

FITNESS & WELLNESS PROGRAMS

The Carl Chavis YMCA is committed to providing the highest quality fitness programs available. We offer state-of-the-art equipment and a comprehensive approach to improving and maintaining your physical well being. The Carl Chavis YMCA has a full range of activities and programs designed to meet you at every level. Members can meet one-on-one with a health professional to plan a healthy lifestyle; participate in seminars on the latest issues in wellness; or jump into a group exercise class for instant rejuvenation. We have a program for everyone.

INTRODUCTION TO YMCA FITNESS:

Fitness Staff will introduce new members to the weight and cardio rooms. Four sessions include body fat analysis; proper technique for lifting weights; and proper use of all cardio equipment.

Fee: Free to members **Time:** Monday-Friday by appointment only.

PERSONAL TRAINING

Personal trainers will set individualized programs geared to work towards fitness goals. Includes complete body fat analysis, cardiovascular training, muscular strength training, flexibility training
Fee: \$30 per hour (A service to YMCA members ONLY)

YMCA FIT TEENS EXERCISE PROGRAM (AGES 7-18):

This year-round program teaches youth the skills and proper techniques to start and maintain a lifetime of healthy fitness. This program will instruct and introduce youth to fitness and exercise as well as weightlifting.

Time: 6:00PM-7:00PM Tuesday/Thursday

Fee: \$10 YMCA member \$20 non-member

YMCA FITNESS FOR YOUTH PROGRAM

The YMCA Fitness for Youth Program is a fun way to teach kids how to fight childhood obesity and live a healthy lifestyle through different games and physical activities.

Time: 6:00PM – 6:45PM **Monday**

YMCA AEROBICS

Aerobic programs at Carl Chavis YMCA include, Kettlebells, Zumba, Body Bar, Flex-N-Pump and Combo Aerobics. Classes are held Monday-Thursday. Call for times or visit www.hpymca.org/chavis.



the

YMCA

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Carl Chavis Memorial Branch YMCA
2757 Granville Street · High Point, NC 27263
(336) 434-4000 · www.hpymca.org/chavis



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You'll find it at our "Y"!

- ❖ Fitness Programs for Adults & Youth
- ❖ Before/After School Programs
- ❖ Summer Camps
- ❖ Enrichment Programs
- ❖ Sports Programs for Adults & Youths

BRANCH INFORMATION

Our Mission: To put Christian principles into practice through programs that build healthy spirits, minds, and bodies.

Building Hours:

Monday – Thursday 7:00AM-9:00PM
 Friday 7:00AM-6:00PM
 Saturday 8:00AM-1:00PM
 Sunday 1:00PM-5:00PM

The YMCA will be closed on all major holidays. Certain areas of the facility will be closed for special events. **If you are interested in room rental, please call 434-4000.**

Staff:

J. Carlvena Foster, Executive Director (ext. 24)
 Patricia Miller, Child Care Director (434-5440)
 Pamela Holley-Bright, Program Director (ext 30)

CHRISTIAN EMPHASIS (all ages)

Moments of Faith. Noon Day Bible Study for spiritual uplifting.

SPECIAL EVENTS

November: Ladies Night Out
 January: MLK, Jr. Parade & Birthday Celebration
 April: Minority Achiever's College Tour
 June: Juneteenth Celebration



YOUTH PROGRAMS



YMCA AFTER-SCHOOL PROGRAMS (GRADES PRE-K – 5)

Homework assistance, youth fitness, and enrichment programs available to participants. **Fee:** \$40 week (K-5)

YMCA SUMMER CAMPS (JUNE – AUGUST)

Summer Adventure Camp (ages 5-13): Focus on sports, adventure activities and recreation. Location: Carl Chavis YMCA site. \$50 week

MINORITY ACHIEVERS PROGRAM (GRADES 9-12)

Program focus: setting high educational and career goals for students. Program meets 1 to 2 times a month. Activities include career clusters, business tours, college tours, and enrichment activities.

TEEN CENTER (GRADES 6-12)

The center offers music, games, videos, computers, video games and karaoke. Center is open Monday, Tuesday & Thursday (6:00-8:00PM).

OUT OF SCHOOL SUSPENSION (MIDDLE & HIGH SCHOOL)

Program is open to Guilford County middle and high school students suspended up to 10 days. Program operates on school schedule. Monday-Friday 8:30am-2:00pm.

YOUTH CHEERLEADING (GIRLS AGES 5 AND UP)

This is a seasonal program that provides basic techniques for all ages.

YOUTH OPEN GYM (17 & UNDER)

Monday, Tuesday & Thursday 5:30-7:30PM
 Fee: Free to members

****Scholarship assistance is available for all programs.****

SPORTS PROGRAMS

Carl Chavis YMCA Youth Sports Programs teaches self-esteem and values that carry over into everyday lives. Our leagues provide learning opportunities in a fun, caring and safe environment. Emphasis is placed on the fundamentals of physical fitness, self-confidence and character development.

Youth Basketball

Fall season starts in December
 Summer season starts in June

Youth Soccer

Fall season starts in August
 Spring season starts in April

Youth Flag Football

Fall season starts in September
 Spring season starts in May

Soccer Instructional Clinic (ages 7-15)

Clinic starts in June

Basketball Instructional Clinic (ages 7-15)

Clinic starts in June.



ADULT PROGRAMS

Senior Day

Seniors meet at the Carl Chavis YMCA site for activities the 2nd Wednesday of each month. Activities include BINGO, arts & crafts and fitness.

She's Got My Back (women ages 18 & up)

Women's group that introduces various topics and speakers.

ADULT ONLY PROGRAMS (Free for members only):

Join us for fun & fitness including adult basketball & flag football!

Monday	Tuesday	Wednesday	Thursday	Friday
Y-Walkers 12-1pm	Y-Walkers 12-1pm	Senior Day 2 nd Wed, each month	Y-Walkers 12-1pm	
Lunchtime Basketball 12:30 – 2:00	Lunchtime Basketball 12:30 – 2:00	Lunchtime Basketball 12:30 – 2:00	Lunchtime Basketball 12:30 – 2:00	Lunchtime Basketball 12:30 – 2:00
Open Gym 5:30-8:45pm	Open Gym 5:30-8:45pm		Open Gym 5:30-8:45pm	

