



SALEM FAMILY YMCA

SLEIGH YOUR GOALS

WINTER PROGRAM GUIDE
DEC- FEB 2026



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SALEM FAMILY YMCA

WELLNESS

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.

Jan 19- Feb 25 Tue/Thu 11:30am-12:30 pm M: \$60/ NM: \$80

Jan 19- Feb 25 Tue/Thu 5:30-6:30 pm M: \$60/ NM: \$80

FIND YOUR BALANCE

AGES 18+

This six-week program focuses on exercises and drills to improve your balance and posture, with the goal of getting stronger and preventing falls.

Feb 9- March 18 Mon/Wed 10:00-10:45 am M: \$60/ NM: \$80



PERSONAL TRAINING

YOUTH PROGRAMS

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 even get to swim in the pool!

Nov 7	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
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 9	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
Jan 23	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
Feb 13	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
Feb 27	Fri	6:00-9:00 pm	M: \$15/ NM: \$20
Jan 23	Fri	6:00-9:00 pm	M: \$15/ NM: \$20

TOT TIME

AGES 1.5- 4

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.

Nov 3-24	Mon	3:00-4:00 pm	M: \$55/ NM: \$70
Dec 1-22	Mon	3:00-4:00 pm	M: \$55/ NM: \$70
Jan 5-26	Mon	3:00-4:00 pm	M: \$55/ NM: \$70
Feb 2-23	Mon	3:00-4:00 pm	M: \$55/ NM: \$70

PAINT NIGHT

AGES 8+

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
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CREATIVE COOKING

AGES 4-10

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
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FOLLOW THE RAINBOW

AGES 4-12

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!

March 13	Fri	5:00-9:00 pm	M: \$20/NM: \$27
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AN EGGTASTIC ADVENTURE

AGES 4-12

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.

April 3	Fri	5:00-9:00 pm	M: \$20/NM: \$27
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SALEM FAMILY YMCA

YOUTH DANCE

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. Older students learn basic rhythm and tap choreography and the foundations of ballet.

Sept 3 - May 23 Mon 5:30-6:15 pm M: \$53/ NM: \$63/Month
Sept 3 - May 23 Thu 5:30-6:15 pm M: \$53/ NM: \$63/Month

BEGINNER SUPER COMBO

AGES 5-8

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 3 - May 23 Mon 6:15-7:15 pm M: \$63/ NM: \$73/Month

BEGINNER LYRICAL

AGES 6-10

Lyrical dance is a contemporary dance style that combines ballet and jazz dancing techniques.

Sept 3 - May 23 Mon 7:15-8:00 pm M: \$53/ NM: \$63/Month

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 3 - May 23 Thu 6:15-7:00 pm M: \$53/ NM: \$63/Month

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 3 - May 23 Thu 7:00-7:45 pm M: \$53/ NM: \$63/Month

Y AFTER SCHOOL



WINTER & SPRING BREAK CAMP AVAILABLE



SCAN TO
LEARN MORE



MEMBERSHIP

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!

Nov 12	Wed	12:00pm	M: \$10/NM: \$12
Dec 10	Wed	12:00pm	M: \$10/NM: \$12
Jan 14	Wed	12:00pm	M: \$10/NM: \$12
Feb 11	Wed	12:00pm	M: \$10/NM: \$12

SALEM FAMILY YMCA

YOUTH SPORTS

SWIMMING WITH SANTA

Friday December 5th
5:00 – 9:00 pm
Ages 4-10

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

Nov 15	Sat	2:15-3:45 pm	M: \$25/NM: \$40
Dec 13	Sat	2:15-3:45 pm	M: \$25/NM: \$40
Jan 10	Sat	2:15-3:45 pm	M: \$25/NM: \$40
Feb 26	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+

Nov 13	Thu	9:00-10:30 am	M: \$25/NM: \$40
Dec 11	Thu	9:00-10:30 am	M: \$25/NM: \$40
Jan 8	Thu	9:00-10:30 am	M: \$25/NM: \$40
Feb 12	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+

Jan 22	Thu	9:00-10:30 am	M: \$25/NM: \$40
Feb 14	Thu	9:00-10:30 am	M: \$25/NM: \$40

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

Nov 19	Wed	6:00-7:00 pm	M: \$25/NM: \$40
Dec 17	Wed	6:00-7:00 pm	M: \$25/NM: \$40
Jan 21	Wed	6:00-7:00 pm	M: \$25/NM: \$40
Feb 25	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+

Nov 5	Wed	6:00-7:00 pm	M: \$25/NM: \$40
Dec 3	Wed	6:00-7:00 pm	M: \$25/NM: \$40
Jan 7	Wed	6:00-7:00 pm	M: \$25/NM: \$40
Feb 11	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+

Nov 12	Wed	6:00-7:00 pm	M: \$25/NM: \$40
Dec 10	Wed	6:00-7:00 pm	M: \$25/NM: \$40
Jan 14	Wed	6:00-7:00 pm	M: \$25/NM: \$40
Feb 18	Wed	6:00-7:00 pm	M: \$25/NM: \$40

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– 6:00 pm

SALEM FAMILY YMCA

YOUTH SPORTS

BASKETBALL

AGES 3-7

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. Each 40-45 minute session is lead by a volunteer coach. Times may change based on sign up.

AGES 3-4

Jan 3-Feb 21	Sat	8:00 -9:00 am	M: \$80/NM: \$100
Jan 3-Feb 21	Sat	9:00 -10:00 am	M: \$80/NM: \$100

AGES 5-7

Jan 6-Feb 22	Sat	10:00-11:00 am	M: \$80/NM: \$100
Jan 6-Feb 22	Sat	11:00am-12:00 pm	M: \$80/NM: \$100

WINTER GYMNASTICS

AGES 4-7

Beginners class will provide a safe, fun, and encouraging environment for kids to learn gymnastics, build confidence, and make new friends. Includes stretching, fundamentals, and basic floor work.

AGES 4-5

Jan 10-March 28	Sat	9:00-10:00 am	M: \$180/NM: \$220
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AGES 6-7

Jan 10-March 28	Sat	10:00-11:00 am	M: \$180/NM: \$220
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RIPTIDES SWIM SCHOOL



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
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AGES 5-7

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

AGES 3-7

Our T-Ball program focuses on the characteristics of good sportsmanship and developing the skills of throwing, catching, hitting, and base running. The season's first two weeks will consist of skills training and scrimmages. Games will be added in the last six weeks of the season. Players will practice and then play a short game within their 60-minute session led by a Y coaches, parent volunteer coach.

AGES 3-4

May 9 - June 27	Sat	10:00 -11:00 am	M: \$80/NM: \$100
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AGES 5-7

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



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

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 use in future Y Cheer programming.

AGES 3-4

March 18 - May 13	Wed	6:00 -7:00 pm	M: \$80/NM: \$100
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AGES 5-7

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