



**KIRK FAMILY YMCA  
YMCA EXPRESS AT GAINSBORO**

**READY, SET,  
SPRING**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**SPRING PROGRAM GUIDE  
MARCH-MAY 2026**

# YOUTH PROGRAMS



## SPRING 2026

### KIDS' NIGHT OUT

### AGES 6 WEEKS- 12 YEARS OLD

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! Parents need to bring a packed dinner!

Feb 20	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
Mar 2	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
Apr 17	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
May 15	Fri	6:00-9:00 pm	M: \$15/ NM: \$20

### SPRING SOCCER

### AGES 3-7

Our players learn to be "goal oriented" as they develop soccer skills through drills and games. The first two weeks of the season will focus on building fundamentals through drills. Games will be added in over the last six weeks of the season. Children are led by volunteer coaches.

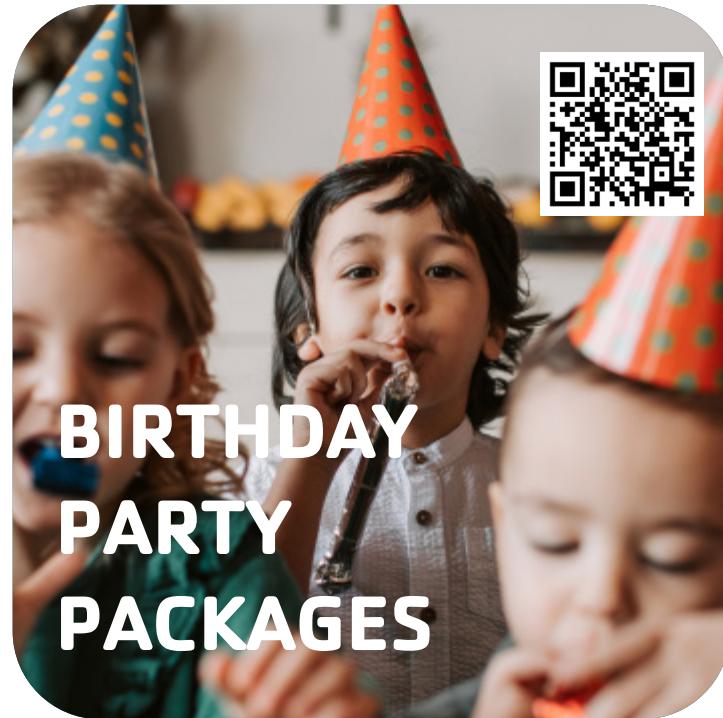
### PRESCHOOL (AGES 3-4)

Feb 28-Apr 25	Sat	9:00-10:00 am	M: \$80/ NM: \$100
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### YOUTH (AGES 5-7)

Feb 28-Apr 25	Sat	9:00-10:00 am	M: \$80/ NM: \$100
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## BIRTHDAY PARTY PACKAGES



## SPRING BREAK CAMP

### PRESCHOOL (Ages 3-5)

March 30th-April 3rd  
7:00 am-6:00 pm

Member: \$190/ Non-Member: \$205

### YOUTH (Ages 5-12)

March 30th-April 3rd  
7:00 am - 6:00 pm

Member: \$190/ Non-Member: \$205

YAS Participants: \$100 Weekly



### T BALL

### AGES 3-8

Our t-ball program focuses on the characteristics of good sportsmanship and developing the skills of throwing, catching, hitting, and base running. The first two weeks of the season will consist of skills training and scrimmages. Games will be added in the last six weeks of the season. Children are led by volunteer coaches.

### PRESCHOOL (AGES 3-4)

May 9- June 27	Sat	9:00-10:00 am	M: \$80/ NM: \$100
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### YOUTH (AGES 5-7)

May 9- June 27	Sat	10:00-11:00 am	M: \$80/ NM: \$100
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## MEMBERSHIP

### 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!

Feb 18	Wed	11:00 am	M: \$10/ NM: \$12
Mar 18	Wed	11:00 am	M: \$10/ NM: \$12
Apr 15	Wed	11:00 am	M: \$10/ NM: \$12
May 20	Wed	11:00 am	M: \$10/ NM: \$12

# AQUATICS



## SPRING 2026

### SPRING SWIM CLINIC

The purpose of Swim Clinic is to offer children 5 – 12 years of age an opportunity to improve their swimming skills and to assist in living a healthy lifestyle through swimming. During each session, children will be learning new skills in the following topics: swim lessons, nutrition, water safety, and water sports. Children will be encouraged to bring their own snack.

March 30      Mon      9:00-12:05 pm      M:\$30/NM:\$50

### SPRING CAMP SWIM LESSONS

#### AGES 5-12

Opportunity for kids to learn how to swim during spring camp.  
Mar 31- Apr 3      Tue/Fri      12:45-1:15 pm      M:\$24/ NM:\$32

### 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.

Feb 27-Mar 1      Fri-Sun      9:00am-5:30 pm      M: \$270/ NM: \$285

Mar 27- 29      Fri-Sun      9:00am-5:30 pm      M: \$270/ NM: \$285

May 1-3      Fri-Sun      9:00am-5:30 pm      M: \$270/ NM: \$285

### EASTER SWIM CLINIC

#### AGES 5-12

The purpose of Swim Clinic is to offer children 5 – 12 years of age an opportunity to improve their swimming skills and to assist in living a healthy lifestyle through swimming. During each session, children will be learning new skills in the following topics: swim lessons, nutrition, water safety, and water sports. Children will be encouraged to bring their own snack..

Apr 6      Mon      9:00am-12:00 pm      M: \$30/ NM: \$50



## RIPTIDES SWIM TEAM



For team information contact:  
Shelley Archer  
[sarcher@ymcavbr.org](mailto:sarcher@ymcavbr.org)

## TRIATHLON

The Kirk Family YMCA will be hosting an indoor triathlon. All three legs of the race (swim, bike, and run) will be held indoors. For both traditional athletes and elite athletes as a way to introduce the sport to new competitors.

Sunday      Apr 26      6:30am-12:30

\$80 (Early Bird Registration)  
\$100 (After Mar 10)



# WELLNESS

## SPRING 2026

### FIT START

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

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 staff member so they can safely learn their way around our cardio equipment.

FREE TO MEMBERS

### TEEN STRENGTH ORIENTATION

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

FREE TO MEMBERS

### TRX: TOTAL BODY WORKOUT

Build a strong core, increase muscular endurance and start getting stronger from day one. People of all fitness levels will enjoy cross training and a fast, effective total-body workout.

Feb 16- Mar 27	Mon/Wed	12:15-1:00 pm	M: \$60/NM: \$80
Mar 10- May 3	Mon/Wed	12:15-1:00 pm	M: \$60/NM: \$80
Apr 2- May 29	Sun	2:30-3:30 pm	M: \$30/NM: \$50

### WOMEN'S SELF DEFENSE

### AGES 11+

Learn to protect yourself! This 4-week course will use mind, body, and spirit to focus on real life scenarios and opportunities to practice hands-on training for self awareness and safety. Taught by Virginia State Certified Defensive Tactics Instructors.

Mar 2- 25	Mon/Wed	6:15-7:15 pm	M: \$45/NM: \$65
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### AGES 14+

### OUTDOOR BOOT CAMP

### AGES 16+

Challenge your body and boost your fitness with our 6-week, no-equipment outdoor boot camp at the Kirk Family YMCA. Each session combines bodyweight strength training, core work, walking, and running to help you build strength, improve endurance, and burn calories—all while enjoying the fresh air!

April 7- May 14 Tue/Thu 8:00-9:00 am M:\$60/NM:\$80

### WOMEN'S ONLY BOOT CAMP

### AGES 15+

This six-week program will help you build strength, boost confidence, and achieve your fitness goals in a fun and motivating environment. This high-energy class is tailored to meet the unique needs of women at all fitness levels, focusing on strength, endurance, and total-body conditioning. The class will take place prior to the Y opening to the public.

April 12- May 24 Sun 12:00-1:00 pm M:\$30/NM:\$50

### STROLLER FIT

### AGES 16+

A fun and energizing outdoor workout for moms—with your little one along for the ride! Join us at the YMCA courtyard and outdoor space for Stroller Fit, a fitness class designed for moms with young children (8 weeks and older) in strollers.

Apr 13- May 20 Mon/Wed 9:30-10:30 am M:\$60/NM:\$80

### MINDFUL MOBILITY

### AGES 16+

Join our Mindful Mobility program designed to help you move with ease, confidence and grace. This program will assist in increasing your range of motion, flexibility and mobility. With intentional movements and a gentle moments of mindfulness, be ready to feel better overall in mind and body! Perfect for all levels.

TBD Sat 10:00-11:00 am M:\$30/NM:\$50

\*\*Class times and locations are subject to change. Please check with your local branch for the most up-to-date information.





# YMCA EXPRESS AT GAINSBORO

## YOUTH PROGRAMMING

### LIL AND TEEN SPROUTING CHEFS

AGES 5-15

In March, our Lil Chefs kick off the season by exploring the first fresh flavors of spring. Using early herbs and tender greens from the Gainsboro Garden, kids will learn how to prepare simple, tasty dishes that build kitchen confidence. They'll create herb garden mini pizzas with fresh toppings, blend sweet and mild spring green smoothies, and try their hand at cheesy veggie quesadillas filled with bright garden herbs. It's a fun, flavorful introduction to cooking and to how food grows.

#### LIL CHEFS (AGES 5-10)

Mar 7-28 Sat 10:00-11:30 am M: \$40/ NM: \$55

#### TEEN CHEFS (AGES 11-15)

Mar 7-28 Sat 12:00-1:30 pm M: \$40/ NM: \$55

### LILL CHEF'S COLORFUL KITCHEN CREATIONS

AGES 5-15

April is all about creativity in the kitchen as kids explore color, texture, and simple cooking technique. Lil Chefs will build their own chicken taco cups with fun toppings, stir together mini meatball pasta bowls using bright spring ingredients, and design playful fruit-and-veggie "flower" cups for a sweet finish. This month emphasizes hands-on cooking, experimenting with flavors, and building confidence with a variety of kid-friendly foods.

#### LITTLE CHEFS (AGES 5-10)

Apr 4-25 Sat 10:00-11:30 am M: \$40/ NM: \$55

#### TEEN CHEFS (AGES 11-15)

Apr 4-25 Sat 12:00-1:30 pm M: \$40/ NM: \$55

### LIL CHEF'S HEARTY SPRING FAVORITES

AGES 5-15

May features warm, satisfying recipes that are perfect for young cooks who want to make "real meals" they'll actually enjoy eating. Lil Chefs will prepare cheesy chicken flatbread pizzas, stir together a creamy and mild herb chicken mac & cheese, and make warm berry crumble cups that feel like a dessert but are still light for spring. These dishes are comforting, familiar, and easy for kids to master, helping them end the season with confidence and excitement for cooking at home.

May 2-23 Sat 10:00-11:30 am M: \$40/ NM: \$55

#### TEEN CHEFS (AGES 11-15)

May 2-23 Sat 12:00-1:30 pm M: \$40/ NM: \$55

## CHEFS IN BLOOM SPRING COOKING CAMP

AGES 5-15

Perfect for budding chefs on break! Campers will explore fun and fresh recipes like Mini Turkey Taco Cups, Fresh Strawberry Pancake Stacks, Pizza Bagels, Ham & Cheese Pull-Apart Rolls, and No-Bake Spring Sprinkle Cheesecake Cups. Each day features hands-on cooking, tasting sessions, and simple skills that help kids feel proud of the dishes they create.

Mar 30-Apr 3 Mon-Fri 8:00 am-12:00 pm  
M: \$150/ NM: \$180

## 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!

Jan 17-March 7 Sat 10:00 am-11:00 am M: \$45/ NM: \$65

## WELLNESS

### WOODLAWN METHODIST FUNCTIONAL FITNESS WORKSHOPS

40+

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!

Mar 9-Apr 13 Mon 6:00-7:00 pm M: \$42/ NM: \$44

Apr 27-Jun 1 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!

Feb 27 Fri 11:00 am-12:30 pm M: \$10/ NM: \$12

Mar 27 Fri 11:00 am-12:30 pm M: \$10/ NM: \$12

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

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