

SPRING 2025



FIND YOUR Y

FIND WHERE YOU BELONG THIS SPRING

- A Welcoming Fitness Center
- Group Classes
- Personal Training
- Youth Sports
- Child Watch
- Swim Lessons

- Youth Dance
- Afterschool Activities
- Childcare
- Senior Activities
- Personal Training
- Karate

ALTAVISTA AREA YMCA
434-369-9622 EXT 10
WWW.ALTAVISTAYMCA.ORG

JOIN TODAY! 

For a better us.®

MEMBERSHIP INFORMATION



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Basic YMCA Membership

| Membership | Monthly | Annually | Join Fee |
|--------------------------|---------------|----------|----------|
| *Youth (10-17) | \$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+) | complimentary | | none |

Full YMCA Membership

| Membership | Monthly | Annually | Join Fee |
|---|---------|----------|----------|
| *Youth (11-17) | \$31 | \$372 | \$20 |
| **College Student | \$21 | \$252 | \$20 |
| Adult (18+) | \$38 | \$456 | \$40 |
| Household +1 | \$43 | \$516 | \$60 |
| Household +2 | \$57 | \$684 | \$60 |
| ***Household +3 | \$71 | \$852 | \$60 |
| Max 3 adults - each additional adult \$14/mo. | | | |
| Active Adult (65-89) | \$32 | \$384 | \$25 |
| Active Adult Family +1 | \$40 | \$480 | \$25 |
| Active Adult Family + 2 | \$54 | \$648 | \$25 |
| Active Older Adult (90+) | \$14 | \$168 | none |

*This rate also applies to full-time college students, maximum age is 23 years old, not on a household membership, attending college within the service area, living at home.

**This rate applies to full-time college student, maximum age is 23 years old, not on a household membership, boarding away from home.

***Includes a maximum of 3 adults and unlimited dependents. Each additional adult is \$14 a month. Proof of residence at time of joining.

We offer reduced pricing for the following: Altavista and Hurt Police, Town Employees, First Responders,

*Active/Veteran military, and People on Permanent Disability.
*Please inquire at the front desk about status

*The YMCA imposes a Service Fee of 2.98% on all credit cards, which is not greater than our cost of acceptance. No fees will be charged on Debit cards or ACH transactions.

YMCA360+ Virtual Membership: \$10/Mon

An on-demand video platform for our Y community. The YMCA360+ membership is the stand-alone video platform membership with limited (1-time) access to the facility.

24/7 Access: \$5/Mon

The Y offers 24/7 access as an optional add on to Full Facility membership, 18+ year old, and in good standing with the Y. The Wellness Center, track, and lounge are the areas accessible for use during 24/7 access time.

Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



Altavista Area YMCA
718 7th St.
Altavista, VA 24517
434.369.9622
434.369.2187 (Fax)

HOURS
Athletic Center
Monday-Friday
Saturday
Sunday

5:00a.m.-9:00p.m.
8:00a.m.-5:00p.m.
1:00p.m.-5:00p.m.

Family Center
Indoor pool schedule
available at the front
desk



FIND YOUR SPORT FIND YOUR Y

At the Y, there is always a place for our youth. Whether it is Baseball, Softball, Soccer, Flag Football, Swim Team or our brand new Run Club, find something for your child at the Altavista Area YMCA.

ALTAVISTA AREA YMCA
ERIC HALL, SPORTS DIRECTOR
434-369-9622 EXT 10
WWW.ALTAVISTAYMCA.ORG

START TODAY!



For a better us.®

452411 10/24

FIND YOUR SPORT



SPRING SOCCER, MARCH - MAY, AGES 6-15

The Altavista Area YMCA competes in Central Virginia Regional Soccer Association (CVRSA). Ages 6-15 are eligible to play. Teams from the Altavista Area YMCA will travel throughout Campbell County and play their home matches at English Park.



ALTAVISTA DIXIE SOFTBALL, MARCH - MAY, AGES 6-12

the Altavista Area YMCA is a member of District 7 of Virginia's Dixie Softball program. Ages 4-12 will play home games at the Altavista Area YMCA, and play games against Rustburg, Gretna, Brookneal, and Timberlake.



MOTLEY YOUTH BASEBALL, MARCH - MAY, AGES 4-12

The Altavista Area YMCA partners with Motley Youth Baseball to provide Diamond Youth Baseball to the boys of our community. Ages 4-6 will play T-Ball through the YMCA, ages 7-10 will play home games at either Motley Ruritain Club or the Y and ages 11-12 will have home games at Motley Ruritain Club.



FLAG FOOTBALL, JUNE - AUGUST, AGES 4-18

After our innagural season was a success, we are bringing back NFL Flag Football this summer! Registration will begin in April and go through the end of May with games begining in June and going through August with breaks for July 4th weekend and Dixie All-Star Weekend for Softball and Baseball.





HEALTHY
KIDS DAY
FESTIVAL



Make a memorable experience at our Healthy Kids Festival where there is fun for the whole family!

**FREE COMMUNITY
EVENT**

| ACTIVITIES |
|---|
| <ul style="list-style-type: none">• Arts and Crafts• Outdoor Games• Inflatables• Petting Zoo• Touch-a-Truck• Food Trucks & Vendors |

| EVENT DATE |
|---|
| 7TH JUNE 2025 |
| 206 PITTSYLVANIA AVE ALTAVISTA VA, 24517 |

FOR MORE INFORMATION (434) 369-9622 EHall@altavistaymca.com

A photograph of three women in a gym setting, performing a side-body stretch. They are leaning forward with their hands on their feet and their arms extended upwards. The woman on the left is wearing a blue t-shirt and black leggings. The woman in the middle is wearing a black tank top and maroon leggings. The woman on the right is wearing a blue t-shirt and black leggings. The background shows gym equipment like exercise balls and weights.

FIND YOUR STRENGTH FIND YOUR Y

At the Y, our supportive community will inspire you to find your inner strength so you can expand your health in spirit, mind and body.

ALTAVISTA AREA YMCA
JUSTIN KOPANKO, WELLNESS DIRECTOR
434-369-9622 EXT 32
WWW.ALTAVISTAYMCA.ORG

JOIN TODAY! 

For a better us.®



WELLNESS INFORMATION



Blood Drive **Altavista YMCA**

Athletic Center - Multipurpose Room
718 7th Street
Altavista, VA 24517

Friday, March 14, 2025
10:00 a.m. to 2:00 p.m.



American
Red Cross



**Centra Mammogram
Mobile will be at the
Altavista Area YMCA
Thursday, May 8th.
Appointments must be
scheduled in advance. To
schedule an appointment,
please reach out to the
Athletic Center front desk
at 434.369.9622 ext.10**



ALTAVISTA AREA
YMCA 2025

HEALTH FAIR

**Tuesday,
April 29th**

Location: the Altavista
Area YMCA Gymnasium
8:30am - 11:00am

Come to our Community Health
Fair and learn what organizations
are in our local/surrounding areas
and what they can offer you!

For more information:
434.369.9622 ext32 or jkopanko@altavistaymca.com

718 7th St, Altavista, VA 24517

**Organizations
such as:**

Centra *Multiple
Departments
Autumn Care
Connect Hearing
Johnson Health Center
and many more!

ALTAVISTA AREA YMCA GROUP FITNESS CLASS 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 |
| | Line Dancing | 10-11:30 | Multipurpose 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 | Pilates Mat | 7:30-8:15 |
| 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 | 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 | Aerobics 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 |

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.

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!

It is recommended that you see your health care provider before starting any exercise program



FIND YOUR LANE FIND YOUR Y



At the Y, our supportive community will inspire you to find your inner strength so you can expand your health in spirit, mind and body.

ALTAVISTA AREA YMCA
LLIZ NORDQUIST, 434-369-9622 EXT 23
WWW.ALTAVISTAYMCA.ORG

JOIN TODAY!

For a better us.®



Spring Swim Lessons

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Altavista Area YMCA

Cost: members \$45.00 Non-Members \$65.00

Register online or in person.

Classes are Monday and Wednesday for 4 weeks.

| Time | Feb 3rd—Feb 26th | March 3rd– March 26th | March 31st– April 23rd* | April 28th– May 21st |
|-------------|----------------------|-----------------------|-------------------------|----------------------|
| | | | | |
| 10:30-11:00 | Preschool Stages 1&2 | Preschool Stages 1&2 | Preschool Stages 1&2 | Preschool Stages 1&2 |
| 11:00-11:30 | Preschool Stages 2&3 | Preschool Stages 2&3 | Preschool Stages 2&3 | Preschool Stages 2&3 |
| 11:30-12:00 | Preschool Stages 3&4 | Preschool Stages 3&4 | Preschool Stages 3&4 | Preschool Stages 3&4 |
| | | | | |
| | | | | |

Classes are Tuesday and Thursday for 4 weeks.

| Time | Feb 4th– Feb 27th | March 4th– March 27th | April 1st – April 24th | April 29th– May 22nd |
|-----------|-------------------|-----------------------|------------------------|----------------------|
| 5:30-6:00 | Water Babies | | Water Babies | |
| 5:30-6:00 | Stages 1 & 2 | Stages 1 & 2 | Stages 1 & 2 | Stages 1 & 2 |
| 6:00-6:30 | Stages 2 & 3 | Stages 2 & 3 | Stages 2 & 3 | Stages 2 & 3 |
| 6:30-7:00 | Stages 1 & 2 | Stages 1 & 2 | Stages 1 & 2 | Stages 1 & 2 |
| | | | | |

| | |
|------------------------|---|
| 1/Acclimation | Students develop comfort in the water and lay foundation for future progress |
| 2/Movement | Focus on body position, control, directional change & continue to practice |
| 3/Stamina | Swim safer long distance, learn rhythmic breathing & integrated leg and arm |
| 4/ Stroke Introduction | Strong stroke techniques in front, back crawl, breaststroke, treading water & elementary backstroke |
| 5/Stroke Development | Improve all major strokes, treading water and Sidestroke |
| A/B Water babies | A class with child & adult in pool participation to discover and explore the water |
| Adult classes | Teens & adults to learn to swim or improve their swimming |

Cancellation fee of 15% or transfer to another class. Class size limited to 4 students. Classes may be cancelled if less than 2 participants. Classes cancelled due to severe weather will be made up if schedule permits. The Altavista YMCA is fortunate to offer financial assistance from E. R. English Fund for those that may need it. Call 369-9622 or email lnordquist@altavistaymca.com for more information.

LIFEGUARD CLASSES

MARCH 28TH - 30TH

MAY 2ND - 4TH

Friday from 4-9pm

Sat & Sun 9-6 pm

Cost \$195



Underwater Easter Egg Hunt

April 11th
at the
Altavista Area
YMCA
1000 Franklin
Ave

Pre-registration is
required:

3:00-3:45pm

4:00-4:45pm

5:00-5:45pm

6:00-6:45pm

Register at
altavistaymca.org.



YOUTH AND FAMILY PROGRAMS



TEEN NIGHT!

the YMCA

fun activity programs

March 14th
Altavista YMCA
Athletic Center
9:15 - 11 PM

Ages 11-15

Registration Fee:
members: Free
non-members \$5



Register Online Or at Athletic Center Front Desk

BLESSING BOX FOOD DRIVE FIRST TWO WEEKS OF MARCH



May 5-8 Enter to Win
Mothers Day Gift
Drawing Friday May 9th



YOUTH AND FAMILY PROGRAMS



ARTS & CRAFTS CAMP

July 8-11

July 8th Painting/blinging a hat 1:00-3:00 pm
July 9th Pony bead crafts 1:00-3:00 pm
July 10th Tie dye t-shirts 1:00-3:00 pm
July 11th Wind Chimes 1:00-3:00 pm

Altavista Area YMCA Athletic Center
Multi-purpose room

\$15 member
\$20 non-member

FAMILY FUN FEST

SATURDAY JUNE 7
10:30 AM TO 1:30 PM
ENGLISH PARK

ACTIVITIES:

- Balloon Twisting
- Games
- Face Painting
- Inflatables

Contact Us

434-369-9622 Ext 10

www.altavistaymca.org

Happy Father's Day

June 9-12 Enter to Win Fathers Day Gift
Drawing Friday June 13th



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.



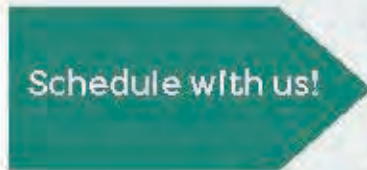
Altavista YMCA Located at:
718 7th St, Altavista, VA 24517

Sessions now being scheduled for January 2025!

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.



mended futures for every family



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

the



KIDS SUMMER CAMP

June 2nd - August 8th

FUN & CREATIVE ACTIVITIES
BOYS & GIRLS
5-12 YEARS OLD

REGISTRATION NOW OPEN

Activities

- ✓ STEM Activities
- ✓ Outdoor Games
- ✓ Art Activities
- ✓ Swimming
- ✓ Field Trips

Summer Camp Locations

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

Registration
\$150 per week



More Information

Brynn Simons
434-369-9622 Ext. 24



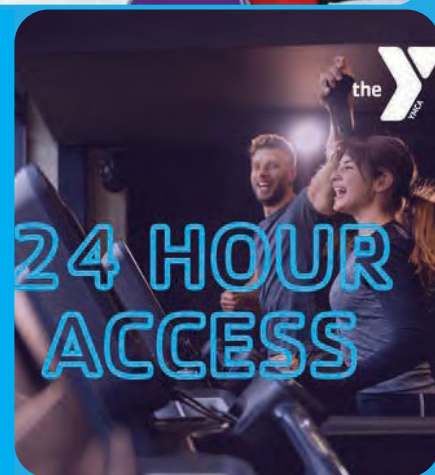
2025 SPRING PROGRAM GUIDE

MEMBER BENEFITS

- No Annual Contracts
- Group Exercise Classes
- Play And Stay Childwatch
- 24/7 Access Available
- New Member Orientation
- Nationwide Access For Full Facility Members
- Program Discounts
- State-Of-the-Art-Equipment
- Access to YMCA 360
- Knowledgeable Staff
- Youth Activities



FIND YOUR Y



KNOW YOUR Y

