



YMCA AT TANGLEWOOD

**SLEIGH  
YOUR  
GOALS**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**WINTER PROGRAM GUIDE  
DECEMBER 2025- FEBRUARY 2026**



## YMCA AT TANGLEWOOD

### WELLNESS PROGRAMS



#### 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**



#### L.E.A.N

AGES 16+

Learn physical activity and nutrition essentials that will lay a foundation for success when setting wellness goals. Every session will include an educational workshop and group discussion. Led by the Wellness Director or Coordinator

Jan 13-Feb 17      T      5:30-6:30 pm      M: \$50/NM: \$70

#### 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.

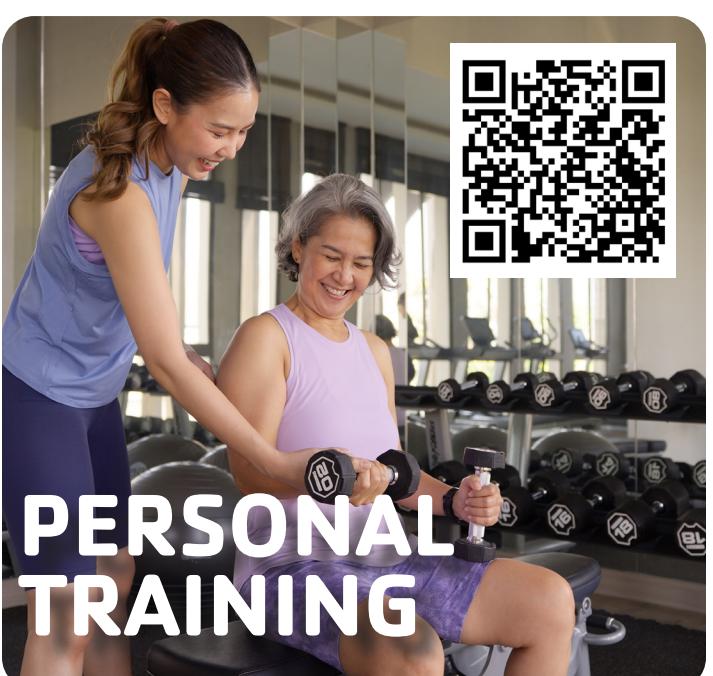
Jan 19-Feb 25      T&Th      11:30 am-12:30 pm      M: \$60/NM: \$80

#### BARBELL MAXX

AGES 18+

Barbell MaXX is a dynamic class designed to teach the fundamentals of both regular and advanced barbell lifts, all while emphasizing proper form and technique. This class is ideal for individuals of all fitness levels looking to improve their lifting skills, build strength, and enhance functional movement.

Jan 22-Feb 26      Th      4:30-5:15 pm      M: \$30/NM: \$50





## YMCA AT TANGLEWOOD

### YOUTH AND FAMILY



### STAY AND PLAY



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

#### PRESCHOOL COMBO DANCE

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. Pricing is per month.

Sept 2- May 23 T 4:45-5:30 pm M: \$53/NM:\$63

#### AGES 3-4

#### COMBO I/II DANCE

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. Pricing is per month.

Sept 2- May 23 Tu 7:00-7:45 pm M: \$53/NM:\$63

#### AGES 5-8

#### BEGINNER SUPER COMBO DANCE

#### 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 2- May 23 Th 5:45-6:45 pm M: \$63/NM:\$73

#### 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, and create a craft.

Dec 12	Fri	6:00-9:00 pm	M:\$16/NM: \$21
Jan 9	Fri	6:00-9:00 pm	M:\$16/NM: \$21
Feb 13	Fri	6:00-9:00 pm	M:\$16/NM: \$21

#### 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, and create a craft.

Dec 12	Fri	6:00-9:00 pm	M:\$16/NM: \$21
Jan 9	Fri	6:00-9:00 pm	M:\$16/NM: \$21
Feb 13	Fri	6:00-9:00 pm	M:\$16/NM: \$21





## YMCA AT TANGLEWOOD

### PAINT NIGHT

### ALL AGES

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!

Dec 18	Th	6:00-7:30 PM	M: \$35/ NM: \$45
Feb 19	Th	6:00-7:30 PM	M: \$35/ NM: \$45
Mar 19	Th	6:00-7:30 PM	M: \$35/ 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!

Nov 18	T	12:30-1:30 PM	M: \$10/ NM: \$12
Dec 16	T	12:30-1:30 PM	M: \$10/ NM: \$12
Jan 20	T	12:30-1:30 PM	M: \$10/ NM: \$12
Feb 17	T	12:30-1:30 PM	M: \$10/ NM: \$12

## GROUP EXERCISE CLASS SCHEDULES

