



CHILD DEVELOPMENT ALTAVISTA AREA YMCA

Learn. Grow. Thrive.

NOW REGISTERING



Infants



Toddlers



Preschool



Prek



School Age



Monday to Friday



6:30 AM - 6:00 PM



**Sites in Campbell County
and Gretna**



For Information :



434.369.9622, ext. 20



**1000 Franklin Ave
Altavista, VA. 24517**



ALTAVISTA AREA YMCA BEFORE AND AFTER SCHOOL HAPPENS HERE!



FOR CHILDREN IN PREK THROUGH
12-YEARS-OLD!

Our program offers kids the
opportunity to have fun while in a
safe and healthy environment.



- Safe Spaces
- Refuel with Healthy Snacks
- Physical Activities
- Swim Time
- Transportation Provided
- Fun with New Friends
- Sites in Campbell & Pittsylvania Counties



**REGISTER
NOW!**

FIND WHERE KIDS BELONG. FIND YOUR Y.



For more information about our Before and After School Program,
visit www.altavistaymca.org or email bsimons@altavistaymca.com.

WELLNESS CENTER



FIND YOUR PEACE. FIND YOUR Y.

The Altavista Area YMCA offers a state-of-the-art Athletic Center that was opened in 1994 and was remodeled in 2019.

The Athletic Center offers a basketball court, indoor track, wellness center, ADA compliant restrooms, racquetball court, 24/7 Access available and Play and Stay for kids while you work out.

Connect with our Wellness Director, Justin Kopanko at 434-369-9622 Ext 32 or at jkopanko@altavistaymca.com to learn more

For a better us.®

» FIND YOUR Y AT
ALTAVISTA AREA
YMCA
JOIN TODAY

24/7 ACCESS

ALTAVISTA AREA YMCA

24/7 Membership Includes

- 24/7 Access to the Wellness Center, Track & Upstairs Lounge.
- Does NOT include access to Gymnasium, Locker Rooms, Sauna, Showers, Racquetball or Pool.
- 24/7 Access available to Full Facility members ages 18+ with a valid photo I.D. on file.
- The facility is monitored 24/7 with updated security measures.

How To sign-up

- Visit the Altavista Area YMCA front desk during normal business hours & upgrade your membership.
- Additional \$5 per month to Full Facility Membership + a 1 time fee of \$10 for key fob.
- Read AND sign 24/7 Access Waiver.
- Use Franklin Avenue Entrance (Upstairs Entrance).
- During 24/7 access hours, use key fob for exterior door.
- Enter your personal pin code for entrance into interior door.

**For More Information Contact Altavista Area
YMCA Front Desk at 434-369-9622 Ext 10**

the

YMCA





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

9/11 TOWER CHALLENGE

JOIN US IN HONORING
OUR HEROS LOST ON
SEPTEMBER 11TH, 2001

Climb 110 Floors OR 2,071 Steps

- Challenge open Sept. 9th-11th
- Completed on the Stairmaster, Step mill, or in the Stairwell at the Y
- Let staff member know when starting



Coming together for...

Altavista Area YMCA

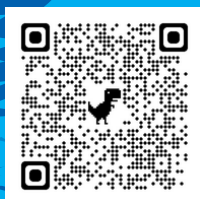
Holiday Hustle CHALLENGE

Join us for the Holiday Hustle Challenge! Visit the Altavista Y and complete 1500 minutes (25 hours) of physical activity, between November 24th through December 31st.

Complete this challenge and earn yourself a new shirt!

Rules

- *MUST register for the challenge online or at the Athletic Center Front Desk
- *MUST scan your Y card each visit to verify your attendance
- *MUST log your time on the Log Sheet *Record on 1 log sheet



Scan the QR Code to register online or at the Athletic Center Front Desk

ALTAVISTA AREA YMCA

GROUP FITNESS CLASS SCHEDULE

EFFECTIVE SEPTEMBER 2, 2025



Altavista Area
YMCA
Group Fitness
Schedule

Schedule
subject to
change

Full Facility
Membership:
Complimentary

Basic
Membership:
\$30/20/10
punch card
options

Non-Member:
\$75/50/25
punch card
options

Play & Stay for
YMCA members
only. MUST
reserve spot
prior to class
start

**Additional Fee



QR Code for
YMCA360 App
Download

		Class	Time	Location
Monday		Cardio Cuts	8:30-9:15	Aerobics Room
		Core Express	9:25-9:45	Aerobics Room
		Ballet	9:50-10:40	Aerobics Room
		Chair Pilates	10:45-11:15	Aerobics Room
		Strength Express	5:05-5:25	Aerobics Room
		Fit Factory	5:30-6:15	Aerobics Room
		Yoga	6:30-7:30	Aerobics Room
		Karate**	6:45-8:50	Multipurpose Room
Tuesday		Cardio Mash	5:30-6:15	Aerobics Room
		Dance	8:30-9:15	Aerobics Room
		Basic Step	9:25-9:55	Aerobics Room
		Dance	10-10:45	Aerobics Room
		Sr. Strength Training	10-10:45	Multipurpose Room
		Sr. Chair Yoga	11-11:30	Multipurpose Room
		Core Express	11-11:20	Aerobics Room
		Dance	5:30-6:15	Aerobics Room
		Tai Chi	6:30-7:30	Aerobics Room
		Karate**	7:35-8:30	Aerobics Room
Wednesday		Fit Factory	8:30-9:15	Aerobics Room
		Yoga	9:30-10:30	Aerobics Room
		Refit	9:30-10:30	Multipurpose Room
		Chair Pilates	10:45-11:15	Multipurpose Room
		Mat Pilates	11:15-11:45	Aerobics Room
		Body Blitz	5:30-6:15	Aerobics Room
		Yoga	6:30-7:30	Aerobics Room
		Line Dancing**	7-8:50	Multipurpose Room
Thursday		Dance	8:30-9:15	Aerobics Room
		Basic Step	9:25-9:55	Aerobics Room
		Mat Pilates	10-10:45	Aerobics Room
		Sr. Strength Training	10-10:45	Multipurpose Room
		Sr. Chair Yoga	11-11:30	Multipurpose Room
		Basic/Hip Hop Step	5:30-6	Aerobics Room
		Move-It Mania	6:10-6:40	Aerobics Room
		Karate**	7:35-8:30	Aerobics Room
Friday		Cardio Mash	5:30-6:15	Aerobics Room
		Cardio Cuts	8:30-9:15	Aerobics Room
		Yoga	9:30-10:30	Aerobics Room
		Chair Pilates	10:45-11:15	Multipurpose Room
		Mat Pilates	5:30-6:15	Aerobics Room
		Line Dancing**	7-8:50	Multipurpose Room
Saturday		Dance	8:30-9:15	Aerobics Room
		Mat Pilates	9:45-10:30	Aerobics Room

ALTAVISTA AREA YMCA

GROUP FITNESS CLASS DESCRIPTION

CLASS DESCRIPTION

MINIMUM OF 3 PARTICIPANTS FOR A CLASS TO OCCUR, CONTINUOUS LOW TURNOUT WILL RESULT IN CLASS TERMINATION, SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

ABS & ASSETS: Focus of this class is to work the main areas that support a physically active life. Core work is paired with breath. The back evening out the strong muscle groups. The glutes to support the back, and shoulders to support the arms.

BASIC/HIP HOP STEP: Class uses an elevated platform to increase the heart rate while executing basic moves on it. No fancy combinations or complicated choreography.

BODY BLITZ (Formerly known as HIIT): High Intensity Interval Training. Alternating short periods of intense anaerobic exercise with less intense recovery periods. One performs a short burst of high-intensity (or max-intensity) exercise followed by a brief low-intensity activity, repeatedly, until too exhausted to continue.

CARDIO CUTS: Cardio & strength training taken to the next level. The intensity & intervals vary so you get the most out of your workout. Metabolism stays elevated for some time afterwards.

CARDIO MASH: Blend of weights, cardio, dance, & step. Each class will have a particular focus with each instructor.

CORE EXPRESS: Executing exercises using dumbbells, stability ball, BOSU, or gliders resulting in stronger abdominals/low back & obliques to increase in functional strength, and spinal stabilization.

CYCLE: Designed for all fitness levels, consists of riding intervals, hills, flats, and jumps. Participants decide how intense/fast they want to work. Beginners show up 10 min before class for set-up.

CHAIR PILATES: This class is perfect for the beginner as well as the advanced Pilates advocate. The class focuses on breath, balance, core strength, and flexibility using weights, Thera bands, and gliders. Mostly performed in a chair, some work will be done standing.

FIT FACTORY (Formerly known as Bootcamp): Drills, skills, power, agility, speed and old fashion exercises are incorporated in this class to challenge the body and mind. Tabata Training, Rest Base Training, AMRAP & H.I.I.T will ensure the maximum amounts of calories are used. A base-level of fitness is recommended.

JAZZ DANCE: This class challenges students with Bob Fosse's signature style, including isolations, finger snaps, smooth hip rolls, and specific, detailed movements. This class combines technique and choreography from Broadway musicals and award-winning movies. It does not require singing or acting, and students can have input on choreography they would like to recreate.

LINE DANCING: A dance where individuals line up without partners & follow various step patterns to country music. **Fee based.**

MOVE-IT MANIA: High intensity class challenging participants with strength training &/or cardio based movements. Break a sweat and enjoy the comradery of fellow participants.

BALLET: Feel like a dancer with this rhythm-based class. This class will help with coordination, pattern recognition, strength, and flexibility

MAT PILATES: This class is perfect for the beginner as well as the advanced Pilates advocate. The class focuses on breath, balance, core strength, and flexibility. The class will be lying on your stomach, side, back or seated. This class requires an ability to get up and down from the floor. You can bring a mat that is thicker than a normal yoga mat.

REFIT: is a cardio focused class with powerful moves and positive music. A workout that inspires community and positive changes from the inside out! It's perfect for beginners and challenging for fitness enthusiasts.

SR. CHAIR YOGA: A chair version of the Yoga classes that addresses mindful breathing, stretching, strengthening, balancing & relaxing the mind & body. Excellent class for beginners & individuals with medical/balance issues.

SR. CHAIR EXERCISE: A chair version of the strength training classes that addresses balance, strength, endurance, range of motion, effective breathing and other areas to help with overall health.

STRENGTH EXPRESS: increase strength, tone, definition & fat loss with this complete workout in an abbreviated format. Train every muscle group with exercises that target a lot of muscles with one movement.

TAI-CHI: An ancient practice that incorporates slow breathing, mental concentration, and constant flow of controlled movements with various postures. Helps lower stress & blood pressure & increases balance.

YOGA: Practice the basic yoga poses that stretch, relax, & improve flexibility & range of motion. Participants are encouraged to work at their comfort level. Mindful breathing will be practiced enhancing the class experience. All skill levels welcomed. Dress in layers. Mats & blocks provided.

DANCE: An exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party. Dance ranges from Zumba to cardio dance!

DANCE



**FIND YOUR RHYTHM.
FIND YOUR Y.**

For a better us.®



**REGISTER TODAY AT
ALTAVISTA AREA
YMCA**

Fall Dance Class Registration Open



Ballet and Jazz

Ages 3 and up

14 week semesters with recital at the end

Program runs August 18th – November 22nd

For questions or more information contact:

Dance Administrator, Candice Smith

434-369-9622 Ext 11

csmith@altavistaymca.com

or

Dance Instructor, Melinda Gafford

mgafford@altavistaymca.com



2025 FALL/WINTER PROGRAM GUIDE

MEMBER BENEFITS

- No Annual Contracts
- Free Group Exercise Classes
- Play and Stay Childcare
- 24/7 Access Available
- Nationwide Access For Full Facility Members
- Program Discounts
- State-of-the-Art-Equipment
- Access to YMCA 360
- Certified Staff



**American
Red Cross**

Blood Drive

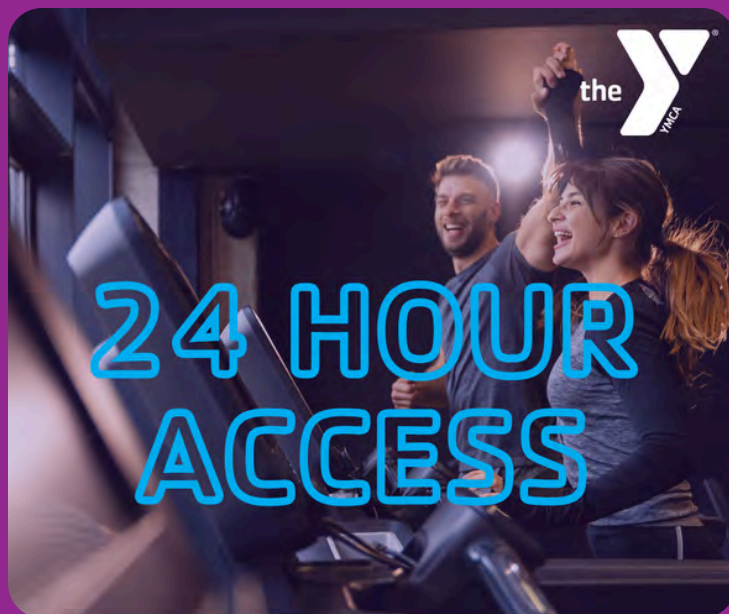
November 21, 2025

10 am – 2 pm

Multi Purpose Room

Altavista Area YMCA

Athletic Center



Athletic Center Holiday Hours:

Thanksgiving Day – Closed

Christmas Eve – 5:00 AM – 1:00 PM

Christmas Day – Closed

New Years Eve – 5:00 AM – 5:00 PM

New Years Day – Closed

Family Center Holiday Hours:

Thanksgiving Day – Closed

November 28th – Closed

Christmas Eve – Closed

Christmas Day – Closed

New Years Eve – Closed

New Years Day – Closed