



YMCA AT TANGLEWOOD

HELLO SUMMER

SUMMER PROGRAM GUIDE
JUNE-AUGUST 2026



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YOUTH PROGRAMS



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 jump in the inflatables!

June 12	Fri	6:00-9:00 pm	M:\$16/NM: \$21
July 10	Fri	6:00-9:00 pm	M:\$16/NM: \$21
Aug 14	Fri	6:00-9:00 pm	M:\$16/NM: \$21

SUMMER DANCE COMBO I/II **AGES 5-7**
 Basic exercises and movements are taught to help develop coordination and flexibility. Preschoolers learn through skipping, hopping, galloping, ballet positions, and beginning tap.

July 21-Aug 5	Tue	5:45-6:30pm	M: \$40/ NM: \$55
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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	Tue	4:45-5:30 pm	M: \$40/ NM: \$55
Sept 10-May 20	Wed	9:30-10:15 am	M: \$40/ NM: \$55

COMBO I/II **AGES 5-8**
 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	Tue	5:45-6:30pm	M: \$40/ NM: \$55
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BEGINNER PICKLEBALL CLINIC **AGES 16+**
 Join this special clinic to learn the basics and MORE of the country's fastest growing recreational and/or competitive sport of Pickleball. Participants will learn through active hands-on play and learn through a series of drills. You will work on several different skills needed to play pickleball. We will work with all levels.

May-Aug Tu,Fr, Sa 11:00 am-12:00 pm M: \$25/NM:\$45

INTERMEDIATE PICKLEBALL CLINIC **AGES 16+**
 Join this special clinic to build upon your knowledge of the basics with our country's fastest growing recreational and/or competitive sport of Pickleball. Participants will learn through active hands-on play and learn through a series of drills. You will work on several different skills needed when playing pickleball. This class is for those looking to gain more knowledge as they grow in the sport.

May-Aug Tu,Fr, Sa 11:00 am-12:00 pm M: \$25/NM:\$45

MEMBERSHIP



ACTIVE OLDER ADULT LUNCHEON **ALL AGES**
 Enjoy a fun, friendly meal with your friends while experiencing enriching games and activities or a special presentation from local community partners!

June 16	T	12:30-1:30 PM	M: \$10/ NM: \$12
July 21	T	12:30-1:30 PM	M: \$10/ NM: \$12
Aug 18	T	12:30-1:30 PM	M: \$10/ NM: \$12

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WELLNESS

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

PERSONAL TRAINING

At the Y, our nationally certified personal trainers can assist you in reaching your fitness and weight loss goals. Break out of a fitness plateau and learn fun, challenging exercises suited to your fitness level, individual needs, health status, and limitations.

PRICE AND DATES VARY, PLEASE VISIT THE WELCOME DESK



TRX (TOTAL BODY WORKOUT)

AGES 14+

Get ready to move, strengthen, and transform with this dynamic, six-week full-body workout using TRX suspension training! Designed for all fitness levels, this program builds core strength, muscular endurance, and flexibility through functional movement and expert guidance.

June 9-July 16 T & Th 12:15-1:15 pm M: \$60/NM: \$80

KETTLEBELL MAXX

AGES 14+

Build strength, confidence, and technique in this 6-week program. Participants will learn how to use kettlebells safely and effectively through guided instruction focused on proper form, fundamental movements, and progressive strength development. Perfect for beginners or those looking to refine their skills, this program helps you move better, get stronger, and train with confidence.

June 21-July 26 Sun 1:30-2:30 pm M: \$30/NM: \$50

WOMEN ON WEIGHTS

AGES 18+

Designed for women who want to increase their strength and fitness, Women on Weights focuses on teaching exercise routines in the Wellness Center. Boost your confidence as you build strength and learn to successfully incorporate strength training into your own workouts! Perfect for beginner to advanced strength training.

June 14-Aug 20 T & Th 11:30 am-12:30 pm M: \$60/NM: \$80

June 14-Aug 20 T & Th 5:30-6:30 pm M: \$60/NM: \$80

HOT YOGA STUDIO



For \$30 per member/per month, enjoy Hot/Warm Yoga, Stretch, Barre, and Sculpt classes!