



SALEM FAMILY YMCA

# HELLO SUMMER

SUMMER PROGRAM GUIDE  
JUNE-AUGUST 2026



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# YOUTH PROGRAMS

## SUMMER 2026

### KIDS' NIGHT OUT

**AGES 6 WEEKS-12 YEARS**

Parents! Drop off your kids and enjoy the evening to yourselves! Your kids will enjoy an evening here at the Y playing a fun themed game, create a craft, and kids ages 4 years and up will even get to swim in the pool!

June 5	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
June 19	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
July 10	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
July 24	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
Aug 7	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
Aug 21	Fri	6:00-9:00 pm	M: \$15/ NM: \$20

### PRESCHOOL COMBO

**AGES 3-4**

Basic exercises and movements are taught to help develop coordination and flexibility. Preschoolers learn through skipping, hopping, galloping, ballet positions and beginning tap and jazz steps. Older students learn basic rhythm and tap choreography and the foundations of ballet.

Sept 14-May 17	Mon	5:30-6:15 pm	M: \$40/ NM: \$55
Sept 10-May 20	Thur	5:30-6:15 pm	M: \$40/ NM: \$55

### BEGINNER SUPER COMBO

**AGES 5-8**

Students explore all three dance forms that enhance fine and gross motor skills, cultivate imagination, creativity and social development. Students will grow and develop as they develop dance techniques while having FUN.

Sept 14-May 17	Mon	6:15-7:15pm	M: \$45/ NM: \$60
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### BEGINNER LYRICAL

**AGES 6-10**

Lyrical dance is a contemporary dance style that combines ballet and jazz dancing techniques.

Sept 14-May 17	Mon	7:15-8:00pm	M: \$40/ NM: \$55
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### COMBO I/II

**AGES 5-7**

Combination of Ballet and Tap. Basic exercises and movements are taught to help develop coordination and flexibility. Students learn basic rhythm and tap choreography and the foundations of ballet.

Sept 10-May 20	Thur	6:15-7:00pm	M: \$40/ NM: \$55
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### BEGINNER HIP HOP

**AGES 6-10**

Combination of Ballet and Tap. Basic exercises and movements are taught to help develop coordination and flexibility. Students learn basic rhythm and tap choreography and the foundations of ballet.

Sept 10-May 20	Thur	7:00-7:45pm	M: \$40/ NM: \$55
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## Y PASS

Andrew Lewis Middle Schoolers love Y Pass! It's a safe place to hang out, get tutoring, stay active, and join group activities. Bus transportation is provided to the Salem YMCA after school. Membership required.

**Monday - Friday 3:00- 6:00pm \$40/month**



**NOW ENROLLING Y AFTER SCHOOL**

### FALL SOCCER

**AGES 3-7**

Players are introduced to soccer through drills, games, and active play. This program provides a safe place for players to enhance their motor skills, strengthen their listening skills and build their confidence as they learn the fundamentals of the game. Players will practice and then play a short game within their 60-minute session led by a Y coaches, parent volunteer coach.

#### AGES 3-4

Sept 5-Oct 24	Sat	9:00 -10:00 am	M: \$80/NM: \$100
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#### AGES 5-7

Sept 5-Oct 24	Sat	10:00 -11:00 am	M: \$80/NM: \$100
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### FALL GYMNASTICS

**AGES 4-6**

Beginners class will provide a safe, fun, and encouraging environment for kids to learn gymnastics, build confidence, and make new friends. Includes stretching, fundamentals, and basic floor work.

#### AGES 4-5

Sept 5-Nov 14	Sat	9:00-10:00 am	M: \$180/NM: \$220
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#### AGES 5-6

Sept 5-Nov 14	Sat	10:00-11:00 am	M: \$180/NM: \$220
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## SUMMER 2026

### SUMMER DANCE SAMPLERS



**PRESCHOOL COMBO**    **AGES 3-4**  
**August 3-24**  
**Mon 5:30-6:15 pm**  
**M: \$40/ NM: \$55/Month**

**COMBO1/11**    **AGES 5-7**  
**August 3-24**  
**Mon 6:15-7:00 pm**  
**M: \$40/ NM: \$55/Month**

**BEGINNER HIP-HOP**    **AGES 6-10**  
**August 3-24**  
**Mon 7:00-7:40 pm**  
**M: \$40/ NM: \$55/Month**

**AMERICAN RED CROSS LIFEGUARD CLASS**

**AGES 15+**

American Red Cross lifeguard certification class that will include a two year certification in CPR/AED for the professional rescuer with first aid as well as a two year certification for lifeguarding.

June 26-28    Fri    5:00-9:00 pm  
 Sat/Sun 9:00am-5:00 pm    M: \$270/ NM: \$285

**AMERICAN RED CROSS CPR/FIRST AID**

**AGES 13+**

American Red Cross lifeguard certification class that will include a two year certification in CPR/AED for the professional rescuer with first aid as well as a two year certification for lifeguarding.

June 16    Tue    6:30pm-8:30 pm    M: \$75/ NM: \$100  
 July 13    Mon    6:30pm-8:30 pm    M: \$75/ NM: \$100  
 Aug 18    Tue    6:30pm-8:30 pm    M: \$75/ NM: \$100

**RIPCURRENTS PRE-SWIM TEAM**

**AGES 5-18**

This is a 45 min swim class that is used to teach breaststroke and butterfly to prepare swimmers for the Riptides Swim Team.

Continuous    M/W T/TH 4:00pm-4:45 pm    M: \$55/ NM: \$75



**RIPTIDES SWIM SCHOOL**



**RIPTIDES SWIM TEAM**



For team information contact:  
Shelley Archer, sarcher@ymcavbr.org



# SUMMER 2026

## FIT START

**AGES 14+**

Fit Start is a FREE series of three sessions with our Wellness Staff to familiarize you with our cardio and strength equipment. You'll also learn more about our Group Exercise Classes and Wellness Programs. Get fun Y swag after each session!

FREE FOR MEMBERS

## YOUTH CARDIO ORIENTATION

**AGES 9-11**

Your child ages 9 to 11 can use our cardio equipment, with Mom or Dad by their side! Sign up for an appointment with a Wellness Coach so they can safely learn their way around our cardio equipment. Parent/Guardian must be present during Youth Cardio session and during workouts with youth ages 9-11.

FREE FOR MEMBERS

## TEEN STRENGTH ORIENTATION

**AGES 12-13**

Get your child, ages 12-13, familiar with how to safely use our strength equipment for a lifetime of fitness. Required to use strength equipment.

FREE FOR MEMBERS

## EXPLOSIVE SPEED AND AGILITY

**AGES 9-16**

Want to be faster, quicker, and in better shape than the competition? Join our Explosive Speed and Agility program for the young athlete! This 6 week program will involve acceleration drills, plyometric workouts and conditioning sessions to help you excel on the field or court. Meets twice a week.

### AGES 9-12

June 8-July 16    Mon/Wed    5:00 -5:45 pm    M: \$80/NM: \$100

### AGES 13-16

June 8-July 16    Mon/Wed    6:00 -6:45 pm    M: \$80/NM: \$100



## FLOATING SOUND BATH

**AGES 14+**

Experience a unique floating sound bath! Let the therapeutic sounds of crystal singing bowls and other instruments wash over you as you float effortlessly, promoting deep relaxation and healing. Participants have the option of remaining on the side of the pool if you do not wish to be in the water.

Aug 9                      Sun                      4:30 -5:30 pm    M: \$15/NM: \$25



# MEMBERSHIP

## ACTIVE OLDER ADULT LUNCHEONS

**AGES 55+**

Delight in a lively, enjoyable meal with friends, while engaging in exciting games, activities, and special presentations from our wonderful local community partners!

June 10	Wed	12:00pm	M: \$10/NM: \$12
July 8	Wed	12:00pm	M: \$10/NM: \$12
Aug 12	Wed	12:00pm	M: \$10/NM: \$12

