



**FIND YOUR PASSION.  
FIND YOUR PURPOSE.  
FIND YOUR Y**

**For a better us**

**FIND YOUR Y.  
YMCA OF SOUTHERN WV  
[ymcaswv.com](http://ymcaswv.com)  
JOIN TODAY!**



## WELCOME TO THE YMCA OF SOUTHERN WEST VIRGINIA

Deeply rooted in the Beckley community, our Y family is made up of people of all ages and from every walk of life, all working side-by-side to ensure that everyone—regardless of gender, income, ability, or background—has the opportunity to live life to its fullest. We value caring, honesty, respect, and responsibility, and everything we do grows from these core principles.

Our staff and volunteers are kids, parents, grandparents, neighbors, and local leaders who share a genuine commitment to understanding what our neighborhoods need in order to thrive. Whether it's offering encouragement to a member, lending support to a family, or stepping up to address a community challenge, each person plays a meaningful role in creating a welcoming and inclusive environment.

Together, we use our collective knowledge and passion to develop stronger, more connected communities, provide essential support for individuals and families, and promote positive, lasting change throughout the region. We hope that, as you become more involved, you'll discover the many ways the Y can enrich your life—and how your presence strengthens our mission.

This handbook has been designed to answer your questions, guide you through our programs and policies, and help you feel confident and supported as part of our organization. Please don't hesitate to reach out to any of our caring staff members if you have additional needs or if there is any way we can be of assistance.

Welcome to the Y family!

Sincerely,  
Your Y Management Team



### YMCA HOURS OF OPERATION

**MON - FRI** 5:00 AM-9:00 PM  
**SAT** 8:00 AM-5:00 PM  
**SUN** 1:00-5:00 PM

\*The indoor pool closes 15 minutes earlier than the facility.

### HOLIDAYS OBSERVED

**The Y will be closed the following Holidays:**

New Years Day  
Easter  
Memorial Day  
Independence Day  
Labor Day  
Thanksgiving  
Christmas

# YOU & THE Y



The Y is the unparalleled cause for strengthening community because we are the community. Together with you, your family and your neighbors, our movement strengthens America's towns and cities through promoting three things: youth development, healthy living, and social responsibility.

With a presence in neighborhoods across the nation, the Y helps people of all ages and from all backgrounds to grow and thrive. We became America's leading nonprofit by helping people everywhere develop the skills and relationships they need to be healthy, confident and connected to others. Parents desire a safe environment in which children can learn practical and social skills and develop positive values. Kids want to exert energy, discover who they are and what they can achieve, and be accepted among each other. Adults want to learn more, do more and live a healthier lifestyle. We nurture life lessons in kids, foster health and well-being among people of all ages, bring people together to pursue passions old and new, and provide mutual support for everyone in our neighborhoods.

**Thank you for choosing the YMCA of Southern WV for your family's needs. We are here to serve you.**

## YOU "BELONG"

The YMCA of Southern WV is a membership organization. "Belonging" to the Y means sharing in the values and mission the Y has offered its members since it originated in 1870.

Today the YMCA of Southern WV offers the following member benefits:

- Unlimited access.
- FREE orientation and use of our Wellness Center.
- FREE Group Exercise classes.
- FREE child watch while you are in the facility with a family membership.
- FREE Family Fun Events.
- FREE open swim for adults and families.
- FREE open gym time during non programming times.
- Member only rates on programs.
- Priority program registration and the ease of online or app based registration.
- AWAY privileges (Always Welcome at Y's).
- Nationwide YMCA Reciprocity Member.



## FITNESS ORIENTATION

During this appointment, our Health & Wellness Director will introduce you to our wellness center and explain the proper use of the equipment for maximum benefit.

## PERSONAL TRAINING

Achieve your fitness goals with personalized one-on-one training sessions tailored specifically to your needs and abilities. Our certified personal trainers will work with you to create a customized fitness plan that aligns with your goals, whether you're aiming to lose weight, build muscle, improve athletic performance or simply lead a healthier lifestyle. In each session, you'll receive expert guidance, motivation and support to help you reach your full potential.

## SAFE & NURTURING ENVIRONMENT

The YMCA of Southern West Virginia and the properties offer safe spaces and healthy environments for our members and our community. Our facilities are tobacco-free and smoke-free (including vaping). Firearms and weapons of any kind as well as alcohol and drugs are strictly prohibited. Violation of these policies may result in the loss of membership privileges.

## VOLUNTEER

Every year, thousands of volunteers support the YMCA's overall purpose of helping people reach their potential in spirit, mind and body. Volunteers opportunities are:

- Special Events
- Leading Programs
- Youth Sports Coaches and Referees
- School Swim League Coaches and Timers

Become a vital part of the Y community - your special talents will really make a difference!

# FACILITY INFORMATION

## CLOSURES

The Y will observe the following facility closures:

New Years Day	Labor Day
Easter Sunday	Thanksgiving Day
Memorial Day	Christmas Day
July 4th	

## ACCIDENTS

Contact a Y staff person immediately if there is an accident, injury or unusual incident. We are here to assist you. However, please be advised that you are participating in all activities at your own risk and are fully responsible for yourself, your children and your guests.

## ACCESSING THE FACILITY

Identity verification is required for members to access the Y's facility for Child Protection & Safety as well as trace purposes. To enter, you must check in at the Welcome Center Desk, your identity must be verified and your account must be in good standing. Updated account information & photo are required.

## FOOD & BEVERAGE

Food and drinks are not permitted in locker rooms, gyms and activity areas. Only water in spill proof containers are permitted. We appreciate your help in keeping your Y safe and clean.

## DRESSING ROOMS

Located on the top floor of the facility adjacent to the wellness center, single occupancy unisex changing rooms are available. These changing rooms do not have shower facilities.

Located on the middle floor of the facility, Adult Locker Rooms are for YMCA adult members and include daily use lockers, showers and bathrooms as well as a steam room, and sauna. Youth members are NOT permitted in these dressing rooms at any time.

Located on the bottom floor of the facility, Family Locker Rooms are for YMCA family members and include daily use lockers, showers and bathrooms. Children of the opposite sex aged 8 and below may visit the locker room with their parent. Older children must visit the locker room of their orientation or use the changing room.

Located on the bottom floor of the facility, adjacent to the swimming pool, a private changing room is available for families. This changing room does not have shower facilities.



## LOCKERS

Express lockers are available on the top floor in the Wellness Center and allow members to store small items such as wallets, purses, keys, etc. No wet items such as snow/salt covered shoes/boots are allowed in these lockers. Please use the daily use lockers in the dressing rooms to store those items.

Lockers located inside the Family Locker Rooms are for daily use only. When you come to the Y, you may bring your things from home along with your own lock, select a locker and store your things during your visit. When you are finished for the day, remove your belongings and lock from the locker. Any belongings and locks left on lockers at the end of the day will be removed and all items will be donated to Goodwill.

Lockers located inside the Adult Locker Rooms on the 2nd floor have designated space for rentals. Inquire at the Welcome Desk to rent your locker. Day use lockers are also available. Day use lockers must have locks and contents removed nightly. Any belongings and locks left on lockers at the end of the day will be removed and all items will be donated to charity.

## LOST AND FOUND

The YMCA is not responsible for lost or stolen property. However, we do keep lost and found items whenever possible. Please check the Y Welcome Desk for the location of the lost and found. Items will be kept as space allows, then given to charity.

## PARKING

Convenient parking is available for FREE in the lot across from the facility on Main Street and behind the facility on Prince Street. Metered parking and City Lot parking nearby may be used for FREE after 5PM Monday - Friday and all day on weekends.

## SMOKING POLICY

Y facilities and grounds are smoke-free environments. This includes the use of electronic smoking devices.

## YMCA CODE OF CONDUCT

The YMCA of Southern West Virginia is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we ask individuals to act appropriately at all times when they are in our facility or participating in our programs.

Our Code of Conduct does not permit any language or action that can hurt or frighten another person, or that falls below a generally accepted standard of conduct. Specifically, this includes:

- Inappropriate attire - suitable family attire must be worn at all times.
- Angry or vulgar language, including swearing, name calling or shouting.
- Physical conduct with another person in an angry or threatening way.
- Any demonstration of sexual activity or sexual contact with another person.
- Harassment or intimidation by words, gestures, body language or any other menacing behavior.
- Theft or behavior that results in the destruction of property.
- Carrying or concealing any weapons, devices or objects which may be used as weapons.

To ensure the safety and well-being of all employees, members and other visitors, the YMCA of Southern West Virginia reserves the right to inspect and/or search all areas of the YMCA and your belongings in appropriate circumstances such as:

- Using or possessing illegal chemicals or alcohol on Y property or in Y vehicles.
- Any other conduct of an inappropriate, threatening, or offensive nature.

Also, please be aware that:

- Video recorders, cameras, or any other visual recording devices are not allowed within the Y without the written consent of the Chief Officers. Anyone caught taking pictures of another person without their permission and knowledge will be prosecuted to the full extent of the law by the Y and their membership may be terminated. Cellular phones have the ability to take pictures. For your own safety and the safety of others, please be aware if someone is using a cell phone within your vicinity.
- The YMCA conducts regular sex offender screenings on all members, participants and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation and remove visitation access.

Members and guests should not hesitate to notify a staff person with any concerns or questions.

In order to carry out these policies, we ask that members and guests identify themselves when asked. The Executive Staff will investigate all reported incidents. Suspension or termination of Y membership privileges may result from a determination by Executive Staff if, in their discretion, a violation of the Code of Conduct has occurred.

## YOUR YMCA – A HOME AWAY FROM HOME

The YMCA of Southern West Virginia is a proud member of the YMCA of the USA's Nationwide Reciprocity Program. When you travel you may want to use a Y in another city on a short-term basis. Use your Y card at more than 2,000 Y's nationwide. Guest fees and privileges may vary. Stop by our Member Service Desk for more information about the AWAY program.

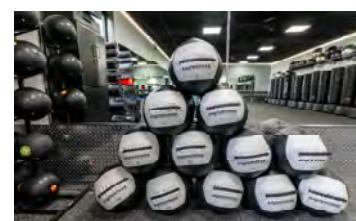
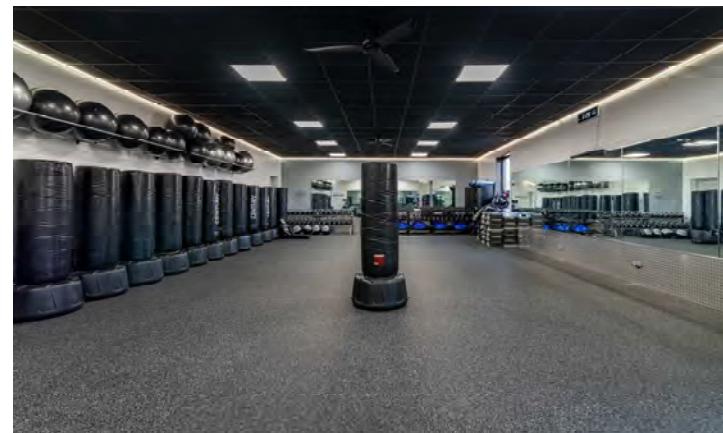
## PROGRAM MATERIALS AND INFORMATION

We recommend downloading our app from your smart phone's app store. Brochures, program schedules and flyers describing Y services and programs may be obtained from your local Y as well as [www.ymcaswv.com](http://www.ymcaswv.com)

## PROGRAM FEES

Program fees are set to provide quality services and represent the cost of providing activities or services not included in your membership dues. However, members receive a reduced rate on almost all programs!

Specific program fee information is available at the Y Welcome Desk or by visiting our website.. Program fee refunds are made only when there is a cancellation of the activity due to insufficient enrollment or verified medical illness. Program fees are non-refundable/non-transferable



# MEMBERSHIP INFORMATION

## MEMBERSHIP CATEGORIES

The YMCA of Southern West Virginia has five categories of membership:

**FAMILY** - A family is defined (solely for the purpose of classifying Y membership as two adults living in one household, and dependent children up to age 22 residing at the same address).

**SINGLE PARENT FAMILY** - A single parent family is defined (solely for the purpose of classifying Y membership) as one adult and dependent children up to age 22 residing at the same address.

**ADULT** - An adult membership is for an individual 26-64 years of age.

**YOUNG ADULT** - A young adult is defined as an individual ages 19-25.

**YOUTH/TEEN** - A youth membership is available for adolescents 13-18. Children ages 12 and under in the Y building or on the grounds are required to be under the supervision of a parent or guardian who is 16 or over, or registered and participating in a Y program. Youth ages 13 and over may, at the parents discretion, use the Y facility for up to three hours at a time in youth approved program areas.

## MEMBERSHIP DUES

Your membership dues can be paid in one of three ways:

### MONTHLY AUTOMATIC DRAFT

Under the Electronic Funds Transfer monthly payment plan, you make a down payment to cover your first month of membership. You then authorize your bank to honor pre-authorized drafts drawn by the Y on your account for membership payments and/or contributions. It is understood that your bank or credit card draft membership will be continuous until 15 business days after written notification has been received by the Y. When the bank or credit card carrier honors the draft by charging your account, such drafts constitute your receipt for the payment. If at any time there is to be a change, deletion, or cancellation of your membership, it is to be submitted in writing on the appropriate form, by the primary member, to the Y Welcome Desk (at least 15 weekdays prior to bank draft date). \*Cancellations submitted through a third party will not be accepted.

### SEMI ANNUAL PAYMENT

Semi-Annual payments in full may be paid by using cash or credit card (Visa, MasterCard, American Express or Discover). Semi-Annual payments do not auto renew and are non-refundable/non-transferrable.

### ANNUAL PAYMENT \*BEST VALUE\*

Annual payments in full may be paid by using cash or credit card (Visa, MasterCard, American Express or Discover). Annual payments receive one free month as well as their Capital Improvement fee waived! Annual payments do not auto renew and are non-refundable/non-transferrable.

## CONDITIONS OF MEMBERSHIP

- Sales tax is included at the time of transaction.
- Membership dues are non-refundable/non-transferrable.
- Membership dues and similar payments are not deductible as charitable contributions.
- Membership rates are subject to change; notice of change in membership rate will be communicated 30 days in advance.
- We will make multiple attempts to re-draft all EFT payments returned due to "Non-Sufficient Funds" (NSF). A fee up to \$25 will be collected for unsuccessful drafts.
- A \$25 late fee may also be assessed to your account if returned payments are not resolved by the end of the month.
- For each return, the YMCA of Southern WV will collect a separate \$10 fee to cover bank and administrative costs.
- All membership and/or program balances must be paid prior to membership termination being accepted.
- All accounts must be in good standing to register for programs or renew membership.
- The YMCA of Southern WV reserves the right to modify, cancel or deny memberships due to criminal background, past due balances or member account status.
- Accounts must be terminated at least 15 weekdays prior to the scheduled draft date or a non refundable draft will occur.
- ID must be presented at time of Sign Up.

## CORPORATE MEMBERSHIP PLAN

A healthy, happy, and productive workforce is key to every successful business. Through Corporate Membership at the YMCA of Southern West Virginia, employees can get fit, stay fit and save money - all while helping your company improve its fiscal fitness. Please contact our Membership Department at 304-252-0715 if you are interested in corporate membership plans for your company.



# AGE RELATED PRIVILEGES

## CHILD SUPERVISION

Members 12 & under in the YMCA facility or on our grounds are required to be under the direct supervision of a parent or legal guardian. Remember, Family Memberships include FREE Child Watch services. For the safety of all members, the Y has established age appropriate guidelines and rules in areas where you find heavy or moving equipment and where parental supervision is required. These guidelines and rules must be followed when visiting the facility.

## BUILDING

13 & Up may access the building during non-school hours without adult supervision.

12 & Under must be under supervision of an adult or checked into one of our child care areas.

## CYCLING STUDIO

15 & Up may attend Cycling Classes.  
14 - 13 may attend Cycling Classes with Parent supervision and Class Instructor permission.  
12 & Under have no access.

## GROUP EXERCISE & YOGA STUDIO

15 & Up may attend Group Exercise Classes.  
14 - 13 may attend Group Exercise Classes with Parent supervision and Class Instructor permission.  
12 & Under have no access.

## GYMNASIUM

9 & Up have access.  
8 & Under have access with parent supervision.

## INDOOR POOL

9 & Up may swim under the supervision of our Y Lifeguards.  
7 - 8 may swim with parent remaining on pool deck.  
6 & Under may swim with a parent in the water.

## INDOOR TRACK

13 & Up may run/walk on the track.  
6 - 12 May access with parent supervision.  
5 & Under have no access.

## nYnja ZONE

8 to 12 may be checked in for up to 90 minutes as parent remains in building working out.  
Must be checked in and out.  
7 & Under have no access.

## plaYtopia CHILDWATCH

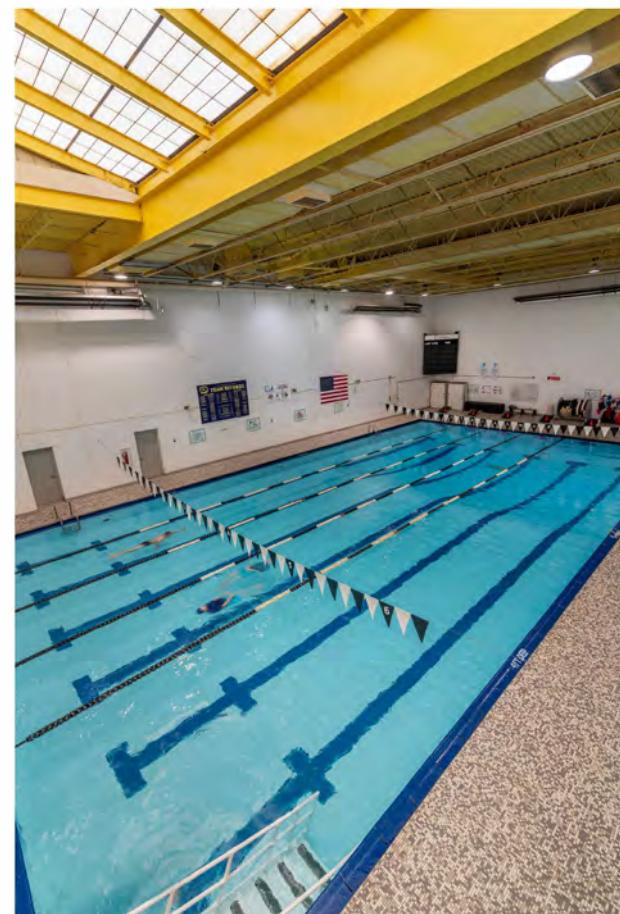
8 weeks to 7 years may be checked in for up to 90 minutes as parent remains in building working out.  
Must be checked in and out.  
8 & Above have no access.

## THE Y HANGOUT

13 to 17 may access.  
12 & Under have no access.

## WELLNESS CENTER

15 & Up have access.  
12 - 14 May access with direct supervision of a parent  
11 & Under have no access.



# AQUATICS INFORMATION

## FIRST AID CPR/AED TRAINING

If you need CPR training to satisfy an OSHA-mandated job requirement or you just want to know how to keep your loved ones safe, the American Red Cross trainings at the YMCA of Southern West Virginia ensure that you get the latest information and quality instruction. Class sizes are limited.

## GROUP SWIM LESSONS

Swim Lessons can be an important part of developing a healthy lifestyle. Whether you're 6 or 60, it is never too late to learn to swim. Swimming lessons at the Y are overseen by certified instructors who provide this training in a safe and fun way. The Y offers a comprehensive and developmentally appropriate swim program that teaches you how to skillfully and safely think and act in, on and around water. Group swim lessons are separated by age and skill level and offered on a monthly basis. Each session includes six 30-minute lessons.

## JUNIOR LIFEGUARD CAMP

The Junior Lifeguard Camp provides the foundation for lifeguarding and life skills by focusing on 5 key areas: prevention of aquatic accidents, fitness & swimming skills, response in an emergency, leadership skills and professionalism as a lifeguard. The Junior Lifeguarding Camp does NOT certify participants as a lifeguard but includes the American Red Cross certification in Adult & Pediatric First Aid, CPR and AED for participants who successfully complete the course.

## KAYAK ROLL SESSION

Itching to get your boat wet? Now's the time! Join our Kayak Roll Session where you can practice your Whitewater Kayak rolls in a clean and safe environment during the winter months. These sessions are a fun, low-stress way to break up the monotony of winter and learn to practice unique kayaking skills. Roll sessions are an informal space to get roll instruction and/or independent practice. Must bring own boat and gear.

## LIFEGUARD CERTIFICATION

Whether you are looking for a great summer job or career as a professional lifeguard, YMCA Lifeguard Certification Courses are the best way to get started! Through classroom activities, group discussion and hands-on practice, you'll learn the skills you need to work in the aquatics field. This course is designed to give participants the skills and knowledge needed to be lifeguards in pools and aquatic environments. This comprehensive course is through the American Red Cross with certifications included.

## POOL PARTY

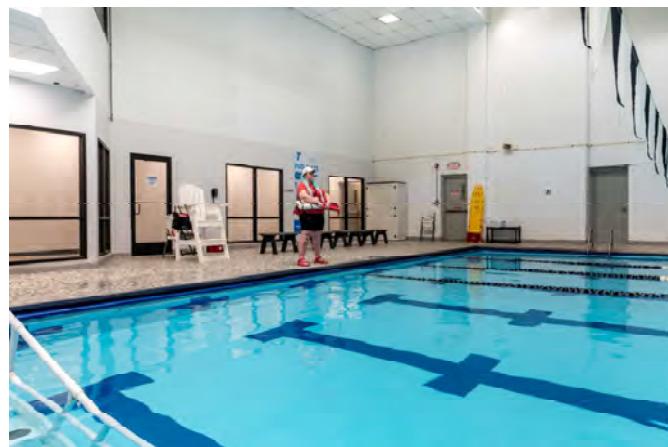
The YMCA is a great place to celebrate your child's birthday! Pool parties include YMCA Lifeguard Staff that will keep a watchful eye on all party guests while you make memories that will last a lifetime.

## SCHOOL SWIM LEAGUE

School Swim League is designed for kids and teens who enjoy swimming and want to explore the sport of competitive swimming while improving their technical swimming abilities. Teams will have the opportunity to compete at meets with a Championship Meet at the end of the program. Our league emphasizes teamwork, self-confidence, and fun. Staff and volunteers coach our teams in skill improvement while leading them in character development using YMCA's core values. Take a deep dive and check out our Swim League offered in the winter and summer!

## 50 MILE SWIM CHALLENGE

Splash into the 50 Mile Swim Challenge at the YMCA! All swim styles and techniques are welcome. The technique is not a priority, just the distance! Flotation devices may be used (float belts, kick boards, etc.). Miles are tracked on the honor system, log your miles on the pool deck. Members who rise to the challenge throughout the year will receive an exclusive t-shirt you can wear proudly.



# LIFEGUARD CERTIFICATION

## LIFEGUARDING

The primary purpose of the courses in the American Red Cross Lifeguarding program is to provide participants with the knowledge and skills needed to:

- Prevent, recognize and respond to aquatic emergencies.
- Provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) professionals take over.

This course requires participants to complete online learning prior to in-class skills sessions.

Participants who successfully complete the Lifeguarding course will be issued the following American Red Cross certificate: Lifeguarding with CPR/AED for Professional Rescuers and First Aid that is valid for 2 years. To maintain the Lifeguarding certification, a currently certified lifeguard must successfully complete the American Red Cross Lifeguarding Recertification course or the full Lifeguarding course again prior to certificate expiration. A 30-day grace period may apply but it does not extend the certification beyond the 2 years.

## PREREQUISITES

- Be at least 15 years old on or before the final scheduled session of the Lifeguarding course & successfully complete the two prerequisite swimming skills evaluations. Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest: Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed)
- Maintain position at the surface of the water for 2 minutes by treading water using only the legs
- Swim 50 yards using the front crawl, breaststroke or a combination of both

Prerequisite 2: Complete a timed event within 1 minute, 40 seconds:

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).
- Surface dive (feet-first or head-first) to a depth of 7 – 10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
- Exit the water without using a ladder or steps.

## LIFEGUARD PREREQUISITE TEST TRAINING

Your path to lifeguard certification starts here — let's make it happen! Our training options provide private one-on-one coaching with a certified lifeguard, guiding you through the physical requirements needed to successfully complete the Lifeguard Prerequisite Test. Sessions are scheduled at a time that's convenient for you, giving you the flexibility, skills and confidence to succeed. Train with a lifeguard, succeed like a lifeguard. Take the first step toward lifeguard certification. Secure your Lifeguard Prerequisite Test Training now and train 1-on-1 with a certified coach. Spots fill fast—book today!

## JUNIOR LIFEGUARD CAMP

The Junior Lifeguard Program provides the foundation for lifeguarding and life skills. The program focuses on 5 key areas: prevention of aquatic accidents, fitness & swimming skills, response in an emergency, leadership skills and professionalism as a lifeguard. This course is designed to guide youths ages 11-14 through the American Red Cross Lifeguarding course.

### Program Highlights:

- A defined course with a set lesson plan that includes developing swimming skills and practicing in-water rescues.
- Certification in first aid, CPR and AED for participants who successfully complete the course during the camp.
- Certificate of completion for Junior Lifeguarding for participants who successfully complete the course. The certificate does not indicate that the person is trained to be a lifeguard, and there is no validity period.

### Course Prerequisites

Before entering Junior Lifeguarding, participants must demonstrate the following skills:

- Swim the front crawl for 25 yards continuously while breathing to the front or side / Swim the breaststroke for 25 yards using a pull, breathe, kick and glide sequence.
- Tread water for 1 minute using arms and legs.
- Float on the back for 30 seconds or swim on the back for 25 yards using the elementary backstroke or back crawl.
- Submerge and swim a distance of 10 feet under water.



# GROUP EXERCISE

## DANCE CLASSES

YMCA Group Exercise classes offer a fun, social and energizing way to stay active. With a wide variety of formats (from yoga and Pilates to cycling, strength training, water fitness and dance) there's something for every interest and fitness level. Led by certified instructors, our classes are designed to motivate, challenge and support you in a welcoming, community-focused environment.

At the Y, group exercise is more than just a workout—it's a way to connect, belong and thrive. All group exercise classes are included with your YMCA membership, giving you unlimited access to a wide variety of workouts designed for every fitness level. Whether you're just starting out or looking to push your limits, you'll find a welcoming space to move, sweat and grow.

As a YMCA member, you have access to a variety of FREE group exercise classes each week.

## CARDIO CLASSES

Cardio classes at the Y are designed to get your heart rate up and your spirits even higher. These high-energy workouts help improve endurance, burn calories and boost your mood all while having fun. Whether you're stepping, dancing, cycling or powering through a full-body cardio session, our instructors bring the energy and encouragement you need to push yourself safely and confidently. And with a supportive group atmosphere cheering you on, you'll stay motivated, challenged and excited to come back for more. Cardio at the Y isn't just exercise—it's a community experience that helps you feel stronger, healthier and happier every time you walk through the door.

## STRENGTH CLASSES

Strength classes at the Y helps you build lean muscle, improve bone density and increase overall fitness. These workouts focus on resistance training using weights, bands, bodyweight and functional movements that challenge every major muscle group. Our instructors guide you through proper form and progression so you can train safely while still pushing your limits. Whether you're new to strength training or looking to take your routine to the next level, each class is designed to support your goals and help you feel confident in your abilities. You'll leave feeling stronger, more empowered and ready to take on whatever comes next.

## CARDIO & STRENGTH CLASSES

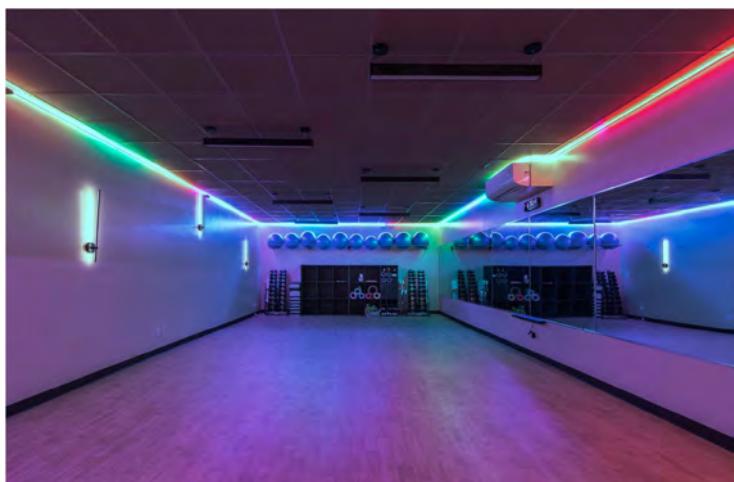
These hybrid classes combine heart-pumping cardio with muscle-building strength exercises for the ultimate full-body workout. You'll move through intervals that challenge your stamina, build lean muscle and keep your energy high from start to finish. Designed for all fitness levels, these classes offer a balanced blend of endurance and power, helping you burn calories, boost strength and stay motivated. It's the perfect choice for anyone looking to maximize results in one dynamic, fast-paced session.

## YOGA & MIND BODY CLASSES

Mind/body classes at the Y help you slow down, stretch out and reconnect with yourself. These sessions focus on intentional movement, breathwork and gentle strengthening to create a sense of balance in both body and mind. Whether you're practicing yoga, Pilates or guided stretching, each class is designed to improve flexibility, reduce stress and enhance overall well-being. With mindful instruction and a peaceful atmosphere, you'll leave feeling centered, restored and more in tune with your body.

## WATER FITNESS CLASSES

Water fitness classes offer a refreshing and engaging way to stay active. These low-impact workouts are gentle on the joints while still providing impressive cardio, strength and flexibility benefits. Whether you're walking, jogging or performing resistance movements in the water, the natural support and resistance of the pool help you build strength and improve mobility without added stress on your body. Perfect for all ages and fitness levels, these classes create a fun, energizing environment where you can move confidently, stay cool and enjoy a full-body workout that leaves you feeling strong and refreshed.



# CHILD CARE & DAY CAMP

## plaYtopia Child Services

The YMCA plaYtopia area is specifically created for children from 8 weeks to 7 years old. Parents can leave their kids in a safe and engaging environment while they work out, staying within the facility. This vibrant space is thoughtfully designed to cater to the developmental needs of young children in a nurturing and structured setting. Requires adult check in and out.

## nYnja Training Zone Child Services

The YMCA Ninja Training Zone is designed exclusively for children aged 8 to 12. Parents can confidently leave their kids in this enjoyable environment where fitness and fun take center stage! Can you walk the balance beam, scale the climbing wall or see how high you can jump? These exciting challenges, among others, will keep your children entertained while you focus on nurturing your own Mind, Body and Spirit within the building. Requires adult check in and out.

## BEFORE/AFTER SCHOOL CARE

YMCA Afterschool Care is open to children in kindergarten through fifth grade who need supervision until their parents can pick them up once school lets out. The program is designed to offer homework help, fun exciting activities, snacks, and play time in an innovative, safe environment that promotes a healthy spirit, mind and body for all. Afterschool care is held on-site at your school by Y staff, all of who are certified educators in the Raleigh County School System. Check the website for current school offerings!

## SCHOOL DAY OUT

When school is out the Y is open! The YMCA School Day Out Program is offered during Snow Days. Bring the kids to the Y for a fun-filled day of activities overseen by our staff. In order to have fun and thrive, kids need to feel both physically and emotionally safe. When you drop your child off at School Day Out, you can rest assured that their total well-being will be nurtured and supported by caring YMCA staff who are committed to ensuring that their experience is a great one.

## SUMMER DAY CAMP

If you are looking for summer activities for your school aged children, check out our Summer Day Camp. Our structured programs are fun, educational and full of adventure. Day Camp at the Y is a great alternative to those long breaks from school. Day campers have the opportunity to grow in spirit, mind and body with other children.

## The Y HANGOUT

Designed just for teens ages 13 to 17, the Y Hangout is your space to relax, connect and have fun. Challenge your friends to board games, dominate in foosball or join in on exciting gaming tournaments. Whether you're here to meet new people, kick back on the couch or show off your skills, the Y Hangout is the place to be!



# YOUTH SPORTS

Did you know the YMCA of SWV Youth Sports program introduces over 3,000 children to the world of sports and teamwork? It's an incredible opportunity to shape young lives and foster a love for physical activity that lasts a lifetime. But to continue making this impact, we need your help. Volunteer coaches play a crucial role in our program, providing more than just instruction on the field. They create a safe and supportive environment where children can learn and grow, instilling values like teamwork, sportsmanship and perseverance along the way. By dedicating just a few hours each week, volunteer coaches have the power to make a significant difference in a child's life.

## SPRING & FALL SOCCER

The YMCA youth soccer program helps kids become not only better soccer players, but better people as well with our emphasis on fair play and safety first. Our program is progressive with age-appropriate rules and equal participation to help teach soccer for kids and keep it fun. Our youth soccer leagues build winners in life, emphasizing good sportsmanship, fair play, fundamentals and fun while implementing our core values of caring, honesty, respect and responsibility. Ages 3 to 14 Seasonally (subject to change)

## YOUTH VOLLEYBALL LEAGUE

The YMCA Youth Volleyball League is open to players from grades 3rd through 12th! A great introduction to new players and exciting competition for experienced players.

All divisions are open to team sign-ups as well as individuals. Individual signups will be placed on a YMCA team but will need volunteer coaches.

## WINTER YOUTH BASKETBALL

The YMCA Youth Basketball League is open to players from grades Pre-K through 6th. This league focuses on developing fundamental skills, teamwork and sportsmanship in a fun and supportive environment. Open to boys and girls of all skill levels, the league emphasizes player growth over competition, ensuring a positive experience for every participant.

## WINTER YOUTH CHEERLEADING

Our cheer program helps kids become not only better athletes, but better people as well. Youth Cheerleading is a developmental program that aims at introducing participants to the sport, building confidence and fostering a team environment. Every child gets to participate in a safe, exciting and fun atmosphere alongside our basketball program.

## WINTER & SUMMER SCHOOL SWIM LEAGUE

School Swim League is designed for kids and teens who enjoy swimming and want to explore the sport of competitive swimming while improving their technical swimming abilities. Teams will have the opportunity to compete at meets with a Championship Meet at the end of the program. Our league emphasizes teamwork, self-confidence and fun.

## SOCCER CAMP

The YMCA Youth Soccer Camp is open to boys and girls ages 7-18, and provides a fantastic weeklong experience for both beginner and advanced players alike. The camp is designed to teach a solid fundamental foundation by keying in on the skills and techniques necessary to attain success while playing the game. Two age group sessions will be offered this summer and all of our participants will be educated on what it means to "WORK HARD, PLAY FAST and HAVE FUN."

## VOLLEYBALL CAMP

The YMCA and WVU Tech are proud to serve up this volleyball camp under Head Coach, staff and players. This camp will be a week long experience for beginners as well as advanced players alike. The camp is structured to teach the key skills and techniques of being a solid player while also touching on team aspects to succeed while playing the game. Three sessions will be offered, one for Elementary School age players, one for Middle School age players, and one for High School age players to better prepare players for their upcoming seasons and tryouts.

## BASKETBALL CAMP

Championship Mentality Skills and Fundamental Camp strive to be the best player on and off the court. Experienced Coaches from local Elementary Schools bring you their knowledge and insight on what it takes to succeed on and off the court.

## JUNIOR LIFEGUARD CAMP

The Junior Lifeguard Program provides the foundation for lifeguarding and life skills. The program focuses on 5 key areas: prevention of aquatic accidents, fitness & swimming skills, response in an emergency, leadership skills and professionalism as a lifeguard. This course is designed to guide youths ages 11-14 through the Lifeguarding Course.



# ANNUAL CAMPAIGN

## SPIRIT OF BECKLEY

In support of the Y mission, an Annual Campaign is conducted each year. This campaign raises funds to provide kids with the opportunity to participate in Y programs such as summer day camp, child care, youth sports, and swim lessons. These kids would otherwise be unable to participate due to an inability to pay. We believe every kid deserves the Y!

As a Y member, you have the opportunity to participate in the Annual Campaign. Please consider a donation to the campaign and/or volunteering to help raise funds.

Will you join in our commitment to strengthen our neighborhoods by becoming a partner in our efforts to help others? You may never know the impact you will make on your community.

If you or someone you know is in need of financial assistance, please contact one of our member service representatives. All requests are confidential.



## TESTIMONIALS >>>

**"Thank you for helping my daughter and I during a financial hardship that I have been working so hard to get out of. The YMCA Scholarship has helped me return to work after having my baby, working a full-time job, and remaining somewhat stress-free. I pray that I get to continue to see my little girl grow with her YMCA family with the help of this scholarship."**

**"I was terrified to have my child around water knowing that she couldn't swim which made her summers not be much fun. When I contacted the Y I found out that through this program, I could afford the lessons. YMCA donors made it possible for her to enjoy life around water"**

**"The YMCA offers a scholarship for families who might be going through financial hardship unlike other facilities which has been a huge blessing for me and helps tremendously. I am so thankful for everyone at the YMCA who takes part in the care and development for my children. The YMCA is a community who accepts anyone and makes you feel at home."**



**TO LEARN MORE ABOUT THE YMCA SPIRIT OF BECKLEY OR TO DONATE, SCAN THE QR CODE!**

**OR VISIT:  
[YMCASWV.COM/SPIRIT-OF-BECKLEY](http://YMCASWV.COM/SPIRIT-OF-BECKLEY)**

# SPECIAL EVENTS

## APPALACHIAN CHAMPIONS CUP

Our annual travel soccer tournament held at the YMCA Paul Cline Memorial Sports Complex. Past tournaments have seen top travel soccer programs from surrounding states take each other on! Open for teams ages 8-16, come watch and support these young athletes compete in the beautiful game!



## INDOOR TRIATHLON

This epic showdown is your ticket to push those limits and compete for the title of Beckley's Triathlon Speedster! Prepare to DIVE, SPIN, and DASH your way to glory!

## THANKSGIVING DAY RUN

Make it a family tradition and join us for our Annual Thanksgiving Day Run! This family fun event brings the entire family together to wobble before you gobble! 5 Mile Run & Walk as well as a 1 Mile Family Fun Run are available!

Bring your best Turkey outfit and strut your stuff across the finish line!



## FOLLOW US ON SOCIAL



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# WHY THE Y?

When kids participate in the life-changing programs offered by the Y, they're in for a lifetime of support and community in health, wellness and educational encouragement. Our programs are all-encompassing, for all abilities, to include spirit, mind and body for kids and their families at every point in their lives.

## AQUATICS



- The Y offers comprehensive and developmentally appropriate swim programs that teach youth how to skillfully and safely think and act in, on, and around water. Over 500 kids per year learn to swim.
- The Y leverages excitement and passion around recreational competitive swimming to create a healthy outlet for swimmers to gain new skills, and to develop a sense of team through the School Swim League with upwards of 100 swimmers competing.
- The Y offers lifeguard training to ensure the safety of youth throughout Southern West Virginia.

## CHILD CARE / EDUCATION



- The Y offers quality before and after school care in Raleigh County elementary schools. Upwards of 200 children are positively affected daily.
- The Y conducts Summer Day Camp to provide working parents with childcare during out of school time. The camp positively influences over 100 kids per day during that 10 week period.
- The Y provides its members Child Watch services to keep kids active while parents focus on their health. Kids Corner averages 30 children per day.

## YOUTH SPORTS



- The Y provides opportunities for kids to learn, grow and thrive through youth sports. Participation in these programs improve self confidence, increases self esteem, and improves physical condition.
- The importance of these programs in our area are proven by the participation numbers:
  - Over 1000 kids play soccer
  - Upwards of 300 play basketball
  - Over 200 play volleyball
  - Over 300 participate in youth sports camps



# NO PLACE

175<sup>YEAR</sup>  
ANNIVERSARY



## Like This Place

**YMCA of Southern West Virginia**

**121 E. Main Street**

**Beckley, WV 25801**

**[www.ymcaswv.com](http://www.ymcaswv.com) 304.252.0715**