

NO PLACE



Like This Place



SPRING 2026 PROGRAM GUIDE

- Wellness Center
- Group Classes
- Personal Training
- Youth Sports
- Play & Stay
- Swim Lessons

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

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



JOIN TODAY! >>>



The Y brings people together to connect, achieve their potential, and belong.

At The Altavista Area YMCA, discover:

- No Annual Contracts
- 24/7 Access Available
- Nationwide Access For Full Facility Members
- Y360.Org

There's truly no place like *this place*—become a member today and experience it for yourself.

CEO: Maria McCracken



Maria McCracken is the CEO at the Altavista Area YMCA, a role she began in 2021. She oversees all program areas for the YMCA. Maria previously worked as the COO, senior program director, wellness director, group fitness, Play & Stay Coordinator and aquatic director from 1991–2021 at the Altavista Area YMCA. She is a graduate of University of South Carolina and holds a degree in Exercise Science.

ALTAVISTA AREA YMCA
Maria McCracken, CEO
mmccracken@altavistaymca.com | 434-369-9622 x35

Wellness Director: Justin Kopanko



Justin Kopanko has served as the Wellness Director for the Altavista Area YMCA since 2021, and was previously the Assistant Wellness Director. In total, Justin has been with the YMCA for 10 years. He graduated from Altavista High School, and holds a Bachelors of Science Degree in Exercise Science from Liberty University and holds an ACSM EP-C certification.

ALTAVISTA AREA YMCA
Justin Kopanko, Wellness Director
jkopanko@altavistaymca.com | 434-369-9622 x32

Financial Director: Candice Smith



Candice Smith has served as the Financial Director/HR Coordinator since January 2020, bringing more than 15 years of experience in financial management and human resources.. Overseeing budget and financial planning to ensure responsible stewardship of resources that support our mission. Working closely with leadership to align financial decisions with our values and support impactful programs for all. She holds an Associate of Science Degree and graduated from James Monroe High School in Lindsie, West Virginia.

ALTAVISTA AREA YMCA
Candice Smith, Financial Director
csmith@altavistaymca.com | 434-369-9622 x11

Membership Director: Tammie Wageman



Tammie Wageman has served at the Altavista Area YMCA for seven years, beginning as Membership Director and now serving as Business Accounts Director. She focuses on building community partnerships and developing programs that expand access to YMCA services for individuals, families, and local organizations. Tammie is a graduate of Gretna High School, a proud U.S. Navy veteran, and holds an Associate of Applied Science in Business Management and Accounting from Central Virginia Community College.

ALTAVISTA AREA YMCA
Tammie Wageman, Business Accounts Director
twageman@altavistaymca.com | 434-369-9622 x36

Facilities Manager: Michael Robertson



Michael Robertson has served as the Properties and Facilities Director for the Altavista Area YMCA for the past 8 months. He is responsible for maintaining safe, efficient and welcoming facilities that support the organizations mission and community impact. He is seasoned Properties and Facilities professional with over ten years of experience in manufacturing and maintenance environments.

ALTAVISTA AREA YMCA
Michael Robertson, Properties & Facilities Director
mrobertson@altavistaymca.com | 434-369-9622 x36

Aquatics Director: Beth Wilson



Beth Wilson serves as the Aquatics Director at the Altavista Area YMCA, overseeing swim lessons, lifeguard training and certification, water fitness classes, aquatic operations, and assisting with competitive swim programming. She has over 20 years of experience in aquatics and has worked with multiple YMCA associations, maintaining high standards of safety, quality, and compliance. Beth holds certifications as an American Red Cross Lifeguard, Lifeguard Instructor, and CPR Instructor, is a USSSA Certified Swim Instructor, a PHTA Certified Pool Operator, and a Certified Swim Coach.

ALTAVISTA AREA YMCA
Beth Wilson, Aquatics Director
ewilson@altavistaymca.com | 434-369-9622 x23

Childcare Director: Brynn Simons



Brynn Simons has served as the Childcare Director at the Altavista Area YMCA for the past 10 years, overseeing nine childcare centers across Campbell and Pittsylvania counties. Prior to the YMCA, she spent 10 years teaching at Yellow Branch Elementary School. She is a graduate of Rustburg High School, holds a Bachelor's Degree in Education from Concord University and a Master's in Special Education from Longwood University. With over 20 years of experience, she is committed to supporting children, families, and early learning programs in the community.

ALTAVISTA AREA YMCA
Brynn Simons, Childcare Director
bsimons@altavistaymca.com | 434-369-9622 x24

Sports & Family Director: Eric Hall



Eric Hall has served as the Sports & Family Director at the Altavista Area YMCA since November 2023.. He oversees youth sports, family programming, and marketing for the Y. Eric previously worked at the YMCA Childcare building and also spent five years working in minor league baseball. He is a graduate of Altavista High School and earned a Bachelor's Degree in Sports Management from Liberty University..

ALTAVISTA AREA YMCA
Eric Hall, Sports & Family Director
ehall@altavistaymca.com | 434-369-9622 x34



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Basic YMCA Membership

Membership	Monthly	Annually	Join Fee
*Youth (10-17)	\$19	\$228	\$20
**College Student	\$19	\$228	\$20
Adult (18+)	\$26	\$312	\$40
Household	\$31	\$372	\$60
Active Adult (65-89)	\$20	\$240	\$25
Active Adult Family	\$28	\$336	\$25
Active Older Adult (90+)	complimentary		none

Full YMCA Membership

Membership	Monthly	Annually	Join Fee
*Youth (12-17)	\$34	\$408	\$20
**College Student	\$24	\$288	\$20
Adult (18+)	\$41	\$492	\$40
Household +1	\$46	\$552	\$60
Household +2	\$61	\$732	\$60
***Household +3	\$76	\$910	\$60
Max 3 adults - each additional adult \$15/mo.			
Active Adult (65-89)	\$35	\$420	\$25
Active Adult Family +1	\$43	\$516	\$25
Active Adult Family + 2	\$58	\$696	\$25
Active Older Adult (90+)	\$15	\$180	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 \$15 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

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.

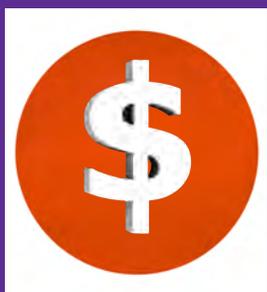
Family Center
Indoor pool schedule available at the front desk

WE APPRECIATE OUR MEMBERS!



THANK YOU for being part of our YMCA community!

March 2026



REFER A FRIEND for \$25, March 1 – 7
Refer your friends to our YMCA and receive a \$25 discount on your membership in April for every friend that joins.



PRIZE DRAWING March 8 – 14
Enter for a chance to win a prize package.
Drawing March 16th



HAPPY ST. PATRICK'S DAY, March 17th
Stop by the Athletic Center and pick up a special treat!



FREE FRIEND FRIDAY, March 27th
Bring a friend to the YMCA for free! PLUS, if they join that day, they pay no JOINER'S FEE.

Limited to one free friend per member.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RULES OF CONDUCT FOR YOUTH MEMBERS

Youth members are at the heart of what we do at the Y. We hope that your membership will be a fun, meaningful experience for you. To make the Y a place that is enjoyable for everyone, we ask that all youth members abide by the following rules:

1. Youth members are **RESPONSIBLE** for bringing their cards every visit. Swipe the card at the front desk. Failure to bring card may result in a delayed entry.
2. Youth members should show **RESPECT** by treating other members in a friendly, caring manner.
3. Youth members socialize in the gym and play in the gym. The lobby is for short visits and breaks.
4. The upstairs lounge is for adults unless with a parent.
5. Drinks and snacks **MUST** be eaten in the lobby.
6. Locks and towels are for youth full facility members who are using the wellness center.
7. Coats, hats, book bags and other personal belongings are to be placed, along the wall near the men's locker room. The Y is not responsible for lost or stolen items.
8. The sauna is off limits for youth under the age of 15.
9. The locker room is for changing clothes and going to the restroom and not for "hanging out".
10. The indoor track is for members 11 years old and up who are using it in a safe and proper manner. Hanging over the rail, stopping to have a conversation, or texting while walking is not permitted, and the youth will be asked to leave.
11. The elevator is not for use by youth younger than 12, unless accompanied by a parent.
12. Vulgar language and inappropriate behavior is not allowed and can lead to loss of privileges.
13. Youth basic members are allowed in the gym after 1pm during school breaks. During the school year, **NO STUDENTS** are allowed in the gym before 2:45pm unless schools are released (early dismissal).
14. Youth full-facility members are allowed in the wellness center during the school year to workout. Youth full-facility members are not allowed to use the Y as a place to hang out. When workout is concluded, they are to depart the premises.





ALTAVISTA AREA YMCA SPRING BUS TRIPS

FEBRUARY 15: TOWER THEATRE

- ANNE OF GREEN GABLES

MARCH 17-19: LANCASTER PA - WASHINGTON DC

- SIGHT AND SOUND THEATRE "JOSHUA"
- MUSEUM OF THE BIBLE/ HOLOCAUST MUSEUM (YOU CHOOSE)

APRIL 23: LADIES DAY OUT - SML/ MONETA

- SHOPPING, FOOD AND SIGHT SEEING

MAY 21: MAYMONT/ CARYTOWN, RICHMOND

- TOUR MAYMONT MANSION/ GARDENS
- FOOD AND SHOPPING AT CARYTOWN
- ALTRIA THEATRE (LIVE PLAY) OR RICHMOND FINE ARTS MUSEUM (TBA)

JUNE 9-11: CHINCOTEAGUE AND ASSATEAGUE ISLANDS

FOR MORE INFORMATION CONTACT:

JOYCE THOMASSON, BUS TRIP COORDINATOR
434-369-9622 EXT 10
JTHOMASSON@ALTAVISTAYMCA.COM





THE Play With *Purpose* PLACE

Looking for a youth sports program that goes beyond the game? At the Y, every pass, shot, and point builds skills that last long after the final whistle.

Youth Sports Programs at the Y Offer:

- Skill Development
- Teams For All
- Coaches Who Care
- A Safe & Fun Environment

Register Today For:

Soccer: Co-ed Ages 6-14

Baseball: Boys Ages 4-12

Softball: Girls Ages 4-12

Run Club: Co-ed Ages 4-11

Make this place your place for learning the game and loving the team.



Youth Soccer: Co-Ed Aged 6-14



THE Score With *Purpose* PLACE

The Altavista Area YMCA competes in the Central Virginia Regional Soccer Association (CVRSA). The program is open to ages 6-15, with teams traveling throughout Campbell County and hosting home games at English Park.

Altavista Area YMCA
altavistaymca.org



Youth Softball: Girls Aged 4-12



THE Compete With *Purpose* PLACE

The Altavista Area YMCA is a member of District 2 of Virginia's Dixie Softball program. Ages 4-12 play home games at the YMCA and compete against teams from Rustburg, Gretna, Brookneal, and Timberlake.

Altavista Area YMCA
altavistaymca.org



Youth Baseball: Boys Aged 4-12



THE Play With *Purpose* PLACE

The Altavista Area YMCA partners with Motley Youth Baseball to offer Diamond Youth Baseball for boys ages 4-12. T-Ball (ages 4-6) is played at the YMCA, while older age groups play home games at the YMCA or the Motley Ruritan Club.

Altavista Area YMCA
altavistaymca.org



Youth Run Club: Co-Ed Aged 4-12



THE Run With *Purpose* PLACE

The Altavista Area YMCA heads into their second year of our Run Club! Run Club is co-ed for kids in Kindergarden through 5th grade. Practices are on Monday and Thursday from 4-5 pm at English Park.

Altavista Area YMCA
altavistaymca.org





THE Make a Splash *and a Difference* **PLACE**

Now Hiring Lifeguards

As a Y lifeguard, you'll help people stay safe around water and discover the joy of swimming. Make a difference where it matters most—right at the water's edge.

Why you'll love being part of the team:

- Supportive team environment
- Flexible hours
- Opportunities for training and advancement

ALTAVISTA AREA YMCA
1000 Franklin Ave Altavista, VA 24517
altavistaymca.com | 434-369-9622 x23

QUESTIONS? Contact Beth Wilson |
Aquatics Director
ewilson@altavistaymca.com





TRAINED TO SAVE LIVES



GUARD

LIFEGUARD CERTIFICATION COURSE

LIFEGUARD CERTIFICATION DATES

Participants must attend all listed dates to complete certification.

Friday, February 27th 4:30pm-9:30pm

Saturday, February 28th 8am-6pm

Sunday, March 1st 8am-6pm

Includes CPR, First Aid, and AED Certification

CLASS FEES

MEMBERS: \$200

NON MEMBERS: \$225

Did you know? The YMCA will pay for your lifeguard certification if you work for us!

Contact Beth Wilson at ewilson@altavistaymca.com for more information.

Important Course Requirements

- Participants must be at least 15 years old on or before the last day of class.
- This is a Blended Learning course. Participants will be required to complete about 8 hours of online learning.
- Participants must be present for all scheduled class hours to successfully complete the course.
- Participants must successfully complete the swim test.
- Swim-Tread-Swim- Jump feet first into the deep end of the pool and swim 150 yards using the front crawl or breaststroke only, immediately tread water for 2 minutes (no hands) then swim another 50 yards.
- Retrieve 10 pound brick from deep end of the pool (no goggles).
- Climb out of the pool without the assistance of a ladder or stairs

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altavistaymca.com | 434-369-9622 x23

QUESTIONS? Contact Beth Wilson |
Aquatics Director
ewilson@altavistaymca.com



SPRING INTO SWIM

Dolphin SwimTeam Spring Training

Tuesday/Thursday, 4-5 PM

\$80 for members | \$100 for non-members

Registration Open Now
Session Begins March 31st



Questions?
Contact: Holly Carwile
Dolphins Head Coach
hcarwile@altavistaymca.com



JOIN US FOR EGGFEST

A splash-tastic annual floating egg hunt in
the Altavista Area YMCA pool!

Swimmers 12 & under must
pass a swim test or wear a
coastguard approved life
jacket. See website for
details.

altavistaymca.org

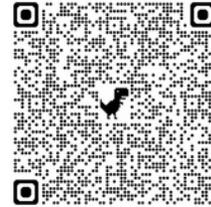
April 3rd from 4:00–7:00 PM
FREE community event
Online pre-registration required



ALTAVISTA AREA YMCA

KID'S TRI

Saturday
4/25/26



SWIM



BIKE



RUN



SWIM

6 & under: 50yds
7-8: 100 yds
9-10: 200 yds
11-12: 500 yds

BIKE

6 & under: ½mile
7-8: 1 mile
9-10: 1.5 miles
11-12: 2 miles

RUN

6 & under: ¼mile
7-8: ½ mile
9-10: 1 mile
11-12: 1.5 miles

**\$35 for members
& town residents**

**\$40 for non-members
& out of town guests**

Want more Information?

**Contact: Beth Wilson
(434) 369-9622 ext.23
ewilson@altavistaymca.com**



STRONG SWIMMERS CONFIDENT KIDS

Spring Swim Lessons



REGISTRATION
OPENS 2/16

TIME	Spring Session 1 4/6-4/29 - M/W* 2x per week for 4 weeks	Spring Session 2 5/4-5/29 - M/W 2x per week for 4 weeks
10-10:30am	STAGE 1	STAGE 1
10:30-11am	STAGE 1/2	STAGE 1/2
11-11:30am	STAGE 1/2	STAGE 1/2
11:30-12pm	STAGE 3	STAGE 3
TIME	Spring Session 1 4/7-4/30 T/TH 2x per week for 4 weeks	Spring Session 2 5/5-5/28 - T/TH 2x per week for 4 weeks
6-6:30pm	STAGE 1&2	STAGE 1&2
6:30-7pm	STAGE 3	STAGE 3

Wednesday Session 4/1-5/20 1x per week for 8 weeks
5-5:30pm STAGE 1&2
5-5:30pm STAGE 1&2
Wednesday Session 4/1-4/22 1x per week for 4 weeks
4:30-5pm WATER BABIES
Wednesday Session 4/29-5/20 1x per week for 4 weeks
4:30-5pm TEEN & ADULT

*Y is closed Monday, 4/6. Morning lessons begin Tuesday, 4/7.

8-LESSON SESSIONS

Members: \$60

Non-Members: \$80

4-LESSON SESSIONS

Members: \$30

Non-Members: \$40



ALTAVISTA AREA YMCA SWIM PROGRAMS

LESSON SELECTOR

Is the student able to follow verbal directions, safely jump on land, and wait their turn while participating in a group setting?

NOT YET?

WATER BABIES
(ages 6 months to 3 years)

Is the student comfortable getting their face wet, going underwater voluntarily, and trying swimming skills with their face in the water?

NOT YET?

**1 / WATER
ACCLIMATION**
(ages 2 & up)

Can the student do a front and back float without assistance?

NOT YET?

**2 / WATER
MOVEMENT**
(ages 3 & up)

Can the student continuously swim 10–15 yards on both their front and back without assistance or flotation support?

NOT YET?

**3 / WATER
STAMINA**

Can the student continuously swim 15 yards of front and back crawl without assistance or flotation support?

NOT YET??

**4 / STROKE
INTRODUCTION**

Can the student pass a BLUE BAND Swim Test?

NOT YET?

**MINI
DOLPHINS**
(ages 4 & up)



STAGE DESCRIPTIONS

WATER BABIES

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASIC

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

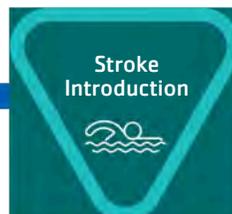


3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action

SWIM STROKES

Having mastered the fundamental, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke and butterfly kick. Water Safety is reinforced through treading water and elementary backstroke.



MINI-DOLPHINS

Mini Dolphins is a bridge between swim lessons and competitive swimming. Participants refine their technique in freestyle and backstroke while gaining exposure to breaststroke and butterfly. Emphasis is placed on building the skills and endurance needed for competitive swimming.