



**KIRK FAMILY YMCA  
YMCA EXPRESS AT GAINSBORO**

**SLEIGH  
YOUR GOALS**

**WINTER PROGRAM GUIDE  
DEC-FEB 2026**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KIRK FAMILY YMCA



## YOUTH PROGRAMS

### 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!

Nov 21	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
Dec 19	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
Jan 16	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
Feb 20	Fri	6:00-9:00 pm	M: \$15/ NM: \$20

## SPRING BREAK CAMP



## DANCE

YOUTH DANCE PROGRAMS INCLUDE A RECITAL,  
WITH REGISTRATION AND COSTUME FEES BUILT INTO  
THE MONTHLY RATE.

### 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.

Sept 2 - May 23 Sat 9:15-9:45 am M: \$48/NM: \$58

### PREBALLET

### AGES 3-4

Little ballerinas learn basic ballet skills, terminology, rhythm, and coordination through creative movement and music in a supportive and fun environment. No dance experience required.

Sept 2 - May 23 Wed 6:15-6:45 pm M: \$48/NM: \$58

### BEGINNER SUPER COMBO

### AGES 5-7

Students explore all three dance forms that enhance fine and gross motor skills, cultivate imagination, creativity and social development. Students will grow and develop as they develop dance techniques while having FUN.

Sept 2 - May 23 Sat 9:45-10:45 am M: \$63/NM: \$73

## WINTER BREAK CAMP



### Ages 3-12

Week 1: Dec. 22, 23, and 26 M:\$150/NM: \$165

Week 2: Dec. 29, 30, 31, and Jan. 2 M:\$190/NM: \$205

## DANCE

### COMBO I/II

### AGES 5-7

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 2 - May 23 Wed 5:45-6:30 pm M: \$53/NM: \$63

### BEGINNER HIP HOP

### AGES 6-10

This upbeat class introduces young dancers to jazz and hip hop fundamentals and uses age-appropriate and non-suggestive music/movements. Take part in a high energy, fast and fun dance class. Little to no dance experience required.

Sept 2 - May 23 Wed 6:30-7:15 pm M: \$53/NM: \$63

## GREAT GREEN BREAKFAST

Saturday, December 20th

9:00 am - 12:00 pm



## SPORTS



### WINTER BASKETBALL

### AGES 3-8

Young players are introduced to basketball through drills, games, and active play. This program provides a safe place for players to enhance motor skills, strengthen listening skills, and build confidence.

#### PRESCHOOL (AGES 3-5)

Jan 3- Feb 28 Sat 9:00-10:00 am M: \$80/ NM: \$100

#### YOUTH (AGES 6-8)

Jan 3- Feb 28 Sat 10:00-11:00 am M: \$80/ NM: \$100

### 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

#### YOUTH (AGES 5-7)

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



## RIPTIDES SWIM SCHOOL



### 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 2- June 20 Sat 9:00-10:00 am M: \$80/ NM: \$100

#### YOUTH (AGES 5-7)

May 2- June 20 Sat 10:00-11:00 am M: \$80/ NM: \$100

## GOLDEN PADDLE PICKLEBALL INVITATIONAL

### KIRK FAMILY YMCA

This tournament is for those 55 and up, and will have the following brackets: Men's 3.0 skill level, Women's 3.0 skill level, Men's 55+ 3.5 skill level mixed doubles skill level 3.0, Men's 65+ and Women's 65+. Come test your skills with other pickleball seniors in the community!

Saturday, November 15th

8:00 am - 12:00 pm



## 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!

Nov 19	Wed	11:00 am	M: \$8/ NM: \$10
Dec 17	Wed	11:00 am	M: \$8/ NM: \$10
Jan 21	Wed	11:00 am	M: \$8/ NM: \$10
Feb 18	Wed	11:00 am	M: \$8/ NM: \$10

## WELLNESS

### 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

### AGES 14+

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

FREE TO MEMBERS

### 45-MIN EXPRESS!

### AGES 16+

Get ready to push your limits with 45-min EXPRESS! This high-energy class combines an MX4 workout with the powerful Sprint 8 program on treadmills and ellipticals. Designed for all fitness levels, this express session delivers a full-body cardio and strength workout—fast, effective, and fun!

Dec 1 - Jan 2	Mon	7:00-7:45 pm	
	Fri	5:00-5:45 pm	M:\$45/NM:\$65
Jan 12 - Feb 6	Mon	7:00-7:45 pm	
	Fri	5:00-5:45 pm	M:\$45/NM:\$65

### TRX: TOTAL BODY WORKOUT

### AGES 16+

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.

Nov 10 - Dec 19 Mon/Fri 12:15-1:00 pm M:\$60/NM:\$80

### SPEED & AGILITY

### AGES 9-16

Take your game to the next level this winter with Speed & Agility Training! Designed for athletes ages 9-18, this twice-weekly indoor program builds acceleration, footwork, coordination, and overall athletic movement. It's perfect for athletes in their off-season or those prepping for spring sports.

### AGES 9-12

Jan 5- Feb 12 Tue/Thu 5:00-5:45 pm M:\$60/NM:\$80

### AGES 13-16

Jan 5- Feb 12 Tue/Thu 6:00-6:45 pm M:\$60/NM:\$80

### WINTER BOOT CAMP

### AGES 16+

Stay active and strong all winter long with our indoor Winter Boot Camp! This high-energy program brings the outdoor boot camp experience inside, featuring walking, running, and bodyweight exercises, all within the YMCA. We'll use the indoor track for our walking and running intervals, and move through various "stop points" around the wellness area, incorporating equipment-based exercises for a full-body workout. Each week, we'll progress in distance and intensity to keep you challenged and motivated. All fitness levels welcome!

Jan 6- Feb 12 Tue/Thu 8:00-9:00 am M:\$60/NM:\$80

### LEGACY IN MOTION: MOVE YOUR LIFE STORIES

### AGES 16+

A class to explores self expression through improvised movement and personal experience. Wear loose comfortable clothing, i.e. sweat pants T-shirt and sneakers.

Jan 14- Feb 25 Wed 5:30-6:00 pm M:\$30/NM:\$50

### STROLLER FIT

### AGES 16+

Stay active this winter with our fun and energizing indoor Stroller Fit workout—designed for moms with young children in strollers! Held in the YMCA gym, this full-body fitness class combines cardio, strength, and core exercises, all while keeping your little one engaged and along for the ride. It's a great way to move your body, connect with other moms, and keep your routine going—no childcare needed. Just bring your stroller, a mat, and a smile!

Jan 21- Feb 28 Wed 5:00-6:00 pm  
Sat 9:30-10:30 am M:\$60/NM:\$80

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

## RIPTIDES SWIM TEAM



For team information contact:



## YMCA EXPRESS AT GAINSBORO

### YOUTH PROGRAMMING

#### KITCHEN CHEFS HOLIDAY GALA WINTER COOKING CAMP

AGES 5-10

In the middle of the holiday season, this 3 day camp will expose participants to the thrill and wonder of holiday meal deconstruction! All of your holiday leftovers will be repurposed into holiday sandwiches, casseroles and quiches. So don't toss those holiday leftovers away. Let us show you how to convert them into delicious meals after the table cloths and utensils are put away!

Dec 29-31 Wed-Fri 8:00 am-12:00 pm

M: \$115/ NM: \$135

#### LIL AND TEEN CHEFS WINTER COMFORT FOOD

AGES 5-15

Warm up this winter in the kitchen! Our Lil Chefs and Teen Chefs Cooking Class is the perfect way for kids to explore creativity, teamwork, and healthy eating while learning beginner-friendly recipes. In January, little chefs will whip up cozy, seasonal favorites like hearty chilis, quiches, cocoa, and much more! Each week, children will chop, mix, stir, and taste their way through comforting winter recipes they can proudly share at home. No prior cooking experience is needed—just bring curiosity and an appetite for learning!

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

Jan 3-24 Sat 10:00-11:00 am M: \$40/ NM: \$55

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

Jan 3-24 Sat 11:30-12:30 pm M: \$40/ NM: \$55

#### LIL AND TEEN CHEFS VALENTINE'S KITCHEN CREATIONS

AGES 5-15

This February, our Lil Chefs and Teen Chefs will whip up love-inspired treats perfect for Valentine's Day! Kids will learn hands-on kitchen skills while creating fun, festive dishes like Valentine's cookies, chocolates, and so much more! Each class blends creativity with cooking as children decorate their creations and take pride in making food that is festive and delicious! Join us for a sweet culinary adventure filled with flavor, friendship, and fun!

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

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

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

Feb 7-28 Sat 11:30-12:30 pm M: \$40/ NM: \$55

### WELLNESS

#### 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

#### 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!

Dec 2-23 Tue 6:00-7:00 pm M: \$42/ NM: \$44

Jan 6-27 Tue 6:00-7:00 pm M: \$42/ NM: \$44

Feb 3-24 Tue 6:00-7:00 pm M: \$42/ NM: \$44

### BLACK FRIDAY THANKSGIVING LEFTOVER PIE

A yummy, cozy pie that turns all the tasty Thanksgiving leftovers into a fun, layered meal kids will love to help make and eat again and again!

November 28th

AGES 5-12

8:00 am - 12:00 pm

M: \$48/ NM: \$54

### 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!

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

Dec 20 Fri 11:00 am-12:30 pm M: \$10/ NM: \$12

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

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