

# DISCOVER...

## WHAT YOU CAN DO AT THE Y



### BABIES

- Enjoy supervised play time in Stay & Play
- Learn to feel comfortable in the water with Parent/Child Swim lessons
- Play in the pool with mom, dad and siblings during family swim time
- Kids' Night Out at the Salem Family YMCA

### 2-5 YEAR OLDS

- Enjoy supervised playtime in Stay & Play
- Explore Y Town
- Clubhouse – supervised by Y Staff
- Play in the pool with mom, dad and siblings during family swim time
- Learn the fundamentals of swimming in our beginner swim lessons
- Participate in our youth sports programs
- Join dance program
- Make new friends in Winter Break Camps (start at age 3)
- Play with us after the school day in Y After School (RCPS preschool – 5th grade)
- Kids Night Out at Salem and Kirk Family YMCA

### 6-12 YEAR OLDS

- Workout in the wellness center (Youth Cardio Orientation is a prerequisite – age 10+)
- Youth Strength and Conditioning
- Expand your curiosity and learning in an enrichment program – cooking classes, crafts, etc.
- Play in the pool with mom, dad and siblings during family swim time
- Become a capable swimmer with our beginner to intermediate swim lessons
- Join one of our swim teams
- Participate in our youth sports programs
- Join our dance program
- Play in the Y Arcade – supervised by Y Staff
- Make new friends in Winter Break Camp
- Play with us after the school day in Y After School
- Kids Night Out at Salem and Kirk Family YMCA (ages 6-10)

### TEENS

- Exercise at the Y with a Teen memberships
- Attend a teen strength orientation
- Try a boot camp or group exercise class
- Join one of our swim teams
- Meet friends in the Teen Center
- Play a game of basketball with friends
- Lap swim or play in the family pool
- Join Y Teen to gain valuable skills
- Meet up with friends in the Y Pass program after school
- Become a Y volunteer to earn community service hours

### ADULTS

- Participate in a group exercise class
- Participate in a water aerobics classes
- Lap swim with early risers or masters
- Work with a personal trainer
- Workout in Wellness Center
- Challenge yourself in a boot camp
- Become a Y volunteer
- Enjoy quality time in coffee corner
- Meet new members playing a recreational sports – basketball, racquetball, pickleball
- Attend a cooking class

### ACTIVE SENIORS

- Gain strength in Enhance Fitness
- Participate in a group exercise class
- Participate in water aerobics classes or swim during lap swim
- Workout in the Wellness Center
- Work with a personal trainer
- Volunteer your time in a Y program
- Enjoy quality time in the coffee corner
- Meet new members playing a recreational sports – basketball, racquetball, pickleball
- Attend AOA luncheons
- Attend a cooking class

### FAMILIES

- Parents enjoy a night out while your kids have fun at our Kids' Night Out
- Parents can work out together while their children are supervised in Stay & Play
- Explore Y Town
- Play together in the Y Arcade/Clubhouse
- Enjoy the family pool and Wibit together
- Play a game of basketball
- Attend a Fit Families program
- Volunteer for your child's youth sports program
- Attend the Salem Fall Festival