



YOUTH PROGRAM GUIDE



YMCA OF GREENSBORO
REGISTER ONLINE: ymcagreensboro.org

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MEMBERSHIP



Join the Y!

When you join the YMCA, you become part of our family. A YMCA membership is your community connection to feeling great through programs that support youth development, healthy living, and social responsibility. The Y is one place where all people truly belong.

MEMBERSHIP BENEFITS

- Access to eight YMCA facilities across Guilford and Rockingham counties, including YMCA Camp Weaver
- Enjoy our branch amenities such as fitness centers, wellness centers, swimming pools, basketball courts and more!
- Visit YMCAs nationwide!
- Free group exercise classes
- Take the Y wherever you go with YMCA 360 — an on-demand streaming service
- Special member discounts on programs, sports, camp and youth activities
- Onsite childcare while you exercise at select branches
- Personal training

The Y offers programming for individuals in all stages of life — from youth to active older adults.



FINANCIAL ASSISTANCE



The Y is for all. Everyone belongs at the Y, regardless of ability to pay. We are committed to ensuring that every community member has access to our Ys. Our Financial Assistance program enables all individuals and families to become active members and participants at a rate that fits their budgets. This program is possible thanks to the many generous donors who support the YMCA's Annual Campaign —100% of donations made to the Y help support kids, adults and families in our communities.

To apply for financial assistance, please visit our website or scan the QR code below. Once an application is submitted we will process it and contact you about your rate.

APPLY HERE



BE PART OF THE CAUSE

You can make a difference in the community in many ways!

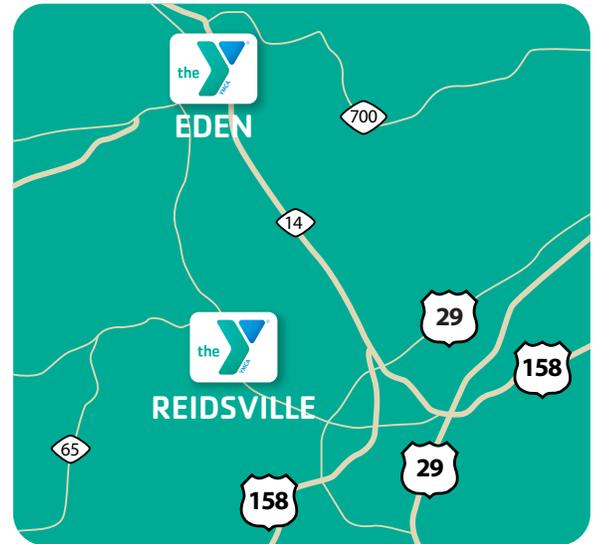
- Volunteer with the Y
- Give to the Y
- Sponsor a program or sport
- Be a Y advocate by raising funds
- And more!

For more information about getting involved at the Y, contact Jennifer Criscuolo at jennifer.criscuolo@ymcagreensboro.org or call (336) 854-8410.

GIVE TODAY!



LOCATIONS



The YMCA of Greensboro offers youth programming throughout its seven branch locations and YMCA Camp Weaver.

	Bryan	Eden	Hayes-Taylor	Ragsdale	Reidsville	Spears	Stoney Creek	YMCA Camp Weaver
Youth Sports	✓	✓	✓	✓	✓	✓		
Swim Lessons	✓	✓	✓	✓	✓	✓		
Swim Team	✓	✓	✓	✓		✓		
Afterschool	✓	✓	✓	✓	✓	✓		
Preschool			✓					
STEM Activities	✓	✓	✓	✓	✓	✓		✓
Summer Camp	✓	✓	✓	✓	✓	✓		✓
Teen Programs			✓		✓			✓

*STEM activities are built into the afterschool and summer camp curriculum.

CONTACT INFO



BRANCH CONTACTS

Bryan YMCA • (336) 478-9622 • 501 W Market Street, Greensboro, NC 27401

Corporate Office: (336) 854-8410 • 620 Green Valley Road, Suite 210, Greensboro, NC 27408

Eden YMCA: (336) 623-8496 • 301 S. Kennedy Street, Eden, NC 27288

Hayes-Taylor YMCA: (336) 272-2131 • 2630 E. Florida Street, Greensboro, NC 27401

Ragsdale YMCA: (336) 882-9622 • 900 Bonner Drive, Jamestown, NC 27282

Reidsville YMCA: (336) 342-3307 • 504 S Main Street, Reidsville, NC 27320

Spears YMCA: (336) 387-9622 • 3216 Horse Pen Creek Road, Greensboro, NC 27410

Stoney Creek YMCA: (336) 449-3222 • 954 D Golf House Road West, Whitsett, NC 27377

YMCA Camp Weaver: (336) 697-0525 • 4924 Tapawingo Trail, Greensboro, NC 27406



VISIT US ONLINE

Facebook: @YMCAofGreensboro

Instagram: @ymcagreensboro

Twitter: @ymcagreensboro

LinkedIn: ymca-of-greensboro

Website: ymcagreensboro.org

At the Y, your child's safety is our top priority. Every staff member and volunteer completes a background check, sex offender check and extensive training on safety, child abuse, CPR and first aid annually. Parents and guardians trust us with their children and we don't take that responsibility lightly. The Y is here to serve you and your child.

YOUTH SPORTS



BASKETBALL

Learn basketball where it was invented — the Y! Our basketball program is suitable for every athlete, regardless of skill level. Players will learn the fundamental skills of ball handling, passing, dribbling, and more.

AGES: Co-ed, ages 3-18 (varies by branch)

SEASON: Summer, Winter

BRANCHES: Bryan, Eden, Hayes-Taylor, Ragsdale, Reidsville, Spears

FEES: Please see website for rates.



FLAG FOOTBALL

Flag Football is a fun non-physical approach to the game of football, designed so that players can enjoy the sport without worrying about injuring themselves due to contact.

AGES: Co-ed, ages 5-13

SEASON: Spring, Fall

BRANCHES: Bryan, Hayes-Taylor, Ragsdale, Spears

FEES: Please see website for rates.



SOCCER

Soccer develops agility and teaches children the importance of teamwork. Playing with a soccer team develops a child's ability to cooperate and interact with other children.

AGES: Co-ed, ages 3-18 (varies by branch)

SEASON: Spring, Fall, Winter (Eden and Reidsville)

BRANCHES: Bryan, Eden, Hayes-Taylor, Ragsdale, Reidsville, Spears

FEES: Please see website for rates.



TAE KWON DO

Through our Tae Kwon Do program, participants will learn self-discipline, confidence, respect and so much more! This martial art is for all ages and abilities.

AGES: Co-ed, ages 4-17

SEASON: Class times vary. Please see website for schedule.

BRANCHES: Hayes-Taylor, Ragsdale, Reidsville, Spears

FEES: Please see website for rates.



T-BALL/BASEBALL

In our T-ball/baseball program, kids will develop new skills, gain confidence and make new friends. Our baseball leagues emphasize teamwork and sportsmanship, while encouraging kids to be active and have fun!

AGES: Co-ed, ages 4-11 (varies by branch)

SEASON: Spring, Summer, Fall

BRANCHES: Eden, Hayes-Taylor, Ragsdale, Spears

FEES: Please see website for rates.

TENNIS

Our youth tennis program focuses on skill development and teamwork while promoting healthy competition and having fun! Players practice hand-eye coordination while improving their balance, mobility and strength.

AGES: Co-ed, ages 7-17

SEASON: Spring, Summer, Fall

BRANCHES: Eden

FEES: Please see website for rates.



YOUTH SPORTS



VOLLEYBALL

Volleyball is an incredibly fun aerobic way to exercise. Practicing this sport is a full-body workout proven to relieve stress, improve speed, tone muscles and maintain a healthy metabolism.

AGES: Co-ed, 3rd through 12th grade

SEASON: Spring, Fall

BRANCHES: Ragsdale, Spears

FEES: Please see website for rates.

SPORTS CAMPS

The YMCA of Greensboro's sports camps focus on drills and skill development, with an emphasis on character development. Participants have fun in a safe learning environment that encourages teamwork and a sense of belonging.

AGES: Co-ed, ages 3-15

SEASON: Summer, Winter

BRANCHES: Bryan, Eden, Hayes-Taylor, Ragsdale, Reidsville, Spears

FEES: Please see website for rates.



SWIM LESSONS



At the Y, we believe that swimming is a life skill. Our private and group swimming lessons fit any swimmer's ability or comfort level, and are available for everyone starting at 6 months! Anyone can learn this critical life skill in a student-centered, flexible environment, no matter their age. Our swim lessons are inclusive and adapt to individual needs.

With a focus on water safety and skill development, we cultivate a safe, nurturing place to learn to swim while also having fun!



SWIM LESSONS DETAILS

Swim lesson registration can be found on our website. The Y offers swim lessons for all ages and abilities in a variety of formats. Formats include group, private, and diverse abilities swim lessons.

AGES: Year-Round, 6 months and up

BRANCHES: Bryan, Eden, Hayes-Taylor, Ragsdale, Reidsville, Spears

FEES: Please see website for rates.



SWIM TEAM



Enjoy swimming while competing and building skills and endurance. Swimming is a true lifelong sport and becoming part of one of our teams can guide you through learning to swim faster and with a better technique.



SWIM TEAM DETAILS

Swim team registration can be found on our website.

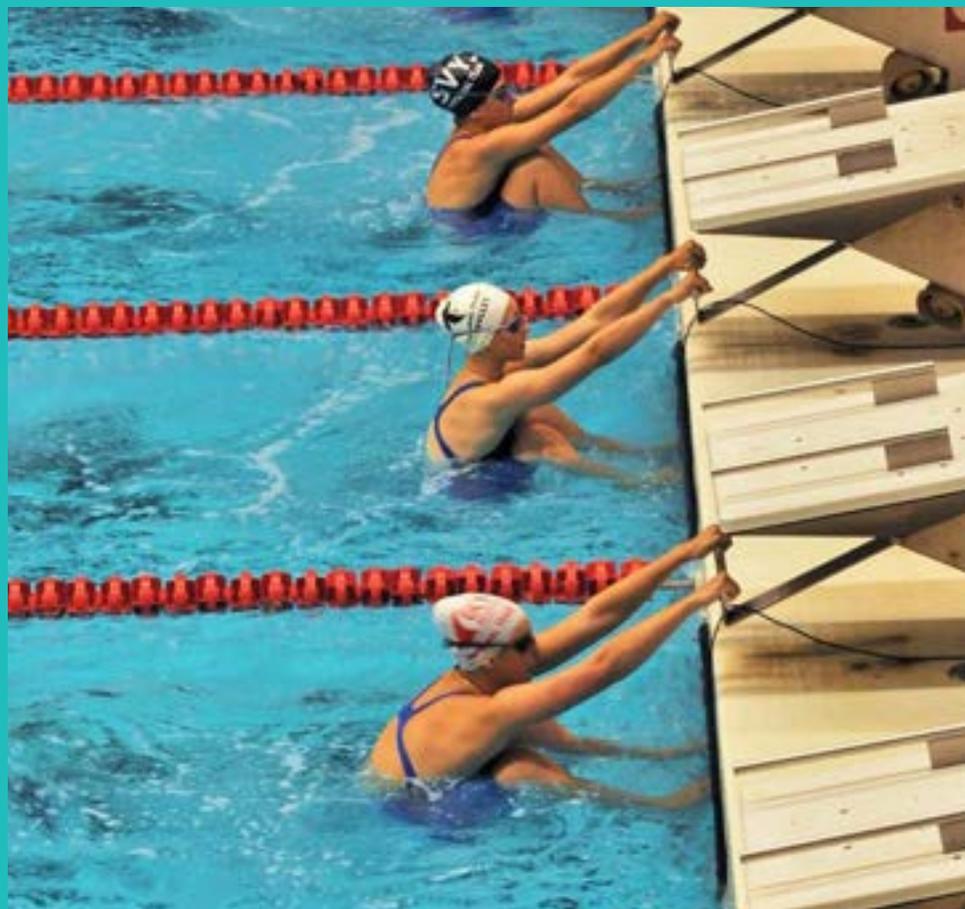
AGES: Co-ed, ages 4-18

BRANCHES: Bryan, Eden, Hayes-Taylor, Ragsdale, Spears

TEAMS:

- Purple Penguins (Eden YMCA)
- GCY Makos (Greensboro Community YMCA Swim Team)
- Porpoise Club (Competitive Swim Training Program; Ragsdale YMCA)

FEES: Please see website for rates.



AFTERSCHOOL



Excel after the bell! The Y has worked in the childcare and afterschool space for years, and our holistic approach helps children improve their study habits and reading skills, build healthy eating and physical activity habits, and gain exposure to the arts, STEM (science, technology, engineering and math), global learning and more.

Afterschool programs can turn the hours after school into a productive learning time and make learning fun. We are willing and confident in our ability to provide safety and supervision to help children continue to learn, grow and thrive.



AFTERSCHOOL OFFERINGS

We offer member discounts on afterschool care and offer two options for care for children in Kindergarten through Middle School.

All-day childcare programs are available at some locations when Guilford County Schools and Rockingham County Schools are closed for teacher workdays.

The Y provides afterschool and teacher workday childcare Monday-Friday. Please contact the branch about dates.

AGES: Kindergarten through Middle School

SEASON: Academic Year

BRANCHES: Bryan, Eden, Hayes-Taylor, Ragsdale, Reidsville, Spears

FEES: Please see website for rates.



PRESCHOOL



At the YMCA of Greensboro, we're building bright futures! The Hayes-Taylor YMCA's 5-Star licensed childcare program provides a safe, nurturing and stimulating environment that allows every child to flourish. Our knowledgeable teachers teach the core character development traits of the YMCA: caring, honesty, respect and responsibility.

Our preschool program offers a variety of programs such as swimming, music, creative movement and computer skills, while emphasizing social skills such as sharing, fair play, and getting along with others. Through quality teaching, learning and programming, your child will become a lifelong, enthusiastic learner!



PRESCHOOL DETAILS

STRUCTURE:

- Provides learning opportunities and a variety of programs such as swimming, music, creative movement, computer skills and free play.
- Emphasizes social skills such as sharing, fair play, and getting along with others.
- Ensures Kindergarten preparation.
- Customizes programs to meet the needs of each individual child.
- Maintains a low child-to-staff ratio.
- Provides nutritional snacks and hot meals.
- Encourages parental involvement.

HOURS: Monday-Friday 7am-5:30pm, year-round

BRANCHES: Hayes-Taylor

FEES:

- Registration Fee: \$50
- Weekly Fee: \$190 (age 12 months to age 2); \$180 (ages 3-5 years)



SPECIALTY PROGRAMS



Our variety of **Specialty Programs** provide youth with a well-rounded foundation of skills to improve their lives. Our STEM offerings help participants understand a wide range of concepts, and FITting Another Piece in the Puzzle welcomes youth and teens on the autism spectrum for a program full of fitness and fun.

CHESS CLUB

Our Chess Club allows youth and adults to play and practice their chess skills to improve their strategy and critical thinking, all in a fun and friendly environment. More details to come!

AGES: 5 and up

BRANCHES: Hayes-Taylor



BEGINNER CHESS CLASS

Improve critical thinking, problem-solving, and mathematical and reading ability by learning the game of chess! Enjoy the game for recreational purposes or to enter chess as a competitive sport with opportunities to compete in scholastic and United States Chess Federation competitions. Participants will become acquainted with the basic elements of the game, how pieces move, rules of capture, basic combinations, elementary strategy, and checkmate.

AGES: Ages 7-14

BRANCHES: Spears

FEES: \$35 YMCA Member, \$50 Non-Member



AUTISM PROGRAM FITTING ANOTHER PIECE IN THE PUZZLE

Program promotes exercise and social skills for youth and teens on the autism spectrum. The program is led by UNCG students and founded and funded by the David and Donna Griffin foundation.

AGES: 2nd through 6th grade and up

BRANCHES: Ragsdale

CONTACT: Marlee Rindal at marlee.rindal@ymcagreensboro.org.



SUMMER CAMP

Have the best summer ever at the Y! Summer camps at the YMCA of Greensboro feature fun, engaging, character-building activities like field trips, arts projects, STEM games, sports, cooking, swimming and more.

Your child will have an amazing experience and build lifelong connections at any of our YMCA camp locations — all in a safe, inclusive and nurturing environment. Plus, YMCA Camp Weaver offers day camp as well as overnight options for the ultimate summer camp experience!



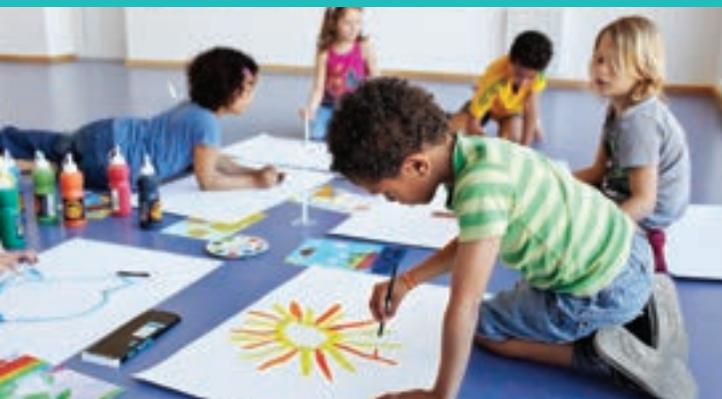
SUMMER DAY CAMP

AGES: 1st through 9th grade (varies by branch)

BRANCHES: Bryan, Eden, Hayes-Taylor, Ragsdale, Reidsville, Spears, YMCA Camp Weaver

CAMP DATES: June through August

FEES: Please see website for rates.





YMCA CAMP WEAVER

YMCA Camp Weaver is an American Camp Association accredited resident camp facility that provides the highest quality camp experiences that result in increased self-confidence to take on the challenges of life and school. A Triad Moms on Main Choice Award winner, YMCA Camp Weaver offers overnight and day camps during the summer and hosts a variety of conferences, retreats and outdoor education opportunities.

AGES: 1st through 11th grade

LOCATION: YMCA Camp Weaver

CAMP DATES: Spring, Fall, Summer, Winter

FEES: Please see website for rates.



TEEN PROGRAMS

Give your teen a leap forward! The YMCA of Greensboro is building future leaders. We help pave the path toward your teen's future with skill-building programs like the YMCA of Greensboro Achievers and Y Leaders. Teens develop skills and learn concepts beneficial for both personal and professional development, preparing them for their careers, college, or wherever their path leads!

YMCA OF GREENSBORO ACHIEVERS

The YMCA of Greensboro Achievers is a teen mentoring and college readiness program, incorporating teen-focused leadership curriculum from the world-renowned Center for Creative Leadership in Greensboro, North Carolina. Data-driven and strategically designed to develop individual talents and leadership skills, the program works to prepare teens for life beyond high school. With a focus on 8th-12th graders, the goal of the Achievers is to support high school graduation, prepare teens for college and begin exploring career possibilities.

AGES: 8th-12th graders

SEASON: During the academic year

BRANCHES: Hayes-Taylor

ACTIVITIES INCLUDE:

- Teen Internships
- Leadership & Mentoring
- Drone Flight Experience
- SAT Preparation
- College Tours
- Future Summit

CRITERIA AND ENROLLMENT:

Youth must be in grades eight through twelve to enroll. There are no scholastic requirements to enroll. Enrollment is held June through September. Application must be returned to Hayes-Taylor. Parent signatures are needed, and report card is required for confidential data-tracking purposes.

FEES:

- Registration Fee: \$50
- You must complete and submit two forms to finalize registration. If you have questions, please contact achievers@ymcagreensboro.org.





Y LEADERS

Y Leaders is a volunteer and service club for teens ages 11-17, located at the Bryan and Hayes-Taylor YMCAs. The program meets weekly to volunteer, socialize, and better the Greensboro community! Weekly meetings consist of service projects, conversations with other leaders in our community, and opportunities for fun and fellowship.

The Y Leaders program helps participants prepare to solve community problems and enhances civic participation while improving leadership skills and goal-setting.

AGES: Ages 11-17

BRANCHES: Bryan, Hayes-Taylor

CONTACT:

- Bryan YMCA: James Wright at james.wright@ymcagreensboro.org or (336) 478-9634.
- Hayes-Taylor YMCA: Eric Graves at eric.graves@ymcagreensboro.org or (336) 272-2131.



TEEN PROGRAMS

TEENS IN ACTION

Teens in Action is a volunteer program for teens ages 13-16 years. Program participants will have the opportunity to volunteer with the YMCA Summer Day Camp program, shadowing various full-time YMCA directors, working as a team to create activities for summer youth to participate in, and taking part in personal development electives. These electives include CPR/First Aid training, reading and writing, sports, and so much more! Plus, participants will receive a FREE Teen Membership throughout the program.

AGES: Ages 13-16

SEASON: Summer

BRANCHES: Reidsville

ACTIVITIES INCLUDE:

- Shadowing instructors
- Creating activities for summer youth
- Personal development electives like CPR/First Aid
- Sports
- Reading and writing
- And more!





YOUTH AND GOVERNMENT

Youth and Government is a national YMCA program for high school students that provides “hands-on” leadership experience in state government. Our goal is to empower teens to learn how to make an impact on their community. Youth and Government, or YAG, is a great fit for teens who want to see and enact change in the world or meet more people and have fun! In addition to looking great on a resume, Youth and Government teaches critical thinking skills, networking skills, teamwork, and strives to build self-esteem.

With many opportunities to grow within the program, students can serve as legislators, attorneys, judges, lobbyists, budget analysts, journalists, photographers, and more. By allowing teens to become decision makers, teens not only learn how the world around them works, but also how to make a real difference.

AGES: High school students in grades 10-12

CRITERIA AND ENROLLMENT:

Held annually in February, this conference brings students together from across the state to experience the governmental process first-hand through a youth-run and youth-led model. During this weekend experience, students participate as legislative, judicial or media delegates. Students will meet in person at the Hayes-Taylor YMCA for orientation.

FEES:

- Registration Fee: \$50

CONTACT:

Eric Graves at eric.graves@ymcagreensboro.org or (336) 272-2131.



**SCAN HERE
TO REGISTER**



TEEN PROGRAMS



FITQUEST

Not sure where to start your fitness journey? Our Wellness Center is fully equipped with a wide variety of cardio and strength training equipment. Need help getting started? FitQuests are 3 free 30-minute sessions for members ages 14 and over.

During a FitQuest, you will be shown how to operate the cardiovascular and strength training equipment. We will help develop a personalized workout plan to help you reach your goals!

Register at the front desk or by calling your branch.

AGES: 14 and up



TEEN FITNESS CERTIFICATION

Our Teen Fitness Certification teaches youth and teens how to work out safely and effectively within the Y Fitness Center. The program introduces basic muscle anatomy, exercise concepts and guidelines, gym etiquette and safety practices.

Once youth have successfully completed the program, they will be allowed to work out in the Fitness Center without parental supervision.

The program includes a home study with video, online written exam and in-person practical exam.

AGES: Ages 14-15





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info@ymcagreensboro.org

ymcagreensboro.org



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