



THE
Busy Kids & *Happy Families*
PLACE

SUMMER 2026

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.

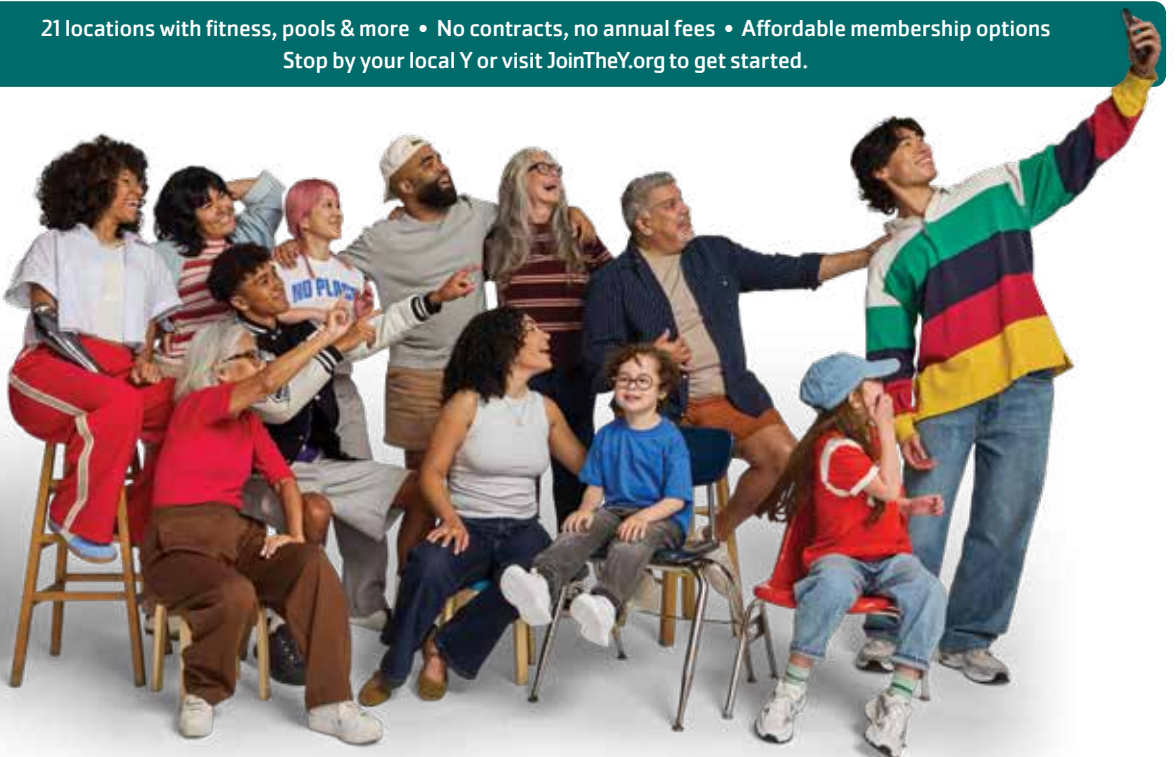
I'LL BRING THE WHOLE FAMILY!

Bring everyone. One membership gives your whole household access to move, play, and grow together, with something for every age and member savings along the way.

SUMMER IS FOR TEENS

School's out, the Y is in. From June 1–August 31, teens can stay active, hang out, and try something new with a free summer membership, made possible by generous donors. Learn more at ymcashr.org/sponsor-a-teen

21 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.



SAFE IN THE WATER

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 page 2).

SWIM LESSONS

From group lessons for ages 6 weeks and older to private lessons with one-on-one instruction, you can learn to swim at the Y.

SWIM TEAM

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

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.

See all swimming programs at ymcashr.org/swimming



SUMMER SPORTS

At the Y, young athletes have the chance to try something new and learn the game together, side by side.

Summer league sports include:

BASKETBALL

Ages 3–18 • Starts June 6

CHEER

Ages 3–18 • Starts June 6

T-BALL

Ages 3–18 • Starts June 6

VOLLEYBALL

Ages 9–18 • Starts August 10

Tumbling, martial arts and Sports of All Sorts **monthly sessions** are also available. See all sports at ymcashr.org/sports



CAMP

Open Doors Eligible

FUN DAYS & BEST FRIENDS

DAY CAMP AT THE Y

Kids ages 5–12 will make new friends and have tons of fun as they explore new adventures every day.

OUTDOOR ADVENTURE CAMP

Kids ages 5–14 make friends in fun activities like archery, climbing, swimming and arts & crafts in beautiful outdoor settings.

GOLF CAMP

Kids ages 5–15 participate in fun camp activities and learn and develop their golf skills at First Tee — Hampton Roads camps.

OVERNIGHT CAMP

Kids ages 8–16 build a sense of community and independence at YMCA Camp Silver Beach on the Chesapeake Bay through land activities like climbing, skateboarding and sports, and water activities like swimming, sailing and tubing.

Explore summer camp options at ymcashr.org/camp



SCHOOL-YEAR PROGRAMS

EARLY LEARNING

Early Learning programs are expanding to ages 1–5! Our program cares for students in a safe, supportive environment and prepares them for kindergarten success and a love of learning. Explore early learning options at ymcashr.org/earlylearning

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



FAMILY TIME

MEMBERSHIP

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

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/child every month off your first session. See dates at ymcashr.org/pto

RECREATIONAL ACTIVITIES

Family craft and game nights, LEGO® and Pokemon® clubs and more are available at the Y. Learn more at ymcashr.org/family-fun



WELLNESS

STAYING FIT

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 page 7).

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 non-invasive technology. Learn more at ymcashr.org/inbody



FEELING GREAT NEVER GETS OLD

The Y's not just for kids! Programs and activities for adults age 50+ 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



THE Meet You Where *You Are* PLACE

Open Doors discounted rates are income-based, so cost doesn'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!

In 2025, donations to the Impact Fund helped provide Open Doors assistance to 10,985 people, allowing them to have access to the Y and live healthier lives.

IMPACT FUND




DONATE HERE
ymcashr.org/give


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 have ever participated in a YMCA program, you may already have an account. 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 have never participated in a YMCA program, click the  button, then fill out the form to set up your account.
4. Once you have 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 will not have reservations. You can find these on the calendar too.

FINDING PROGRAMS

SHOPPING BY TYPE

The YMCA organizes programs by type. For example, all swimming programs are grouped and all child care 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. This looks for programs with a name or tag that matches your search 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  button. Only family members whose age match the program's age requirement will display.
2. Check the box to the left of the family member's name and then click .
3. When you've finished adding programs to your cart, you'll click the  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

NO PLACE



Like *This Place*

- FULL FACILITY YMCA
- DAY OR OVERNIGHT CAMP
- EARLY LEARNING CENTER
- FIRST TEE LOCATION



**DOWNLOAD
THE YMCA
PULSE APP**

- Fitness Classes
- Pool Schedules
- Teen, Family & Senior Activities

Search for **YMCA PULSE**
on your app store.



See all locations at ymcashr.org/locations

YMCA OF SOUTH HAMPTON ROADS

P (757) 962-5555 W ymcashr.org