



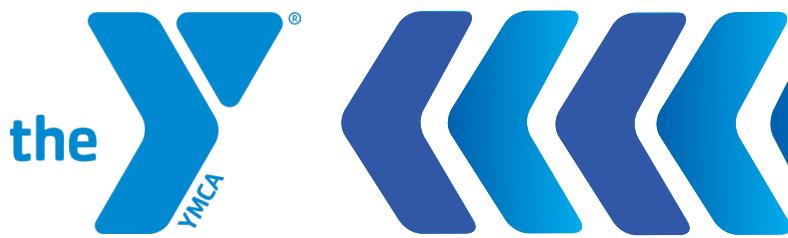
SALEM FAMILY YMCA

**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

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!

| | | | |
|--------|-----|--------------|-------------------|
| Feb 13 | Fri | 6:00-9:00 pm | M: \$15/ NM: \$20 |
| Feb 27 | Fri | 6:00-9:00 pm | M: \$15/ NM: \$20 |
| Apr 10 | Fri | 6:00-9:00 pm | M: \$15/ NM: \$20 |
| Apr 24 | Fri | 6:00-9:00 pm | M: \$15/ NM: \$20 |
| May 8 | Fri | 6:00-9:00 pm | M: \$15/ NM: \$20 |
| May 22 | Fri | 6:00-9:00 pm | M: \$15/ NM: \$20 |

TOT TIME

Come join us for a 4 week program that is an hour of toddler and me time! Youth development staff will lead you and your toddler in songs and dance, light tumbling time and a fun filled sensory activity. This is a great opportunity to meet other parents and caregivers in our area in a fun environment.

| | | | |
|---------------|-----|----------------|-------------------|
| Feb 2-23 | Mon | 10:30-11:30 am | M: \$55/ NM: \$70 |
| Mar 9-30 | Mon | 10:30-11:30 am | M: \$55/ NM: \$70 |
| Apr 6-27 | Mon | 10:30-11:30 am | M: \$55/ NM: \$70 |
| May 4- June 1 | Mon | 10:30-11:30 am | M: \$55/ NM: \$70 |

PAINT NIGHT

Come paint a "masterpiece!" We will instruct you on how to paint a fall themed painting! Come meet new friends as you paint the night away!

| | | | |
|--------|-----|--------------|------------------|
| Jan 20 | Tue | 6:00-7:30 pm | M: \$35/NM: \$45 |
| Mar 17 | Tue | 6:00-7:30 pm | M: \$35/NM: \$45 |
| May 19 | Tue | 6:00-7:30 pm | M: \$35/NM: \$45 |

CREATIVE COOKING

Add 2 cups fun with 1 cup of laughter. Mix in a handful of friends and you get a 4 week cooking class that explores essential cooking skills, healthy choices and inspires creativity and collaboration through mouth watering masterpieces.

| | | | |
|------------|-----|--------------|------------------|
| Feb 3- 24 | Tue | 6:00-7:30 pm | M: \$50/NM: \$64 |
| May 5 - 26 | Tue | 6:00-7:30 pm | M: \$50/NM: \$64 |

FOLLOW THE RAINBOW

Who loves a treasure hunt? We do! Join us as we search all over the Y for treasure beyond our wildest dreams. We will explore outside, in the pool, and anywhere else our hunt takes us!

| | | | |
|--------|-----|--------------|------------------|
| Mar 13 | Fri | 5:00-9:00 pm | M: \$20/NM: \$27 |
|--------|-----|--------------|------------------|

AN EGGTASTIC ADVENTURE

Join us as we dive, dye and hunt for eggs! Your child will enjoy the Easter adventure as we swim, have an easter egg hunt and dye our own eggs to take home.

| | | | |
|--------|-----|--------------|------------------|
| Mar 27 | Fri | 5:00-9:00 pm | M: \$20/NM: \$27 |
|--------|-----|--------------|------------------|

AGES 6 WEEKS- 12 YEARS

AGES 1.5- 4

AGES 8+

AGES 4-10

AGES 4-12

SPRING SOCCER

AGES 3-7

Our players learn to be "goal oriented" as they develop soccer skills through drills and games led by volunteer coaches. Each Saturday session includes a team practice followed by an organized game in a non-competitive environment. Practices and games are 45-50 minutes, in total, within the 9:00 - 11:00 am time frame.

AGES 3-4

| | | | |
|-----------------|-----|----------------|-------------------|
| Feb 28-April 25 | Sat | 9:00 -10:00 am | M: \$80/NM: \$100 |
|-----------------|-----|----------------|-------------------|

AGES 5-7

| | | | |
|-----------------|-----|-----------------|-------------------|
| Feb 28-April 25 | Sat | 10:00 -11:00 am | M: \$80/NM: \$100 |
|-----------------|-----|-----------------|-------------------|

CHEER

AGES 3-7

Our Cheer - Dance program focuses on the characteristics of good sportsmanship and developing the skills of jumps, motions, flexibility and developing a Cheer - Dance route. The season's first two weeks will consist of skills training of basic skills and then shift focus of learning a team route. At the end of the season the team will have the opportunity to display their teams route at a small showcase. Uniforms separately and can be used in future Y Cheer programming.

AGES 3-4

| | | | |
|-------------------|-----|---------------|-------------------|
| March 18 - May 13 | Wed | 6:00 -7:00 pm | M: \$80/NM: \$100 |
|-------------------|-----|---------------|-------------------|

| | | | |
|-------------------|-----|---------------|-------------------|
| March 18 - May 13 | Wed | 7:00 -8:00 pm | M: \$80/NM: \$100 |
|-------------------|-----|---------------|-------------------|

SPRING GYMNASTICS

AGES 3-7

Our YMCA Gymnastics program offers a fun, introduction to the sport in a welcoming, non-competitive environment. Children build foundational movement skills, develop balance and coordination, and explore basic gymnastics techniques at their own pace. Each session emphasizes positive social interaction, teamwork, and confidence-building, helping participants feel supported and encouraged as they learn. Perfect for beginners who want to try something new in a friendly, community-focused setting.

AGES 3-4

| | | | |
|--------------|-----|---------------|--------------------|
| Apr 4-Jun 27 | Sat | 9:00-10:00 am | M: \$180/NM: \$220 |
|--------------|-----|---------------|--------------------|

| | | | |
|--------------|-----|----------------|--------------------|
| Apr 4-Jun 27 | Sat | 10:00-11:00 am | M: \$180/NM: \$220 |
|--------------|-----|----------------|--------------------|

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

YOUTH PROGRAMS



SPRING 2026

T BALL

Our YMCA T-Ball program offers a fun, non-competitive introduction to the sport for young players. Led by caring volunteers, each session focuses on building social skills, teaching basic fundamentals, and helping kids gain confidence through positive, play-based learning. It's the perfect way for children to explore the game, make new friends, and enjoy the spirit of teamwork in a supportive environment.

AGES 3-4

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

AGES 5-7

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

PICKLEBALL CLINICS

16+

YOUTH: Expert instructors guide young athletes through essential pickleball techniques in a structured, engaging environment. Children develop coordination, strategy, and sportsmanship while mastering fundamental skills through age-appropriate drills and games.

AGES 8-12

| | | | |
|--------|-----|--------------|------------------|
| Feb 26 | Sat | 2:15-3:45 pm | M: \$25/NM: \$40 |
| Mar 14 | Sat | 2:15-3:45 pm | M: \$25/NM: \$40 |
| Apr 11 | Sat | 2:15-3:45 pm | M: \$25/NM: \$40 |
| May 16 | Sat | 2:15-3:45 pm | M: \$25/NM: \$40 |

BEGINNER: Join our beginner-focused pickleball clinic where expert instructors break down essential skills into manageable components. Develop proper form, understand game rules, and build confidence on the court.

AGES 16+

| | | | |
|--------|-----|---------------|------------------|
| Feb 12 | Thu | 9:00-10:30 am | M: \$25/NM: \$40 |
| Mar 12 | Thu | 9:00-10:30 am | M: \$25/NM: \$40 |
| Apr 9 | Thu | 9:00-10:30 am | M: \$25/NM: \$40 |
| May 14 | Thu | 9:00-10:30 am | M: \$25/NM: \$40 |

INTERMEDIATE: Accelerate your pickleball progression with specialized instruction designed for intermediate players. Focus on advanced shot mechanics, strategic gameplay, and competitive techniques in this comprehensive clinic.

AGES 16+

| | | | |
|--------|-----|---------------|------------------|
| Feb 14 | Thu | 9:00-10:30 am | M: \$25/NM: \$40 |
| Mar 26 | Thu | 9:00-10:30 am | M: \$25/NM: \$40 |
| Apr 23 | Thu | 9:00-10:30 am | M: \$25/NM: \$40 |
| May 28 | Thu | 9:00-10:30 am | M: \$25/NM: \$40 |

AGES 3-7

VOLLEYBALL CLINICS

AGES 8-15, 16+

YOUTH: Serve, set, and spike your way into the game with our Youth Volleyball Clinic at the Salem Family YMCA! This fun and engaging clinic is perfect for players of all skill levels, ages 8 to 15, who want to learn the fundamentals of volleyball or improve their existing skills.

AGES 8-15

| | | | |
|--------|-----|--------------|------------------|
| Feb 25 | Wed | 6:00-7:00 pm | M: \$25/NM: \$40 |
| Mar 18 | Wed | 6:00-7:00 pm | M: \$25/NM: \$40 |
| Apr 15 | Wed | 6:00-7:00 pm | M: \$25/NM: \$40 |
| May 20 | Wed | 6:00-7:00 pm | M: \$25/NM: \$40 |

BEGINNER: Join us for our Beginner Volleyball Clinic at the Salem Family YMCA! This clinic is designed for youth who are new to the game or have limited experience and want to build a strong foundation in volleyball. Participants will learn basic skills including serving, passing, setting, and hitting through fun drills and team-based games.

AGES 16+

| | | | |
|--------|-----|--------------|------------------|
| Feb 11 | Wed | 6:00-7:00 pm | M: \$25/NM: \$40 |
| Mar 4 | Wed | 6:00-7:00 pm | M: \$25/NM: \$40 |
| Apr 1 | Wed | 6:00-7:00 pm | M: \$25/NM: \$40 |
| May 6 | Wed | 6:00-7:00 pm | M: \$25/NM: \$40 |

INTERMEDIATE: Take your game to the next level with our Intermediate Volleyball Clinic at the Salem Family YMCA! Designed for players who have basic volleyball experience, this clinic will focus on refining skills such as serving, passing, setting, hitting, and defensive strategies.

AGES 16+

| | | | |
|--------|-----|--------------|------------------|
| Feb 18 | Wed | 6:00-7:00 pm | M: \$25/NM: \$40 |
| Mar 11 | Wed | 6:00-7:00 pm | M: \$25/NM: \$40 |
| Apr 8 | Wed | 6:00-7:00 pm | M: \$25/NM: \$40 |
| May 13 | Wed | 6:00-7:00 pm | M: \$25/NM: \$40 |

SPRING BREAK CAMP





WELLNESS

SPRING 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

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

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

WOMEN ON WEIGHTS

AGES 14+

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.

Apr 14- May 21 Tue/Thu 11:30am-12:30 pm M: \$60/ NM: \$80

Apr 14- May 21 Tue/Thu 5:30-6:30 pm M: \$60/ NM: \$80

TRX TOTAL BODY WORKOUT

AGES 18+

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.

May 4- June 10 Tue/Thu 12:15-1:15 am M: \$60/ NM: \$80



MEMBERSHIP



FIT START

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!

| | | | |
|--------|-----|---------|-------------------|
| Feb 11 | Wed | 12:00pm | M: \$10/ NM: \$12 |
| Mar 11 | Wed | 12:00pm | M: \$10/ NM: \$12 |
| Apr 8 | Wed | 12:00pm | M: \$10/ NM: \$12 |
| May 6 | Wed | 12:00pm | M: \$10/ NM: \$12 |



AQUATICS



SPRING 2026

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.
Mar 25-27 W-F 9:00am-5:00 pm M: \$270/ NM: \$285

May 29-31 Fri 5:00-9:00 pm
Sat/Sun 9:00am-5:00 pm M: \$270/ NM: \$285
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.
Feb 2 Wed 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.
Continous M/W 4:00pm-4:45 pm M: \$45/ NM: \$62



RIPTIDES SWIM TEAM



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

ADULT SWIM CLINICS

AGES 18+

BEGINNER: Join our 4-week Adult Beginner Swim Clinic, held once a week with 30-minute lessons designed for adults with little to no swimming experience. Each session focuses on building confidence and mastering floating, breath control, gliding, kicking, and alternating arm movements. No prior experience is required—just a willingness to learn! Goggles and fins are recommended but not required.

| | | | |
|-------------|-----|--------------|------------------|
| Feb 4-25 | Wed | 7:00-7:30 pm | M: \$45/NM: \$62 |
| Mar 4-Apr 1 | Wed | 7:00-7:30 pm | M: \$45/NM: \$62 |
| Apr 8-29 | Wed | 7:00-7:30 pm | M: \$45/NM: \$62 |
| May 6 - 27 | Wed | 7:00-7:30 pm | M: \$45/NM: \$62 |

INTERMEDIATE: This class is designed for adults who have basic swimming skills and want to improve technique and endurance. Each session focuses on increasing comfort with longer distances. Key skills include efficient freestyle and backstroke, breathing techniques, coordinated kicking and arm movements, and basic treading. Participants should have some prior swimming experience. Goggles and fins are recommended but not required.

| | | | |
|-------------|-----|--------------|------------------|
| Feb 4-25 | Wed | 7:30-8:00 pm | M: \$45/NM: \$62 |
| Mar 4-Apr 1 | Wed | 7:30-8:00 pm | M: \$45/NM: \$62 |
| Apr 8-29 | Wed | 7:30-8:00 pm | M: \$45/NM: \$62 |
| May 6 - 27 | Wed | 7:30-8:00 pm | M: \$45/NM: \$62 |