



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SUMMER 2014

Waynesboro Family YMCA
Dawbarn Facility

**A FUN PLACE TO
BE HEALTHY!**
PROGRAMS & SERVICES



WAYNESBORO FAMILY YMCA DAWBARN FACILITY

648 South Wayne Avenue
Waynesboro, Va. 22980
(540) 943-9622
waynesboroymca.com

OUR MISSION

For Youth Development
For Healthy Living
For Social Responsibility

HOURS OF OPERATION

Monday - Thursday
5:15 am - 10 pm

Friday
5:15 am - 9 pm

Saturday
7 am - 7 pm

Sunday
1 pm - 5 pm

MEMBERSHIP

JOIN THE Y

Category	Joiner's Fee	Monthly Rate
Family	\$100	\$59
SP Family	\$100	\$53
Couple	\$100	\$52
Sr. Couple*	\$75	\$49
Adult	\$75	\$41
Sr. Adult*	\$75	\$38
Youth	\$25	\$19
Active Duty Military	None	Free

Active Fire, Police, Clergy: 15% discount
*age 62 and older

WE OFFER:

- State of the Art Cybex Cardio Equipment
- State of the Art Nautilus One Equipment
- Orientation to learn how to use the Cybex and Nautilus One equipment
- Fitness Classes including Combat Training, Yoga, Zumba, Spin/ Cycling, and more
- Childcare is available in our Kid's Place room while you workout
- 3 Complimentary guest passes annually
- The Waynesboro Family YMCA is open to everyone. Financial assistance is available.
- The Waynesboro Family YMCA participates in the AWAY Program. Members in good standing with other YMCA's across the nation are welcomed within the guidelines of our policy.

KIDS PLACE

Kid's Place is a safe, relaxed and stimulating atmosphere for your kids to come and play while you work out. Your children may stay with us up to 2 hours. For ages 6 weeks to 12 years.

Kid's Place is free with your Family or Single Parent Family Membership. There is a \$2 charge per child with your Adult Membership. There is a \$5 charge per child for Y Program Members.

The following items are needed for your infant/toddler:

- Diapers
- Wipes
- Change of clothes
- Snacks
- Sippy cup/bottle



HOURS OF OPERATION

Monday-Friday 8:30 am - 1 pm
 Monday-Friday* 4 pm - 7:30 pm
 Saturday* 8:30 am - 11 am

* Friday nights and Saturday mornings are available by reservation only. Sign up before 5 pm in person with the front desk staff.

ACTIVTRAX

Proudly Brought to you by
REO Distribution

A tool that creates customized workouts around your goals, strength and fitness experience. Each time you visit the Y, you'll receive a new workout that tells you exactly what you need to do to get in shape.

From home, ActivTrax also provides you with an online weight management tool to help keep your diet on track.

FFFE, JEFF
 Fitness Club, 4000
 4000
 4000

ActivTrax
 WE'VE GOT PLANS FOR YOUR BODY

Day Description: Chest

Today's Messages: (Warning: 60 minutes of cardio, then stretch.)
 Congratulations on your commitment to fitness. Be sure to use the Online Exercise tools if you have questions about time to exercise and more. To access the Online Exercise tool, log on to www.activtrax.com. Please read your help items, and contact Customer Support.

Exercise	Set	Reps	Rest	Notes	Time
Pushups	3	10	30		0:30
Handstand	1	1	30		0:30
Plank	1	1	30		0:30
Pushups	3	10	30		0:30
Handstand	1	1	30		0:30
Plank	1	1	30		0:30
Pushups	3	10	30		0:30
Handstand	1	1	30		0:30
Plank	1	1	30		0:30



BOARD OF DIRECTORS

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- Mary McDermott
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- Eugene Perry
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 (540) 943-9622 Ext. 211

Martial Arts Instructor
Tony Cooper
 (540) 943-9622

Front Desk Manager
Ernie Lowry
 (540) 943-9622



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 FAX (540) 941-8342

GROUP FITNESS

BODY SCULPT

This is a strength-conditioning class with concentration on function and fitness using a variety of equipment.

CARDIO SCULPT

A cardio-based class mixed with intervals of body sculpting exercises using your own body weight and other equipment such as dumbbells, exercise balls and weighted bars.

COMBAT TRAINING

This class offers a wide variety of sport-specific movements with combinations of strength, cardio, kickboxing and abs. No complicated choreography.

CORE EXPRESS

This class focuses on all the problem areas! Using traditional and nontraditional core exercises, this workout is a great way to add variety to your workout!

ENDURANCE CYCLING

This class will keep you in your heart rate and in your mid-range aerobic zone. You will climb a series of hills, speed down a flat road and take a few jumps.

GENTLE YOGA

This class will be an introduction for beginners, or an easier class for those recovering from injury or who enjoy a gentler practice.

GROOVE

By tuning into how your body wants to move, you can dance YOUR dance and get the total body workout that will leave you feeling energized, de-stressed, and smiling!

INSTRUCTOR'S CHOICE

This time, the instructor decides. This class can be a combination of any of our classes.

KETTLEBELL

An awesome new body building and fat-burning workout! You will use Russian style kettlebells to sculpt and tone your body as well as improve flexibility and stamina.

KICKBOXING

This all-cardio class will help you punch and kick your way to a lean body.

PILATES

A series of core-strengthening exercises in progression. Pilates is a proven way to strengthen your core, lengthen your spine and protect your lower back.

PILOXING

A unique mix of Pilates and boxing, Piloxing is a fat-torching, muscle-sculpting cardio workout. This fun, high-energy class will get you in shape!

TAI CHI MULTI-LEVEL

Tai chi combines slow, gentle movements with deep breathing to create an integration of mind and body. It improves balance, coordination and flexibility, and gives one a feeling of calmness and well-being.

new! Tai Chi for Diabetes

COMING IN
JUNE 2014

This program is gentle and easy to learn for beginners as well as those more experienced. This tai chi has elements of qigong (pronounced chi-gong) breathing to lessen stress, these elements also engage large muscle groups to divert glucose to these areas and lessen blood sugar levels. It also helps regain balance lost due to peripheral neuropathy. This program can help not only people that have been diagnosed with diabetes but for those that are concerned/family history and pre-diabetic.

YOGA MULTI-LEVEL

In Hatha Yoga, you will learn the yoga postures (asana), breathing practices (pranayama), and deep meditation practices.

ZUMBA

An aerobic workout to the fusion beat of Salsa and Reggae music. It gets you moving in ways you never thought you could!

PERSONAL TRAINING

Our Personal Trainers provide one-on-one fitness instruction to people desiring a program tailored to their specific needs. The Personal Trainer will confirm that their clients are using proper form when exercising and often encourage them to perform a workout that would surpass what they would do alone.

1 one-hour session

Member: \$30

Program Member: \$45 plus \$10 facility fee

3 one-hour sessions

Member: \$80

5 one-hour sessions

Member: \$135

PICKLEBALL

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Member	Free
Program Member	\$10/day

NOON BASKETBALL

MONDAY/FRIDAY **12 pm**

For the aging superstar who needs a workout to break up the day. Join our diverse group of amateurs if you think you can hang. Age 30+ to play.

Member	Free
Program Member	\$10/day

WATER FITNESS

POWER AEROBICS

MONDAY/WEDNESDAY/FRIDAY **8:15 am - 9:15 am**

Get a great start to your day with this high intensity class that is perfect for cross-training and all fitness levels!

STRETCH AND TONE

MONDAY/WEDNESDAY/FRIDAY **9:15 am-10 am**

Lower intensity class focusing on stretching muscles to allow a greater range of motion.

SPLISH-SPLASHERS

TUESDAY/THURSDAY **9 am - 9:45 am**

Low impact class designed to improve joint flexibility and to decrease pain.

NOON AEROBICS

MONDAY-FRIDAY **12 pm - 1 pm**

Provides benefits including greater joint range of motion, muscle strengthening, cardiovascular stimulation, plus plenty of fun interactions.

new! Aqua X

**TUESDAY/
THURSDAY**
1 pm - 2 pm

This deep water class is designed to build stamina, tone muscles, and burn calories with no stress.

Ideal for all fitness levels, non-swimmers included.

HAPPY DUCKS

MONDAY/WEDNESDAY/FRIDAY **1 pm - 2 pm**

Designed for ages 55 and up, to develop mind, spirit and body.

WATER DIVAS

MONDAY/THURSDAY/FRIDAY **M 8:30 pm - 9:15 pm**
T 8:15 pm - 9 pm
F 7 pm - 8 pm

Fun, low impact class designed to release stress and tension as you unwind after a hard day's work. You will burn calories, improve core balance strength, tone and stretch muscles, while relaxing the body and mind for a good night's sleep, at the same time. You don't even have to get your hair wet!

ADULT MARTIAL ARTS

BUSHIDO WARRIORS

Co-ed Ages 16 and older

Member	\$35 Monthly Fee
Program Member	\$70 Monthly Fee

Beginner and Up

Monday/Thursday 7:05 pm - 9:05 pm

Intermediate-Green Belt and Up

Tuesday 7:05 pm - 9:05 pm

Advanced - Black Belt and Up

Wednesday 7:05 pm - 9:05 pm

All Ranks: Beginner and Up

Co-ed Day Class
Tuesday/Thursday 1:15 pm - 3 pm

OLDER ACTIVE ADULTS

SILVERSNEAKERS

These programs are especially designed for active older adults seeking to stay physically fit. Adults of every age and ability are invited to attend our active adult programs.



YOGA

TUESDAY/THURSDAY **11:10 am**

A blend of three yoga styles to create a harmony of movement for the whole body. Yoga Stretch is taught from sitting and standing positions. This class offers a variety of safe and effective options designed to increase flexibility.

CLASSIC

TUESDAY/THURSDAY **12:10 pm**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are used for resistance.

BASKETBALL

BASKETBALL LEAGUE

Summer Co-ed Basketball League Ages 7 -16
NCAA Division Ages 7-10
NBA Division Ages 11-16
Participants will be placed in divisions based on age, size, and skill level. Games will be played in the mornings. YMCA skills assessment and evaluation will be held June 13.

Member \$50
Program Member \$90

BASKETBALL CAMPS

Boys Basketball Camp Ages 6 -15
Member \$100
Program Member \$160
June 16 – 20, 2014

Girls Basketball Camp Ages 6 -15
July 14 – 18, 2014
Member \$100
Program Member \$160

YMCA Members will receive a \$10 discount for a second child registration in the household.

Little Hoopster's Basketball Camp Ages 3 ½ - 5
Session I – June 25 – 27, 2014 1 pm - 3:30 pm
Session II – July 23 – 25, 2014 3 pm - 5:30 pm

Contact Coach Spears for additional information at spearsbball@gmail.com or call 943-9622.

coming soon!

Coming in August

Girls Basketball League ages 6 -16
Pee Wee Soccer ages 3 – 6
Little Dribblers



ONE ON ONE WITH COACH SPEARS

Individual private lesson(s) for any boy or girl ages 5 - 18 that is determined in improving and enhancing their basketball skills. Coach Spears has over 39 years of coaching and teaching experience and has been an invaluable asset to so many area youths in establishing and developing their overall skill level. Workouts will be set to meet a participant schedule.

Contact Coach Spears at spearsbball@gmail.com to set up an appointment or to request additional information.

coming soon! GoGirls!

A Dance-Based Fitness and Education Program for young ladies



MARTIAL ARTS

LITTLE NINJAS

Co-ed Ages 6 - 10
Monday/Thursday
Member
Program Member

4:25 pm - 4:55 pm
\$25 Monthly Fee
\$50 Monthly Fee

YOUNG SAMURAI

Co-ed Ages 11 - 15
Monday/Thursday
Member
Program Member

4:25 pm - 5:55 pm
\$35 Monthly Fee
\$70 Monthly Fee

For private lessons and/or self-defense courses or for other information on martial arts, call Tony Cooper at (540) 943-3302.

CONVENIENT CARE

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at Walmart

URGENT CARE

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www.augustahealth.com

HEART & VASCULAR CENTER

 FIND US ON FACEBOOK

SWIM LESSONS

The Waynesboro Family YMCA has taught thousands of people, young and old, in the Valley how to swim. Regardless of your age or ability, we have trained staff to assist you in your growth and development. Please contact us for assistance in finding the appropriate time and skill level that meets your needs. We look forward to serving you.



STRAY CATS



We would like to welcome you back to another great summer with the Stray Cats. Our mission is to encourage the pursuit of excellence, while nurturing a love for the sport of swimming, and developing the values and skills for success in life along the way. In order to accomplish this we work with each swimmer to perform at their very best and have fun. Each swimmer will receive individual attention to improve their swimming skills in all four strokes, diving skills, as well as strength training. We are very excited and look forward to working with all the swimmers and their families. Let's have a great summer!

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Don Hashagen
Financial Advisor

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Edward Jones
MAKING SENSE OF INVESTING

The Waynesboro Family YMCA's Shenandoah Marlins Aquatic Club (SMAC) believes a winning attitude is about more than just the place you finish. A winning attitude is the constant pursuit of personal excellence. The SMAC swim team strives to instill in its athletes the values necessary in achieving success both in and out of the pool. Values such as hard work, dedication, self-discipline, sportsmanship, self-confidence, and team work are just a few of the values at the forefront of the SMAC swimming experience. Through these tools, SMAC encourages ALL of its athletes to become lifelong swimming experience. Through these tools, SMAC encourages ALL of its athletes to become lifelong swimmers and lifelong achievers. Our year-round program gives youth a chance to experience success and achievement through a wholesome, healthy activity. The team competes in both USA Swimming and YMCA meets. Swimmers range from five years of age through college age. SMAC welcomes new members of all ages and ability levels. Practices are held at Augusta Health Lifetime Fitness and the YMCA. For more information on prices, schedules, coaching, meets, visit our website.



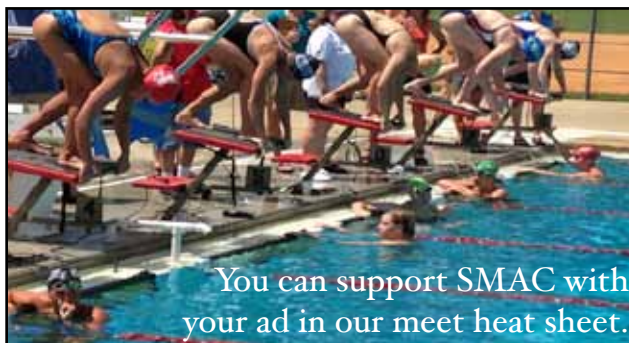
For more information or to try out:

Norm Wright, Director of Competitive Swimming
 (540) 943-9622
 normw@smacswimming.org

www.swimming.org

SUBWAY COMMONWEALTH GAMES Comes to Waynesboro, June 27-29

Supporting SMAC promotes the healthy activity of swimming, teamwork, and good competition.



You can support SMAC with your ad in our meet heat sheet.

For over twenty years SMAC has hosted the Virginia Commonwealth Games Long Course Swim Meet.

Held at Ridgeview Park in Waynesboro, this event attracts nearly 500 swimmers and their families for three days of Waynesboro/Augusta County hospitality and competitive swimming.

Sign up today for a sponsorship and your ad will appear in up to **300 heat sheet copies.**

Supporting SMAC promotes the healthy activity of swimming, teamwork, and good competition. The Commonwealth Games are a good marketing and advertising tool for your business; take this opportunity to support your community's youth.

SMAC

Since its inception in 1958, the Shenandoah Marlins Aquatic Club (SMAC), has been widely recognized in the swimming world. SMAC has produced athletes competing in Olympic Trials, international and national level meets and open water competitions, as well as all levels of collegiate swimming.

Led by Head Coach Norm Wright, the team currently works to develop the skills and talents of nearly 80 young swimmers.

The Shenandoah Marlins Aquatic Club is a USA Swimming Silver Medal Club and YMCA USA affiliate. SMAC operates as a program of the Waynesboro Family YMCA, and is supported by the SMAC Boosters, a registered not for profit 501-c3 organization.



The 2013 Subway Commonwealth Games swim meet was supported by: Augusta Health, Buffalo Wild Wings, Best Western PLUS, Big Apple Bagels, City of Waynesboro, Fastrax, Market on Main, McAlister's Deli, Parker Bows, Plaza Azteca, Starbucks, Stone Soup Books, Virginia Amateur Sports, Wayne Lanes Bowling Center, Waynesboro Garden Center, Waynesboro Generals, Waynesboro Parks & Recreation Department, Waynesboro Tourism Department, Willy's Ice Cream, and Zeus Digital Theaters. Become a part of this exciting meet!



-Personal and business ad space available.



PRESCHOOL/PRE-K

Ages 2 years 9 months-eligible to attend Kindergarten
Must be potty trained. Ages 2 years 9 months will be accepted as ratio allows. Open registration year round.

Our loving, well trained staff will build on your child's natural desire to learn and become more independent. We offer a full day program to help your child prepare for Kindergarten. Our age appropriate activities include self help skills, science, math, cooking, letter recognition, writing, field trips, swim, outdoor play, conflict-resolution skills, weekly visits to the library, social, emotional, physical, and cognitive development.

Monday-Friday 7 am - 6 pm

Member \$95 per week (4-5 days)
\$75 per week (1-3 days)
\$50 registration fee

Program Member \$110 per week (4-5 days)
\$90 per week (1-3 days)
\$60 registration fee

All tuition must be drafted from a savings, checking or credit card account.



www.waynesboroymcachildcare.com

The Waynesboro Family YMCA's Childcare Program is a Department of Social Services eligible program.

PRE-K AFTERSCHOOL PROGRAM

Open to any child currently enrolled in Head Start or Pre-K Programming. We pick up from Wayne Hills, Hugh K Cassell, and Stuarts Draft Elementary.

Member	\$50 per week \$50 registration fee
Program Member	\$55 per week \$60 registration fee

NEW! BEFORE SCHOOL CARE

We are offering BEFORE SCHOOL CARE for Waynesboro City Elementary Schools. Drop off is 7 am. You may provide a breakfast for your child.

Members	\$20 per week \$25 registration fee
Program Member	\$30 per week \$35 registration fee

In case of inclement weather, we will make every effort to offer before school care for children enrolled in either our Before School Program or our Afterschool Program. For children only enrolled in afterschool, the cost for inclement weather before school care will be \$7 for members and \$10 for program members per day. There will be no additional charge for children who are enrolled in our Before School Program on inclement weather days.

Registration dates for After School 2014-2015:

Currently enrolled: July 14-18;
\$25 supply fee due by October 1

Member: July 21-25;
\$50 registration fee

Program Member: July 28-August 1;
\$60 registration fee

K-age 12
Monday-Friday
2:30 pm - 6 pm

Member
\$45 (4-5 days per week)
\$40 (1-3 days per week)
\$50 registration fee

Program Member
\$55 (4-5 days per week)
\$50 (1-3 days per week)
\$60 registration fee

We provide full day care for teacher work days, holidays, and inclement weather days for an additional fee.

Member \$10
Program Member \$12

All tuition must be bank drafted.

We pick up from all Waynesboro City Elementary Schools, Hugh K Cassell and Stuarts Draft Elementary School. Our after school program offers daily gym/playground time, scheduled homework time, swimming once per week, arts & crafts, games and more.



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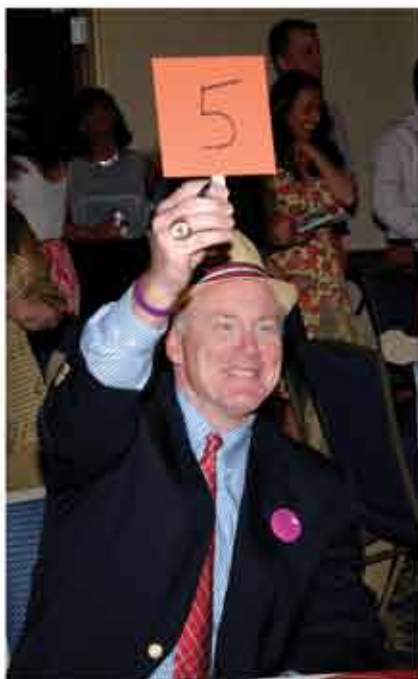
Photos by Sarah Childers Brown and Greg Fife

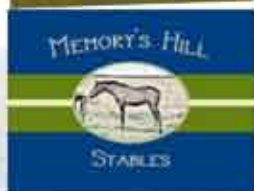
Derby Days

2014 YMCA SPRING GALA

May 2nd, 2014

The Waynesboro Family YMCA celebrated its 28th annual Spring Gala with an elegant evening out in support of scholarships for those that can't afford Y programming and assisting in the losses the Y takes in coordinating youth programming. The Y raised over \$45,000 through ticket sales, auction items, and dedicated sponsors. This year's theme focused on the Kentucky Derby with an first ever indoor Horse Race at the Best Western! Once the live and silent auction was completed, the races done, and the reverse draw for \$5,000 pulled; WE DANCED! The YMCA greatly appreciates all the sponsors, auction donors, volunteers, participants that support this critical evening in the Y's success for serving those youth and families in our area.





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JULY 11

Merv Wooten Invitational brought to you by Weaver Insurance & Financial Advisors and Bowman Family Dentistry

By far ... the best golf tournament in the region. High end prizes and top shelf fun. Try our putting contest (last year's winner got a car!), par 3 challenge, Mashmellow mash, and other fun games!

There will be games including the Dixon Golf Par 3 challenge, and Obaugh Chevrolet Waynesboro Putting contest where someone is guaranteed to win a car! Prizes also include a flat screen television from Chris Darden.

The modified scramble format allows for a competitive game of golf for both scratch athletes and high handicap players. Our format is designed for low handicap players and duffers to enjoy a day on the greens at the Waynesboro Country Club.



Only \$500 per team – but sign up soon as the field typically fills quickly. Contact Jeff Fife at 943-9622 for more information and how to get involved!



SEPTEMBER 14

2014 Tri for the Y moved to September

Participate in the 5th Annual Tri for the Y sponsored by Blue Ridge Oral & Maxillofacial Surgery and proudly brought to by the Elevation Athletics Team.



Over the past 4 years, this event has created a professional, competitive and community-oriented triathlon. The sprint triathlon allows athletes the chance to compete, soak in the surroundings and be a part of the community.

It is designed for both serious tri-athletes who are looking to participate in an event dedicated to a worthy cause, as well as those individuals who are looking to take their first big step onto the triathlon scene.

Proceeds from this event go directly to your Y to provide funding crucial to promote healthy living, youth development and social responsibility.



September 14, 7:30 am

Individual Racers:
\$80 if signed up by 7/31
\$90 afterwards

Relays:
\$125 if signed up by 7/31
\$140 afterwards

Ask about coupon codes for SMAC swimming families



SOCA



Soccer in Augusta, Staunton and Waynesboro

Summer Camp Registration Now Open!

Summer Soccer Camps

Come join the fun this summer at one of SOCA's highly regarded summer soccer camps. SOCA offers several camps and academies in Staunton, Waynesboro and Augusta for players of all levels. All camps are designed to be fun and developmentally appropriate. SOCA camps are directed by SOCA's full-time, nationally certified coaching staff.



Day Camp - June 16-20 from 9AM to Noon at VSDB in Staunton - Join the SOCA staff for this fun morning camp. Players will play fun games, learn soccer skills and make great friends. Campers receive a t-shirt, soccer ball and professional instruction and supervision

Summer Academy - July 7-10, morning and afternoon at Wilson High School in Fishersville - SOCA provides a rigorous training environment for the serious aspiring soccer player. Focus is on technical development, mastery of fundamental skills and establishing excellent training habits.

Blue Ridge Residential Academy - July 13-17 in St. George, VA - This residential camp provides a soccer immersion experience. Campers will spend the week in dorms and participate in circuit training throughout the day and camp matches in the evening.

World Cup Camp - July 28-Aug 1 from 5:30 to 7:30PM at Ridgeview Park in Waynesboro - Fun World Cup camp environment for all levels. Each session includes demonstrations, great instruction and a fun World Cup style tournament. Campers receive a t-shirt, ball and pizza party on Friday night!

Register at www.SOCAspot.org through your own Family Account.

Website: www.SOCAspot.org

Phone: 434-975-5025 Fax: 434-975-2619 Email: SOCA@SOCAspot.org



WAYNESBORO FAMILY YMCA

648 South Wayne Avenue
Waynesboro Virginia 22980
(540) 943-9622
waynesboroymca.com

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
WAYNESBORO, VA 22980
PERMIT NO. 93

Fishersville/Staunton: 17 Gosnell Crossing- Across Route 250 from Wilson Schools
Waynesboro: 1115 Ivy St.- Between Kate Collins and Waynesboro High School

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