



YMCA EXPRESS AT GAINSBORO

YOUTH PROGRAMMING

FAMILY KITCHEN CLASH AT THE Y AGES 5-90

Get ready for a fun, fast-paced culinary showdown at the YMCA! Family Kitchen Clash at the Y is an interactive cooking workshop where families team up to create delicious dishes while competing in friendly kitchen challenges. Inspired by popular cooking competitions, participants will receive mystery ingredients, work together to plan their recipe, and bring their creations to life with guidance from our kitchen instructor.

June 5-26 Fri 6:00-7:30 pm M: \$48/ NM: \$54

GAINSBORO PAINT NIGHT AGES 8+

Unwind, get creative, and have fun at our YMCA Paint Night! No experience needed, just bring your friends, enjoy a relaxed atmosphere, and follow along as you create your own masterpiece to take home. Perfect for a night out, date night, or trying something new!

June 19 Fri 6:00 -7:30 pm M: \$35/ NM: \$45
July 17 Fri 6:00 -7:30 pm M: \$35/ NM: \$45
Aug 21 Fri 6:00 -7:30 pm M: \$35/ NM: \$45

LIL CHEF COOKING CAMP AGES 5-10 JUST DESSERTS

It is time to get your sweet tooth on as we make all sorts of fun desserts. Campers will enjoy making cookies, cupcakes, ice cream, and so much more!

June 22-26 Mon-Fri 10:00 -12:00 pm M: \$120/ NM: \$150

LIL CHEF COOKING CAMP AGES 5-10 GLOBAL TASTE TEST

Each day kids "travel" to a new country through its cuisine. They'll make dishes like homemade pasta (Italy), tacos (Mexico), and crêpes (France). Includes fun cultural tidbits and global recipes to take home!

June 29- Jul 30 Mon-Fri 10:00 -12:00 pm M: \$120/ NM: \$150

LIL CHEF COOKING CAMP AGES 5-10 ALL ABOUT BREAKFAST

Each day kids "travel" to a new country through its cuisine. They'll make dishes like homemade pasta (Italy), tacos (Mexico), and crêpes (France). Includes fun cultural tidbits and global recipes to take home!

July 13- Jul 17 Mon-Fri 10:00 -12:00 pm M: \$120/ NM: \$150

TEEN CHEF COOKING CAMP AGES 5-10 JUST DESSERTS

It is time to get your sweet tooth on as we make all sorts of fun desserts. Campers will enjoy making cookies, cupcakes, ice cream, and so much more!

July 20- Jul 24 Mon-Fri 10:00 -12:00 pm M: \$120/ NM: \$150

TEEN CHEF COOKING CAMP AGES 5-10 GLOBAL TASTE TEST

Each day kids "travel" to a new country through its cuisine. They'll make dishes like homemade pasta (Italy), tacos (Mexico), and crêpes (France). Includes fun cultural tidbits and global recipes to take home!

Aug 3- 7 Mon-Fri 10:00 -12:00 pm M: \$120/ NM: \$150

TEEN CHEF COOKING CAMP AGES 5-10 ALL ABOUT BREAKFAST

You know it's the most important meal of the day, but if you don't have time to sit down, in this class we are going to make healthy, nutritious meals you can whip up in minutes and eat on the run!

Aug 10- 13 Mon-Fri 10:00 -12:00 pm M: \$120/ NM: \$150

SOULFUL STEP LINE DANCING AGES 14+

Step into the beat with our Soulful Step Line Dancing class! Set to smooth R&B jams and today's hottest line dance tracks, this class is perfect for anyone who loves to move, groove, and have fun. You'll learn the latest line dances along with timeless favorites, all in an upbeat and welcoming atmosphere. No partner needed—just bring your energy, your smile, and your love for great music. Whether you're brand-new or a seasoned dancer, you'll leave each class feeling confident and connected to the rhythm!

June 5-July 25 Sat 11:00 am-12:00 pm M: \$45/ NM: \$65

WELLNESS

WOODLAWN METHODIST FUNCTIONAL 40+ FITNESS WORKSHOPS

These classes are tailored for seniors to promote strength, balance and endurance during day-to-day activities. In the very accommodating fellowship hall of Woodlawn Methodist Church, these classes emphasize overall health, including fitness and nutrition. We look forward to seeing you there!

June 1- July 6 Mon 6:00-7:00 pm M: \$42/ NM: \$44

July 27- Aug 31 Mon 6:00-7:00 pm M: \$42/ NM: \$44

ADULT ACTIVITIES

ACTIVE OLDER ADULTS LUNCHEON AGES 55+

Enjoy a fun, friendly meal with your friends while experiencing enriching games and activities or a special presentation from local community partners!

May 22 Fri 11:00 am-12:30 pm M: \$10/ NM: \$12

June 26 Fri 11:00 am-12:30 pm M: \$10/ NM: \$12

July 24 Fri 11:00 am-12:30 pm M: \$10/ NM: \$12

Aug 28 Fri 11:00 am-12:30 pm M: \$10/ NM: \$12