organizations the opportunity to join together as an official team. It is one of the summer’s most enjoyable events, filled with camaraderie and competition.

Over a three-week period, competitors participate in various team sports and individual challenges, bringing out best efforts and spirited encounters. Corporate Cup gives everyone a chance to compete and strive for bragging rights. But most importantly, it’s a great social experience that promotes health and wellness.

**To learn more about Corporate Cup, check out our website [www.ymcaofkv.org/corporatecup](http://www.ymcaofkv.org/corporatecup)**

# ADULT TENNIS



The YMCA offers both group and private lessons to players of all ability levels. These lessons are offered both day and evening throughout the year. Lesson costs vary depending on the number of participants and the length of the class. For more information call the tennis office at 304.340.3533.

## WINTER ADULT LEAGUES

### WOMEN'S DOUBLES 3.5

Jan. 8 - May 17 (17 wks) \*no play April 2 - 6

Tuesdays • 12:30 - 2:00 p.m.

Member: \$130 • Non-member: \$185

### MEN'S DOUBLES

Jan. 8 - May 17 (19 wks)

3.0 Wednesdays • 2:00 - 3:30 p.m.

Contact Mindy White: 304.340.3533

3.5 Wednesdays • 6:00 - 7:30 p.m.

4.0 Mondays • 7:30 - 9:00 p.m.

Contact Mindy White: 304.340.3533

Member: \$150 • Non-member: \$210

### MIXED DOUBLES

Jan. 8- May 17 (19 wks)

6.5/7.0 Tuesdays • 7:30 - 9:00 p.m.

Member: \$150 Non-member: \$210

*For more information about leagues contact Mindy White, Tennis Director, 304.340.3533 or email [mwhite@ymcaofkv.org](mailto:mwhite@ymcaofkv.org)*

## WINTER CALENDAR OF EVENTS

January 2	Adult Clinics Start
January 6	Junior Programs Start
January 8	Permanent Court Time Starts
January 8	Adult Leagues Start
January 19 - 21	YMCA/NTRP Open Tournament
February 9 - 10	UC Invitation Tournament
February 23 - 25	Marshall Alumni Tournament
March 9 - 11	YMCA Jr. Spring Open

## YMCA TENNIS STAFF

Mindy White,  
USPTA Director of Tennis  
& Racquet Sports

Rico Williams, Director of Youth Tennis

Jo Marie Bohn, Instructor

Ron Williams, USPTA Instructor

Matt Santen, Instructor

Tim Sylvester, USPTR Instructor

## OFFICE ASSISTANTS

Denise Watson  
Christina Centofanti  
Kim Suthers  
Grace Peyton  
Stephanie Butler  
Nick Hatcher

## CLINICS START

TUESDAY • JANUARY 2, 2018

### WOMEN'S CLINIC

Beginner	Monday	6:00 - 7:00 p.m.
3.0	Monday	6:00 - 7:30 p.m.
3.0	Wednesday	9:00 - 10:30 a.m.
3.0	Wednesday	7:30 - 9:00 p.m.
3.0	Thursday	10:00- 11:30 a.m.
3.5	Tuesday	6:00 - 7:30 p.m.
3.5	Thursday	6:00 - 7:30 p.m.
3.5	Friday	9:30 - 11:00 a.m.

### MEN'S CLINIC

Beginner	Monday	6:00 - 7:00 p.m.
3.0/3.5	Monday	7:30 - 9:00 p.m.
3.5/4.0	Thursday	7:30 - 9:00 p.m.
3.5/4.0	Saturday	9:30- 11:00 a.m.

### ADULT BEGINNERS

Mondays 6:00 - 7:00 p.m.

January 8 - February 19 (7 weeks)

February 26 - April 16 (7 weeks)

April 23 - May 21 (5 weeks)

#### Session 1 & 2

Member: \$98 • Non-member: \$126

#### Session 3

Member: \$70 • Non-member: \$90

*To be placed in an adult tennis clinic, contact the Tennis Office at 304.340.3533.*

## TENNIS COURT RENTAL FEES PER HOUR

### Monday — Thursday

5:00 a.m - 8:00 a.m. \$10.00

8:00 a.m. - 2:00 p.m. \$16.00

2:00 p.m.- 3:30 p.m. \$10.00

3:30 p.m. - 9:00 p.m. \$18.00

9:00 p.m. - 10:00 p.m. \$10.00

### Friday

5:00 a.m. - 8:00 a.m. \$10.00

8:00 a.m. - 6:00 p.m. \$16.00

6:00 p.m. - 8:00 p.m. \$10.00

### Saturday

8:00 a.m. - 12:00 p.m. \$18.00

12:00 p.m. - 7:00 p.m. \$16.00

7:00 p.m. - 8:00 p.m. \$10.00

### Sunday

10:00 a.m. - 7:00 p.m. \$16.00

7:00 p.m. - 8:00 p.m. \$10.00

# JUNIOR TENNIS

**Session I: Jan. 6 - Feb. 22 • Session II: Feb. 26 - Apr. 19 • Session III: Apr. 21 - May 31**  
**(No Class: Mar. 31 - Apr. 6, 2018)**

*For more information, contact the Tennis Office at 304.340.3533.*



## TINY TOTS

This class is developed for children ages 3 - 5 and places an emphasis on motor skill development and enhancing student athleticism through simple tennis activities. Tiny Tots will be played on a 36-foot courts using red low compression balls.

### SESSION I & II (7 WKS)

Tuesday/Thursday • 3:30 - 4:15 p.m.  
Member: \$105 • Non-member: \$136 (10.5 hours)

### SESSION III (6 WKS)

Tuesday/Thursday • 3:30 - 4:15 p.m.  
Member: \$90 • Non-member: \$117 (9 hours)

## BEGINNER

Students will continue to develop motor skills while adding basic techniques for ground strokes, volleys, and serves. Beginners will be played on a 36-foot court using red low-compression balls. A 19-, 21-or 23-inch racquet is appropriate for this class.

### SESSION I & II (7 WKS)

Tuesday or Thursday • 3:30 - 4:30 p.m.  
Member: \$70 • Non-member: \$91 (7 hours)

### SESSION III (6 WKS)

Tuesday or Thursday • 3:30 - 4:30 p.m.  
Member: \$60 • Non-member: \$78 (6 hours)

## INTERMEDIATES

Advanced stroke production with emphasis placed on the serve and return of serve. In addition, students will continue to develop rallying skills.

### SESSION I & II (7 WKS)

Monday/Wednesday • 3:30 - 4:30 p.m.  
Member: \$140 • Non-member: \$182 (14 hours)

### SESSION III (6 WKS)

Monday/Wednesday • 3:30 - 4:30 p.m.  
Member: \$110 • Non-member: \$143 (11 hours)

## SATURDAY MORNING CLINIC

Session I, II & III (Three 5 weeks sessions)

**BEGINNERS:** 10:00 - 11:00 a.m.  
Members: \$50 • Non-member: \$65

**PRE-COMP:** 11:00 a.m. - 12:00 p.m.  
Members: \$50 • Non-member: \$65

## MIDDLE SCHOOL TENNIS/ PRE-COMPETITION

This clinic is for motivated young players who can serve and sustain a short rally from the baseline. Students will learn the basics of point construction and will be equipped with the skills necessary to play a match. This class will be used to transition player into the Tournament Preparation group, and will be offered when necessary.

### SESSION I, II & III (THREE 5 WEEKS SESSIONS)

Saturday • 11:00 a.m. - 12:00 p.m.  
Member: \$50 • Non-member: \$65

## TOURNAMENT PREPARATION

Clinic designed for young players who have interest and desire to advance into tournament level play with hopes of achieving goals in Middle School, High School or District Tournaments. Students will learn strategy and tactics for both singles and doubles match play.

### SESSION I & II

Monday/Wednesday • 4:30 - 6:00 p.m.  
Member: \$210 • Non-member: \$275 (21 hours)

### SESSION III

Monday/Wednesday • 4:30 - 6:00 p.m.  
Member: \$195 • Non-member: \$254 (19.5 hours)

## TOURNAMENT GROUP

Clinic designed for juniors who are pursuing District and Sectional ranking. Participants will be directed through skills and strategy sessions, on court and off the court conditioning program, mental toughness training and time management.

### SESSION I & II (7 WKS)

Tuesday/Thursday • 4:30 - 6:00 p.m.  
Member: \$210 • Non-member: \$275 (21 hours)

### SESSION III (6 WKS)

Tuesday/Thursday • 4:30 - 6:00 p.m.  
Member: \$180 • Non-member: \$235 (18 hours)

**Members receive a 25% discount  
or more on every fee-based  
class, team or instruction activity  
at the YMCA!**

# EXERCISE & SPECIAL CLASSES

## PICKLEBALL



Pickleball...the new sport sweeping across the nation. But you say, "What is Pickleball?" Pickleball is a sport for everyone that combines elements of tennis, badminton, and ping-pong. It is played with a paddle and plastic ball (wiffle) on a small scaled court.

The YMCA offers Pickleball for free to YMCA members and \$2.00 for non-members on the following days and times (paddle and balls are provided).

DAYS	OPEN PLAY
Monday	12:15 - 2:00 p.m.
Wednesday	12:30 - 2:30 p.m.
Thursday	10:45 - 1:00 p.m. • 6:00 - 7:30 p.m.
Friday	10:30 - 12:30 p.m.

*For more information or if you would like to play, please contact Mindy White at 304.340.3533 or stop by the Tennis Office.*



## HOMESCHOOL PE



### WINTER PROGRAM SCHEDULE

#### SEMESTER I

**JANUARY 9 - MARCH 6, 2018**

Hockey: January 9 - 23

Tennis: Jan. 30 - Feb. 13

Kickball: Feb. 20 - March 6

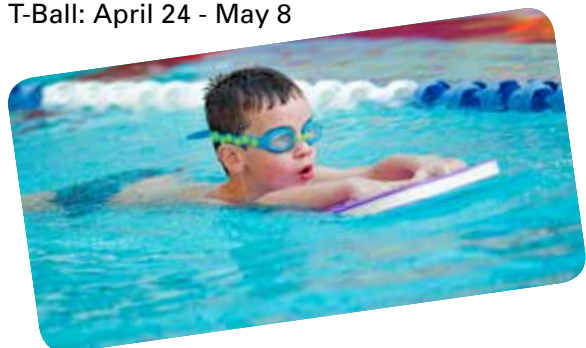
#### SEMESTER II

**MARCH 13 - MAY 8, 2018**

Basketball: March 13 - 27

Swimming: April 3 - 24

T-Ball: April 24 - May 8



### AGES AND FEES

#### Elementary School Ages

Tuesdays • 1:00 - 2:00pm

#### Middle/High School Ages

Tuesdays • 2:00 - 3:00pm

**YMCA Member Fee: \$75**

**Non-Member: \$90**

*Note: Fee discounts are available through the Y Community Assistance Program. Multi-child discounts are also available for full-paying members.*

*YMCA Homeschool PE is an income based program, you may qualify for a reduced rate.*

*Learn more at [ymcaofkv.org](http://ymcaofkv.org)*



# SENIOR CLASSES

## ALL CLASSES ARE FREE TO MEMBERS



### SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase bone density, muscular strength, range of movement and activity for daily living.

#### Noffsinger Room

Mondays • 9:30 - 10:30 a.m.  
Thursdays • 10:30 - 11:30 a.m.  
Fridays • 11:00 - 11:45 a.m.

### SILVERSNEAKERS® YOGA

Build strength, flexibility and balance through this class designed to engage all participants focusing on poses and postures improving joint range of movement, muscular strength, endurance, and balance.

#### Noffsinger Room

Wednesdays • 9:30 - 10:15 a.m.

### SILVERSNEAKERS® CIRCUIT

Combine fun with fitness to increase muscle, power, endurance and cardiovascular health with a standing circuit workout. Twice a month; on Saturdays schedule located in **Noffsinger Room**.

### SILVER & STRONG

Improve coordination, balance and mobility with seated and standing exercises **Noffsinger Room**.

Tuesdays • 1:00 - 2:00 p.m.  
Thursdays • 1:00 - 2:00 p.m.

### SENIOR SPIRIT

Do you like to hear stimulating speakers, learn, laugh and share in camaraderie? If so, join a group of fun-loving, interesting people for a noon potluck luncheon held the 2nd Wednesday of each month from February to May and September to December. This fun event is held in the Noffsinger Room.

### SENIOR WATER AEROBICS

#### ARTHRITIS CLASS

The arthritis class increases range of motion, flexibility, muscle strength, and cardiovascular health through joint protected exercise.

Monday, Wednesday & Fridays • 9:30 - 10:30 am

#### Y'S WAY TO WATER EXERCISE

Shallow water aerobics in 4-feet of water provides a cardiovascular workout while minimizing knee, ankle and hip joint stress.

Mondays, Wednesday & Fridays • 8:30 - 9:30am  
Mondays & Wednesdays • 5:30 - 6:30pm  
Tuesdays & Thursdays • 9:30 - 10:30am

#### DEEP WATER EXERCISE

Also known as Water Walking, deep water patrons experience a non-impact, muscle toning workout.

Tuesdays & Thursdays • 8:30 - 9:30am



# PARA-ATHLETICS

## IN PARTNERSHIP WITH CAMC FOUNDATION



### WHEELCHAIR BASKETBALL

The CAMC Para-Athletic program, sponsored by the CAMC Foundation, offers a wheelchair basketball league for athletes of all ages with physical disabilities.

**February 4** • 12:00 - 4:00 p.m. | East Gym  
**February 11** • 12:00 - 4:00 p.m. | East Gym  
**February 18** • 12:00 - 4:00 p.m. | East Gym  
**February 25** • 12:00 - 4:00 p.m. | East Gym

### DOUBLE ELIMINATION TOURNAMENT

**March 4** • 12:00 - 4:00 p.m. | East Gym

**Registration available on CAMC website.**  
[www.camc.org/wheelchair-basketball-league](http://www.camc.org/wheelchair-basketball-league)

### SPRING PARA-ATHLETICS

Each spring, the Para-Athletic Program holds Mid-Atlantic Games, which features competitions in Air Rifle and Pistol, Weightlifting, Archery, Swimming, and Track & Field. Competitions will be held at the YMCA, and UC Laidley Field.

**For more information, visit:**  
[www.camc.org/mid-atlantic-games](http://www.camc.org/mid-atlantic-games)

### WHEELCHAIR TENNIS

YMCA Tennis Courts

**January 27** • 10:30 - 11:30 p.m.  
**February 3** • 10:30 - 11:30 p.m.  
**February 17** • 10:30 - 11:30 p.m.  
**March 3** • 10:30 - 11:30 p.m.  
**March 27** • 10:30 - 11:30 p.m.

**FOR MORE INFORMATION, CONTACT:**  
**Brian Knechtly, [BrianeKnechtly@gmail.com](mailto:BrianeKnechtly@gmail.com)**



# CPR/AED



The American Heart Association Basic Life Support for Healthcare Providers Course covers core material such as adult and pediatric CPR (including two rescuer scenarios and use of the bag mask), foreign body airway obstruction and automated external defibrillation (AED), CPR and AED certifications are good for two years.

### CLASS DATES

**January 11** • 5:30 - 9:00 p.m.  
**February 7** • 5:30 - 9:00 p.m.  
**March 6** • 5:30 - 9:00 p.m.  
**April 18** • 5:30 - 9:00 p.m.  
**May 2** • 5:30 - 9:00 p.m.



### GROUP TRAINING

We can handle as few as 5 people and as many as 15 at one time. Multiple classes can be set up to accommodate large groups. Your classes are tailor made and can include any class we offer including adult, child, infant CPR, standard first aid and AED.

**Contact Collin Meadows at 304.340.3527 ext. 1132 or email [cmeadows@ymcaofkv.org](mailto:cmeadows@ymcaofkv.org) for more information.**

# LIFETIME SPORTS

## JOIN US FOR A WIDE VARIETY OF EXERCISE TO KEEP YOU MOVING THROUGH WINTER

### INDOOR DISC GOLF CHIP & PUTT

Wednesday Evenings beginning January 1, 2018  
at 7:30PM in the East Gym

\$2.00 per participant each evening

**Contact Steve at 304-546-8398**

### JUNIOR GOLF PROGRAM

#### SPRING:

February 1 through April 30

Indoor, One on One Lessons  
(three lessons per month)

#### SUMMER:

May 1 through September 30

Outdoor, Small Group Lessons

- Open Learning Sessions on Mondays, Tuesdays and Wednesdays at Coonskin Park from 4:00PM to 6:00PM (no limit to attending Open Learning Sessions)
- Students may arrive and leave at their convenience on these days

#### FALL:

October 1 through December 21

Indoor, One on One Lessons

**To register: [GolfAcademywv.com](http://GolfAcademywv.com)**

### BALLROOM DANCE LESSONS

#### AMERICAN RUMBA AND SWING

3:00 to 4:00 p.m. • East Gym

#### WALTZ AND TANGO SATURDAYS

4:00 to 5:00 p.m. • East Gym

#### ADULTS AND TEENS

Sundays January 21st thru  
February 25th (Six Weeks)

\$85.00 per couple or

\$50.00 per single covers six weeks\*

**Contact Nina at 304-419-5636**

### STANDUP PADDLE BOARDING FOR BEGINNERS

Sundays • 6:30PM to 7:45PM at YMCA Lap Pool

Members - 25% discount—\$26.50 per class or  
\$105 for 6 weeks

Non-Members \$35 per Class or \$140 for 6 weeks  
Maximum of 6 participants per class.

\*Session Pass Holders get first priority on  
available class

**Contact Evan at 304-610-8999**

### "Y-TRI" SHOWDOWN

Start training now! The "Y-Tri" Showdown is an indoor triathlon held at the Charleston Family YMCA, 100 YMCA Drive, Charleston on April 6, 2018. This is a competitive event to help area triathletes prepare for the inaugural "Y-TRI" Sprint race in June 2018.

**Contact Steve Hewitt at 304-357-2319**



# RENTALS & SPECIAL EVENTS



Do you have a large group or a special event and would like to rent a room here at the YMCA? We have great options for birthday parties, school groups, church groups, meetings, showers, and holiday parties.

## PARTY TIME - POOL AND PARTY ROOM RENTALS

This two hour package includes two hours use of the party room and pool use for one of those hours. We provide table and chair set-up/take-down. You bring your own cake, food, paper products and decorations. You are responsible for clean up.

## OVERNIGHTS

Overnight rental rates are based on how many people are in your group. This fee includes YMCA staff, sports equipment, swimming pool, three sports courts, tennis courts, racquetball courts, and other miscellaneous amenities. Full night rentals run 10pm - 6am. The swimming pool is open for four hours, 10pm - 2am. Half night rental is also available. A fifty percent down payment is required to hold your date.

## MEETINGS

Includes use of the Bob Ghent Conference Room (20 people) or Noffsinger Room (30 people) with tables and chairs set-up/take-down.

## OTHER FACILITIES RENTALS

- Basketball Court: \$40/hour
- Soccer Field: \$40/hour
- T-Ball Field and Shelter: \$40/hour

*For more information or to book your events please call 304-340-3527 for additional details.*



# SOCIAL RESPONSIBILITY



The YMCA works hard to enrich the lives of those in our community by bringing families together and fostering camaraderie and partnerships within our community. We are far more than just another health club or recreational center. At the YMCA, we believe that by working together with other agencies and organizations in Charleston, we can make a real difference in the lives of others and our community as a whole.

## **Community Outreach - Special Circumstances:**

The YMCA has responded to the tragic flooding in our community in a number of ways. We partnered with a host of other organizations to provide a free summer camp, including transportation and meals, to children who were affected by the floods. We are providing practice facilities to the affected middle and high school athletic teams.

## **ONGOING EVENTS:**

- **Spirit of the Valley**- the Spirit of the Valley Award recognizes an exemplary individual who manifested the selfless concern and care for our entire community. Funds raised through the Spirit of the Valley support the YMCA Community Assistance program.
- **"On Course for a Cause" Golf Outing** – For the past 24 years, we have hosted a community golf outing to raise funds for our Community Assistance Fund.
- **Community Assistance** - Our scholarship program ensures that as many children, adults, and families as possible can participate in the YMCA and its programs.
- **Tennis Across America** - our YMCA annually participates in this national program. Over 30 volunteers come together to teach tennis to 150 youth.
- **Healthy Kids Day**- inspires parents and kids to stay physically active and intellectually active all summer long in an effort to address critical needs in health and education. Each year we average more than 500 families taking part in this event. Healthy Kids Day is open and free to the entire community.

## **RESPONDING TO CURRENT COMMUNITY NEEDS:**

- **West Side Tennis Initiative** - This summer we set up a tennis center on the two city courts at the bottom of Edgewood Drive. For eight consecutive weeks we provided free 30-minutes, one-on-one tennis lessons and a lunch to participants. Each participant who completed eight lessons was given a tennis racquet.
- **Champions in Training** – Responding to requests from local leaders, the YMCA initiated a program to mentor teenagers as they develop to become future leaders in our community. Five adult mentor volunteers led classes to strengthen mind, body and spirit to 30 children each weekday evening of the summer.
- **Flood Relief and Support** – The YMCA undertook several efforts to help those suffering from the devastating Elk River floods in June 2016. We offered our shower facilities for victims and relief workers. We prepared and served 500 hot meals immediately following the flood. We provided free summer day camp at Coonskin Park to area children. We provided free memberships to any individual or family affected by the flood. We opened the YMCA as a practice facility to the displaced athletic teams at Elkview Middle and Hoover High School.
- **Net Gains for Autism** - The YMCA offers free weekly tennis lessons to autistic children.

*Interested in becoming part of the YMCA community initiatives or wish to make a donation?*

**Please contact our Business Development Director, Avon Cobourne, at 304.340.3527 or [acobourne22@ymcaofkv.org](mailto:acobourne22@ymcaofkv.org).**

# CORPORATE & COMMUNITY PARTNERSHIPS



## COMMUNITY PARTNERS

At the YMCA, we are committed to strengthening community. The Y understands the challenges that keep individuals from reaching their full potential and responds with services and support which help people be productive and connected to the community. No single organization can accomplish all of this on its own. Each of us must take charge and help our organization and families take responsibility for healthy living.

### CHURCHES, YOUTH GROUPS, NON-PROFITS:

- Young Life
- Hands-on West Virginia
- Kanawha Pastoral Counseling Center
- Perrow Church
- Educations Elevators
- Capital Youth Builders
- Tennis Across America USTA
- Believe in West Virginia
- Youth Encouragement Network
- Fellowship of Christian Athletes
- Storehouse West Virginia
- Girl Scouts of America
- Boy Scouts of America
- Maranatha Family Church
- Healthy Bodies, Healthy Spirits Faith Network
- Life Community Development
- South Hills Youth Basketball League (SHYBL)

### KANAWHA COUNTY SCHOOLS:

- Board of Education
- Mary C. Snow Elementary School
- Edgewood Elementary School
- Stonewall Jackson Middle School
- DuPont Middle School
- Horace Mann Middle School
- Capital High School

### CHARLESTON:

- Land Trust
- Police Department
- Convention & Visitors Bureau
- Civic Center
- FestivALL
- Parks & Recreations

### KANAWHA COUNTY:

- Public Swimming Pools, Coonskin & East Bank
- Kanawha Rapid Transit (KRT)

### WV NATIONAL GUARD:

- Mountaineer Challenge Academy
- WV Army Fitness Support

### OTHERS:

- Keys 4 Healthy Kids
- CAMC Cancer Center
- Mountaineer Montessori School
- WVSU Academic Internship Program
- WVSU English as Second Language Program
- University of Charleston, Wehrle Innovation Center
- CAMC Challenged Sports Program
- Lacrosse: Camps & Clinics
- Charleston Volleyball Club
- Golf Academy of WV (PGA)
- Clay Center
- WV Power Baseball
- WV Public Broadcasting
- Sister Alliance (Charleston, WV- Banska Brytrica, Slovakia)
- Family & Youth Development Services
- Americorps & VISTA volunteers
- Job Corps

## CORPORATE PARTNERS

In our ongoing commitment to strengthen the foundations of our community, the YMCA has led the way in promoting and improving the health of Charlestonians. With versatile programming options, trained staffing, and state-of-art YMCA facilities we reach hundreds of people of all ages everyday. As a leader in employee wellness for businesses seeking to improve their employees' individual and family health, the Y continuously seeks opportunities to expand and improve our services to the communities we serve.

The Y encourages all local employers to consider a monthly/annual investment toward their employees' Y memberships as a vehicle for improving employees' health and well-being.

*Interested in becoming a corporate partner? Contact Avon Cobourne, at 304.340.3527 or [acobourne22@ymcaofkv.org](mailto:acobourne22@ymcaofkv.org).*

# LIFEGUARDS

## 2018 CERTIFICATION CLASSES

Charleston Family YMCA and the Red Cross



### LIFEGUARD TRAINING

- Skills and knowledge to prevent & respond to aquatic emergencies
- CPR/AED for the professional rescuer
- First Aid
- Two year certification

### AGES

Must be 15 by last day of course attended

### WHERE

Charleston Family YMCA

### COST

**Skill Evaluation:** \$5

**Lifeguard Class:**

Members \$191 • Non-Members \$255

**Recertification Class:**

Members \$105 • Non-Members \$140

### QUESTIONS?

Contact Collin Meadows, Aquatics Director  
304-340-3527 ext. 1132 • [cmeadows@ymcaofkv.org](mailto:cmeadows@ymcaofkv.org)

### HOW TO REGISTER FOR A LIFEGUARD CLASS:

#### STEP 1:

Attend a Skill Evaluation. No need to sign-up in advance. The Skills Evaluation consists of:

- 300 yard swim of front crawl and/or breaststroke
- Tread water for 2 minutes using only legs
- Timed event, goggles not allowed. Swim, surface dive to a depth of 6 feet, swim 10-15 yards and retrieve a 10-lb object. Swim 20 yards with only legs and exit water without using a ladder or steps.

**Participants must pass the entire skills evaluation.**

#### STEP 2:

After passing the Skill Evaluation you will be given a card which allows you to register for any available lifeguard class. To register, visit the Member Service Center and present the Skill Evaluation Card.

**First come, first serve. Spots fill quickly; sign-up early!**

## LIFEGUARD CLASS SCHEDULE

### LIFEGUARD SKILL EVALUATION

Must pass before registering for a Lifeguard class.

January 9	8 - 9 p.m.
February 13	8 - 9 p.m.
March 20	8 - 9 p.m.
April 10	8 - 9 p.m.
April 24	8 - 9 p.m.
May 8	8 - 9 p.m.

### RECERTIFICATION CLASSES

Students watch videos and complete lessons online prior to in class meeting. Must sign up at least 3 days in advance to complete course work.

April 25	5 - 10 p.m.
May 15	5 - 10 p.m.
May 23	5 - 10 p.m.

### CLASS 1

January 18	5:30 - 10 p.m.
January 19	5:30 - 10 p.m.
January 20	8:30 - 6 p.m.
January 21	10:30 - 6 p.m.

### CLASS 2

February 22	5:30 - 10 p.m.
February 23	5:30 - 10 p.m.
February 24	8:30 - 6 p.m.
February 25	10:30 - 6 p.m.

### CLASS 3

March 22	5:30 - 10 p.m.
March 23	5:30 - 10 p.m.
March 24	8:30 - 6 p.m.
March 25	10:30 - 6 p.m.

### CLASS 4 (SPRING BREAK)

April 3	9:00 a.m. - 6 p.m.
April 4	9:00 a.m. - 6 p.m.
April 5	9:00 a.m. - 6 p.m.

### CLASS 5

April 12	5:30 - 10 p.m.
April 13	5:30 - 10 p.m.
April 14	8:30 - 6 p.m.
April 15	10:30 - 6 p.m.

### CLASS 6

April 26	5:30 - 10 p.m.
April 27	5:30 - 10 p.m.
April 28	8:30 - 6 p.m.
April 29	10:30 - 6 p.m.

### CLASS 7

May 3	5:30 - 10 p.m.
May 4	5:30 - 10 p.m.
May 5	8:30 - 6 p.m.
May 6	10:30 - 6 p.m.

### CLASS 8

May 10	5:30 - 10 p.m.
May 11	5:30 - 10 p.m.
May 12	8:30 - 6 p.m.
May 13	10:30 - 6 p.m.

**Failure to attend all class dates, pass all written tests, and or skills tests will result in forfeiture of class fees. NO REFUNDS.**



**Thank you to all our members,  
volunteers, and partners for  
your support of the YMCA of  
Kanawha Valley.**

**CHARLESTON FAMILY YMCA**

100 YMCA Drive • Charleston, WV 25311 • 304-340-3527

**YMCA of CROSS LANES**

5113 Rocky Fork Road • Cross Lanes, WV 25313 • 304-776-3323

**YMCA of UPPER KANAWHA VALLEY**

201 Second Avenue • Montgomery, WV 25136



***ymcaofkv.org***