the YMCA | 175 YEAR ANNIVERSARY



THE *Feel Good* PLACE

WINTER 2026–2027 | PROGRAM GUIDE

YMCA of South Hampton Roads
757-962-5555 ▶ ymcashr.org

No Place Like *This Place*™

JOIN US

Open Doors Eligible

IT ALL STARTS WITH MEMBERSHIP

Make this place your place to move, connect and be part of something bigger.
Your Y membership opens the door.

JUST ME

Go all in your way, with an individual membership. Whether you're here to lock in or link up, you'll get full access to fitness, classes and spaces to recharge, plus member savings on programs.

ME + ANOTHER

Better together with an Adult+1 membership. Share the Y with someone else from your household and double the motivation, plus get added perks like drop-in care for kids who are members and savings on programs for both of you.

I'LL BRING THE WHOLE FAMILY!

It's family time! One membership gives your household (up to 3 adults + all children) access to move, play and grow together, with something for every age and member savings along the way.

20 locations with fitness, pools & more | No contracts, no annual fees
Affordable membership options | Stop by your local Y or visit **JoinTheY.org** to get started.



OPEN DOORS

THE Meet You *Where You Are* PLACE

Throughout this guide you'll see Open Doors eligible tags on pages where assistance is available to make belonging possible for all.

Open Doors discounted rates are income-based, so cost won't stand between you and community.

- Confidential 2-minute application process
- Available for individuals and families
- Hear back in one business day

ymcashr.org/**opendoors**



A gift to the Y is a gift to your community!

More than 10,000 people reached out to the Y for financial assistance in 2026. The IMPACT Fund is 100% donor supported, and the need for assistance increases each year.

IMPACT FUND

DONATE HERE
ymcashr.org/**give**

Open Doors Eligible

SCHOOL-YEAR PROGRAMS

EARLY LEARNING & PRESCHOOL

Early Learning & Preschool is now available for children ages 1 to 5! We care for students in a safe, supportive environment and prepare them for kindergarten success and develop a love of learning. Explore care options at ymcashr.org/**early-learning**

SCHOOL'S OUT CAMP

When school is out, the Y is in! Kids spend school holidays having fun, playing games and sports and spending time with friends. See dates at ymcashr.org/**schools-out-camp**

BEFORE & AFTER SCHOOL CARE

The Y provides a safe and fun place for kids to go, so that parents can work or study. Kids get to choose how they spend their time before and after school, getting help with homework, playing active games and making friends. See schools we serve at ymcashr.org/**afterschool**





THE Play, Learn *and Grow* PLACE

ENROLL TODAY

Early Learning & Preschool for Ages 1 to 5

When it comes to giving your child the best start, there is no place like the Y. Through caring relationships and purposeful play, we help children build the confidence, curiosity and skills they need for kindergarten and beyond.

- **Safe and Secure:** Our centers are fully licensed and every educator passes a thorough background check.
- **Kindergarten Ready:** We use hands-on play, STEAM activities and reading to build the critical thinking and social skills your child needs for school.
- **Built for Busy Families:** We offer flexible schedules with plenty of active play to keep your child moving.

Early learning is available in Portsmouth and Virginia Beach.

YMCA of South Hampton Roads

757-962-5555 ▶ ymcashr.org/early-learning

Open Doors Eligible

TEEN PROGRAMS

LEADERS CLUB

Leaders Club is an active social and service club for teens ages 12 to 18 that prepares them for life after high school. Guided by a staff adviser, members build leadership skills through hands-on volunteer projects while staying active and connecting through fun group activities.
ymcashr.org/**leaders-club**

TEEN PASS

With a Teen Pass, teens who aren't Y members can enjoy the Y and participate in teen social and development experiences twice a month for just $10/month. Learn more at ymcashr.org/**teen-pass**

TEEN SOCIALS & EXPERIENCES

Twice a month, teens gather to have fun or try something new together.
ymcashr.org/**teen-activities**

THE BLOCK

The Block Community Cafe is a donor- and grant-funded teen initiative serving morning beverages while teaching business, customer service, and entrepreneurship. Run by teen attendants, proceeds support YMCA teen activities.
ymcashr.org/**theblock**



Open Doors Eligible

FAMILY TIME

MEMBERSHIP

With fitness programs, classes, swimming, childcare and a friendly community, there's nothing we can't do together at the Y. Membership includes discounts on most YMCA programs. Learn more at ymcashr.org/**membership**

RECREATIONAL ACTIVITIES

Holiday events like Cookies with Santa, Holly Jolly Family Fest, family craft and game nights, LEGO® and Pokémon® clubs and more are ways you can stay connected and have fun at the Y. Learn more at ymcashr.org/**family-fun**

PARENTS TIME OUT

Pamper yourself, run errands or just get a moment to yourself! Parents Time Out is a member-exclusive benefit and the most affordable babysitting program in the area. Save $10 per child on your first session each month. See dates at ymcashr.org/**pto**



Open Doors Eligible

WINTER SPORTS

REC SPORTS

At the Y, young athletes have the chance to try something new and learn to love a sport together with other children. Rec sports are led by sports directors with volunteer coaches.

WINTER LEAGUES – Winter rec sports leagues meet once a week to practice with games on Saturday (except ages 3 to 5, who practice right before their Saturday games).

GIRLS & COED BASKETBALL

Athletes ages 3 to 18 have a warm, supportive indoor space to learn the game, make friends and stay active all winter long. Basketball starts January 9.
ymcashr.org/**basketball**

INDOOR SOCCER & FUTSAL

Athletes ages 3 to 18 begin to develop and refine soccer skills and sportsmanship. Futsal starts January 13. Indoor Soccer starts January 16.
ymcashr.org/**futsal**

CHEER

Athletes ages 3 to 18 begin to develop and refine cheer skills and sportsmanship. Cheer starts January 9.
ymcashr.org/**cheer**



The Y also offers additional sports year round so that kids can try something new or grow their skills. Most additional sports meet once per week for four weeks and are offered monthly.

KARATE

Karate classes are offered monthly and consist of traditional forms of self-defense that use physical skill and coordination without weapons.
ymcashr.org/**martial-arts**

TUMBLING

Tumbling for ages 18 months to 5 years introduces kids to basic gymnastics skills through obstacle courses and stations.
ymcashr.org/**tumbling**

GYMNASTICS

Gymnastics for ages 5 to 8 teaches the basics, focusing first on the knowledge of the equipment and each athlete's comfort level.
ymcashr.org/**gymnastics**

SPORTS OF ALL SORTS

Sports of All Sorts is a fun collection of sports, ideal for little ones ages 2 to 5! Children will develop balance, agility, hand-eye coordination and confidence.
ymcashr.org/**sports-of-all-sorts**

SPORTS CLINICS

When sports are not in season, athletes ages 5 to 15 can continue improving their skills in monthly clinics.
ymcashr.org/**clinics**

GOLF

First Tee — Hampton Roads teaches life skills and character values for ages 5 to 17 through the game of golf.
firstteehamptonroads.org

YMCA COMPETITIVE SPORTS EST 2023

COMPETITIVE SPORTS – Rec+ competitive sports are for athletes who are ready to level up and play competitively. After tryout and selection, teams meet twice a week to practice with games once each week for eight weeks.

COMPETITIVE BASKETBALL

Athletes will showcase and develop their skills (ball handling, shooting, speed and agility, court awareness and more). Tryouts are in December.
ymcashr.org/**competitive-basketball**

SWIM TEAM

Experience the excitement of competitive swimming for ages 6 to 18 in a supportive and skill-building environment.
ymcashr.org/**swim-team**

ARTISTIC SWIMMING

Artistic swimming, formerly known as synchronized swimming, combines swimming, strength, flexibility and teamwork into a unique and expressive aquatic sport.
ymcashr.org/**artistic-swimming**

COMPETITIVE SOCCER

Athletes will showcase and develop their skills on the pitch (dribbling, passing and receiving, shooting, speed and agility and field vision). Tryouts for the spring season are held in February.
ymcashr.org/**competitive-soccer**

Open Doors Eligible

ADULT SPORTS

PICKUP BASKETBALL & OPEN GYM

Open-court play for members of all skill levels. Drop in, form teams on the spot and enjoy friendly, self-officiated games. Find schedules on the YMCA Pulse app or at ymcashr.org/**calendar**

GOLF LESSONS

Lessons are available for beginner and intermediate golfers at First Tee — Hampton Roads. Each class will focus on specific aspects of the game to improve your handicap. Learn more and register at **FirstTeeHamptonRoads.org**

RACQUETBALL

Courts are available at several YMCA locations for drop-in play. Reservations and leagues for ages 18+ are also available at the Blocker Norfolk Family YMCA. Download our app to make your reservation or sign up for a league at ymcashr.org/**racquetball**.

PICKLEBALL

Easy to learn, fun to play and a great workout! Whether you're a seasoned dinker or picking up a paddle for the first time, pickleball offers a fun, social environment for players of all levels. Find pickleball schedules at ymcashr.org/**calendar**



Open Doors Eligible

SAFE IN THE WATER

WATER SAFETY PROGRAMS

Safety Around Water teaches kids basic water safety skills that help reduce the risk of drowning and build their confidence in and around water.

SWIM LESSONS

As the largest provider of swim lessons and water safety programs in the United States, the Y helps swimmers of all ages build confidence and develop essential skills in the water. From infants and toddlers with their parents to preschoolers, school-age children, teens and adults, our six-week swim lesson sessions offer opportunities to learn and grow at every skill level.

See all swimming programs at ymcashr.org/swimming

FAMILY & OPEN SWIM

Family and open swim times are the perfect opportunities for children to gain swimming strength and endurance while playing with family in the pool and for adults to relax and have fun in the water. See schedules at ymcashr.org/**calendar** or download the YMCA Pulse app (see pg 15).

SWIM TEAM

Experience the excitement of competitive swimming for ages 6 to 18 in a supportive and skill-building environment.

ARTISTIC SWIMMING

Artistic swimming, formerly known as synchronized swimming, combines swimming, strength, flexibility and teamwork into a unique and expressive aquatic sport.



Open Doors Eligible

FEELING GREAT NEVER GETS OLD

The Y's not just for kids! Programs and activities for adults age 55+ help you stay active and connected to your community.



Wellness Plans



Arts & Crafts



Field Trips



Fitness Classes



Lunch & Learn



Game Days



Adult Sports



Book Clubs



Social Events



Volunteering

Activities vary by location.
See the calendar at
ymcashr.org/senior-activities

Open Doors Eligible

FEEL GOOD

FITNESS CLASSES

From high-energy cardio and strength training to yoga, Pilates and water exercise, fitness classes support the way you want to move today and how you want to feel tomorrow. See the schedule at ymcashr.org/**calendar** or download the YMCA Pulse app (see pg 15).

PERSONAL TRAINING

Work one-on-one or in a small group with your trainer, who will develop a plan and lead you through supervised workouts tailored to help you maximize your fitness. Get started at ymcashr.org/**personal-training**

REGYMEN FITNESS

Reach your goals faster than going it alone. REGYMEN Fitness workouts offer an interval training style workout where time flies and calories burn. Learn more at ymcashr.org/**regymen**

INBODY

Understand your body beyond the scale. InBody composition scanners provide a comprehensive breakdown of your body composition through noninvasive technology. Learn more at ymcashr.org/**inbody**

VIRTUAL Y

Stay active any time, anywhere with a library of over 900 on-demand workouts. Plus, find activities for kids, including fitness, music, art and science. Virtual Y access is included in YMCA membership and available on its own. Visit ymcashr.org/**virtual-y** to see the content.



MANAGING YOUR YMCA ACCOUNT

With your YMCA account, you can reserve fitness classes and lap swimming and register for programs like sports, swim lessons, summer camp and personal training. To access the registration system, visit **ymcashr.org/login**

CREATING AN ACCOUNT

1. Visit **ymcashr.org/login**
2. If you've ever participated in a YMCA program, click **Search for my account** and enter your email address. If your email address has changed, please contact us at **ymcashr.org** or (757) 962-5555.
3. If you've never participated in a YMCA program, click the Create new button, then fill out the form to set up your account.
4. Once you've created your account, click **My Account ▾** from the upper right corner, then **My Family** to add family members to your account. Because this system registers the person who will participate, your children and family members must be added before they can register.

MAKING RESERVATIONS

1. Visit **ymcashr.org/calendar**
2. Filter to the activities that interest you. You can filter by:
   - YMCA Branch
   - Room location
   - Time of day
   - Class or activity dates
   - Category
   - Instructor
   - Class or activity name
3. When you've found the activity you want to reserve, log in.
4. Click the name of the member(s) who will have a reservation.
5. Drop-in activities like open swim and open gym do not have reservations, but are also listed on the calendar.

FINDING PROGRAMS

SHOPPING BY TYPE

The YMCA organizes programs by type. For example, all swimming programs are grouped and all childcare programs are grouped.

1. From the top left, click **Shop by Type ▾** and select the type of program you're interested in. You can then use filters to select locations, categories, times of day, dates and more.

USING THE SEARCH BAR



You can use the text search to find programs with a name or tag that matches your text.

SHOPPING BY MEMBER

When you log in, you can search for programs by a specific family member on your account or you can search for programs for all family members. If you don't see the program you think you should, check who is selected in the **Shopping For** yellow box.



ADDING PROGRAMS TO YOUR CART

If you're registering multiple family members for a specific program, you can add programs to your cart from the list of programs.

1. You'll click the + Select button. Only family members whose ages match the program's age requirement will display.
2. Check the box to the left of the family member's name and then click + Add to Cart.
3. When you've finished adding programs to your cart, you'll click the shopping cart icon from the upper right corner of your screen to begin checkout.

REQUIRED FORMS

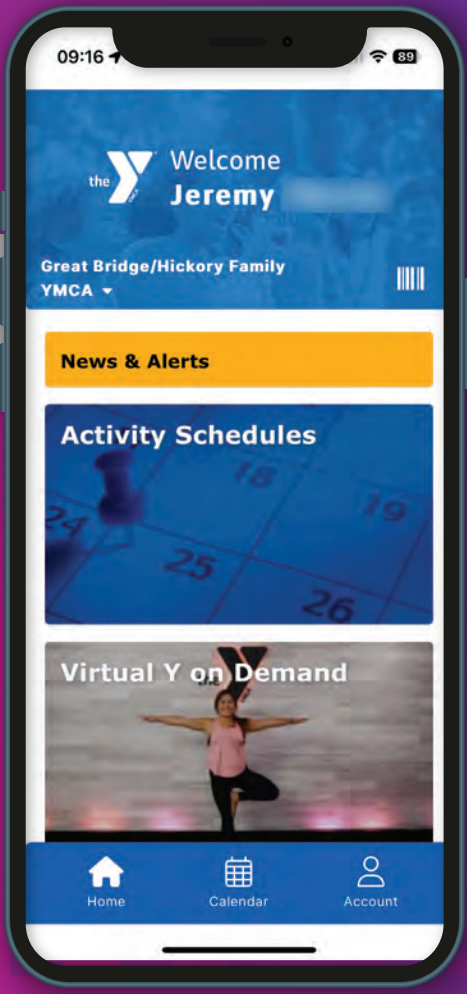
Sometimes we need more information or we need waivers signed to complete registration. In those cases, a form will attach to your program in the shopping cart. You'll see a red symbol when a form is required but is incomplete. Click the form name to complete all required information.

A complete listing of YMCA rules, policies and guidelines can be found online at ymcashr.org/**policies**

YMCA PULSE

DOWNLOAD THE YMCA PULSE APP

- Secure login using your YMCA account email and password
- Easy-to-use activity schedules and reservations
- Manage your YMCA account directly in the app
- News, notifications and special offers



Search for **YMCA PULSE** in the app store.

GET IT ON Google Play

Download on the App Store



See all locations at ymcashr.org/**locations**

YMCA OF SOUTH HAMPTON ROADS
P (757) 962–5555 **W** ymcashr.org