



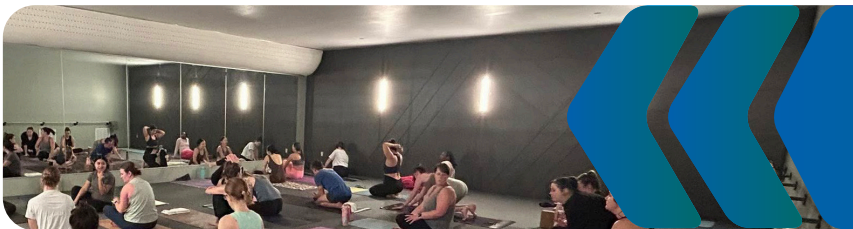
YMCA AT TANGLEWOOD

READY, SET, SPRING

SPRING PROGRAM GUIDE
MARCH-MAY 2026



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA AT TANGLEWOOD

WELLNESS PROGRAMS

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.

March 14–April 18 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.

May 12–June 18 T & Th 11:30 am–12:30 pm M: \$60/NM: \$80
May 12–June 18 T & Th 5:30–6:30 pm M: \$60/NM: \$80

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.

April 7–May 14 T & Th 12:15–1:15 pm M: \$60/NM: \$80



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

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

PERSONAL TRAINING

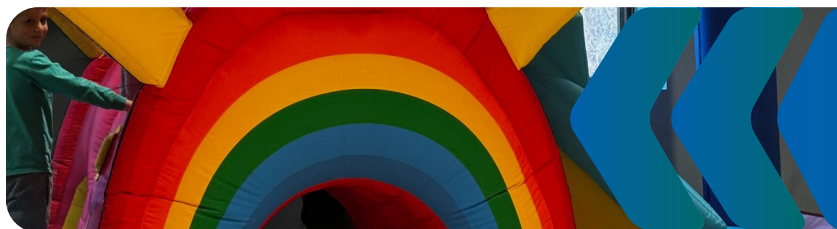
At the Y, our nationally certified personal trainers can assist you in reaching your fitness and weight loss goals. Break out of a fitness plateau and learn fun, challenging exercises suited to your fitness level, individual needs, health status, and limitations.

PRICE AND DATES VARY, PLEASE VISIT THE WELCOME DESK



HOT YOGA STUDIO

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



YMCA AT TANGLEWOOD

YOUTH AND FAMILY



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!

March 13	Fri	6:00-9:00 pm	M:\$16/NM: \$21
April 10	Fri	6:00-9:00 pm	M:\$16/NM: \$21
May 8	Fri	6:00-9:00 pm	M:\$16/NM: \$21
June 12	Fri	6:00-9:00 pm	M:\$16/NM: \$21
July 10	Fri	6:00-9:00 pm	M:\$16/NM: \$21

KIDS' MORNING OUT

AGES 6 WEEKS-12 YEARS

Parents! Drop off your kids and enjoy the morning 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!

March 28	Sat	9:00-12:00 pm	M:\$16/NM: \$21
April 25	Sat	9:00-12:00 pm	M:\$16/NM: \$21
May 23	Sat	9:00-12:00 pm	M:\$16/NM: \$21
June 27	Sat	9:00-12:00 pm	M:\$16/NM: \$21
July 25	Sat	9:00-12:00 pm	M:\$16/NM: \$21

YOUTH SPRING BREAK CAMP

Join us for Youth Spring Break Camp! Each day will be a fun filled adventure with lots of crafts, cooking, sports, and exploring around the Y! Ages 9-13.

March 23-27 Monday- Friday 8:00 am-1:00 pm
Members: \$115/Non-Members:\$135

SPORTS SAMPLER

AGES 4-8

The Y's Sport sampler 4-week session will allow your child to explore a range of sports in a supportive environment, led by skilled Y coaches and assisted by parent volunteers. Sports will include soccer, pickleball, tball, basketball, .

AGES 4-6

March 7-28 Sat 9:00-9:45 am M:\$50/NM: \$65

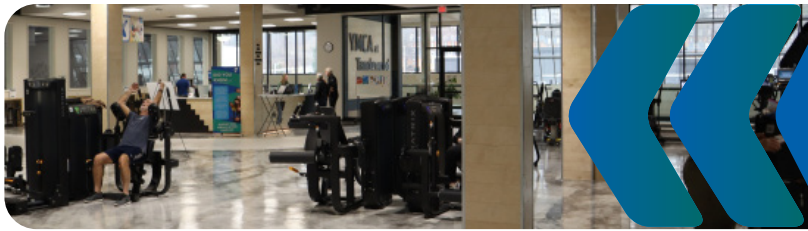
AGES 5-8

March 7-28 Sat 10:00-10:45 am M:\$50/NM: \$65

STAY AND PLAY



Drop your kids ages 6 weeks-10 years
off while you enjoy the facility!



YMCA AT TANGLEWOOD

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.

March-July	T,F,S	9:00 am-10:00 pm	M: \$25/NM:\$45
March-July	T,F,S	11:00 am-12:00 pm	M: \$25/NM:\$45

BEGINNER PLUS 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.

March-July	T,F,S	9:00 am-10:00 pm	M: \$25/NM:\$45
March-July	T,F,S	11:00 am-12:00 pm	M: \$25/NM:\$45



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!

March 17	T	12:30-1:30 PM	M: \$10/ NM: \$12
April 21	T	12:30-1:30 PM	M: \$10/ NM: \$12
May 19	T	12:30-1:30 PM	M: \$10/ NM: \$12

