2025 SUMMER PROGRAMS

ALTAVISTA AREA YMCA

ALTAVISTA AREA YMCA

MAY – JULY 2025

Athletic Center: 434.369.9622, Ext 10 **Family Center: 434.369.9622, Ext 20**

For costs and more information: **altavistaymca.org to register**

SUMMER PROGRAMS

the YMCA

ARTS & CRAFTS CAMP

1:00-3:00pm
more info to follow

Altavista Area YMCA Athletic Center
Multi-purpose room

All are welcome to participate

the YMCA

May 5-8
Enter to Win Mother's Day Gift Package
Drawing Friday, May 9th, 10am

Teacher and all local school personnel Appreciation MONTH

JULY 2025
COMPLIMENTARY FULL MEMBERSHIP

Pool
Locker room with shower

Athletic Center
Basketball, racquetball, pickleball, indoor track, sauna

Group Fitness
Water Fitness

Prevention
Blood pressure, body fat analysis, orientation, health fair & more

Wellness Center
Cardio, circuit, free weights, strength machines, personal training

Stop by the Altavista Area YMCA and show your school ID.

For more information: (434) 369 9622 Ext: 10

the YMCA

June 9-12
Enter to Win
a Fathers Day Gift
Drawing Friday, June 13th, 10am

HAPPY FATHER'S DAY

ALTAVISTA AREA YMCA 434.369.9622 • 718 7TH STREET, ALTAVISTA VA 24517 • WWW.ALTAVISTAYMCA.ORG

SPORTS PROGRAMS

YOUTH SPORTS

NFL FLAG FOOTBALL , JUNE 1 - AUG 2, AGES 4-17

NFL Flag Football returns for year two this summer with registration beginning April 1st. Games will be played at English Park or Altavista Area YMCA Tball or softball field. Their will be multiple fields for games and practices. Registration is $60 for members and Altavista residents, $70 for non-members and non-residents. The season will begin with practices and games the first week of June and the season will conclude August 2nd.
Games will be on Monday and Thursday nights or Saturday mornings.

BUDDY BALL, JUNE 10- AUG 2, AGES 4-17

The Altavista Area YMCA welcomes a new sport this summer for kids of our community with physical or mental disabilities with registration beginning April 1st. Games will be played at The Altavista Area YMCA. Registration is $30 per participant. There are no practices, just games. Games will be Tuesday evenings. If your child requires assistance, you may be their "Buddy" on the field.

E.R. English Scholarship available to those who qualify. Applications may be picked up at the front desk.

YOUTH SPORTS

SUMMER YOUTH OPEN BASKETBALL, BEGINS JUNE 9

Starting June 9, the Altavista Area YMCA will have designated days for the youth members of our community to come play open gym basketball. Monday's and Wednesday's this summer, kids aged 8-16 will be able to come play pick-up basketball from 2-4 pm.
There is no added cost to playing, but the child must be an active YMCA member.

ADULT SPORTS

ADULT BASKETBALL, BEGINS JUNE 10

Begining June 9, Adult basketball will return, with pickup basketball on Tuesday and Thursday nights from 6-8pm. Adults must be members, aged 16 or older. There is no additional cost to participate in adult basketball.

YOUTH SPORTS CAMPS

YOUTH SPORTS CAMPS

SUMMER BASKETBALL CAMP, JUNE 2-5

Coaches Casey Johnson and Jay Polk, along with current and former athletes from both the Altavista High School Boys and Girls basketball team will instruct a youth basketball clinic June 2-6.

Open to Boys and Girls- Ages 6 & Up Cost is $40 per camper ($10 per day)

(Mon-Thurs) Ages 6-5th grade 9 am – 12 pm YMCA Gym

Grades 6th- 12th 1 pm – 4 pm YMCA Gym

All participants can register through the YMCA or AHS.

SUMMER BASEBALL CAMP, JUNE 10-13 & JULY 22-25TH

Coach Keith Pieper will be hosting two FREE baseball camps June 10-13th and July 22-25th from 6-8 pm at the big field located at the Altavista Area YMCA.

Ages 6-9 camp will be June 10-13th 6-8 pm.

Ages 10-12 camp will be July 22-25th 6-8 pm.

YOUTH SPORTS CAMPS

SUMMER SOCCER CAMP JUNE 17-20

Altavista High School Soccer Coaches David Seige and Jason Hall will be holding a youth soccer camp this summer.

Participants will work on basic soccer fundamentals and will have a fun time learning new skills to help elevate their game!

Camp will be June 17-20 from 5:30 - 7 pm on the 15U field at English Park.

SUMMER VOLLEYBALL CAMP JULY 15-18

Altavista High School Volleyball Coaches Debra Spencer and Meredith Hall will be hosting a youth volleyball camp this summer.

Participants will work with the high school coaches as well as some of the high school players to learn skills and fundamentals for volleyball.

9-11:30 am in the Altavista Area YMCA Athletic Center Gymnasium.

FITNESS ACTIVITIES

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KIDS FIT CAMP, WEDNESDAY'S JUNE 4TH - AUGUST 6TH

Kids aged 6-11 participate in a once-weekly fitness program, working on bodyweight exercises, balance drills, conditioning and much more!

Wednesdays from 3:45-4:30pm in the Multipurpose Room of the Athletic Center, June 5-August 7th.

The camp will not meet the week of July 4th.

Complimentary to Y-Members, Non-members $5.

Register online or at the Athletic Center front desk.

GROUP FITNESS GYMBOREE

Join us for a fun day of 20 minute sessions of group fitness exercises! Great opportunity to sample various classes in an express format.

Different classes include cycling, bootcamp, step, dance, and yoga. The class begins at 8:30am, free to members.

DATE: TBD (A Saturday in July)

FITNESS ACTIVITIES

DANCE GLOW NIGHT

The Altavista Area YMCA will be holding a Dance Glow Night!

Spend an evening with a few of our instructors dancing the night away in Zumba and Refit.

Black lights and glow sticks

Where white and neon colors to shine bright

Bring a friend or 2 with you and enjoy moving and having fun.

DATE: TBD (A Saturday in June)

STEPPIN' INTO SUMMER JUNE 1ST-AUGUST 31ST

Log 500 miles at the YMCA

On any piece of cardio equipment or

On the indoor track

The entire summer to log your miles

the YMCA

KIDS SUMMER CAMP

June 2nd - August 8th

FUN & CREATIVE ACTIVITIES

BOYS & GIRLS

5-12 YEARS OLD

REGISTRATION NOW OPEN

Registration
$150 per week

Activities

- ✔ STEM Activities
- ✔ Field Trips
- ✔ Art Activities
- ✔ Swimming

More info: Brynn Simons

369. 9622, 23

Summer Camp Locations

- Altavista Family Center
- Yellow Branch Elementary
- Rustburg Elementary
- Concord Elementary
- Tomahawk Elementary
- Leesville Road Elementary
- Brookneal Elementary

BIKE SWIM RUN

TRIATHLON

YOUTH TRIATHLON AGES 4-12

MAY 17

MEMBER RATE $20

NON-MEMBER RATE $25

REGISTER ONLINE

Age	Distance
6U	50 yd swim, bike to athletic center, .25 mile run
7-8	100 yd swim, 1 mile bike ride, .5 mile run
9-10	200 yd swim, 1.5 mile bike ride, 1 mile run
11-12	500 yd swim, 2 mile bike ride, 1.5 mile run

Altavista Area YMCA
1000 Franklin Ave, Altavista, VA 24517

More Information
Call 434-369-9622 Ext. 23

the YMCA

STEP UP TO THE PLATE

LET'S GET THEM READY FOR SCHOOL!

We are collecting School Supplies from July 1st until August 1st!

Help local students start the year off right!

Drop off supplies in the lobby of the Athletic Center

- Glue sticks
- Pronged folders
- Large barrel pencils
- Markers
- Dry erase markers
- Composition notebooks
- Crayons
- Colored Pencils

SUMMER SWIM TEAM

Swim Team will run from June 2nd through July 31st
Swim Team paperwork will be available online starting March 24th.

Practice will be Monday and Wednesday from 9:30am-10:30am and Tuesday and Thursday from 4:30pm-5:30pm.

PROGRAM FEATURES:

- Experienced coaches
- Technique-Focused
- Summer Fun

REGISTER TODAY

$105 for Member $145 Program Participant

Scholarships Available through the E.R. English Fund

2025 ALTAVISTA AREA YMCA BUS TRIPS

- June 16-17 Washington DC -Guided tour & Museums
- July 25 Ladies Day Out –Shopping and Lunch
- September 20-21 Orioles/Yankees Game – Baltimore, MD
- October 15-18 Nashville, TN –100th Anniversary Grand Ole Opry
- November 14 Rudy Theatre -Selma, NC
- December 2-3 Biltmore House Christmas Candlelight Tour

For more information, please contact:
Joyce Thomasson, YMCA Trip Coordinator
jthomasson@altavistaymca.com or
434-369-9622 ext. 10

COUNSELING SHOULD BE APPROACHABLE, ACCESSIBLE, & AFFORDABLE FOR EVERYONE.

FIVE18 Counseling is proud to now offer in-person and online counseling to the Altavista area at the local YMCA.

the YMCA

Altavista YMCA Located at:
718 7th St, Altavista, VA 24517

Sessions now being scheduled for January 2025!

Schedule with us!

We're here to support you, meeting you where you are.

Patrick Henry Family Services is now **FIVE18 Family Services!**

We may have changed our name, but we haven't changed who we are. FIVE18, derived from 2 Corinthians 5:18, allows us to lead with our heart and mission at the forefront. It is our privilege to experience the ministry of reconciliation with you.

FIVE18 FAMILY SERVICES

mended futures for every family

FIVE18 COUNSELING
434.300.HOPE
counseling@FIVE18.org
counseling.FIVE18.org

ALTAVISTA AREA YMCA 434.369.9622 • 718 7TH STREET, ALTAVISTA VA 24517 • WWW.ALTAVISTAYMCA.ORG

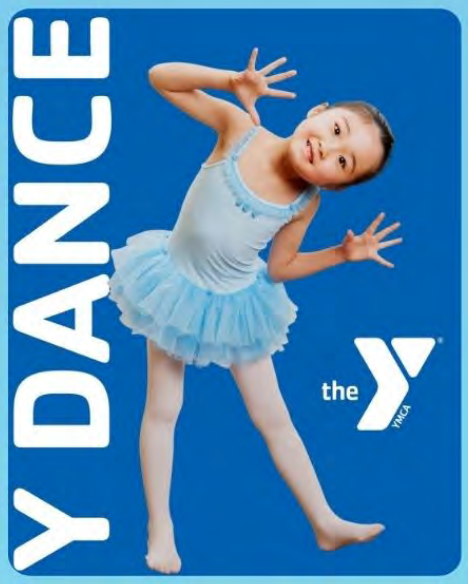
SUMMER DANCE ACADEMY

YMCA DANCE ACADEMY

YMCA DANCE ACADEMY INFORMATION

We are excited to offer a second year of the YMCA Dance Academy with Melinda Gafford. She has a bachelor's in dance with 15+ years of dance instruction. She specializes in ballet, Pilates, pointe, creative movement, and jazz.

mgafford@altavistaymca.com



DANCE WORKSHOPS

JUNE 2-27, SPARKLING GEMS SUMMER DANCE WORKSHOP SESSION A

Dancers will be learning variations on sections of George Balanchine's famous ballet "Jewels".

This ballet debuted in 1967 and includes colorful dances with vibrant fast paced moves. These dances will challenge a dancer's ability to transfer weight, use technique to tell the story instead of a character, and move across the stage.

Workshop will be Mondays and Fridays. 4 weeks/8 classes. Multi-Purpose Room

Ages		Time	Cost
5-7	Pink Diamonds	12:30-1:30pm	$85
7+	Amethysts	1:30-3:00pm	$125

The Dance Showcase will be held on June 27

Pink Diamonds	12:30-1:00pm
Amethysts	1:30-2:00pm

JULY 14-25 UNDER THE SEA DANCE CAMP SESSION B

Dancers will be expanding their character performance by utilizing imagery, crafts, and various ballet techniques. We will continue to hone the dancer's abilities while teaching them new ways to champion the challenging movement.

Workshop will be Mondays, Wednesdays, & Fridays. 2 weeks/6 classes. Multi-Purpose Room

Ages		Time	Cost
5-7	Jellyfish	12:30-1:30pm	$65
7+	Seahorses	1:30-3:00pm	$100

E.R. English Scholarship available to those who qualify.
Applications may be picked up at the front desk.

Join us for the YMCA Family Fun Fest, a day packed with excitement for the whole family! Kicking things off with our 5K run/walk and there is a 1-mile kid's fun run, as well. After crossing the finish line, stick around for an afternoon of non-stop fun, including a petting zoo, bounce house, face painting, and tons of games for all ages. With a variety of activities, music, and even more surprises, it's the perfect way to celebrate community, fitness, and fun. Don't miss out—bring your friends and family for an unforgettable day at English Park, June 7th.
hcarwile@altavistaymca.com for more information.

GROUP FITNESS SCHEDULE

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	Dance	8:30-9:15	Aerobics Room
	Core Express	9:25-9:45	Aerobics Room
	Open Ballet	9:50-10:45	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
	Cardio Cuts	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
	Cycling	12:15-12:45	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
	Body Blitz	5:30-6:15	Aerobics Room
	Yoga	6:30-7:30	Aerobics Room
	Line Dancing**	7-8:50	Multipurpose Room
Thursday	Pilates Mat	730-8:15	Aerobics Room
	Dance	8:30-9:15	Aerobics Room
	Basic Step	9:25-9:55	Aerobics Room
	Pilates Mat	10-10:45	Aerobics Room
	Sr. Strength Training	10-10:45	Multipurpose Room
	Open Ballet	10:45-11:30	Aerobics 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
	Jazz Dance	6-7	Multipurpose Room
	Line Dancing**	7-8:50	Multipurpose Room
Saturday	Dance	8:30-9:15	Aerobics Room
	Pilates Mat	9:30-10:15	Aerobics Room
	Open Ballet	10:30-11	Aerobics Room

Group Fitness

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.

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

PILATES MAT: 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!