

# 2025 FALL/WINTER PROGRAM GUIDE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

EXCEL  
AFTER THE  
BELL



## FIND YOUR PROGRAM FIND YOUR Y.

» FIND YOUR Y AT  
ALTAVISTA AREA YMCA



434-369-9622 Ext 10  
[altavistaymca.org](http://altavistaymca.org)

For a better us.®



# MEMBERSHIP INFORMATION



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Altavista Area YMCA – Membership Guide

📍 718 7th St, Altavista, VA 24517 | 📞 434.369.9622 ext. 10 | 🕒 Mon–Fri: 5 AM – 9 PM | Sat: 8 AM – 5 PM | Sun: 1 PM – 5 PM | [www.altavistaymca.org](http://www.altavistaymca.org)

### Membership Benefits

- ✓ Cardio & strength equipment, orientations (Full Facility Membership only)
- ✓ Free group & water fitness classes (Full Facility Membership only)
- ✓ Nationwide YMCA access (at participating Y's) & 24/7 access (Full Facility Membership only)
- ✓ YMCA360 (Full Facility Membership) | Add-on: \$5/month (Basic Membership)
- ✓ Gym, indoor track, pool, pickleball, racquetball, boxing equipment, sauna (Basic Membership)
- ✓ Play & Stay (ages 3 months – 10 years)
- ✓ Discounts on Y programs & classes

### Membership Rates

Type	Monthly	Annual	Join Fee
<b>Basic Membership</b>			
Youth (12–17)	\$17	\$204	\$20
College Student*	\$17	\$204	\$20
Adult (18+)	\$24	\$288	\$40
Household**	\$29	\$348	\$60
Active Adult (65–89)	\$18	\$216	\$25
Active Adult Family **	\$26	\$312	\$25
Active Older Adult (90+)	Free	Free	None

### Extras & Discounts

✓ **\$14/month Add-On for Each Full Facility Membership\*\***

- ✓ YMCA360: Free– Full, \$5/month– Basic, \$10/month– Virtual membership
- ✓ 24/7 Facility Access Add-On Full Facility Members Only: \$5/month
- ✓ Discounts for: Police, first responders, military, town employees, and those with permanent disabilities

### Payment Options

- ✓ Auto withdrawal (Pending on the 1<sup>st</sup> and posted on the 5<sup>th</sup> of the month)
- ✓ Check or card
- ✓ Financial Aid available for those who qualify (Basic Membership)

\* College rates apply to full-time students up to the age of 23. Proof of enrollment required

\*\* Household: up to 3 adults and includes dependents (additional adults: \$14/month). Proof of residence required





**FIND JOY IN GIVING.  
FIND YOUR Y.  
GIVE TO THE Y TODAY**

» ALTAVISTA AREA YMCA  
718 7TH STREET  
ALTAVISTA, VA 24517

**The true power of the Y is in the hearts  
and actions of every neighbor who  
believes in our vision of a stronger  
community for all.**

Thanks to the generosity of our members, volunteers  
and donors, we are able to provide food for those who  
are hungry, a safe, nurturing space for kids to learn  
and grow during out of school time, and outreach to  
seniors who are feeling isolated.

**Thanks to neighbors like you,  
our Y has been able to make a transformational impact:**



**135  
Financial  
Assistance  
Provided to  
Community  
Members**

**100+ Pounds  
Food Collected  
and Distributed  
Through Food  
Drives and  
Blessing Box**

**2,300  
Kids and Adults  
Taught Life-  
Saving Safety  
Around Water  
Skills**

**450  
Kids Served  
In Before  
and After School  
Programs**

**35  
Kids and Adults  
With Disabilities  
Participated In  
Adaptive  
Activities**

**25  
Power Scholars  
Students,  
Participated In  
the Summer  
Learning Loss  
Prevention  
Program**



 Your gift in  
action.



**Altavista Area YMCA**

434-369-9622 Ext 10

[mmccracken@altavistaymca.com](mailto:mmccracken@altavistaymca.com)

[altavistaymca.org](http://altavistaymca.org)

**For a better us.®**

# Youth And Family Programing



**September 9<sup>th</sup>:** Coffee with a Veteran Hour: 9-10 am in the upstairs lounge area of the Altavista Area YMCA Athletic Center. Enjoy coffee and fellowship!

**September 15-19:** Guess how many and win it: Enter to win from the 15<sup>th</sup> through the 19<sup>th</sup> by guessing the correct amount or be the closest and win the prize!

**October 9<sup>th</sup>:** New Member Social: New Members from the month of August and September are welcome to a meet and greet in the upstairs lounge area of the Altavista Area Athletic Center.

**October 10<sup>th</sup>:** Teen Night! The first Teen Night of the school year. Ages 11-15 are welcome, members are free and non-members are \$5.

**October 14<sup>th</sup>:** Member Appreciation Day: National Apple Month.

**November 12<sup>th</sup>:** Veteran's Wall honoring all those who have served. Please drop off a photo in uniform, branch served and years of service (ie 1970-2020).

**November 17- December 1:** Thankful Tree: Put what you are thankful for on a leaf that will be displayed in the Altavista Area YMCA Athletic Center.

**November 22<sup>nd</sup>:** Christmas At The Y. Breakfast with Santa 9:00 am – 11:00 am in Multipurpose Room. Come, enjoy a breakfast treat with Santa. Have your picture taken and color an ornament.

**December 1<sup>st</sup>-19<sup>th</sup>:** Christmas Card Station In Lobby: We will be putting together Christmas Cards for the tenants of Altavista's Autumn Care.

**December 4<sup>th</sup>:** Cookies/ Coffee/ Cards. 1-3 pm in Multipurpose Room. Come and fellowship with other members, drink some coffee and have a cookie while making Christmas cards for the Autumn Care residents.

**December 11<sup>th</sup>:** Christmas Fun For a T-Shirt: Join in on the holiday spirit and do different tasks for a FREE YMCA T-Shirt.

**December 11<sup>th</sup>:** Enjoy a hot cup of cocoa with all your favorite add-ins in the Athletic Center Lobby.



# BINGO



FOR YOUTH DEVELOPMENT®  
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## IS BACK!

**Tuesdays**

**Beginning September 9, 2025**

**11:45-12:45**

**Multi-purpose Room**





# Fall Sports Programs

## Fall Softball:

Girls ages 4-12 are welcome to sign up. Registration is July 1st through August 16th and evaluations for ages 7-12 will be the week of August 18th through the 22nd. Practices will begin week of August 18th and games will begin the week of September 3rd. Season will run through the end of October. Registration is \$60 for members and Altavista residents, \$70 for non-members who live out of town.

## Fall Volleyball:

Girls ages 7-14 are welcome to sign up. Registration is July 1st through August 16th and if evaluations are needed, evaluations for ages 9-14 will be the week of August 18th through the 22nd. Practices will begin week of August 18th and games will begin the week of September 3rd. Season will run through the end of October. Registration for ages 7&8 is \$40 for members and Altavista residents, \$50 for non-members who live out of town. For ages 9-14 \$60 for members and Altavista residents, \$70 for non-members who live out of town.

## Fall Soccer:

Boys and Girls aged 4-17 are welcome to sign up. Registration is July 1<sup>st</sup> through August 9<sup>th</sup>. Evaluations for ages 8-11 will be week of August 11<sup>th</sup> - 15<sup>th</sup>. Practices will begin that same week after evaluations. Season will run from early September through the end of October. Registration is \$60 for members and Altavista residents, \$70 for non-members who live out of town.

For questions or more information contact:  
Sports Director, Eric Hall  
434-369-9622 Ext 34  
[Ehall@altavistaymca.com](mailto:Ehall@altavistaymca.com)

The Altavista Area YMCA offers financial assistance in the form of the E.R. English Scholarship to those who qualify.





# Winter Sports Programs



## Youth Basketball:

Ages 4-12 are welcome to sign up. Registration is October 1st through November 22nd and evaluations for ages 9-12 will be Monday November 25th from 6-8 pm. Practices will begin week of December 2nd and games will begin the week of January 6th. Season will run through the end of February. Registration is \$60 for members and Altavista residents, \$70 for non-members who live out of town.

For questions or more information contact:  
Sports Director, Eric Hall  
434-369-9622 Ext 34  
[Ehall@altavistaymca.com](mailto:Ehall@altavistaymca.com)

## Dolphins Swim Team:

Registration through December 4th. Season Starts September 15th and runs through March 8th.

Initial Registration Cost is \$50

Bronze level (Ages 4-12): \$40 per month

Silver Level (Ages 8-18) : \$60 per month

Gold Level (Ages 12-18): \$70 per month

More information on Swim Team Flyer in Aquatics section

For questions or more information contact:  
Aquatics Director, Beth Wilson  
434-369-9622 Ext 23  
[Ewilson@altavistaymca.com](mailto:Ewilson@altavistaymca.com)

The Altavista Area YMCA offers financial assistance in the form of the E.R. English Scholarship to those who qualify.







# Karate Classes

**DOJO OF THE THREE RINGS IS  
TEACHING OKINAWAN KARATE,  
SHORIN RYU AND OKINAWAN  
KOBUDO AT THE ALTAVISTA  
AREA YMCA!**

- **\$40/Month for  
Program  
participants**
- **\$30/Month for  
YMCA Members**

## **SCHEDULE**

**Monday in the Multipurpose Room**

**6:45-7:30 Beginner Class**

**7:30-8:15 Advanced Class**

**8:15-8:50 Attack & Defense Instruments**

**For more information please  
contact Sensei Heidi at  
[Dojo3ring@yahoo.com](mailto:Dojo3ring@yahoo.com)**



**Tuesday & Thursdays**

**Group Fitness Room**

**7:35-8:20 All Levels**

**8:20-8:50 Brown and up. Partner Work**

**Altavista Area YMCA**

**718 7th St.**

**Altavista, VA 24517**

**434.369.9622, ext. 10**

**[www.altavistaymca.org](http://www.altavistaymca.org)**



# AQUATICS



## FIND YOUR SWIM SKILLS. FIND YOUR Y.

Swimming is one of life's most essential skills: the ability to swim can help save your life or someone else's life, while introducing you to a lifetime of healthy, enjoyable activity in the water.

With more than 110 years of experience teaching millions of people to swim, the Y is America's most trusted swim instructor. We offer lessons tailored for kids and adults of all ages and abilities, and are committed to helping everyone in our community develop the skills they need to become strong, confident swimmers.

Y swim instructors are trained, caring leaders who are ready to help anyone – from infants to seniors – find their love of water. Check out our class offerings below and find a lane that's right for you!

**Connect with our Aquatics Director,  
Elizabeth Wilson at 434-369-9622 Ext 23  
or at [ewilson@altavistaymca.com](mailto:ewilson@altavistaymca.com) to learn more**

**For a better us.®**



**FIND YOUR Y AT  
ALTAVISTA AREA  
YMCA  
SWIM TODAY**



the

# Come and Swim With the Best!

Altavista Area YMCA Swim Team

Bronze

Ages 4-12

\$40 per  
month

Silver

Ages 8-18

\$60 per  
month

Gold

Ages 12-18

\$70 per  
month

**\$50 REGISTRATION FEE**

**QUESTIONS?**

**Contact Us**

Holly Carwile

(434) 369-9622 ext.23

[hcarwile@altavistaymca.com](mailto:hcarwile@altavistaymca.com)



## Why Choose Us

- ✓ **All levels welcome**  
\*must have foundational swimming proficiency
- ✓ **Skill Development that Sticks**
- ✓ **Experienced and Caring Coaching**  
**Fun-Focused**
- ✓ **Atmosphere**  
**Race Ready but**
- ✓ **Pressure Free**

**SEASON DATES:**  
**SEPTEMBER 15TH - MARCH 8<sup>th</sup>**

**REGISTER NOW**





# Pool Will Be Closed August 22 – September 14



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## END OF SUMMER POOL SCHEDULE 8/11/25-8/22/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
7:00-8:30 Lap Swim (6 Lanes)	7:00-7:30 Lap Swim (6 lanes)	7:00-8:30 Lap Swim (6 lanes)	7:00-7:30 Lap Swim (6 lanes)	7:00-8:30 Lap Swim (6 lanes)	
	7:30-8:30 Water Wellness: Low Impact Ex (4 lanes)  Lap Swim (2 lanes)		7:30-8:30 Water Wellness: Low Impact Ex (4 lanes)  Lap Swim (2 lanes)		
8:30-9:30 WaterinMotion®Platinum (5 lanes)	8:30-9:30 Deep Water EX (4 lanes)	8:30-9:30 WaterinMotion®Strength (5 lanes)	8:30-9:30 Aqua Yoga (4 lanes)	8:30-9:30 WaterinMotion®Platinum (5 lanes)	
9:30-1:30pm Family Swim (3 lanes)  Lap Swim (2 lanes)	9:30-1:30pm Family Swim (3 lanes)  Lap Swim (2 lanes)	9:30-1:30pm Family Swim (3 lanes)  Lap Swim (2 lanes)	9:30-1:30pm Family Swim (3 lanes)  Lap Swim (2 lanes)	9:30-1:30pm Family Swim (3 lanes)  11:30-1:30pm Lap Swim (2 lanes)	
1:30-3:30PM CLOSED TO PUBLIC	1:30-3:30 PM CLOSED TO PUBLIC	1:30-3:30PM CLOSED TO PUBLIC	1:30-3:30PM CLOSED TO PUBLIC	1:30-3:30PM CLOSED TO PUBLIC	1:30-2:30 Open Swim (4 lanes)  Lap Swim (2 lanes)
3:30-6:00PM Open Swim (3 lanes)  4:30-6:00pm Lap Swim (2 lanes)	3:30-6:00PM Open Swim (3 lanes)  4:30-6:00pm Lap Swim (2 lanes)	3:30-6:00PM Open Swim (3 lanes)  4:30-6:00pm Lap Swim (2 lanes)	3:30-6:00PM Open Swim (3 lanes)  4:30-6:00pm Lap Swim (2 lanes)	3:30-6:00PM Open Swim (3 lanes)  4:30-6:00pm Lap Swim (2 lanes)	2:45-4:30 Family Swim (4 lanes)  Lap Swim (2 lanes)
6:00-6:50PM Shallow Water Ex (3 lanes)  Lap Swim (2 lanes)		6:00-6:50PM Shallow Water Ex (3 lanes)  Lap Swim (2 lanes)		5:00-6:00PM WaterinMotion®Platinum (4 lanes)  Lap Swim (2 lanes)	4:30 Pool Closes 5:00 Building Closes
7:00-8:00PM Family Swim (4 lanes)  Lap Swim (2 lanes)	6:00-8:00PM Family Swim (4 lanes)  Lap Swim (2 lanes)	7:00-8:00PM Family Swim (4 lanes)  Lap Swim (2 lanes)	6:00-8:00PM Family Swim (4 lanes)  Lap Swim (2 lanes)	6:00-8:00PM Family Swim (4 lanes)  Lap Swim (2 lanes)	
8:00Pool Closes 8:30 Building Closes	8:00Pool Closes 8:30 Building Closes	8:00Pool Closes 8:30 Building Closes	8:00 Pool Closes 8:30 Building Closes	8:00 Pool Closes 8:30 Building Closes	

Please see back of schedule for full details

### POOL CLOSURE NOTICE:

The pool will be closed for maintenance beginning **Friday, August 22 at 1:30 PM** and will reopen on **Monday, September 15th**. During this time, we will be draining the pool to complete important repairs and improvements, including cleaning, tile work, and repainting. We appreciate your understanding as we work to keep our facility safe, clean, and in top condition. Please see the attached handout for alternate pool and exercise options to try out while we are closed.





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## DETAILS

### GENERAL INFORMATION

#### – POOL IS CLOSED ON SATURDAYS

- Pool Schedule begins August 11th and is subject to change.
- Water temperature is 84-86 degrees.
- Multiple activities may take place in the pool at the same time. Please be respectful of others while these activities are in progress.
- The number of lanes designated for each activity is noted on the schedule.
- Lap Swim—reserved for swimmers 16 & older for continuous lap swimming or aquatic exercise. During Open or Family Swim, lap lanes may be requested if space allows and approved by the lifeguard. Refer to the schedule for lane availability. Lane sharing may be required during busy times. We appreciate your flexibility.
- Open Swim—Swimmers 12 & older may participate without adult supervision. Lap lanes may be added upon request if space permits. **Please note: During Water Fitness classes, the pool is closed to Open and Family Swim.**
- Family Swim—Swimmers must be 16 & older to swim without a parent/adult. Lap lanes may be put in upon request space permitting. **Please note: During Water Fitness classes, the pool is closed to Open and Family Swim.**
- Lifeguards are here for your safety and have final say on all matters; including rules, swim testing, and pool schedule.

### SWIM TEST POLICY

At the Y, safety is our top priority. All swimmers 12 & under must complete a swim test. Those who do not take or do not pass the test must wear a coast guard approved life jacket and remain in the shallow end unless accompanied in the water by a responsible adult supervising that child. The responsible adult must be within arm's reach. Lifeguards have the authority to require any person, regardless of age or ability, to complete a swim test or wear a life jacket if deemed necessary. *Please see the detailed Swim Test Policy handout for full guidelines.*

### WATER FITNESS

**Water Wellness—Low Impact EX:** A gentle, joint-friendly class designed for those seeking a slower pace and supportive environment. Ideal for older adults or anyone recovering from injury or dealing with limited mobility. This class focuses on water walking, light range-of-motion exercises, and optional gentle strengthening. No jumping or running—just soothing movement in the water to support rehabilitation and wellness.

**Water in Motion® Platinum:** This energizing water workout is specially designed for anyone seeking a safe, low-impact cardio class. Platinum combines upbeat music with continuous movement to boost heart health, endurance, and coordination—all while being easy on the joints. You'll enjoy a full-body workout that keeps you moving, smiling, and strong, with the added benefits of improved balance and flexibility.

**Deep Water EX:** Take your workout to the deep end with this HIIT class designed to challenge your strength, stamina, and core—without impact on your joints. Participants perform powerful cardio bursts and strength-focused moves in deep water for a total-body workout that's as fun as it is effective. Great for those looking to push themselves in a joint-friendly environment.

**Water in Motion® Strength:** Build muscle and boost endurance with Water in Motion® Strength, a high-energy resistance training workout held in the water. Using aquatic dumbbells and the water's natural resistance, this program targets all major muscle groups to improve strength, power, and posture—without impact on your joints. A great cross-training option for all fitness levels looking to tone up and stay strong.

**Aqua Yoga:** A gentle yet powerful practice that blends traditional yoga poses with the support and resistance of water. Aqua Yoga enhances flexibility, core strength, balance, and joint mobility—all in a soothing aquatic environment. Perfect for all fitness levels, this class offers flowing movements and mindful breathing to build both physical strength and inner calm. Experience the benefits of yoga without the strain on your joints.

**Shallow Surge:** Kick off your Friday with variety and energy in this rotating shallow water workout! Shallow Surge alternates weekly between Water in Motion®—a music-driven, full-body cardio class—and Aqua Burst, a high-intensity interval workout designed to build strength and endurance. With different formats and instructors each week, you'll never get bored—and your body will thank you for the challenge. All fitness levels welcome!

**Shallow Water EX:** This gentle, low-impact class is designed to improve cardiovascular health while strengthening muscles and enhancing flexibility and balance. Ideal for all fitness levels, the supportive properties of the water make it perfect for those looking for a safe, effective workout to end the day feeling strong and refreshed.

**Please Note:** During Water Fitness classes, the pool is closed to Open and Family Swim. Classes may share space with swim lessons or lap swimmers.

### POOL RENTALS

Pool rentals are available during open swim times on Fridays from 6:00-8:00 PM and Sundays from 2:00-4:00 PM. While rentals do not occur every Friday or Sunday, when scheduled, they may limit available space for members.





# WE'RE MAKING A SPLASH

EXCITING POOL UPDATES UNDERWAY



**POOL CLOSURES:**

**Friday, August 22nd at 1:30PM**

**POOL REOPENS:**

**Monday, September 15th at 7AM**

To maintain safety and enhance your experience, we're completing essential upgrades, including:



Draining & deep cleaning  
Repainting the pool basin  
Replacing broken/worn tiles  
Inspecting & repairing structures



**COMING SOON!**

When we reopen, you'll enjoy:

- A refreshed, clean look
- Smoother, safer surfaces
- Better visual markings
- Improved swim lesson and fitness environment
- Enhanced water quality
- A more enjoyable, updated experience for all

Your support allows us to create the safest and most enjoyable environment for everyone.

We know this is an inconvenience, but we promise it will be worth the wait!

**THANK YOU!**





# FALL SWIM LESSONS

Altavista Area YMCA

SEPTEMBER 15TH - NOVEMBER 19<sup>TH</sup>

MONDAY/ WEDNESDAY MORNINGS

TUESDAY/THURSDAY EVENINGS

MONDAY EVENINGS (4 WEEK SESSION) **NEW!**



## Gradual Rate Adjustment in Progress

To align with regional rates and continue providing quality instruction, swim lesson fees will increase seasonally.



	Member Rate	Non-Member Rate
FALL	\$55	\$75
SPRING	\$60	\$80

Payment is due at registration.



**REGISTER NOW!**

Most sessions include 8 lessons.  
Check the back for full schedule and pricing.

Questions?  
Contact Beth Wilson  
Aquatics Director  
[ewilson@altavistaymca.com](mailto:ewilson@altavistaymca.com)



<div>NEW!</div> <div> <div>9/15-9/24 M/W</div> <div>2x per week for 2 weeks</div> <div>\$28/ \$38</div> </div> <div> <div>9/29-10/22 - M/W</div> <div>2x per week for 4 weeks</div> <div>\$55/ \$75</div> </div> <div> <div>10/27-11/19 - M/W</div> <div>2x per week for 4 weeks</div> <div>\$55/ \$75</div> </div>			
TIME			
10-10:30am	STAGE 1&2	STAGE 1&2	STAGE 1&2
10:30-11am	STAGE 2&3	STAGE 2&3	STAGE 2&3
11-11:30am	STAGE 1&2	STAGE 1&2	STAGE 1&2
11:30-12pm	STAGE 3&4	STAGE 3&4	STAGE 3&4
<div>NEW!</div> <div> <div>9/16-9/25 T/TH</div> <div>2x per week for 2 weeks</div> <div>\$28/ \$38</div> </div> <div> <div>9/30-10/23 - T/TH</div> <div>2x per week for 4 weeks</div> <div>\$55/ \$75</div> </div> <div> <div>10/28-11/20 - T/TH</div> <div>2x per week for 4 weeks</div> <div>\$55/ \$75</div> </div>			
TIME			
6-6:30pm	STAGE 1&2	STAGE 1&2	STAGE 1&2
6-6:30pm	STAGE 2&3	STAGE 2&3	STAGE 2&3
6:30-7pm	STAGE 1&2	STAGE 1&2	STAGE 1&2
6:30-7pm	STAGE 3&4	STAGE 3&4	STAGE 3&4
<div> <div>9/15, 9/22, 9/29, &amp; 10/6</div> <div>1x per week for 4 weeks</div> <div>\$28/ \$38</div> </div> <div> <div>10/13, 10/20, 10/27, &amp; 11/3</div> <div>1x per week for 4 weeks</div> <div>\$28/ \$38</div> </div>			
TIME			
4:30-5pm Monday Evenings	WATER BABIES	ADULT	

Stage 1-4 class size is limited to 4 students. No refunds will be issued for cancellations made after the class start date. Classes may be cancelled if less than 3 participants are registered. Classes may be cancelled due to severe weather. Please contact Aquatics Director for more information. The Altavista Area YMCA is fortunate to offer financial assistance from the E.R. English Fund for those that may need it. Scholarships can cover up to 50% of the swim lesson session cost and must be approved prior to registration.





**Members: \$25**  
**Non-Members: \$30**

ALTAVISTA AREA YMCA

# MINI DOLPHINS CLUB

DISCOVER THE JOY OF SWIMMING WITH THE DOLPHINS

OCTOBER 1<sup>ST</sup> - 22<sup>ND</sup>

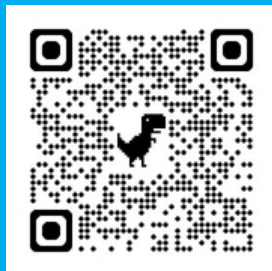
WEDNESDAY  
4 - 4:45 PM

OCTOBER 29TH -  
NOVEMBER 19TH

## A PRE-TEAM SWIMMING EXPERIENCE

Want to swim like a Dolphin one day? The Mini Dolphins Club is the perfect place to splash, play, and sharpen your strokes before joining the big team! You'll practice with a coach, friendly swim instructors, and even our Gold-level swimmers. Just pass the **Red Band** swim test and jump in!

**Register Now**



Questions?

Holly Carwile  
hcarwile@altavistaymca.com  
(434) 369-9622 ext. 23