



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHIER LIVING THIS FALL



**SHEBOYGAN COUNTY YMCA**  
**2025 Fall Brochure**  
**September 8 - December 20, 2025**

[www.sheboygancountyymca.org](http://www.sheboygancountyymca.org)

**SHEBOYGAN YMCA**  
812 Broughton Drive  
Sheboygan WI 53081  
P 920-451-8000 • F 920-451-8019

**SHEBOYGAN FALLS YMCA**  
305 Buffalo Street  
Sheboygan Falls WI 53085  
P 920-467-2464 • F 920-467-4641

**CAMP Y-KODA**  
W3340 Sunset Road  
Sheboygan Falls WI 53085  
P 920-467-6882 • F 920-467-7240

**FALL 1 SESSION**  
**SEPTEMBER 8 - OCTOBER 25, 2025**

**FALL 2 SESSION**  
**OCTOBER 27 - DECEMBER 20, 2025**

**BREAK WEEK: NOVEMBER 24 - 29, 2025**

**REGISTRATION BEGINS AT 5:00AM**

Member ..... Monday, August 25, 2025

Non-Member ..... Thursday, August 28, 2025



**YMCA Summer Hours**  
**In effect thru 9/21/25**  
**(Building and Business Hours)**

**SHEBOYGAN YMCA BUILDING HOURS**  
**SEPTEMBER 22 - DECEMBER 31, 2025**

Monday - Friday	5:00am - 9:00pm
Saturday	7:00am - 5:00pm
<b>Sunday (Members Only)</b>	7:00am - 4:00pm
<i>Business Hours: Monday thru Friday 5:00am - 8:00pm</i>	
<i>Saturday 8:00am - 4:00pm</i>	
<i>Sunday 10:00am - 2:00pm</i>	

**SHEBOYGAN FALLS YMCA BUILDING HOURS**  
**SEPTEMBER 22 - DECEMBER 31, 2025**

Monday - Friday	5:00am - 8:00pm
Saturday	7:00am - 3:00pm
<b>Sunday (Members Only)</b>	12:00pm - 4:00pm
<i>Business Hours: Monday thru Thursday 7:30am - 6:15pm</i>	
<i>Friday 7:30am - 5:30pm</i>	
<i>Saturday 8:00am - 1:00pm</i>	

**CAMP Y-KODA**

Monday - Friday	8:00am - 4:00pm
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**YMCA HOLIDAY HOURS**

Labor Day	Monday 9/1	<b>CLOSED</b>
Thanksgiving	Thursday 11/27	<b>CLOSED</b>
Christmas Eve	Wednesday 12/24	
	Sheboygan Y	5:00am-Noon
	Falls Y	5:00am-Noon
Christmas Day	Thursday 12/25	<b>CLOSED</b>
Day After Christmas	Friday 12/26	
	Sheboygan Y	Open 5:00am
	Falls Y	Open 8:00am
New Year's Eve	Wednesday 12/31	5:00am-4:00pm
New Year's Day	Thursday 1/1	<b>CLOSED</b>

**REGISTRATION INFORMATION**

Start planning your fall, registration is right around the corner! Specific session dates are listed with the programs on each page.

**Register early!** Many classes fill up quickly, while others may be cancelled due to low enrollment. Please take the time prior to registration to make sure your record is set up correctly. We must have an email address and password for anyone you want to register on-line. Please call 920-451-8000 x109 to confirm that your record is ready to go. Register from the comfort of your own home. MasterCard, VISA and Discover accepted.

**REGISTRATION OPTIONS**

**On-line at [www.sheboygancountyyymca.org](http://www.sheboygancountyyymca.org)**

**Click "Register On-line" button at the top**

We now have a new look and interface with Daxko! Members and participants may register for most programs on-line beginning at 5:00am on the first day of registration.

**In Person**

Registration may be done week days during normal business hours. Registration will **not** be processed without the payment.

• **Phone registration is not accepted.**

**NEW - Daxko App**

The NEW Daxko app for cell phones is now available! Registration can be done at your convenience on the app. A credit or debit card is needed to complete registrations.

**[CLICK HERE FOR REGISTRATION](#)**

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**VOLUNTEERS**

There are many volunteer opportunities available at the YMCA. No matter what your special interests and schedules are, you can help change someone's life. If you share our commitment to the continued well-being of our youth and community, please consider becoming a YMCA volunteer. For more information, please call Matt Mueller, Sheboygan Branch Director at 920-451-8000, x117.



## WHAT'S NEW?

# Coming this Fall!!

*Opening in September!*



- ☕ Full Espresso Bar
- ☕ Smoothies
- ☕ Avocado Toast
- ☕ Homemade Soups
- ☕ Protein Shakes
- ☕ And More!

**Monday - Friday: 7am - 1pm**  
**Monday - Thursday: 4pm - 7pm**

### YMCA CORE VALUES

**Honesty, Caring, Respect and  
Responsibility**

### SHEBOYGAN YMCA FACILITY RENTALS

If you are interested in renting a gym, studio, space for meetings or small gatherings, please contact Matt Mueller for availability and pricing:

**Phone: 920-451-8000 x118**

**Email: [mmueller@sheboygancountyyymca.org](mailto:mmueller@sheboygancountyyymca.org)**

Some options include: Volleyball, basketball, soccer, gym games, corporate outings, school outings, athletic events, sporting events, team practices, family gatherings, dance, and more.

### SHEBOYGAN FALLS YMCA FACILITY RENTALS

For Sheboygan Falls facility rentals, please contact Ashley Liermann at [aliermann@sheboygancountyyymca.org](mailto:aliermann@sheboygancountyyymca.org) or call 920-467-2464, x202.

### WELCOME!

#### Halle Boldt Youth Sports Director - Falls Y



Hi everyone! My name is Halle Boldt, and I'm thrilled to join the Sheboygan Falls YMCA as your new Youth Sports Director! Growing up in Sheboygan, I couldn't be more excited to return to the community where I first fell in love with sports. I graduated from Sheboygan South High School in 2021, where I was a multi-sport athlete competing in football, basketball, soccer, and cross country. I then began my college journey at Clarke University in Iowa but decided to transfer back home my last year to complete my degree and finish my athletic career at Lakeland University. I graduated with a Bachelor's in Business Administration with an emphasis in Sports Management. As a former college athlete, national champion, and all-conference performer, I bring both experience and passion to the court/field and beyond. My greatest motivation comes from helping young athletes grow, not just in their sport, but in confidence, character, and overall well-being. I can't wait to meet you and your athletes and be a part of their journey!

## MEMBERSHIP RATES

### MONTHLY BANK DRAFT

Preschool .....	\$15.00
Youth .....	\$18.00
High School .....	\$21.00
Young Adult, Ages 18 - 24 .....	\$39.00
Adult .....	\$46.00
Couples Only .....	\$69.00
Single Parent/one child .....	\$69.00
Family.....	\$77.00
Senior Adult 65+ .....	\$41.00
24/7 Access Adult (Falls Y only).....	\$10.00
24/7 Access Couples (Falls Y only) .....	\$15.00

Rates are subject to change. Recreational and lane swimming at the Sheboygan Falls Aquatic Center is included with your membership. Short term memberships are also available. **Membership fees are non-refundable.**

### Joiner Fees for New and Renewing memberships (inactive for 2+ months):

- \$10 All Youth Memberships (preschool, youth, high school)
- \$25 Adult (Adult, Young Adult, Sr Adult)
- \$30 Family (Couples, Family and Single Parent / 1 Child)

## MEMBERSHIP DISCLAIMER

When in the course of normal events or circumstances beyond our control, it is necessary to close sections of or the whole facility for cleaning, repairs, weather conditions or an emergency, a membership extension or refund is not granted.

## MEMBERSHIP CANCELLATION

When using the bank draft or credit card payment plan, written notice is required to cancel. The notice and membership cards must be returned prior to the 10<sup>th</sup> of the month.

## FINANCIAL ASSISTANCE

In order to support the mission of the YMCA, no one should be denied membership due to financial hardship. Please contact the YMCA to receive an application.

## CODE OF CONDUCT

To build a strong and safe environment at the Sheboygan County YMCA, individuals are asked to behave in a manner that upholds the four principles of **Caring, Honesty, Responsibility and Respect** at all times when in the facility or when participating in YMCA programs.

## PHOTOGRAPHY

The YMCA occasionally uses photos of participants and members for promotional purposes. By registering for a program or membership, you have granted us permission to use your photograph for promotional purposes unless otherwise noted.

## CHECK-IN REMINDER

For the safety of all, anyone entering our buildings must check in at the Welcome Desk. Please scan your membership card or if you are a class participant, let our desk staff know where you are going. Thank you for your cooperation to help keep your YMCA a safe environment.

## SOCIAL MEDIA

Stay connected to the Sheboygan County YMCA through Facebook, Instagram and X. You will receive updates including new programs, class changes, cancellations and facility closings.



## EMPLOYMENT OPPORTUNITIES

**Work where you play, play where you work!** The Y is a fun place to be, plus you may qualify for a free membership! Current employment opportunities are listed on our website at [www.sheboygancountnymca.org](http://www.sheboygancountnymca.org) or contact the Sheboygan Y at 920-451-8000 or Falls Y at 920-467-2464

## NATIONWIDE PROGRAM

This national YMCA program entitles members to visit YMCAs across the country. Some restrictions may apply. More information is available at [www.ymca.net](http://www.ymca.net).

## GUEST DAY PASS

The YMCA reserves the right to limit day passes to better serve our members. Anyone over the age of 18 is required to provide a photo I.D. Military personnel with leave papers may use the Y at no charge.

**For day passes, please call for availability. Daily passes are only sold during business hours and are subject to change.**

### Sheboygan YMCA Youth Day Pass Policy:

- Youth 17 and under Must be with a current member to purchase a day pass.
- Parents may purchase a day pass for youth 17 and under, but Must remain in the facility with their child.

### Falls YMCA Day Pass Policy:

- Not available for Adult Basketball
- Not available for Youth (open gym/basketball)

Daily Fees	Sheboygan	Sheboygan Falls
Family Day Pass	\$25.00	N/A
Adult	\$10.00	\$8.00
Young Adult	\$8.00	\$6.00
Senior Adult	\$8.00	\$6.00
High School	\$5.00	\$4.00 <b>Riverview workout only</b>
Middle School	\$3.00	N/A
Grade School	\$2.00	N/A
Fitness Class Drop-in	\$8.00	\$8.00



### YMCA CHILD WATCH

Child Watch is a drop-off child care program for children age 6 weeks - 7 years providing an interactive and healthy place for your child to play under the caring, active supervision of trained staff. You can enjoy your visit and work out with peace of mind. For safety reasons, parents must remain at the YMCA when their child is in Child Watch. At the Sheboygan Y, children 8 years and up can be in the entrance area of child watch and at the Falls Y they can remain in the lobby area. These areas are unsupervised.

- Your Sheboygan County YMCA family membership includes up to 1.5 hours per session (A.M. and P.M.) of free child watch for immediate family only. This benefit is to accommodate Y families that have differing work schedules.
- Adult members and non-members must stop at the desk and pay for this service prior to dropping their child off. The fee per visit is \$5.00 per child for a YMCA adult member and \$8.00 per child for a non-member.
- Child Watch staff do Not change diapers.
- Children may not bring electronic devices to Child Watch.

SHEBOYGAN YMCA CHILD WATCH HOURS	
Monday - Friday	8:45am - 1:15pm
Monday - Thursday	4:30pm - 7:00pm
<i>Hours subject to change without notice if no children present AM - close at 12:30pm; PM - close at 6:30pm (M-TH).</i>	
SHEBOYGAN FALLS YMCA CHILD WATCH HOURS	
Monday - Friday	8:45am - 11:30am
<i>Please call 920-467-2464 between 8:00am - 5:00pm (Monday - Friday) to reserve a spot. If no children are signed up by 5pm, program will be closed for the following day. Hours subject to change without notice if no children present.</i>	

## FITNESS THAT FITS YOUR SCHEDULE

### SHEBOYGAN FALLS RIVERVIEW CENTER

#### GET 24/7 ACCESS!

1. **VISIT** the Falls YMCA welcome desk during business hours.
2. **ADD** monthly 24/7 access for \$10 (\$15/month family/couples)
3. **SIGN** the agreement forms, **PASS** a background check.
4. **TAKE** an orientation.
5. **WORKOUT** at the Falls YMCA anytime outside of regular facility hours.

**MUST BE AGE 19 OR OLDER**



[Click here for 24/7 Information](#)

## Membership Special

**December 1<sup>st</sup> - 6<sup>th</sup>, 2025**



**DECEMBER DATES FOR RENEWING OR NEW MEMBERS**

**January 2<sup>nd</sup> - 10<sup>th</sup>, 2026**



**JANUARY DATES FOR NEW MEMBERS ONLY**



**15% OFF ANNUAL MEMBERSHIP  
WHEN PAID IN FULL**

 **Membership fees are non-refundable**



## FALLS Y FLAPJACKS & FOOTBALL

**ALL-YOU-CAN EAT PANCAKE FUNDRAISER**  
Sheboygan Falls River Park – Large Shelter  
Join us for food, fun, and football to support the Sheboygan Falls YMCA!

**TICKETS**  
ADULTS (AGES 11+): \$10  
or 6/\$50  
YOUTH(AGES 5-10): \$5  
KIDS(4 & UNDER): FREE

Major Sponsor  
 **OOSTBURG STATE BANK**

Sponsors  
 

»»»»  
**Saturday  
September 6<sup>th</sup>**  
7:30 AM – 4:00 PM

Y DOUG OPEL'S

# run FOR THE kids

## Thanksgiving Day November 27<sup>th</sup>

More Information **2Mile Run/Walk | 10K Run | 9:30am**

[Click here for Event Information](#)

### REGISTER EARLY AND SAVE!

Early Bird Price through 10/1

Proceeds from this event benefit Y Partner with Youth Program







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FOR HEALTHY LIVING  
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## YMCA CAMP Y-KODA

# 6<sup>th</sup> Annual SCARECROW FESTIVAL

October 11 – 12, 2025  
9:00am – 4:00pm Each Day

Hosted by YMCA Camp Y-Koda & The Christopher Farm and Gardens  
W580 Garton Road, Sheboygan, WI 53083

See page 34  
for more event  
details!



YMCA CAMP Y-KODA PRESENTS

## OUTDOOR SKILLS & EDUCATION FUNDRAISING BANQUET

WEDNESDAY, DECEMBER 3<sup>rd</sup>, 2025  
THE VILLAGE AT 170, KOHLER, WI



# YDC CHILD CARE CENTER

at the Sheboygan YMCA

The YDC plans weekly themes with developmentally appropriate activities.

## School Year Programs We Provide:

- Preschool Program (Ages 2-4) ☒
- School Age Before & Aftercare (3k-Grade 6) ☒
- Preschool: Arts & Crafts, Dance, Gymnastics, Swim ☒
- Open Gyms & Outdoor Activities ☒
- Licensed Childcare Center - WI Shares accepted ☒
- Multi-Child Discount ☒
- 4-Day and 5-Day Rates Available ☒

**Enroll  
Today!**



For More Information  
[abittinger@sheboygancountyyymca.org](mailto:abittinger@sheboygancountyyymca.org)

### Hours of Operation

Monday - Friday  
6:30am - 5:30pm

**Accepting  
Kids 3k - 6<sup>th</sup>  
Grade**

Sheboygan YMCA | 812 Broughton Drive, Sheboygan, WI 53081 | 920-451-8000



## SHEBOYGAN COUNTY YMCA CHILD CARE

The YMCA provides safe, quality care for children at two locations in Sheboygan County. All YMCA Child Care programs are licensed by the State of Wisconsin. A copy of the rules and regulations is available for your review. **Our centers participate in the YoungStar program.**

**The preschool programs** have preschool and pre-kindergarten weekly themes with developmentally appropriate activities. The schedule varies by age and ability of the child and includes large group and small group activities. Children participate in a physical activity every day, including sports skills and recreational swimming at the Sheboygan YMCA.

**The grade school programs** are open to children in who attend school within Sheboygan County. The Sheboygan Y care is open to children in Kindergarten - Age 12 and at the Falls Y care is open to children in 4K - Grade 4 who attend the Falls School District. Activities provide each child with age-appropriate experiences. The schedule may include arts and crafts, homework assistance, or games. Children may also play in the gym, playground or park. All areas are supervised by child care staff. We offer before and after school care during the school year and full day care on days when there is no school and during the summer.

For availability at your child's age level and pricing, please contact Ashley Bittinger at 920-451-8000 x107 for Sheboygan (abittinger@sheboygancountymca.org) or Kelly at 920-467-2464 x203 (kthill@sheboygancountymca.org) for Sheboygan Falls.

### SHEBOYGAN YMCA CHILD CARE

	Ages 2 - 6	Ages 5 - 12
Mon - Fri	6:30am - 5:30pm	6:30am - 8:00am
		after school - 5:30pm
Summer		6:30am - 5:30pm

### SHEBOYGAN FALLS YMCA CHILD CARE

		6 Wks - 4 Yrs
Mon - Fri		6:00am - 5:30pm

### SHEBOYGAN FALLS ELEMENTARY SCHOOL

		Ages 4 - 12
School Year		6:00am - 5:30pm

## FALLS YMCA SCHOOL AGE CARE PROGRAMS 2025-26 SCHOOL YEAR

Now enrolling for 4K Wrap-Around Care and Before and After School care at SFES

Contact Kelly Thill, Child Care Director at 920-467-2464 x203 or kthill@sheboygancountymca.org for more information.

## NATURE BASED CHILD CARE

### CAMP Y-KODA

Monday - Thursday 11:00am-4:30pm

Friday 7:30am-4:30pm

Ages 3 - 6 Years

### MAYWOOD

Monday - Friday 7:30am-4:30pm

Ages 3 - 6 Year

Nature Based Child Care spends 50 percent of their time outside. Days are filled with unstructured free play, hikes and nature based activities.

**For more information, please contact:**

Sarah Dezwarte, Director of Education  
sdezwarde@sheboygancountymca.org or  
call (920) 467-6882.

**\*\*Both programs are licensed with the Wisconsin Department of Children & Families.**

Sheboygan YMCA  
YDC Child Care &  
Child Watch

**WE ARE  
HIRING!**

## JOB VACANCY:

- **Child Watch Caregiver**
  - M-F 8:45am - 1:15pm
  - M-Th 4:30pm - 7:00pm
- **Child Care Substitute Teachers**
  - **Licensed Daycare**

- **Free YMCA Membership with employment**

**QUESTIONS**  
Ashley Bittinger  
920-451-8000 ext 107

[Apply Here](#)

## SWIMMING LESSON SELECTOR

### BREAK WEEK - NO GROUP SWIM LESSONS

Fall 2: November 24 - 29, 2025

#### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

#### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER  
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER  
EXPLORATION**

Can the student hold their breath and submerge confidently?

NOT YET

**1 / WATER  
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER  
MOVEMENT**

Can the student swim 10–15 meters on his or her front and back?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 25 meters (1 length) of front crawl without stopping, in deep water?

NOT YET

**4 / STROKE  
INTRODUCTION**

Can the student swim 50 meters (1 lap) without stopping?

NOT YET

**5 / STROKE  
DEVELOPMENT**

Can the student swim 150 meters (3 laps) without stopping?

NOT YET

**6 / STROKE  
MECHANICS**

\*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

**HAVE MORE QUESTIONS?** Our Aquatics Director, Heather Nitsch is available at 920-451-8000 x129 or [hnitsch@sheboygancountymmca.org](mailto:hnitsch@sheboygancountymmca.org) to answer any questions about the swim lesson program.



## YOUTH GROUP SWIMMING LESSONS AT THE SHEBOYGAN YMCA

7-WEEK FALL 1 SESSION: SEPTEMBER 8 - OCTOBER 25, 2025

7-WEEK FALL 2 SESSION: OCTOBER 27 - DECEMBER 20, 2025

### SWIM STARTERS (Parent & Child Classes!)

LOCATION: GARTON POOL

	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Baby A	6 Mo - Age 3	9:45-10:15am				
Baby A & B	6 Mo - Age 3		5:30-6:00pm	5:00-5:30pm	4:00-4:30pm	9:15-9:45am
Baby B	2 yrs - 3 yrs			9:45-10:15am		

### PRESCHOOL SWIM BASICS (without parent)\*

LOCATION: GARTON POOL

\* New Students: Please see chart on Page 10 to determine which class level is most appropriate for your child

	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Stages 1 & 2	3 yrs - 5 yrs	10:15-10:45am	5:00-5:30pm	10:15-10:45am	4:30-5:00pm	9:45-10:15am
				5:30-6:00pm		
Stages 3 & 4	3 yrs - 5 yrs	10:15-10:45am	5:00-5:30pm	10:15-10:45am	4:30-5:00pm	9:45-10:15am
				5:30-6:00pm		

### GRADE SCHOOL SWIM BASICS

LOCATION: GARTON POOL

	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Stages 1 & 2	Age 5+ yrs		4:30-5:00pm	6:00-6:30pm	5:00-5:30pm	10:15-10:45am
Stage 3	Age 5+ yrs		4:30-5:00pm	6:00-6:30pm	5:00-5:30pm	10:15-10:45am

### GRADE SCHOOL SWIM STROKES

LOCATION: VERHULST POOL

	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Stage 4	Age 5+ yrs	6:30-7:00pm	5:00-5:30pm	6:30-7:00pm	5:00-5:30pm	9:45-10:15am
Stages 5 & 6	Ages 6+ yrs	7:00-7:30pm	5:30-6:00pm	7:00-7:30pm	5:30-6:00pm	10:15-10:45am

### 7-WEEK GROUP SWIM LESSON FEES

Sheboygan County Family Member	\$19.00
Sheboygan County Youth Member	\$49.00
Non-Member	\$69.00

- **Fall lessons fill quickly! You can register for one or both sessions when fall registration opens:**  
Members - August 25  
Non-Members - August 28
- If your child can no longer attend a class they are registered for, please contact the front desk to cancel them from the class as soon as possible so another child has the opportunity to join the class.
- End of session report cards will not be issued for Fall 1 session. If registering for Fall 1 and Fall 2, we recommend you register your child for the same class level for both sessions.
- No swim lessons Tuesday, October 28, so kids can attend the Y's Boo Bash! Make-up date: Tuesday, November 4th.

### YOUTH AQUATICS SPONSOR

A special thank you to Mary Ross Denison for sponsoring the YMCA Youth Swim Lessons and Competitive Swim Program in 2025 in memory and tribute of her late, loving husband, Hugh Denison.

Supporting the YMCA Youth Swim Lessons and Swim Team Program will have a lasting positive impact, helping children not only develop essential swimming and safety skills, but also fostering a love for the sport that can last a lifetime.

[CLICK HERE FOR REGISTRATION](#)

**BREAK WEEK  
NO GROUP SWIM LESSONS**

**November 24 - 29, 2025**

## AQUATICS PROGRAMS

### SHALLOW WATER AEROBICS NEW EVENING CLASS ADDED!!

#### Age 15+

Make the most of the resistive qualities of water to help increase your flexibility, cardio fitness level and muscle strength. Perfect for first-time exercisers, currently active or those looking for a good workout. This class is taught in chest deep water in Verhulst Pool. Participants should be comfortable in the water but do not need to have swimming skills.

Monday (Instructor: Sue) ..... 8:30am - 9:30am  
Tuesday (Instructor: Jaclyn)..... 6:15pm - 7:15pm

### DEEP WATER AEROBICS

#### Age 15+

A powerful workout that will improve your posture, strength and cardiovascular endurance. This non-impact exercise is a perfect alternative for individuals with knee or back problems or those looking for a break from running or high impact activities. Participants should be comfortable in deep water as this class is taught in the deep section of Verhulst Pool.

Thursday ..... 8:30am - 9:30am  
Instructor: Sue

### AI CHI AQUATICS CLASS

#### Age 15+

If you are feeling stressed, tense or just not ready for a traditional exercise class to get you in shape mentally or physically, Ai Chi may be just what you need. Ai Chi is a simple exercise and relaxation program performed in Garton Pool's shallow, warm water. Participants use a combination of deep breathing and slow, broad movement of the arms, legs and torso. Participants will improve range of motion, balance, promote blood circulation and increase metabolism.

Tues & Thurs ..... 10:30am - 11:00am

#### Fee is Per Day

Sheboygan County YMCA Member	Free
Non-Member	\$8.00

### ADULT SWIM LESSONS

SEPTEMBER 20 - OCTOBER 25, 2025

#### Age 18+

Come on! You've been putting off learning to swim but now is your opportunity! This class is for adults that may have a fear of the water, have very little to no swimming skills, and are ready to take the first step toward your own personal goals. Participants will work on water adjustment, gaining confidence, floating, basic swimming skills, and basic personal safety skills. You can be scared and still give it a try! **Fee is for 6 swim lessons.**

Sat ..... 10:15am - 11:00am

Sheboygan County YMCA Member	\$49.00
Non-Member	\$74.00

### SWIM CLINICS

WEEK 1: SEPTEMBER 8 & 10, 2025

WEEK 2: SEPTEMBER 15 & 17, 2025

WEEK 3: SEPTEMBER 22 & 24, 2025

#### Age 8 - Adult

Looking to improve your strokes, increase efficiency in the water and build confidence? This program is designed for swimmers who want to fine-tune their technique in a focused and supportive environment. Led by swim team coaches, the clinics will focus on stroke refinement (freestyle, backstroke, breaststroke, and butterfly). These clinics are not to learn to swim, but to improve your strokes.

Whether you're preparing for swim team, triathlons, or just want to become a stronger swimmer, these clinics are a great way to grow your skills. Open to youth and adults with intermediate or above swimming ability. **Sign up for one week of clinics or all three! Rate is per week and each week includes two 1-hour sessions.**

Mon & Wed ..... 5:30pm - 6:30pm

Sheboygan County YMCA Family Member	\$14.00
Sheboygan County Youth Member	\$16.00
Non-Member	\$24.00



### POOL BIRTHDAY PARTIES

Looking for a fun and unforgettable way to celebrate your child's summer birthday? Host a YMCA Pool Party and let the good times flow! Kids will enjoy swimming in a fun and safe, supervised environment – perfect for a cold fall day. Parties include pool time in Garton Pool, a party space, and a lifeguard to keep the swimmers safe in the water. Spots fill fast – book your fall pool party today! For more information, please see page 23.







### INTRO TO SWIM TEAM

MONDAY, SEPTEMBER 8, 15 & 22, 2025 AND  
WEDNESDAY, SEPTEMBER 10, 17 & 24, 2025



**Ages 5 - 8**

This 3-week Intro to Swim Team program will give your kids a taste of what swim team is all about before the actual season begins September 29. If you are not sure if the Swim Team is the right fit, this program is for you!

Swimmers will work with the swim coach and be introduced to the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Practices are held in Garton pool. It is recommended that kids are able to swim 25 meters independently or have passed swim lessons stage 3 before joining. **Program includes six 1-hour practices.**

Parents of kids considering joining the Swim Team are invited to attend the informational swim team parent meeting on Monday, September 15 at 4:30pm to learn more.

Mon & Wed ..... 4:00pm - 5:00pm

Sheboygan County YMCA Family Member	\$48.00
Sheboygan County Youth Member	\$54.00
Non-Member	\$78.00

### INTRO TO SWIM TEAM

TUESDAY, SEPTEMBER 9, 16 & 23, 2025 AND  
THURSDAY, SEPTEMBER 11, 18 & 25, 2025



**Ages 9+**

This 3-week Intro to Swim Team program will give your kids a taste of what swim team is all about before the actual season begins September 29. If you are not sure if the Swim Team is the right fit, this program is for you!

Swimmers will work with the swim coach and be introduced to the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Practices are held in Verhulst pool. It is recommended that kids are able to swim 25 meters independently or have passed swim lessons stage 3 before joining. **Program includes six 1-hour practices.**

Parents of kids considering joining the Swim Team are invited to attend the informational swim team parent meeting on Monday, September 15 at 4:30pm to learn more.

Tues & Thur ..... 4:00pm - 5:00pm

Sheboygan County YMCA Family Member	\$48.00
Sheboygan County Youth Member	\$54.00
Non-Member	\$78.00

SCAN BELOW OR CLICK HERE FOR  
POOL SCHEDULES

[CLICK HERE FOR POOL SCHEDULES](#)



## SWIM TEAM

### CHINOOK SWIM TEAM

SEPTEMBER 29, 2025 - MID-MARCH 2026

#### Ages 5 - 17

The Y's Chinook Swim Team is a competitive club for youth ages 5-17. Coaching emphasis is on character development, stroke development, building endurance, and providing swimmers with competition experiences. The Chinooks compete in YMCA and USA sanctioned swim meets. Swimmers are divided into different groups based on age and ability, which determine their practice schedule.

- Per national YMCA rules, all swim team members must have an annual YMCA membership in addition to team fees listed below, plus a \$100 deposit.
- An informational swim team packet which includes registration paperwork will be available at the Sheboygan Y Front Desk and on the website by September 8: [sheboygancountymca.org](http://sheboygancountymca.org).
- **A mandatory parent/guardian informational meeting will be held on Monday, September 15 at 4:30pm.** Registration packets will be distributed and collected at meeting.
- If you are unsure which group your swimmer should be registered for, please see more specific determinations in swim team packet or email Coach Brayden Schuh at [bschuh@sheboygancountymca.org](mailto:bschuh@sheboygancountymca.org) to discuss. This will also be discussed at informational meeting.

### CHINOOK SWIM TEAM AGES/ABILITIES PRACTICE SCHEDULE AND FEES

#### GROUPS PRACTICE ALL DAYS AND TIMES LISTED UNDER EACH CATEGORY.

##### WHITE

###### Ages 5-8 years

- Able to swim 25 meters freestyle and 25 meters backstroke

Mon ..... 5:00pm-6:00pm  
Friday ..... 4:00pm-5:00pm

Fee ..... \$384.00

##### RED/BLUE

###### Ages 5-8 years

- 1 year of team experience
- Legal in all four strokes

Mon ..... 4:00pm-5:00pm  
Wed ..... 4:30pm-5:30pm  
Friday ..... 5:00pm-6:00pm

Fee ..... \$384.00

##### BRONZE 2

###### Ages 9 & older

- Able to swim 50 meters freestyle and 50 meters backstroke

Tues & Thurs ..... 4:00pm-5:00pm

Fee ..... \$384.00

**\*\* All groups also rotate occasional practices on Saturdays from 8:00am-9:30am. Dates TBD**

### CHINOOK SWIM TEAM AGES/ABILITIES PRACTICE SCHEDULE AND FEES

##### BRONZE 1

###### Ages 9 & older

- 1 year of team experience
- Legal in all four strokes
- Target time of under 60 seconds

Mon - Wed - Fri ..... 5:30pm-6:30pm

Fee ..... \$432.00

##### SILVER 2

###### Ages 10 & older

- Endurance to swim a 200 (8 laps)
- Consistent flip turns
- Target time of under 50 seconds

Mon - Wed - Fri ..... 5:15pm-6:30pm  
Thurs ..... 6:00pm-7:30pm

Fee ..... \$648.00

##### SILVER 1

###### Ages 10 & older

- Able to swim a 200 (8 laps)
- Consistent flip turns & can improve pace
- Target time of under 40 seconds

Mon - Wed - Fri ..... 5:15pm-6:30pm  
Thurs ..... 6:00pm-7:30pm

Fee ..... \$648.00

##### GOLD

###### Ages 12 & older

- Able to swim a 300 (12 laps) comfortably
- Target time of under 32 seconds

Mon - Wed - Fri ..... 4:00pm-5:30pm  
Thurs ..... 6:00pm-7:30pm

Fee ..... \$720.00

##### HIGH SCHOOL

- Able to swim a 300 (12 laps) comfortably
- Girls target time: 30 seconds and under
- Boys target time: 28 seconds and under

Mon - Wed - Fri ..... 4:00pm-5:30pm  
Thurs ..... 6:00pm-7:30pm

Girls Fee ..... \$540.00

Boys Fee ..... \$300.00

**\*\* All groups also rotate occasional practices on Saturdays from 8:00am-9:30am. Dates TBD**



## MIKE'S 10,000-MILE JOURNEY IN THE POOL

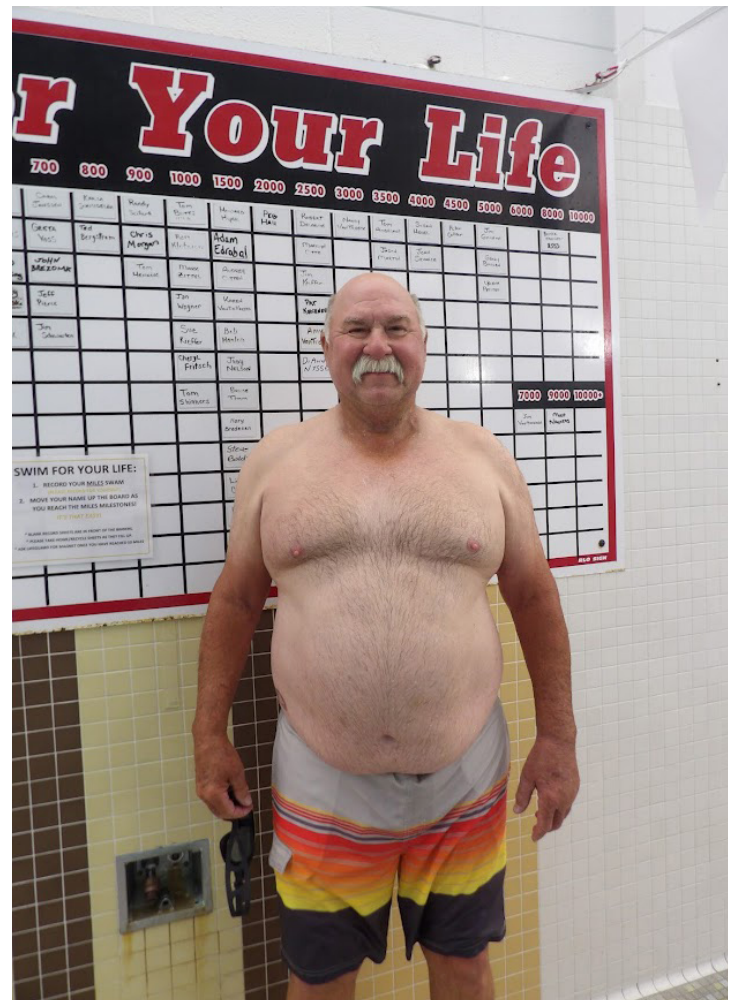
**From Slipped Disc to Swimming Success:** In 1980, Mike turned to swimming after a slipped disc left him in pain and his doctor recommended it as therapy. At the time, he smoked and drank, and could barely make it six lengths of the pool. Today, he's closing in on an astonishing 10,000 miles swam at the Y through our Swim for Your Life program.

**A Lifelong Commitment:** Swimming quickly became a cornerstone of Mike's life. A mechanic at the local power plant, he advocated to shift his work hours just to preserve his early morning swim routine. For decades, he's swam 1 to 1.5 miles every weekday, arriving at the Y when the doors open and enjoying his coffee on the way in — a 4:00am ritual he still keeps.

**More Than Just a Swimmer:** Mike isn't just a swimmer — he's part of the Y family. His children grew up at the Y attending YDC, swimming on the Y team, spending summers at Camp Y-Koda, and even becoming counselors. His kids went on to letter in swimming at South High, thanks to the foundation they built at the YMCA.

Though he only had one formal swimming class back in college at UW-Stevens Point, Mike refined his strokes on his own. These days, he sticks to the front crawl, and despite a recent shoulder injury (unrelated to swimming), he's pushing through until he hits his 10,000-mile goal before undergoing surgery.

**Mike's story is a powerful reminder of how the Y is more than a gym — it's a place where lifelong wellness journeys begin.**



# GYMNASTICS LESSONS

SHEBOYGAN YMCA FAMILY, PRESCHOOL, GRADE SCHOOL, AND MIDDLE SCHOOL GYMNASTICS							
7-WEEK FALL 1 SESSION: SEPTEMBER 8 - OCTOBER 25, 2025							
FAMILY	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Movement</b>	<b>Crawlers - Age 4</b>	4:00-4:45pm		9:15-10:00am		9:15-10:00am	9:15-10:00am
(1 Child/1 Adult; co-ed)		4:45-5:30pm					10:15-11:00am
		5:30-6:15pm					
<b>* ALL FAMILY MOVEMENT CLASSES ARE IN THE UPSTAIRS GYM *</b>							
PRESCHOOL	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Rockers &amp; Rollers</b> (co-ed) (without parent)	<b>Ages 3-4</b>					4:30-5:00pm	
						5:00-5:30pm	
<b>Gymnastics</b>	<b>Ages 4 - 5</b>		4:30-5:15pm (without parent)	10:00-10:45am	4:30-5:15pm		10:00-10:45am
(1 Child/1 Adult; co-ed)			5:15-6:00pm				
<b>Little Springers</b> (co-ed)	<b>Ages 4 - 6</b>	6:15-7:00pm	3:45-4:30pm		3:45-4:30pm		9:15-10:00am
GRADE/MIDDLE	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Girls Gymnastics</b>	<b>Ages 6 - 8</b>	3:45-4:30pm		4:00-4:45pm			10:45-11:30am
<b>Girls Gymnastics</b>	<b>Ages 9 - 11</b>	4:30-5:15pm		4:45-5:30pm			
<b>Novice Gymnastics</b> (co-ed)	<b>Ages 6 - 11</b>		6:00-6:45pm	6:30-7:15pm	6:00-6:45pm		
<b>Pre-Team</b>	<b>Ages 6 - 14</b>	5:15-6:15pm		5:30-6:30pm			11:30a-12:30p
<b>Boys Gymnastics</b>	<b>Ages 6 - 12</b>				5:15-6:00pm		
<b>Parkour</b> (co-ed)	<b>Ages 5 - 8</b>					6:30-7:15pm	
	<b>Ages 8 - 12</b>					7:15-8:00pm	
DROP-IN PROGRAMS	AGE	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Rec Gymnastics</b>	<b>6 Mo - 12 Yr</b>			10:45-11:30am		10:45-11:30am	
(with Parent)						5:30-6:15pm	
<b>* PRE-REGISTRATION REQUIRED EACH WEEK - OPENS MONDAY OF THAT WEEK *</b>							
<b>Youth Rec Gymnastics</b>	<b>Age 5+</b>					4:00-5:30pm	
<b>* PRE-REGISTRATION REQUIRED EACH WEEK - OPENS MONDAY OF THAT WEEK *</b>							
<b>NOTE: If you are registered for Youth or Family Rec Gymnastics and are unable to attend, please contact the front desk so others are able to sign up.</b>							
<b>Birthday Parties</b>	<b>All Ages</b>	Limit 12 children					12:30-2:30pm (when scheduled)

## Fee per 7-Week Session

	30 Minutes	45 Minutes	60 Minutes
*Family Member	\$35.00	\$50.00	\$68.00
*Youth Member	\$42.00	\$62.00	\$82.00
Non-Member	\$58.00	\$94.00	116.00

## \*Sheboygan County YMCA Member

## 1-Time Drop-in Fee

	45 Minutes	60 Minutes
Sheboygan County Y Family Member	\$9.00	\$12.00
Sheboygan County Y Youth Member	\$10.00	\$13.00
Non-Member	\$18.00	\$25.00

Please contact Sandra Garcia for availability at  
sgarcia@sheboygancountnymca.org.

[CLICK HERE FOR REGISTRATION](#)

- To ensure that all students receive the full benefit of their training sessions, we kindly ask that students arrive on time for each class. If a student arrives more than 5 minutes after the start of their class, the coach reserves the right to deny entry for that class and participant will not receive refund for that class time missed. This policy helps maintain the structure and flow of the class for all participants.
- For any class involving a parent or caregiver, only the child registered for the class is permitted in the gymnastics center area.
- Siblings are not allowed in the class area unless they are young enough to be worn in a carrier—and must remain worn for the entire class.  
If not worn, parents must either:
  - Utilize our Child Watch services **or**
  - Have the child sit in the mezzanine area, where they must be able to remain seated and self-entertained

## SHEBOYGAN YMCA FAMILY, PRESCHOOL, GRADE SCHOOL, AND MIDDLE SCHOOL GYMNASTICS

**7-WEEK FALL 2 SESSION: OCTOBER 27 - DECEMBER 20, 2025**

**BREAK WEEK: NOVEMBER 24 - 29, 2025**

FAMILY	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*	SATURDAY*
<b>Family Movement</b>	<b>Crawlers - Age 4</b>	4:00-4:45pm		9:15-10:00am		9:15-10:00am	9:15-10:00am
(1 Child/1 Adult; co-ed)		4:45-5:30pm					10:15-11:00am
		5:30-6:15pm					
<b>* ALL FAMILY MOVEMENT CLASSES ARE IN THE UPSTAIRS GYM *</b>							
PRESCHOOL	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*	SATURDAY*
<b>Rockers &amp; Rollers (co-ed)</b> (without parent)	<b>Ages 3-4</b>					4:30-5:00pm	
						5:00-5:30pm	
<b>Gymnastics</b>	<b>Ages 4 - 5</b>		4:30-5:15pm	10:00-10:45am	4:30-5:15pm		9:15-10:00am
(1 Child/1 Adult; co-ed)			5:15-6:00pm (without parent)				10:00-10:45am (without parent)
<b>Little Springers (co-ed)</b>	<b>Ages 4 - 6</b>	6:15-7:00pm	3:45-4:30pm	6:30-7:15pm	3:45-4:30pm		
GRADE/MIDDLE	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*	SATURDAY*
<b>Girls Gymnastics</b>	<b>Ages 6 - 8</b>	3:45-4:30pm		4:00-4:45pm			10:45-11:30am
<b>Girls Gymnastics</b>	<b>Ages 9 - 11</b>	4:30-5:15pm		4:45-5:30pm			
<b>Novice Gymnastics (co-ed)</b>	<b>Ages 6 - 11</b>		6:00-6:45pm		6:00-6:45pm		
<b>Pre-Team</b>	<b>Ages 6 - 14</b>	5:15-6:15pm		5:30-6:30pm			11:30a-12:30p
<b>Boys Gymnastics</b>	<b>Ages 6 - 12</b>				5:15-6:00pm		
<b>Parkour (co-ed)</b>	<b>Ages 5 - 8</b>					6:30-7:15pm	
	<b>Ages 8 - 12</b>					7:15-8:00pm	
DROP-IN PROGRAMS	AGE	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*	SATURDAY*
<b>Family Rec Gymnastics</b> (with Parent)	<b>6 Mo - 12 Yr</b>			10:45-11:30am		10:45-11:30am	
						5:30-6:15pm	
<b>* PRE-REGISTRATION REQUIRED EACH WEEK - OPENS MONDAY OF THAT WEEK *</b>							
<b>Youth Rec Gymnastics</b>	<b>Age 5+</b>					4:00-5:30pm	
<b>* PRE-REGISTRATION REQUIRED EACH WEEK - OPENS MONDAY OF THAT WEEK *</b>							
<b>NOTE: If you are registered for Youth or Family Rec Gymnastics and are unable to attend, please contact the front desk so others are able to sign up.</b>							
<b>Birthday Parties</b>	<b>All Ages</b>	Limit 12 children					12:30-2:30pm (when scheduled)

### \* FALL 2 CLASSES\*

**No class Tuesday, October 28th due to Boo Bash  
Makeup date November 25th**

**Friday and Saturday classes prorated to 6 weeks  
No class 10/31 or 11/1**

### \* REMINDER\*

**No jeans, jewelry, hoodies, zipper or snaps.  
Hair must be tied back.**

### Fee per 7-Week Session

	30 Minutes	45 Minutes	60 Minutes
*Family Member	\$35.00	\$50.00	\$68.00
*Youth Member	\$42.00	\$62.00	\$82.00
Non-Member	\$58.00	\$94.00	116.00

### \*Sheboygan County YMCA Member

### 1-Time Drop-in Fee

	45 Minutes	60 Minutes
Sheboygan County Y Family Member	\$9.00	\$12.00
Sheboygan County Y Youth Member	\$10.00	\$13.00
Non-Member	\$18.00	\$25.00

Please contact Sandra Garcia for availability at  
sgarcia@sheboygancountyyymca.org.



## GYMNASTICS CLASSES

### FAMILY MOVEMENT FOR BOYS & GIRLS

#### Crawlers - 4 Years with Adult

Play with a purpose! Your child will develop overall body coordination, balance, strength, flexibility and poise while enjoying musical games and obstacle courses. Encourage your child while helping them meet new challenges, practice skills and experience success.

### ROCKERS AND ROLLERS

#### Ages 3 - 4 without Adult

This class is for our 3 to 4 year olds who have graduated from our Family Movement Gymnastics class or have surpassed the skill level of our YMCA Family Movement class with parent and are looking for a non-parents, more challenging option to advance skill and to continue their child's/children's passions for gymnastics. This class will be a 4 child to 1 coach ratio, where your child/children will be honing in on a specific skill each week from our USA-Gymnastics Basic Curriculum. Class limited to 4 children and will work on one specific skill each week, warming up doing a song with movement. If you are interested please register today! **Prerequisite: child Must be potty trained.**

### PRESCHOOL GYMNASTICS FOR BOYS & GIRLS

#### Ages 4 - 5 with or without Adult

Please consult the grid. Class ratios are smaller without parents. Every class begins with fun music and challenging manipulative activities. Children increase strength, balance, coordination and flexibility while exploring gymnastics and tumbling one-on-one with parent assistance. This class will work on gymnastic skills together through play with child and parent interaction. Parents' hands-on spotting and encouragement make this a great learning experience. **Only One parent per child and No siblings in the gym during class.**

### LITTLE SPRINGERS FOR BOYS & GIRLS

#### Ages 4 - 6

Boys and girls must be able to do a skin the cat, basic handstand, backward roll, and climb 1/4 way up a rope. This is an advanced preschool class. **Teacher recommendation is required.**

### GIRLS GYMNASTICS

#### Ages 6 - 11 (see grid for age groups)

This is a great class that builds confidence while utilizing age-appropriate equipment in the gymnastics center to enhance skill level. Girls will work to improve tumbling, strength, coordination, jumping, balance and flexibility. They will also work on USAG compulsory skills.

### NOVICE GYMNASTICS FOR BOYS & GIRLS

#### Ages 6 - 11

People who do gymnastics make it look easy, but it is not. This gymnastic beginner class will work on height and upside down confidence, plus basic positions and skills.

### PRE-TEAM FOR GIRLS

#### Ages 6 - 14

This is the same structured class as our age group grade school class, but more advanced. Children must be able to do a hip pullover on bars, cartwheel and bridge on floor, be comfortable going for handstands on beam **or have teacher recommendation.** This is a great preparation for training team and Springers team!

### BOYS GYMNASTICS

#### Ages 6 - 12

This high-energy boys gymnastics class is designed for ages 6–12 and introduces the foundational skills of men's gymnastics using USA Gymnastics progressions and safety standards. Gymnasts will build strength, flexibility, coordination, and confidence while learning basic skills on these six apparatus:

- **Floor Exercise** – rolls, handstands, cartwheels, and tumbling basics
- **Pommel Horse (Mushroom)** – body position, attempted circles, and single leg work
- **Rings** – swings, supports, and basic strength holds
- **Vault** – running technique, board work, and basic vaults
- **Parallel Bars** – swinging, support holds, and basic transitions
- **Horizontal Bar (High Bar)** – hangs, swings, and simple dismounts

This class focuses on skill development, body awareness, and proper technique, while keeping learning fun and age-appropriate. It's a great way to build athleticism and help your child/children prepare for future competitive gymnastics or any sport!

### PARKOUR

#### Ages 5 - 12 (see grid for age groups)

Our Parkour class teaches students how to move through their environment with speed, efficiency, and creativity. Through a mix of jumping, climbing, vaulting, and balancing, students will build strength, agility, coordination, and confidence. Taught by an experienced instructor in a safe, supportive environment, this class introduces foundational techniques and gradually builds toward more complex movements. Whether you're a beginner or looking to refine your skills, parkour training encourages personal growth, discipline, and body awareness.





## FINE ARTS PROGRAMS

### FINE ARTS DEPARTMENT

The dance and drama classes are part of the Fine Arts Department! The Fine Arts Programs at the Sheboygan County YMCA are designed to enrich the imagination, creativity and social development in a fun and nurturing environment.



Students will grow and develop as they learn the fundamental vocabulary and skills associated with their art. Proper technique is implemented and students are encouraged to discover their own creative potential.

- There must be a minimum of 4 students registered for each class. You will be contacted the week before if class is cancelled and offered another option.
- For more information or to find out which class is the best fit for you, contact the Fine Arts Coordinator, Diane Cepa at [dcepa@sheboygancountyyymca.org](mailto:dcepa@sheboygancountyyymca.org) or 920-451-8000 x116.

#### YMCA Dance Dress Code

- Shoes: ballet shoes for Ballet, tap shoes for Tap, jazz shoes for Jazz & Hip Hop.
- Wear comfortable but snug clothing (no jeans).
- Hair should be up and out of the face. For safety reasons, jewelry should not be worn except for stud earrings.



### PRIVATE DANCE AND DRAMA LESSONS

#### Ages 5 - Adult

We are now offering discounted rates on private lessons, both in person and on-line! For more information and to register for half hour or 45 minute lessons, please call Diane at 920-451-8000 x116. Purchase a punch card for 5 lessons, get your 6<sup>th</sup> one free! Receive 20% discount on group lessons, up to 3 people.

	30 Minutes	45 Minutes
Sheboygan County Y Family Member	\$24.00	\$31.00
Sheboygan County Y Youth Member	\$26.00	\$37.00
Non-Member	\$48.00	\$66.00

### CREATIVE MOVEMENT

#### Ages 2 - 4 with Adult

Introduce your child to the world of dance while ensuring their comfort and security your presence brings during class. It is a perfect way to stay invested in your child as they begin to explore. It is also an introduction to rhythm, movement, counting, and body awareness for our young dancers.

### BITTY BALLET

#### Ages 3 - 5

In our youngest ballet class, our little dancers will learn body awareness and transition from creative movement to ballet, starting with the positions of the feet and basic steps.

### TAP & BALLET I

#### Ages 5 - 7

This class builds, level by level, on the basics of ballet including arms, positions and steps. Our tap portion teaches rhythm, the differentiation of the parts of the feet and basic steps leading into combinations.

### HIP HOP & BALLET

#### Ages 5 - 9

Building on the levels of ballet, posture, technique, body awareness and rhythm, we branch out into the fun, upbeat world of hip-hop.

### POMS

#### Ages 6 - 12

Get ready to shake, cheer, and dance with spirit in this high energy class. Students will learn precise arm movements, strong jazz technique, and formations, emphasizing stamina, coordination, and performance skills.

### TAP & BALLET II

#### Ages 7 - 12

This energetic and engaging combo class continues to build on the foundational skills introduced in Level 1. Students will begin to learn more complex combinations in both styles, while also developing confidence, discipline, and performance quality. Must be level 2 or higher in Tap & Ballet.

### JAZZ & HIP HOP

#### Ages 8 - 16

Fun and upbeat, our dancers will learn to jump, kick, leap, and isolate parts of their body to build combinations to contemporary music.

### MUSICAL THEATER:

#### ZOMBIES (FALL 1) & WICKED (FALL 2)

#### Ages 8 - 16

Step into the world of theater with this fun and interactive class! Learn basic to intermediate Broadway style dances and prepare to sing in a welcome and fun environment **featuring a song and scene from Disney's Zombies (Fall 1) and Wicked (Fall 2)**! This is a great class for all levels of music and dance students. No previous dance or singing experience required.



## FALL DANCE CLASSES

## 7-WEEK FALL 1: SEPTEMBER 8 - OCTOBER 25, 2025

DANCE CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Creative Movement (w/Adult)</b>	<b>Ages 2 - 4</b>			5:30-6:00pm	
<b>Bitty Ballet</b>	<b>Ages 3 - 5</b>	5:15-5:45pm			
<b>Tap &amp; Ballet I</b>	<b>Ages 5 - 7</b>		5:15-6:00pm		
<b>Hip Hop &amp; Ballet</b>	<b>Ages 5 - 9</b>		6:00-6:45pm		
<b>Poms</b>	<b>Ages 6 - 12</b>	4:30-5:15pm			
<b>Tap &amp; Ballet II</b>	<b>Ages 7 - 12</b>	5:45-6:30pm			
<b>Jazz &amp; Hip Hop</b>	<b>Ages 8 - 16</b>		4:30-5:15pm		
<b>Musical Theater: Zombies</b>	<b>Ages 8 - 16</b>			4:30-5:15pm	
<b>Dance Team Prep</b>	<b>Ages 10 - 18</b>				4:30 - 5:30pm

## DANCE TEAM PREP

## Ages 10 - 18

Review the basics of jazz, ballet, and poms. This course will review proper technique, musicality, and combinations that will prepare you for the Y's performance dance team!

All Fine Arts classes will meet in the Sheboygan Multi-Purpose Room

## FALL DANCE CLASSES

## 7-WEEK FALL 2: OCTOBER 27 - DECEMBER 20, 2025

## Break week: November 24 - 29

DANCE CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Creative Movement (w/Adult)</b>	<b>Ages 2 - 4</b>			5:30-6:00pm	
<b>Musical Theater: Wicked</b>	<b>Ages 8 - 16</b>			4:30-5:15pm	

## 7-Week Session Fees

	30 Minutes	45 Minutes	60 Minutes
Sheboygan County YMCA Family Member	\$35.00	\$42.00	\$49.00
Sheboygan County YMCA Youth/Adult Member	\$42.00	\$49.00	\$56.00
Non-Member	\$63.00	\$74.00	\$84.00

No Fine Arts Classes  
Tuesday, October 28, 2025  
Make Up Day: November 25, 2025

## BIRTHDAY PARTIES

See Page 23 for more information on how you can schedule your dance birthday party now!



BREAK WEEK - No Fine Arts Classes

November 24 - 29, 2025

[CLICK HERE FOR REGISTRATION](#)



## FINE ARTS - PROGRESSIVE CLASSES

PROGRESSIVE FINE ARTS CLASSES					
24 WEEKS: OCTOBER 27 - MID-MAY 2026					
Fine Arts classes meet in the Sheboygan MPR					
FINE ARTS CLASS	AGE	MONDAY	TUESDAY*	WEDNESDAY	THURSDAY
Bitty Ballet	Ages 3 - 5	5:15-5:45pm			
Tap & Ballet I	Ages 5 - 7		5:15-6:00pm		
Hip-Hop & Ballet	Ages 5 - 9		6:00-6:45pm		
Poms	Ages 6 - 12	4:30-5:15pm			
Tap & Ballet II	Ages 7 - 12	5:45-6:30pm			
Jazz & Hip-Hop	Ages 8 - 16		4:30-5:15pm		
Dance Team	Ages 10 - 18				4:30-5:30pm
* Tuesday classes will begin on Tuesday, November 4, 2025					
10 WEEKS: SEPTEMBER 10 - NOVEMBER 21, 2025					
Center Stage: Madlibs	Ages 8 - Adult			6:00-7:00pm	

### BITTY BALLET

#### Ages 3 - 5

In our youngest ballet class, our little dancers will learn body awareness and transition from creative movement to ballet, starting with the positions of the feet and basic steps.

### TAP & BALLET I

#### Ages 5 - 7

This class builds, level by level, on the basics of ballet including arms, positions and steps. Our tap portion teaches rhythm, the differentiation of the parts of the feet and basic steps leading into combinations.

### HIP HOP & BALLET

#### Ages 5 - 9

Building on the levels of ballet, posture, technique, body awareness and rhythm, we branch out into the fun, upbeat world of hip-hop.

### POMS

#### Ages 6 - 12

Get ready to shake, cheer, and dance with spirit in this high energy class. Students will learn precise arm movements, strong jazz technique, and formations, emphasizing stamina, coordination, and performance skills.

### TAP & BALLET II

#### Ages 7 - 12

This energetic and engaging combo class continues to build on the foundational skills introduced in Level 1. Students will begin to learn more complex combinations in both styles, while also developing confidence, discipline, and performance quality. Must be level 2 or higher in Tap & Ballet.

### JAZZ & HIP HOP

#### Ages 8 - 16

Fun and upbeat, our dancers will learn to jump, kick, leap, and isolate parts of their body to build combinations to contemporary music.

### DANCE TEAM

#### Ages 10 - 18

Classes will focus on ballet, jazz, and poms techniques in an educational and fun environment. The team performs throughout the school year until late-May. Must have previous dance experience to join.

### CENTER STAGE

#### Ages 8 - Adult

This class is for beginners and intermediate acting skills. The class will learn how to memorize lines, project their voice, and use their emotions through storytelling. Open to all acting levels with a part for everyone!

### PROGRESSIVE FINE ARTS CLASSES

Dance classes will perform in the Fine Arts Showcase. Each class will perform at least two dance numbers in the show. Dance shoes will be available for purchase or special orders will be taken at your first class for ballet, tap, jazz and hip hop. **The recital will be held on Mid-May 2026.**

**Fee includes a non-refundable \$30.00 costume deposit for the 2026 Spring Fine Arts Showcase.**

24 Week Fee	30 Minutes	45 Minutes	60 Minutes
Family Member	\$150.00	\$174.00	\$198.00
Youth Member	\$174.00	\$198.00	\$222.00
Non-Member	\$246.00	\$282.00	\$318.00

#### 10-Week Session Fee - Center Stage

Member	\$100.00		
Non-Member	\$140.00		

**Fee Includes \$30 costume deposit**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## YMCA BIRTHDAY PARTIES



Sheboygan YMCA, 812 Broughton Dr, Sheboygan WI 53081 • [www.sheboygancountyymca.org](http://www.sheboygancountyymca.org)

Birthday parties at the Sheboygan YMCA include 45 minutes of dance, gymnastics or swimming (gym parties are 60 minutes) and 60 minutes in a reserved party area, and based on these options, include appropriate staff. Parties are for up to 12 children in dance, up to 12 children in gymnastics, and up to 22 children in swimming and gym parties. A t-shirt is included for all parties for the birthday boy or girl.

For more information about activities and reservations, please call 920-451-8000 and ask for Diane Cepa for Dance, Sandra Garcia for Gymnastics, Heather Nitsch for Swimming, or Matt Mueller for Gym parties. If one of these options does not meet your needs, please contact Matt Mueller to inquire about facility rentals.

### Dance Party

Come join us for 45 minutes of fun-filled, supervised dance games and instruction! We will get our bodies moving and have fun through creative movement including ribbons, parachute, dance games and more. Choose your own songs to dance to or have our dance instructor create a dance with today's music! We will have a special performance for friends and family at the end. Choose from ballet, hip hop or jazz.



### Gymnastics Party

Come and join the gymnastics staff for 45 minutes of birthday fun! Go through an obstacle course with swinging, rolling, climbing and go inside the big blue whale! The time goes by fast while jumping on the tumbl trac or playing in the upstairs gym. Be ready to sing "Happy Birthday" gymnastics style! A t-shirt is included for the birthday boy or girl.

### Ultimate Party

If you have a very energetic group of kids who want a full afternoon of fun, the Ultimate Party is the way to go. You may choose to combine two activities. Your group will have 45 minutes of fun in each area.

### Swimming Party

Come have fun in the warm water of the Garton pool with your friends! Play water games like Marco Polo, sharks and minnows or a game of tag. Jump, splash and float your way to an afternoon of fun.



### GYM Party

Gym activities of your choosing, including basketball, kickball, dodge ball, parachute, football and more!



PARTY	DESCRIPTION	TIME	FAMILY MEMBER	YOUTH MEMBER	NON-MEMBER
Dance	PRIVATE party	45 Minutes	\$117.00	\$132.00	\$167.00
Gym	PRIVATE party	60 Minutes	\$97.00	\$112.00	\$142.00
Gymnastics	Party during OPEN WORKOUT	45 Minutes	\$102.00	\$117.00	\$147.00
	PRIVATE party	45 Minutes	\$147.00	\$167.00	\$192.00
Swimming	PRIVATE party	45 Minutes	\$147.00	\$167.00	\$192.00
Ultimate	Any Two Activities	45 Minutes x 2	\$212.00	\$232.00	\$287.00

- Swim parties include a 10 - 15 minute transition time.
- Add 1 hour of Gym time to any party for just \$42.

Revised 8/4/25



YOUTH ACTIVITIES

NO SCHOOL DAY FUN DAYS AT SHEBOYGAN YMCA

FRIDAY, SEPTEMBER 26, 2025  
FRIDAY, OCTOBER 24, 2025  
MONDAY, OCTOBER 27, 2025  
WEDNESDAY, NOVEMBER 26, 2025

Grades 1 - 4

Bring the kids down to the Y for a fun filled day of activities and new experiences including gymnastics, swimming, sports/gym games, dance, arts & crafts, fitness, and more!

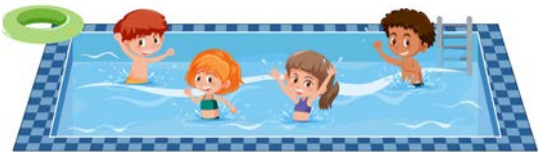
Bring the following for a fun-filled day:

- Brown-bag lunch
- Swimsuit
- Towel
- Water bottle

Snacks will be provided.

All Dates ..... 8:30am - 4:30pm

Sheboygan County Y Family Member	\$36.00
Sheboygan County Y Youth Member	\$42.00
Non-Member	\$54.00



HALLOWEEN BOO BASH  
TUESDAY, OCTOBER 28, 2025

Grades 4K - 4

Grab the kids and come on down to the Sheboygan Y for a fun filled night of safe trick or treating and healthy fun activities. Each area will have a treat or item to give away. Wear your costume and be ready to have an action packed night to kick off Halloween right!

Activities include:

- Inflatables
- Gaga ball
- Gym games and activities
- Arts and crafts
- Maze
- Dance party
- Open swim

(6 years & under MUST be accompanied by an adult in the water)

Tues ..... 5:30pm - 7:30pm

Pre-registration by 10/25:

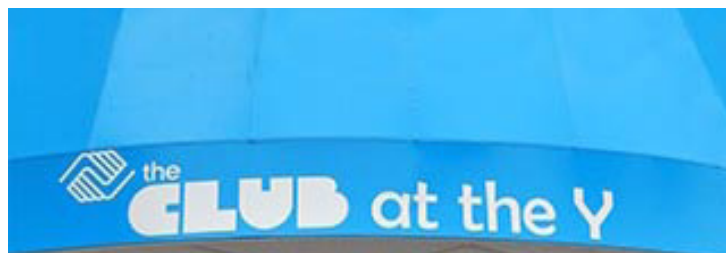
Sheboygan County Y Family Member	\$7.00
Sheboygan County Y Youth Member	\$8.00
Non-Member	\$12.00

WALK-INS WELCOME:

Sheboygan County Y Family Member	\$8.00
Sheboygan County Y Youth Member	\$9.00
Non-Member	\$14.00



\*\*Price is per child  
(parents accompany for free)



**THE CLUB AT THE Y FALL PROGRAM**  
**SEPTEMBER 2025 - MAY 2026**

**Teens in Grades 6 - 12 during 2025-26 school year**

The CLUB at the Y Teen Center is located in the lower level of the Sheboygan YMCA. It is operated by the Boys & Girls Clubs of Sheboygan County. A separate entrance is located off Washington Court under the blue Club at the Y awning.

It is a great place to meet your friends and make new ones!

A completed application is required. YMCA members receive a complimentary membership to the Club at the Y.

Find the application at: [www.thepositiveplace.com](http://www.thepositiveplace.com).

Contact info: [clubaty@thepositiveplace.com](mailto:clubaty@thepositiveplace.com)  
 920-395-2834

**Hours of Operation**

**After School**

Mon - Fri ..... 3:00pm - 7:00pm

**Scheduled Non-School Days**

Mon, Tues, Wed, Thurs, Fri ..... 12:00pm - 5:00pm



**YOUR DONATION WILL MAKE A DIFFERENCE**

The Sheboygan County Y Annual Campaign funds our Partner with Youth Program that started in 1939, providing Y scholarships for those at risk and financially challenged. Your gift guarantees that everyone - regardless of their circumstances or ability to pay - can belong to the Y, participate in healthy values-based programs, and improve their lives.

Every dollar you donate to the Y Annual Campaign directly supports financial assistance and program subsidies for your friends, neighbors and members of the Y community.

The Sheboygan County YMCA is a 501(c)3 nonprofit organization and your gift is tax-deductible.

Here are just a few ways your donation can help provide opportunities for everyone who walks through our doors:

- **\$25** – Enrolls a child in a sports program or swim lesson.
- **\$50** - Helps a child discover themselves and realize their potential through dance, gymnastics or youth training program.
- **\$100** - Provides a child/teen with a Y membership for one year, opening the door to swimming, gym, sports and health.
- **\$200** - Supports a cancer survivor in the LiveSTRONG® at the YMCA program in which they can improve their strength, develop supportive relationships and improve their overall quality of life.
- **\$250** – Supports a family in the YMCA for one year of health and wellness programs and activities.

**WAYS TO GIVE**

Payments can be made in the following ways:

- **Cash or Check:** Donations can be mailed or dropped off at any of the Sheboygan County Y branches. Please make checks payable to Sheboygan County Y.
- **Credit Card:** A donation may be made via credit card utilizing MasterCard, Discover or VISA.

Members can make a donation on-line by clicking here:

**[DONATE TO ANNUAL CAMPAIGN](#)**

For questions, call Donna at the Y - 920-451-8000

## PEE WEE & MIGHTY MITE PROGRAMS

### PEE WEE AND MIGHTY MITE PROGRAMS

7-WEEK FALL 1: SEPTEMBER 8 - OCTOBER 25 2025  
7-WEEK FALL 2: OCTOBER 27 - DECEMBER 20, 2025

Break Week: November 24 - 29, 2025

PEE WEE SPORTS	Y	AGE	DAY	TIME	LOCATION	SESSION
Pee Wee Soccer	S	Ages 3 - 5	Wed	4:30 - 5:15pm	Deland Park/Muth Gym	Fall 1 & 2
Pee Wee Football	S	Ages 3 - 5	Wed	5:15 - 6:00pm	Deland Park/Muth Gym	Fall 1 & 2
	F	Ages 3 - 5	Wed	4:30 - 5:15pm	River Park or Falls Y Lohmann Gym	Fall 1
Pee Wee Basketball	F	Ages 3 - 5	Wed	5:15 - 6:00pm	Falls Y Lohmann Gym	Fall 2
MIGHTY MITE SPORTS	Y	GRADE	DAY	TIME	LOCATION	SESSION
Mighty Mite Basketball	F	5K - Grade 2	Tues	5:00 - 6:00pm	Falls Y Lohmann Gym	Fall 2
Mighty Mite Soccer	F	5K - Grade 2	Thur	4:00 - 5:00pm	Falls Y north side green space or Lohmann Gym	Fall 1
Mighty Mite Football	S	5K - Grade 2	Mon	5:00 - 6:00pm	Deland Park/Muth Gym	Fall 1 & 2
Mighty Mite Basketball	S	5K - Grade 2	Tues	5:00 - 6:00pm	Muth Gym	Fall 1 & 2
Mighty Mite Tennis	F	Grades 3 - 8	Tues	4:00 - 5:00pm	River Park or Falls Y Lohmann Gym	Fall 1
Team Challenges	F	Grades 1 - 3	Mon	5:30 - 6:15pm	Falls Y Lohmann Gym	Fall 1

### PEE WEE SPORTS - PARENT/CHILD CLASS

#### Ages 3 - 5 years

This program is designed for parents and children to learn and develop different sport skills together in a fun environment. Sports change each session and include basketball, football, soccer, tennis, t-ball and other gym games.

Sheboygan County Y Family Member	\$32.00
Sheboygan County Y Youth Member	\$37.00
Non-Member	\$55.00



### COED MIGHTY MITE SPORTS

#### Grades 5K - 2

Participation, FUNdamentals, skill development and sportsmanship are the focus of this program. Participants are put on teams based on their grade or school. Each week, volunteer coaches will spend half the class working on skills. Games are played during the 2<sup>nd</sup> half of class. The fee includes a t-shirt, except for golf and tennis.

Sheboygan County Y Family Member	\$39.00
Sheboygan County Y Youth Member	\$44.00
Non-Member	\$59.00

### TEAM CHALLENGES

#### Grades 1 - 2

A class that is the perfect blend of movement, friendship, and fun. This class is ideal for kids who love to play, work together, and rise to new challenges as a team. Each week will have new challenges such as obstacle course, relay races, and games with balls.

Sheboygan County Y Family Member	\$32.00
Sheboygan County Y Youth Member	\$37.00
Non-Member	\$55.00



[CLICK HERE FOR REGISTRATION](http://www.sheboygancountyyymca.org)



## YOUTH BASKETBALL LEAGUES

**JANUARY 10 - MARCH 14, 2025**

### Boys and Girls in 5K - Grade 3

The YMCA Youth basketball program provides an excellent opportunity for youth to participate with others in a healthy activity led by volunteer coaches. The emphasis of this league is on sportsmanship, skill development, teamwork and equal participation.

One hour practices begin in December. Practices are held once a week and are arranged by volunteer coaches. All games are played on Saturday morning or early afternoon. Registration forms will be sent to local schools and available at the YMCA. A separate registration form is required. **The registration deadline is November 7, 2025.**

### Kindergarten - 1<sup>st</sup> Grade

- The format includes 8' rim height, coaches on the court and player substitutions every 4 minutes.
- Boys and girls play in their own leagues, if possible.
- Games will begin in January with a 10-15 minute practice followed by four 8-minute quarters.

### Grades 2 - 3

- The format includes lower 9' rim height and coaches on the court.
- Teams are formed by community. Boys and girls play in their own leagues.
- Games will begin in January with a short warm up followed by two 20-minute halves.



## YOUTH YOGA

**Ages 9 - 12**

Perfect for beginners, yet welcoming to all experience levels, this class offers a gentle introduction to yoga poses and breathing techniques. Whether you're new to yoga or returning to your practice, each movement is tailored to be age- and level-appropriate, ensuring a safe and supportive environment for everyone. Class held in **Sheboygan Falls Y yoga studio.**

**new**

Family Member	\$15.00
Youth Member	\$21.00
Non-Member	\$28.00



## MIDDLE SCHOOL GIRLS VOLLEYBALL LEAGUE

**NOVEMBER 6 - DECEMBER 18, 2025**

### Girls in Grades 7 - 8

Get your team roster together for this volleyball league, which will help girls develop team play and work on fundamentals. Matches will be played on Thursday evening between 5:00pm - 8:00pm in the Sheboygan Falls YMCA gymnasium. **The registration deadline is October 17, 2025.**

Team Fee	\$110.00
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## YOUTH PROGRAMS

### BASKETBALL CONDITIONING

If you want to get into shape for the upcoming basketball season, come join our conditioning class on Monday nights! You will work on quickness, strength and agility while having fun working out. This class will give you a jump start on your competition for the season.

Family Member	\$15.00
Youth Member	\$19.00
Non-Member	\$25.00

### BASKETBALL SKILLS, DRILLS AND CONDITIONING

Work on the basics while having fun! Drills to help you develop your skills and work on your conditioning to allow you to have fun playing games while also growing as a young hooper!

Family Member	\$15.00
Youth Member	\$21.00
Non-Member	\$28.00

### INTRO TO SPORTS

This class is the perfect starting point for both boys and girls who are new to sports. This class introduces fundamental skills across a variety of sports in a relaxed, fun, and supportive environment. With an emphasis on basic techniques and fundamentals, but an importance on fun!

Family Member	\$28.00
Youth Member	\$31.00
Non-Member	\$45.00

new

### GAGA BALL/DODGEBALL

Grab your friends and come join us for fun playing gaga ball and different dodgeball games. It is a great way to burn off some steam!

Family Member	\$7.00
Youth Member	\$9.00
Non-Member	\$12.00

### S.P.A.R.K. - Strength, Play And Resistance for Kids

This class is an introduction to Teen Strength Training. Children will learn proper form on different body weight exercises, begin incorporating some strength movements and learn how to use cardiovascular equipment in the Lakeview center. A pre-assessment will be done on the first day and a post assessment will be done on the last day of class to track individual improvement. It is never too early to show kids that fitness can be challenging and fun! Completion of the class gives the child access to cardio in Lakeview/Riverview Center alongside parent/guardian.

	1 Day/Wk	2 Days/Wk
Sheboygan County Y Family Mbr	\$21.00	\$29.00
Sheboygan County Y Youth Mbr	\$24.00	\$33.00
Non-Member	\$33.00	\$44.00

### GIRLS TEAM SPORTS CONNECTION

This class is designed specifically for young girls, providing a fun, welcoming, and empowering environment where they can build relationships, discover new sports, and grow — both physically and emotionally. Through an introduction to foundational sports such as basketball, soccer, and volleyball, girls will not only learn the basics of physical play, but also develop life skills. This is more than just a sports class, girls will learn how to build connections, support one another and stay active!

Family Member	\$28.00
Youth Member	\$31.00
Non-Member	\$45.00

new

### BASKETBALL SKILLS AND DRILLS

Work on the basics while having fun! Drills to help you develop your skills and work on your conditioning to allow you to have fun playing games while also growing as a young hooper!

Sheboygan County Y Family Member	\$28.00
Sheboygan County Y Youth Member	\$31.00
Non-Member	\$45.00

### VOLLEYBALL SKILLS AND DRILLS

This class is for all skill levels. It will have an emphasis on skills and fundamentals. We will also work on volleyball match type situations with actual volleyball matches to follow. This is a great start if you're just starting out playing volleyball or working toward playing for your middle school volleyball leagues!

Sheboygan County Y Family Member	\$28.00
Sheboygan County Y Youth Member	\$31.00
Non-Member	\$45.00

### HOME SCHOOL PHYSICAL EDUCATION PROGRAM

Children develop movement, coordination, flexibility, strength and agility as well as socialization in a fun environment. Lessons include fitness, gymnastics, swimming, gym activities and team sports. For more information, contact Taylor at 920-451-8000 x121. **A separate registration form required.**

<b>Fall 1:</b>	Ages 10+ Weight Training/Exercise
	Ages 8-9: Sports
	Ages 5-8: Swimming
<b>Fall 2:</b>	Ages 10+ Sports
	Ages 8-9 Swimming
	Ages 5-8 Dance and Fitness

\*\* Subject to change based on number of registrations

Family Member	\$31.00
Youth Member	\$36.00
Non-Member	\$48.00

### SPORTS OF ALL SORTS

If you are looking for something fun to do, come join our after school sports program. Each week we will play a different sport for an afternoon of fun!

Family Member	\$7.00
Youth Member	\$9.00
Non-Member	\$12.00

### REC GAMES

Run! Play. Laugh. Repeat! This action-packed class is all about fun, friendship, and movement. "Rec Sports" introduces kids to a variety of team games and active play, blending the excitement of sports with the joy of just having a good time. From classic playground favorites to creative new games, there is something for everyone! Whether your child is a sports lover or just wants to burn off energy and have fun. It's non-competitive, inclusive and focused on teamwork, skill building, and smiles from start to finish.

Family Member	\$7.00
Youth Member	\$9.00
Non-Member	\$12.00

new



## 2025 YOUTH SPORTS SPONSOR WAYNE AND PAT SATHER

### YOUTH PROGRAMS AND SPORTS

7-WEEK FALL 1 SESSION: SEPTEMBER 8 - OCTOBER 25, 2025

7-WEEK FALL 2 SESSION: OCTOBER 27 - DECEMBER 20, 2025

Break Week: November 24 - 29

YOUTH PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Basketball Conditioning	F	Grades 3 - 5	Mon	4:30 - 5:15pm	Falls Y Lohmann Gym	Fall 1
Basketball Skills/Drills & Conditioning	F	Grades 3 - 6	Mon	4:30 - 5:30pm	Falls Y Lohmann Gym	Nov 3, 10, 17
Intro to Sports	F	Grades 3 - 5	Mon	5:30 - 6:30pm	Falls Y Lohmann Gym	Fall 2
Gaga Ball/Dodgeball	F	Grades 1 - 5	Tues	4:00 - 4:45pm	Falls Y Lohmann Gym	Fall 2
S.P.A.R.K.	S	Ages 10 - 12	Tu &/or Th	4:15 - 5:15pm	Lakeview Center	Fall 1 & 2
Girls Team Sports Connection	F	Grades 3 - 5	Wed	5:30 - 6:30pm	Falls Y Lohmann Gym	Fall 1
Youth Yoga	F	Ages 9 - 12	Wed	4:30 - 5:00pm	Falls Y Yoga Studio	Fall 2
Basketball Skills N Drills	S	Ages 8 - 12	Thur	4:00 - 4:45pm	Muth Gym	Fall 1 & 2
Volleyball Skills N Drills	S	Grades 3 - 7	Thur	4:45 - 5:30pm	Muth Gym	Fall 1 & 2
	F	Ages 8 - 12	Thur	4:45 - 5:30pm	Falls Y Lohmann Gym	Fall 2
Home School Phy Ed	S	Ages 5 - 17	Fri	1:30 - 2:30pm	Varies	Fall 1 & 2
Sports of All Sorts	F	Grades 1 - 4	Fri	4:00 - 4:45pm	Falls Y Lohmann Gym	Fall 1
Rec Games	F	Grades 1 - 5	Fri	4:00 - 4:45pm	Falls Y Lohmann Gym	Fall 2
Kid's Night Out	F	Grades 2 - 4	Fri	6:00 - 8:00pm	Falls Y Lohmann Gym	11/7
	S	Grades 1 - 4	Fri	5:00 - 8:00pm	Sheboygan Y - Varies	12/5
TEEN PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Girl Power	F	Ages 12 - 17	Tue & Thur	6:30 - 7:30pm	Riverview Center	Fall 1 & 2
Teen Strength Training	S	Ages 12 - 15	Mon	4:15 - 5:15pm	Lakeview Center	Fall 1 & 2
	F	Ages 12 - 15	Wed	3:45 - 4:45pm	Riverview Center	Fall 1 & 2
Teen Personal Training	S	Ages 14 - 18	By Appt	Personal Trainer	Lakeview Center	Call 920-451-8000
	F	Ages 14 - 18	By Appt	Personal Trainer	Riverview Center	Call 920-467-2464

### KID'S NIGHT OUT - SHEBOYGAN Y

FRIDAY, DECEMBER 5, 2025

#### HOOPS AND MOVIE NIGHT

Join us for Kids Night Out! We will be playing basketball games from 5-6pm then we will be having popcorn, Gatorades, and other snacks while we watch Space Jam! It sure will be a jammed pack night of basketball and fun!

Friday ..... 5:00pm - 8:00pm

Family Member \$6.00  
Youth Member \$7.00  
Non-Member \$9.00

### KID'S NIGHT OUT - FALLS Y

FRIDAY, NOVEMBER 7, 2025

Kid's Night Out includes a variety of activities such as sports, games, crafts and a snack, while encouraging positive character development and social interaction.

Friday ..... 6:00pm - 8:00pm

Family Member \$6.00  
Youth Member \$7.00  
Non-Member \$9.00

[CLICK HERE FOR REGISTRATION](#)



YOUTH AND TEEN STRENGTH TRAINING

NEXT GEN GROUP TRAINING  
SHEBOYGAN YMCA

Ages 10 - 15

**Train strong. Lead bold. Be the next generation.**  
Next Gen Group Training is a dynamic fitness and skills-based program designed to help youth ages 10–15 build strength, confidence, and healthy habits that last a lifetime. In this small group setting, participants will take on age-appropriate workouts that focus on functional movement, coordination, endurance, and team-based challenges—all in a fun, supportive environment. **Member only. Fee is for 7-week session.**

Wednesday .....4:15 - 5:00pm

Sheboygan County Y Family Member     \$35.00  
Sheboygan County Y Youth Member     \$42.00

ONE-ON-ONE BASKETBALL, FOOTBALL OR  
VOLLEYBALL TRAINING

Grades 1 - 8

Looking to improve in basketball, football or volleyball? Sign up for a one-on-one session with Youth Sports Director Taylor Zastrow. **By Appointment Only.**

To schedule an appointment, call 920-451-8000, ext 121 or email [tzastrow@sheboygancountyyymca.org](mailto:tzastrow@sheboygancountyyymca.org)

Sheboygan County YMCA  
Member Only

½ Hour     \$21.00  
One Hour     \$37.00

GIRL POWER  
SEPTEMBER 9 - OCTOBER 23, 2025  
OCTOBER 28 - DECEMBER 18, 2025

Ages 12 - 17

Girl Power is HERE! Whether you're an athlete training for a sport or someone just looking for an edge to gain better personal fitness, Girl Power is for you! Learn and train in the basic strategies and lifts that will help you create your own personal strength training program. An increased lean body mass builds more muscle, burns more calories, and decreases body fat. Some of the added benefits of strength training include: stronger bones, improved self-esteem, and improved overall fitness. Start today to build for your fitness future!



**Members who complete this class satisfy the requirement of teen strength and will be able to use the equipment in the Riverview and Lakeview Centers independently. Class meets at the Falls Y. Fee is for two-days per week.**

Tuesday & Thursday .....6:30-7:30pm

Sheboygan County YMCA Members Only

Family Member     \$32.00  
Youth Member     \$49.00



ONE-ON-ONE TRAINING (BY APPOINTMENT ONLY)  
FALLS YMCA

Grades 1 - 8

Whether your child is just starting out or already competing, personalized training sessions are designed to build confidence, sharpen skills, and support overall athletic development. Each session is tailored to the individual, creating a positive and encouraging environment where growth is the top priority.



To schedule an appointment, call 920-467-2464, ext 207 or email Halle at [hboldt@sheboygancountyyymca.org](mailto:hboldt@sheboygancountyyymca.org)

Sheboygan County YMCA  
Member Only

½ Hour     \$21.00  
One Hour     \$37.00

TEEN STRENGTH TRAINING

Ages 12 - 15

Completion of this class allows open use of the fitness centers for the young teen. They will learn the basics of weight training with a trainer. Basic instruction includes proper weight training form and technique, weight room safety and cardiovascular training. **Youth age 12 must complete S.P.A.R.K. first. Fee is for 7-week session.**

Sheboygan County Y Family Member     \$46.00  
Sheboygan County Y Youth Member     \$53.00

TEEN PERSONAL TRAINING

A certified personal trainer will offer one on one instruction to enhance performance, provide sport-specific training or gain tools to lead a healthy/active lifestyle.

Sheboygan County Y  
Member Only

½ Hour     \$21.00  
One Hour     \$37.00

TEEN STRENGTH INDIVIDUAL TRAINING  
SHEBOYGAN YMCA

Ages 12 - 15

If you are unable to attend the teen strength class, or want to get in the weight room sooner, this option is catered around your schedule and can be completed in days rather than multiple weeks. Teens will work one on one with a trainer to complete teen strength in three hours (scheduled one hour at a time at a mutually agreed upon time). After completion, teens have full access to the fitness center. **Youth age 12 must complete S.P.A.R.K. first.**

Sheboygan County Y Member Only     \$89.00





# URBAN 3X3X3 BASKETBALL SKILL BUILDING LEAGUE AND LEADERSHIP CLUB



**SEPTEMBER 30 - OCTOBER 21, 2025**

## Ages 12 - 17

Come and join us for this 4-week basketball and life skill building program. There will be some guest speakers (pizza included) followed by some 3 x 3 x 3 basketball. This program will also have a pre and post survey through Hello Insights to be put into a national database. Participants will also use Gradify, a program designed to learn more about education and information on what is required for certain careers along with average salary information. This is an amazing program for underserved populations in our community and nation. Please reach out to Matt Mueller at 920-451-8000 x 118 or [mmueller@sheboygancountyyymca.org](mailto:mmueller@sheboygancountyyymca.org) for eligibility by September 23rd.

Tuesdays ..... 5:00 - 7:00pm



# REMI NDER

## REGISTRATION CANCELLATION POLICY

- If a class is cancelled by the YMCA, you will be refunded in full within two weeks either by check, credit card or a class voucher.
- If you wish to cancel your program registration, it must be done 72 hours in advance of the start day in order to receive a refund unless a medical excuse is received in writing. Refunds are charged a \$5.00 administrative fee.

- **Program cancellations must be in writing.**

*Program/class cancellations due to weather or circumstances beyond our control will be made up, if possible, but will Not be refunded unless it is a 1-day event.*

*Single program/class cancellation notifications will be made via phone call, email or text message.*

*Facility/large scale closures/changes can be found on our website: [www.sheboygancountymca.org](http://www.sheboygancountymca.org), X, email or text message.\**

\* To receive text messages, please update your membership information in Daxko and "Opt In".



YMCA CAMP Y-KODA PROGRAMS

SCHOOL'S OUT CAMP  
FRIDAY SEPTEMBER 26, 2025  
FRIDAY, OCTOBER 17, 2025  
FRIDAY, OCTOBER 24, 2025  
MONDAY, OCTOBER 27, 2025  
FRIDAY, NOVEMBER 7, 2025  
FRIDAY, NOVEMBER 14, 2025

**Ages 4 - 13**  
No School? No Problem! When school is out, camp is here for parents with a full day of care in our School's Out program. Campers will enjoy an action-packed day of adventure and fun. We will get the kids outside to enjoy the fresh air and partake in favorite camp activities. Your camper will make new friends, gain confidence and expand their horizons. It's a great way to spend a day off! **Fee is Per Day.**

- Campers should bring a sack lunch & snack.
- Campers should dress accordingly to spend time outside rain, snow or shine!
- An email with camp information will be sent out prior to each camp date.
- The registration deadline is each Wednesday before camp date.

**SEPTEMBER 26, 2025**  
**Nature Exploration**  
Strap on your hiking boots and grab your binoculars—because today is all about diving headfirst into the great outdoors. Ready to explore? Nature is calling!

Friday ..... 8:00am-4:00pm

**OCTOBER 17, 2025**  
**Festive Friday**  
Explore a beautiful fall day at Camp Y-Koda by participating in favorite fall activities, scavenger hunts, crafts, and traditional camp activities.

Friday ..... 8:00am-4:00pm



**OCTOBER 24, 2025**  
**Favorite Sports Team Day**  
Wear your favorite jersey, hat, or even full fan gear—from face paint to foam fingers. No matter the sport or team!

Friday 8:00am-4:00pm

**OCTOBER 27, 2025**  
**Spooky Monday**  
Boo! Here's a chance to wear your favorite Halloween costume and go trick-or-treating at around camp!

Monday ..... 8:00am-4:00pm

**NOVEMBER 7, 2025**  
**Food Drive Friday**  
Join us in making a difference this Friday by bringing in non-perishable food items for our Y-Koda food drive! Every can, box, or bag helps support families in need. Let's turn kindness into action and fill those donation bins to the top!

Friday ..... 8:00am-4:00pm

**NOVEMBER 14, 2025**  
**Flashback Friday**  
Get ready to rewind the clock! Dress up in your favorite decade's fashion—whether it's the '70s, '80s, '90s, or early 2000s throwbacks. It's a blast from the past you won't want to miss!

Friday ..... 8:00am-4:00pm

<b>Fee is Per Day</b>	
Sheboygan County Y Member	\$40.00/day
Non-Member	\$50.00/day

**REGISTRATION INFORMATION**  
Register for School's Out Camp using Camp Brain. Use the link or QR code provided below.

Questions regarding this program can be directed to Dani Roscovius by email [droscovius@sheboygancountyyymca.org](mailto:droscovius@sheboygancountyyymca.org) or calling camp 920-467-6882.



**CAMP BRAIN REGISTRATION**



### REGISTRATION INFORMATION

Welcome to Camp Brain! ALL youth registrations must be completed on-line using the Camp Brain portal. This includes Summer Camp Registration, School's Out Camp, Seasonal Camps, and s'more events! Please scan the QR code or click on the link below to access the on-line registration.

To learn more about Camp Brain or if you have questions, please contact Kaitlyn Emmons at 920-467-6882 or [kemmons@sheboygancountyyymca.org](mailto:kemmons@sheboygancountyyymca.org).



### CAMP BRAIN REGISTRATION



#### NATURE BASED 4K

##### SHEBOYGAN AREA SCHOOL DISTRICT AT MAYWOOD ENVIRONMENTAL PARK

Monday - Thursday: 8:00am - 11:05am OR  
Noon - 3:05pm

##### CAMP Y-KODA SHEBOYGAN FALLS SCHOOL DISTRICT

Monday - Thursday 7:55am-11:05am

We focus on the whole child development, including academics! We spend 40 percent of our day outside exploring and playing in all kinds of weather. Our curriculum is child lead and project based with a Reggio Emilia emphasis.

#### For more information, please contact:

Sarah Dezwarde, Director of Education  
[sdezwarde@sheboygancountyyymca.org](mailto:sdezwarde@sheboygancountyyymca.org) or  
call (920) 467-6882.

**\*\*Registration is open and programs are filling fast!**



#### NATURE BASED CHILD CARE

##### CAMP Y-KODA

Monday - Thursday 11:00am-4:30pm  
Friday 7:30am-4:30pm  
Ages 3 - 6 Years

##### MAYWOOD

Monday - Friday 7:30am-4:30pm  
Ages 3 - 6 Year

Nature Based Child Care spends 50 percent of their time outside. Days are filled with unstructured free play, hikes and nature based activities.

#### For more information, please contact:

Sarah Dezwarde, Director of Education  
[sdezwarde@sheboygancountyyymca.org](mailto:sdezwarde@sheboygancountyyymca.org) or  
call (920) 467-6882.

**\*\*Both programs are licensed with the Wisconsin Department of Children & Families.**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## YMCA CAMP Y-KODA

# 6<sup>th</sup> Annual SCARECROW FESTIVAL

October 11 – 12, 2025  
9:00am – 4:00pm Each Day

Hosted by YMCA Camp Y-Koda & The Christopher Farm and Gardens  
W580 Garton Road, Sheboygan, WI 53083

### PURCHASE TICKETS AHEAD ONLINE OR AT THE DOOR

Walk-ins Welcome! – CASH ONLY

Online Sales Available until October 9, 2025

Adults (Age 18+): \$10.00 per ticket per day Child  
(2 & under FREE): \$5.00 per ticket per day

Online Only – Family Deal: \$50 per Family

*Deal includes: 4-Tickets & 1-On-Site Parking*

*Limited "Family Deals" Available*

Free Shuttle Available To & From the Event

\*\*On-Site Parking Available for \$25 per car



Join us for a  
great weekend!

- Family & Kid Activities
- Fishing
- Arts & Crafts
- Scarecrow Contest
- Fall Stories
- And More!

All proceeds benefit YMCA Camp Y-Koda a  
501(C)3 Nonprofit Organization.

YMCA Camp Y-Koda • W3340 Sunset Road, Sheboygan Falls, WI 53083  
P: (920) 467-6882 • [www.sheboygancountyyymca.org/camp-y-koda](http://www.sheboygancountyyymca.org/camp-y-koda)







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## CAMP Y-KODA

### VENDOR & CRAFT BAZAAR

Located at YMCA Camp Y-Koda in Sheboygan Falls, WI  
Saturday, November 8, 2025 • 10:00am – 3:00pm



YMCA  
CAMP  
Y-KODA

# VENDORS WANTED

Join us for the Vendor & Craft Bazaar!

**Saturday, November 8, 2025**  
**10:00AM – 3:00PM**

**Located at YMCA Camp Y-Koda**  
**in Sheboygan Falls, WI**

Contact Kaitlyn at (920) 467-6882 or [kemmons@sheboygancountymca.org](mailto:kemmons@sheboygancountymca.org)



### NEW OPPORTUNITES!!

Please join us in the Sheboygan Y Conference room for coffee and information about these trips!



#### GREAT TRAINS & GRAND CANYONS DEPARTURE DATE: NOVEMBER 2, 2025

##### Age 18 & Older

Join us for a 6-day adventure in the state of Arizona. Highlights include:

- Two Rail Journeys (Grand Canyon Railway and Verde Canyon Railroad)
- Grand Canyon National Park
- Oak Creek Canyon
- Sedona Trolley Tour
- Chapel of the Holy Cross
- Tlaquepaque & Uptown Sedona
- Montezuma Castle
- Jerome
- Chuckwagon Supper & Show

Cost: \$3695 per person, double occupancy

#### MONTREAL & QUEBEC CITY CHRISTMAS DEPARTURE DATE: DECEMBER 10, 2025

##### Age 18 & Older

Join us for this 6-day holiday tour in Canada, our neighbor to the North. Highlights include:

- Montreal City Tour
- Underground City
- Notre Dame Cathedral
- Via Rail Train - Montreal to Quebec
- Quebec City Tour
- Montmorency Falls
- Old Quebec Christmas Market
- Gilles Copper Museum
- St. Anne de Beaupre Shrine
- Sugar Shack Demonstration
- Leisure time in Quebec City



Cost: \$3699 per person, double occupancy

Individuals interested can be paired up with a travel companion if possible.

Full detail information packets available at both YMCAs.

### DR DISH SHOOTING MACHINE RENTAL

Use our shooting machine to work on your jump shot! Located in either the Lohmann Gym or East Gym at the Sheboygan YMCA. Please reach out to Program Director Taylor Zastrow to rent the machine: [tzastrow@sheboygancountyyymca.org](mailto:tzastrow@sheboygancountyyymca.org).  
**Rental by appointment only.**

#### Half Hour

Sheboygan County Y Member	\$15.00
Non-Member	\$20.00

#### One Hour

Sheboygan County Y Member	\$20.00
Non-Member	\$35.00



### DR DISH SHOOTING COMPETITION! SEPTEMBER 8 - OCTOBER 25, 2025

#### Adults 18+

Let's see who has the best shoot here at the YMCA! Sign up for the Dr. Dish Shooting Competition to improve your jump shot and compete against other YMCA hoopers! The Dr Dish Shooting Machine allows you to track your makes and misses, so you will get to shoot 500 shots and record how many you make. The winner of the competition will get 2 free sessions with the machine. The competition runs from September 8th-October 25th. You can use the machine up to 3 times to get your shots up. **Registration deadline September 1, 2025.**

Member	\$40.00
Non-Member	\$75.00

## ADULT LEAGUES AND PROGRAMS

### SHEBOYGAN YMCA VOLLEYBALL

#### ADULT VOLLEYBALL LEAGUES

SEPTEMBER 8 - NOVEMBER 20, 2025

##### Age 18 & Older

Each league will run for approximately 10 weeks. A separate registration form is required and is available on our website at [www.sheboygancountymca.org](http://www.sheboygancountymca.org). **The registration deadline is September 4, 2025.**

**Note:** Full time players are allowed to play on only **one** team per division. Substitute players **cannot** be full time players from a higher skill level league.

#### COED 6 ON 6 "A" VOLLEYBALL LEAGUE

Register as a team for this top skill level league. Teams will officiate their own matches. New teams must be approved by the league coordinator. A high level of sportsmanship is required from all players.

Thur ..... Matches between 6:00pm - 10:00pm

Team Fee	\$91.00 > 3 YMCA Members
	\$112.00 < 3 YMCA Members

#### COED 6 ON 6 "B+ OR B" VOLLEYBALL LEAGUE

Register as a team for one of two divisions. All matches are officiated. The "B+" division is fairly well skilled, knowledge of rules and competitive. The "B" division requires some playing experience. Knowledge of the game, fun and exercise are emphasized.

Thur ..... Matches between 6:00pm - 10:00pm

Team Fee	\$177.00 > 3 YMCA Members
	\$209.00 < 3 YMCA Members

#### WOMENS 6 ON 6 "A OR B+" VOLLEYBALL LEAGUE

Register as a team for one of two divisions. All matches are officiated. The "A" division is an advanced skill level of competition. The "B+" division is fairly well skilled, knowledge of rules and competitive.

Mon ..... Matches between 6:00pm - 10:00pm

Team Fee	\$177.00 > 3 YMCA Members
	\$209.00 < 3 YMCA Members

### SHEBOYGAN YMCA RACQUETBALL & BASKETBALL

#### SINGLES ADULT RACQUETBALL LEAGUE

SEPTEMBER 8 - NOVEMBER 10, 2025

##### A & B Divisions

Join our coed racquetball leagues! You will receive your match list and schedule of games with your opponents. You will play one match a week. Please register at least one week in advance. **A separate registration form is required. Registration deadline is September 1, 2025.**

Sheboygan County Y Member	\$30.00
Non-Member	\$65.00

#### RACQUETBALL/HANDBALL COURT RESERVATION

You may drop in and play without a reservation if a court is open. Unreserved courts are available on first come, first serve basis at no cost for Y members. Participants must purchase a day pass to use the courts except for racquetball league matches. Please call 920-451-8000 for reservations.

#### ADULT FLAG FOOTBALL LEAGUE

SEPTEMBER 13 - NOVEMBER 1, 2025

##### Age 18 & Older

Come Join our 5x5 Adult Flag Football League. This is a no-blocking league for adults. Standings will be kept. Form your own team or sign up as a free agent and be placed on a team! Games are played at Vollrath Park in Sheboygan.

**Registration deadline is September 1, 2025.**

Saturday ..... 8:00am - Noon

Sheboygan County YMCA Member	\$30.00
Non-Member	\$65.00

Team Fee	\$225.00
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#### ADULT NOON BASKETBALL

##### Age 18 & Older

Come to the **Sheboygan YMCA** for pick-up basketball games. Teams will be formed as you arrive. Two or three courts will be available for games. A high level of sportsmanship is required from all players.

Wed ..... 11:00am - 1:00pm

Member	Free
Non-Member (must bring valid photo ID)	\$10.00

## ADULT ENRICHMENT PROGRAMS

#### VEGETABLE GARDENING 101

MONDAY, SEPTEMBER 8, 2025 - 6:00 PM

LED BY WISCONSIN EXTENSION MASTER GARDENER, ABBIE PALENSKE

##### Age 18 & Older

Think gardening is as simple as putting a seed in the ground? Think again. Start at the Falls YMCA where Abbie will present an educational segment on two different methods of no-till gardening, raised bed gardening and lasagne gardening. It will also include what to plant, when to plant, how to take care of your plants, starting seeds and composting. Then, take a drive to Abbie's home property (just 5 minutes away) to see how she applies all you've learned.

**Pre-registration is required.** Transportation not provided, although car-pooling can and should be arranged for convenience

Sheboygan County Y Member	\$5.00
Non-Member	\$20.00

[\*\*CLICK HERE FOR REGISTRATION\*\*](#)



## ADULT PROGRAMS - PICKLEBALL

One of today's fastest growing activities, Pickleball opportunities are available for all levels! Below is the indoor schedule for both the Sheboygan and Sheboygan Falls YMCA. *Note: Players are responsible for setting up and taking down pickleball nets.*

### BEGINNING MONDAY, SEPTEMBER 8, 2025

#### SHEBOYGAN YMCA

812 BROUGHTON DRIVE, SHEBOYGAN

##### Lohmann (Big) Gym - Open Play

Monday and Friday (2 Courts) ..... 9:30am - 11:30am

Monday (1 Court) ..... 11:30am - 3:00pm

##### East Gym - Open Play (2 Courts)

Monday ..... 9:00am - 11:30am

Tuesday ..... 12:00pm - 3:00pm

Wednesday ..... 12:30pm - 3:00pm

Thursday ..... 10:30am - 1:00pm

Friday ..... 9:00am - 11:30am

##### East Gym - Pickleball Lite (1 Court)

Monday ..... 11:30am - 1:00pm

Wednesday ..... 8:00am - 9:30am

Friday (2 courts) ..... 11:30am - 1:30pm

Sheboygan County Y Member	No Charge
Non-Member (Under 65)	\$10.00
Non-Member (Senior 65+)	\$8.00

### PICKLEBALL COURT RESERVATIONS

SEPTEMBER 8 - DECEMBER 31, 2025

- Reservations required
- Only 1 court available
- 4 players max
- Equipment check-out available

#### East Gym

Tuesday ..... 7:30pm - 8:45pm

Friday ..... 6:00pm - 7:30pm

Friday ..... 7:30pm - 8:45pm

Saturday ..... 3:30pm - 4:45pm

Sunday ..... 7:30am - 9:00am

Sunday ..... 9:00am - 10:30am

Sunday ..... 10:30am - 12:00pm

Sunday ..... 12:00pm - 1:30pm

Sunday ..... 1:30pm - 3:00pm

Sheboygan County Y Member	No Charge
Non-Member (Under 65)	\$10.00
Non-Member (Senior 65+)	\$8.00

#### Reminder for All YMCA gymnasiums:

Remove outdoor shoes and play with dry shoes appropriate for gym floor that have good traction and support.

#### LESSONS:

Please contact Bruce via email to schedule pickleball lessons at [scpcpickleball@gmail.com](mailto:scpcpickleball@gmail.com)

**\*\* TIMES SUBJECT TO CHANGE due to special events, weather or holiday hours. \*\***

#### SHEBOYGAN FALLS YMCA

305 BUFFALO STREET, SHEBOYGAN FALLS

BEGINNING FRIDAY, SEPTEMBER 26, 2025

- Reservations required
- Only 1 court available
- 4 players max
- Equipment check-out available

#### Lohmann Gym - North Court

Friday ..... 5:00pm - 6:30pm\*

Friday ..... 6:30pm - 8:00pm\*

Sunday ..... 12:30pm - 2:00pm

Sunday ..... 2:00pm - 3:30pm

\* These times may change due to basketball practices in December 2025.

\* These time may change due to special events

#### Ladies' Play & Beginners/Pickleball Lite (Co-ed)

Beginning Monday, October 20, 2025

##### Lohmann Gym - 3 Courts

Tuesday (Ladies only - 3 courts) ..... 12:00pm - 3:00pm

Thursday (Ladies only 2 courts) ..... 12:00pm - 2:00pm

Thursday (Beginners/LITE 1 court) . 12:00pm - 2:00pm

Thursday (Lady's Only - 3 courts) ..... 2:00pm - 3:00pm

Sheboygan Count Y Member	No Charge
Non-Member (Under 65)	\$8.00
Non-Member (Senior 65+)	\$6.00

#### BERKSHIRE COMMUNITY GYMNASIUM

101 SCHOOL STREET, SHEBOYGAN FALLS

Beginning Monday, October 20, 2025

##### 3 COURTS IN ONE GYM

Monday (Open Play) ..... 12:00pm - 3:00pm

Tuesday (Open Play) ..... 11:00pm - 3:00pm

Wednesday (Open Play-2 courts) .... 11:00am - 1:00pm

Wednesday (Lessons/Drills-1 court) 11:00am - 1:00pm

Wednesday (Open Play) ..... 1:00pm - 3:00pm

Thursday (Open Play) ..... 11:00am - 3:00pm

Friday (League Play\*)

**\*Must be registered for league play!**

Sheboygan County Y Member	No Charge
Non-Member	\$6.00
Non-Member Pass (5 sessions)	\$30.00





# LIVESTRONG<sup>®</sup> AT THE YMCA



This free physical activity and wellness program is designed to help cancer survivors achieve their health goals! Referrals are accepted on an ongoing basis. For more information, please email [mleverenz@sheboygancountymca.org](mailto:mleverenz@sheboygancountymca.org) or call Mya Leverenz at 920-451-8000 x114.



## WORKPLACE WELLNESS PROGRAM

Get your company involved in our workplace wellness program at your facility! Some of the benefits of a good workplace wellness program include:

- Reduced medical costs for employees and employers
- Decreased employee absenteeism and presenteeism
- Increased productivity
- Employee recruitment and retainment
- Improved mental health

Whether you're looking to give your current wellness program a boost or starting a program from scratch, the health and wellness professionals at the Y are here for you. Possibilities the Y can offer are, but not limited to:

- Fitness/wellness challenges
- One on one or small group personal training
- Virtual personal training
- Group fitness/exercise classes
- Corrective exercises for workplace injury prevention
- Health and wellness coaching
- Exercise program design
- Creation and design of a workout space

For more information or to discuss options and strategy, please call Clint Ward or Matt Mueller at 920-451-8000 or email:

- Clint at [cward@sheboygancountymca.org](mailto:cward@sheboygancountymca.org)
- Matt at [mmueller@sheboygancountymca.org](mailto:mmueller@sheboygancountymca.org)

## SHEBOYGAN FALLS YMCA - WELLNESS SEMINAR

### SHOULDER PAIN? EMERGING TECHNOLOGIES IN SHOULDER SURGERY

**PRESENTATION BY DR. MATT WILLSEY,  
ORTHOPEDIC SURGEON AT AURORA HEALTH CARE**

**MONDAY, SEPTEMBER 8, 2025**

**Age 18 & Older**

Join Dr. Willsey for an informational session on shoulder health. Curious about shoulder health or treatment options? Dr Willsey will be hosting an informational session designed to educate the community on available options for shoulder surgery. Interested in learning more? **Pre-registration is required** as space is limited. Don't miss this opportunity to get informed and take the first step toward better shoulder health!

Monday ..... 12:00pm -1:00pm

FREE for members and non-members (non-members may choose to stay to use the YMCA workout facilities for a day pass fee of \$8)

## Dr. Matt Willsey Orthopedic Surgery – Upper Extremity

**Aurora Orthopedics**  
3400 Union Ave 2nd Floor  
Sheboygan, WI 53081  
Office: 920-828-2530

**Aurora Orthopedics**  
2600 Kiley Way  
Plymouth, WI 53073  
Office: 920-449-7100

### Clinical Expertise

- Shoulder- Replacement and Rotator Cuff
- Elbow- Nerve Entrapment and Sports Injuries
- Hand- Carpal Tunnel, Trigger Finger, Dupuytren's, Arthritis

### Education

Medical Education: Arizona College of Osteopathic Medicine/Midwestern University  
Residency: Pinnacle Health System, Orthopedic Surgery  
Fellowship: Upstate Medical University, Orthopedic Hand Surgery

### Board Certifications

American Osteopathic Board of Orthopedic Surgery, Hand Surgery  
American Osteopathic Board of Orthopedic Surgery

### Community Presentation

Emerging Technology in Orthopedics: Artificial Intelligence, Computer Aided Surgery, Minimally Invasive Options for Upper Extremity / Shoulder



Schedule or refer a patient for an appointment, call 920-828-2530

Visit [aurorahealthcare.org](http://aurorahealthcare.org) to learn more.



Created: July 2025

Now part of ADVOCATE HEALTH

## DIABETES PREVENTION PROGRAM



Contact Mya Leverenz to be added to the wait list

[mleverenz@sheboygancountyymca.org](mailto:mleverenz@sheboygancountyymca.org)

Class meets at the Sheboygan YMCA

Non-member \$429.00  
Includes 6-month Y membership

Sheboygan County Y Members  
Sr Adult \$183 Adult \$153  
\*Membership must be active for duration of program!

### MEDICARE ELIGIBLE PARTICIPANTS

The Diabetes Prevention Program may be available to you at no cost if you are medicare eligible or through your supplemental insurance carrier!

## DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program is a proven program that helps adults make lasting lifestyle changes that will improve your overall health and **reduce your chance of developing type 2 diabetes.**

The YMCA's Diabetes Prevention Program is an innovative program proven to reduce the burden of type 2 diabetes, one of the nation's costliest chronic diseases. It has been shown to reduce the number of new cases of diabetes by 58% overall and by 71% in adults over 60. The YMCA's Diabetes Prevention Program is supported by the Centers for Disease Control and Prevention and the Diabetes Prevention and Control Alliance, and other national organizations committed to preventing chronic disease.

The YMCA's Diabetes Prevention Program is for one year of **16 weekly sessions followed by 4 sessions every other week followed by monthly meetings.** In a relaxed classroom setting, a trained Lifestyle Coach helps participants learn skills that will incorporate healthy eating, increase physical activity and other behavior changes into their everyday lives. The program goals are 7% weight loss and an increase in physical activity to 150 minutes per week.

To be eligible, participants must be at least 18 years old or meet the criteria below. **Youth under 18 and persons diagnosed with diabetes do not qualify.**

#### CDC Eligibility (must meet at least one requirement)

- BMI  $\geq$  25
- A1C between 5.7% and 6.4%
- Fasting plasma glucose between 100-125 mg/dL
- 2-hour plasma glucose between 140-199
- Apply as self-pay only
- Prediabetes determined by gestational diabetes

#### Medicare Coverage Eligibility (must meet at least one requirement)

- BMI  $\geq$  25
- A1C between 5.7% and 6.4%
- Fasting plasma glucose between 110-125 mg/dL
- 2-hour plasma glucose between 140-199

Enrollment in the YMCA's Diabetes Prevention Program **includes a 6-month YMCA membership** and a participant workbook/resource binder. The YMCA's Diabetes Prevention Program can also be held at worksites or almost anywhere that has a meeting room and a group motivated to make a positive lifestyle change. Contact Mya Leverenz at 920-451-8000 x114 or [mleverenz@sheboygancountyymca.org](mailto:mleverenz@sheboygancountyymca.org) to go over eligibility and to be added to the waiting list for the class.

**MOVING FOR BETTER BALANCE****SEPTEMBER 15 - DECEMBER 10, 2025 (12 WEEKS)****Age 18+**

Mon &amp; Wed ..... 10:55am - 11:55am

Member ..... \$50.00

Non-Member ..... \$75.00

**HELPING PARTICIPANTS FEEL STRONG, STEADY, AND SAFE**

Every 14 seconds, an older adult is treated in the emergency room for a fall. Every 29 minutes, an older adult dies from a fall-related injury (Centers for Disease Control and Prevention). In the United States, fall-related injuries are a major public health concern for individuals over 65 as well as those living with chronic conditions such as heart disease.

**PROGRAM BACKGROUND AND SUMMARY**

Moving For Better Balance is an evidence-based program developed by researchers at the Oregon Research Institute. Based on the principles of Tai Chi, this program offers a slow and therapeutic workout that addresses key components of fitness including flexibility, muscle strength, and balance.

A small group-based exercise program that can be offered in any community setting, Moving For Better Balance is led by a Y-USA trained instructor and teaches seven movements modified especially for fall prevention. Over the course of 12 weeks, the program is designed to take place two times a week and is supplemented by at-home practice.

**PROGRAM BENEFITS**

The program's safe and supportive group setting provides an opportunity for participants to enjoy learning with like-minded adults and find relief from the isolation that can sometimes come from living with limited mobility. Specifically, classes are designed to provide participants with opportunities to interact with one another, which creates an important support system, a stronger community, and supports the participants' overall health goals and well-being.

When combined with standard treatment, programs like Moving For Better Balance may also experience:

- Improved physical performance including balance, muscle strength, flexibility, and mobility, which leads to better functioning in daily activities
- Improved physical well-being including decreased blood pressure and improved cardiovascular and respiratory function
- Improved mental and emotional well-being including reduced stress
- Improved memory and cognition
- Improved self-esteem/confidence
- Improved sleep quality

This program is most successful for those:

- 65 years or older, physically mobile, with impaired stability and/or mobility

**Program will be held at the Sheboygan YMCA with Diane Cepa.**



Participants - Check with our membership staff to see if you may be eligible for a Y membership through your insurance plan.

If you have questions or would like more information, please contact Diane Cepa at (920)451-8000, x116 or email Diane at [dcepa@sheboygancountymca.org](mailto:dcepa@sheboygancountymca.org)

*Tai Chi is the popular abbreviation of T'ai Chi Chuan, an ancient Chinese exercise system consisting of slow, relaxed movements that combine physical exercise with a meditation component. Studies suggest that Tai Chi may improve balance; reduce fear of falling; increase strength, functional mobility, and flexibility; increase psychological well-being; and reduce fall rates. It is safe, effective, and needs no equipment.*



## PERSONAL TRAINING

### WEIGHT MANAGEMENT PROGRAM

#### Age 15 & Older

Meet with our Weight Management Specialist, John Wagner CPT. This program covers the science behind obesity, recognizing and addressing weight bias, approaching with empathy, developing behavior change, and applying nutritional guidelines based on desire to lose, gain or maintain weight.

### PERSONAL TRAINING SERVICE

#### Age 18 & Older

A certified personal trainer will offer one on one counseling and instruction to enhance performance, provide sport-specific training, assist with healthy lifestyle habits and provide motivation and support on your exercise journey. YMCA members only.

#### Weight Management/Personal Training Services

Sessions	½ Hour		One Hour	
1 Session		\$24.00		\$43.00
3 Sessions	save \$5	\$67.00	save \$10	\$119.00
5 Sessions	save \$11	\$109.00	save \$24	\$191.00
10 Sessions	save \$39	\$201.00	save \$80	\$350.00

#### Cancellation Policy

**Full session charges will be applied for failure to give the personal trainer a 24-hour notice of an appointment cancellation.**

### ONE-ON-ONE SPORTS TRAINING

#### Grades 1 - 8

Work on your skills in a variety of sports including basketball, volleyball, football or any other sport you are interested in. Schedule a training with Youth Sports Director Taylor Zastrow by contacting him at [tzastrow@sheboygancountyyymca.org](mailto:tzastrow@sheboygancountyyymca.org).

#### Sheboygan County YMCA Member Only

Half Hour	\$21.00
One Hour	\$37.00

### TEEN STRENGTH INDIVIDUAL TRAINING SHEBOYGAN YMCA

#### Ages 12 - 15

If you are unable to attend the teen strength class, or want to get in the weight room sooner, this option is catered around your schedule and can be completed in days rather than multiple weeks. Teens will work one on one with a trainer to complete teen strength in three hours (scheduled one hour at a time at a mutually agreed upon time). After completion, teens have full access to the fitness center. **Youth age 12 must complete S.P.A.R.K. first.**

Sheboygan County Y Member Only	\$89.00
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### SMALL GROUP PERSONAL TRAINING

#### Age 18 & Older

A certified personal trainer will offer counseling and instruction for a small group of 2 - 4 people to enhance performance, provide sport-specific training, assist with healthy lifestyle habits and provide motivation and support while you exercise. **Fee is per person.**

Sheboygan County Y Member Only	½ Hour \$13.00	One Hour \$22.00
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### BODY COMPOSITION & BMI MEASUREMENT

#### Age 18 & Older

A trainer will use an Omron Fat Analyzer and you will receive your approximate BMI and percent of body fat in just moments utilizing electronic currents through your body.

Sheboygan County Y Member	Free
Non-Member	\$5.00

### NEW MEMBER ORIENTATION

#### Age 15 & Older

The YMCA takes great interest getting our new members on the right track to success to reach your fitness goals. We want to help you make exercise a habit instead of a chore and make you part of our wellness community. Every new member is encouraged to participate in this introduction to our cardiovascular and strength training equipment.

Sheboygan County Y Member Only	Free
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### OTHER PERSONAL TRAINING OPTIONS

#### Personalized Workout

This custom 6-week program includes a brief check-in for demonstration, form critique and questions and answers. A certified trainer will meet with you for a ½ hour consultation to get everything needed to prescribe a printed workout with pictures that will help you meet your goals.

Sheboygan County Y Member Only	\$49.00
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#### Sport Specific Workout

Receive a sport specific workout (handout) created by our very own YMCA trainers! Sports included but not limited to: power lifting, baseball, basketball, softball, volleyball, football, soccer, track and field, cross country, sprinting, vertical jump, hockey, speed skating, figure skating, wrestling, MMA, boxing, gymnastics and swimming.

Sheboygan County Y Member Only	\$37.00
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## SHEBOYGAN FITNESS EVENTS

## 90'S GLOW RIDE

FRIDAY, SEPTEMBER 26, 2025

## Age 18 &amp; Older

Put on your favorite fluorescent colors, glow necklaces, and throw your hair up in a side pony for this party on your bike! Belt out all the lyrics to popular, well-loved songs from the 90s, while you ride hills and speed drills

Friday ..... 7:00 - 8:00pm

Sheboygan County Y Member	Free
Non-Member	\$8.00

## POWER HOUR

SATURDAY, OCTOBER 25, 2025

## Age 18 &amp; Older

This class will start with a 'round robin on the row machines, treadmills, and stationary bikes for the first half, followed by a strength workout for the second half. Events to be held in the Lakeview Center/Aerobic Studio. **Limited spots available.**

Saturday ..... 9:15-10:15am

Sheboygan County Y Member	\$5.00
Non-Member	\$8.00

## SPIRITUAL SPIN WITH MICHELLE

SATURDAY, OCTOBER 11, 2025

SATURDAY, NOVEMBER 22, 2025

## Age 18 &amp; Older

Join in for this ride that will rejuvenate the spirit, mind and body; cycling through sprints, hills and intervals along to popular contemporary worship music. **Registration is limited to 14 people.**

Sat ..... 9:00am - 10:00am

Sheboygan County Y Member	Free
Non-Member	\$8.00

[CLICK HERE FOR REGISTRATION](#)

## SHEBOYGAN COUNTY Y FITNESS CHALLENGES

## "BACK THE PACK" FITNESS CHALLENGE

SEPTEMBER 11, 2025 - JANUARY 4, 2026

## Age 18 &amp; Older

Teams vs Teams in this football themed challenge. Build your teams of 4. Earn points for your team with a variety of points-based exercises/challenges. Keep score on your team's tally sheet, kept in the Riverview or Lakeview Center (depending on where you signed up). Whichever team has the most points at the end of the season, each person on that team wins a YMCA dri-fit t-shirt. One winner per "division" (Sheboygan Y and Sheboygan Falls Y)

We need a minimum of 6 Teams in order for this Challenge to run (3 teams per location)

Sheboygan County Y Members Only \$5.00

YMCA MARATHON-IN-A-MONTH  
FITNESS CHALLENGE

OCTOBER 1 - 31, 2025

## Age 18 &amp; Older

Ready to go the distance? Join our Marathon-in-a-Month Challenge and complete 26.2 miles over the course of 30 days – at your own pace, in your own way!

Walk, run, or jog on a treadmill, or hop on an elliptical. Whether you're a seasoned runner or just getting started, this challenge is all about consistency, motivation, and building healthy habits. Finishers will receive a prize!

Track your progress weekly and celebrate your finish line moment with us at the end of the month.

Let's lace up, log those miles, and make it to 26.2 together!

Sheboygan County Y Members Only \$5.00

## LAKEVIEW PROGRAMS

## SENIOR STRONG

SEPTEMBER 8 - OCTOBER 20, 2025

OCTOBER 27 - DECEMBER 15, 2025

## Age 18 &amp; Older

Senior Strong is a progressive strength training program designed to aid the individual in gaining strength and muscle mass. You will be tracking your progress via the aid of a personal trainer. Each week you will add either weight or reps to your routine. Class meets in the aerobics room. Instructor is Clint Ward, ACE certified Personal Trainer. **Fee is per 7-week session.**

Monday ..... 1:00pm - 2:00pm

Sheboygan County Y Member	\$35.00
Non-Member	\$53.00

## "WOW" - WOMEN ON WEIGHTS

SEPTEMBER 11 - OCTOBER 23, 2025

OCTOBER 30 - DECEMBER 18, 2025

## Age 18 &amp; Older

This is a personal trainer guided strength training program in a group setting for women of all ages and abilities that includes muscle building, toning, and endurance in a fun and supportive environment. Individual strength training programs change with the sessions. **Fee is per 7-week session.**

Sheboygan ..... Thur ..... 10:00am - 11:00am

Sheboygan County YMCA Member Only \$30.00

FALLS Y FITNESS EVENTS

NEON NIGHT AT THE BARRE

FRIDAY, OCTOBER 31, 2025

Age 18 & Older

Join Amber for some tricks and treats in this illuminating Barre class. Wear your neon colors, we'll bring the glow sticks, Halloween themed music and fun! Bring your ambition for a strength workout; stay for a healthy treat and special potion!

Friday ..... 5:30-6:30pm

Sheboygan County Y Member	Free*
Non-Member	\$10.00

\* Donations welcome to benefit the Falls Y Fitness Dept.

SENIOR SOCIAL BRUNCH

TUESDAY, NOVEMBER 25, 2025

Age 18 & Older

Immediately following Senior Sneakers class, then again following Essential Senior Fitness class:

- 1st Session: 8:45am-9:45am
- 2nd Session: 10:00-11:00am
- 

For a \$5 donation to our fitness department, enjoy a brunch with your YMCA classmates and friends. YMCA staff will offer egg bake, ham, baked goods, fruit, coffee and juice. You provide the laughs, socialization, and good times!

Pre-registration is ESSENTIAL in order to plan enough to eat and drink.

Sheboygan County Y Member Only	\$5.00
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BLACK FRIDAY FITNESS FRENZY

FRIDAY, NOVEMBER 28, 2025

Age 18 & Older

While the schedule may be modified for the holiday\*, there is still plenty opportunity to get your workout the day after Thanksgiving. Start with a 45 minute ride with Pam to get the heart rate revved up. Continue the calorie burn while getting stronger in BodyPump with Amber. Finish with a great recovery stretch with Pam.

- 7:00-7:45am - Express Cycle
- 8:00-8:45am - Body Pump
- 9:00-9:30am - Yoga

Friday ..... 7:00 - 9:30am

The Theme is Black Friday - Wear all black!

Sheboygan County Y Member	\$5.00
Non-Member	\$10.00

SANTA SLEIGH RIDE

SATURDAY, DECEMBER 20, 2025

Age 18 & Older

Indoor cycling enthusiasts, join your favorite team of instructors as they take you on a seasonal ride in this indoor cycle event. Festive music and instructor variety will make this a challenging but fun workout. After you "sleigh" this workout, you will be ready for refreshments to refuel your body.

Saturday ..... 9:00-10:00am

Sheboygan County Y Member	\$5.00
Non-Member	\$10.00

[CLICK HERE FOR REGISTRATION](#)

FITNESS FOCUS

A WORD ON FITNESS PROGRAMMING

Fitness classes are divided into 3 sessions per year: September through December, January through May, and June through December. Please register for classes during these three sessions. When you register for a class, it puts you on the roster so that if we have any unplanned cancellations, we are able to call in cases where the instructor may be sick or unable to make it due to inclement weather. It also allows us to gauge member interest. Monthly schedules are subject to change but we will try to keep changes limited to once per month in order to follow our monthly fitness grid, published monthly on our website. Our website also contains the updated daily schedule so keep this in mind when looking for class substitutions and cancellations.



SOCIAL MEDIA UPDATE - OUR FACEBOOK FAMILY IS GROWING!

Are you active on Facebook? You may already be familiar with our Sheboygan County YMCA Facebook page. For the past 5 years, the Sheboygan Falls YMCA has also had a page for all their fitness class updates, including class rotation updates, schedule changes, class cancellations, and other fitness class news. It is our goal to bring both YMCA's fitness updates together in a more cohesive, one-stop location. NEW this fall, the Sheboygan Falls YMCA Fitness page will grow into The Sheboygan County YMCA Fitness page! Scan the QR code to be added to our page. We look forward to better serving our members!

**NOTE:** In effort to best protect the safety and security of our members, your YMCA membership will be verified prior to approval into the Facebook group. This is to safeguard our members from phishing and other scams.





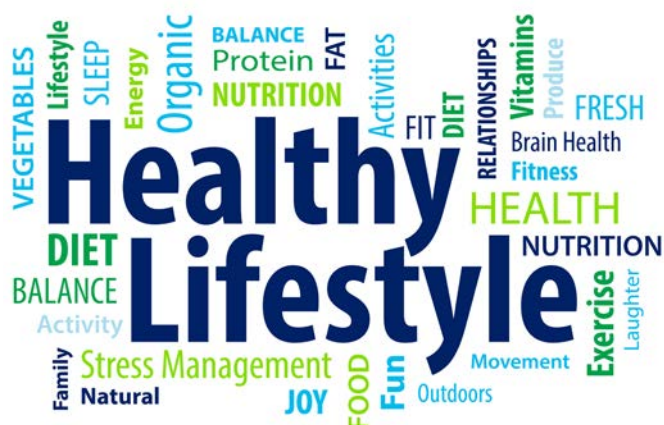
## GET PAID TO WORK OUT!

Did you know many of our fantastic instructors started out as participants in classes just like you? We are always looking for instructors to lead classes.

For more information please contact one of the following fitness experts to find out how you can fit into our team!

**Michelle Bustamante, Sheboygan YMCA**  
(920) 451-8000 x114  
mbustamante@sheboygancountyyymca.org

**Jen Kovacs, Sheboygan Falls YMCA**  
(920)467-2464 x219  
jkovacs@sheboygancountyyymca.org



## YOGA RETURNING TO TUESDAY NIGHTS IN FALLS!

New class, new time, new (to us) instructor! You may know her from the former Midwest Power Yoga, we're thrilled to welcome our newest instructor, Anne. Lengthen your muscles and ease your mind with a slow flow yoga set to a classic rock vibe.

### Sheboygan Falls Y yoga studio

Tuesday ..... 6:00-7:00pm

Sheboygan County Y Member	Free
Non-Member	\$8.00



## ZOOM FITNESS CLASS OPTIONS

Zoom options are available for members only for select classes on the fitness schedule. The meeting ID# and password will be emailed to members. Please contact:

**SHEBOYGAN FALLS CLASSES**  
Jen: jkovacs@sheboygancountyyymca.org

## FITNESS CLASS INFORMATION

Age 15 & Older

Non-members are welcome to participate in Fitness Classes! Drop-in Fee is \$8.00.

- **Our fitness schedule is subject to change.** It is published separately from the brochure.
- **The fitness schedules are updated about once a month** and are available at the Welcome Desk or on our website at [www.sheboygancountyyymca.org](http://www.sheboygancountyyymca.org).

- **Warm-ups are an important part of each class!** Please arrive 5 minutes before the start of each class

As part of a successful group fitness program at your YMCA, we want to offer beneficial days, times and types of classes. Therefore, the fitness schedule is subject to change. We consider 7 participants an optimal number in a class. If a class averages less than this over a 3-week period, we may eliminate it. In addition, if there is a class that is not currently offered, we may add it as well.

All fitness classes will run continuously with the exception of holidays. The schedule will be adjusted during holiday weeks.

We value your membership and want to provide a great fitness experience. For questions or feedback regarding fitness classes, please contact:

**Michelle Bustamante, Sheboygan YMCA**  
**Group Fitness Coordinator**  
(920) 451-8000 x114  
mbustamante@sheboygancountyyymca.org

**Jen Kovacs, Sheboygan Falls YMCA**  
**Healthy Living Director**  
(920)467-2464 x219  
jkovacs@sheboygancountyyymca.org

[CLICK HERE FOR CURRENT FITNESS SCHEDULE](#)  
OR SCAN BELOW



## FITNESS CLASS DESCRIPTIONS

Watch for new fitness grids Every Month to keep you better informed of class changes!

"Express" beside a class name denotes the same format as the original version in a condensed form to offer the same great workout you're used to when short on time.

S = Sheboygan Y      F = Falls Y

**Advanced Core Strength** - This is a mat-based class focusing on time under tension to build strength, stability, posture, and proper breath control, with an emphasis on challenging the core muscles. **S**

**Ai Chi** is a simple exercise and relaxation program performed in shallow water using a combination of deep breathing and slow, broad movement of the arms, legs and torso. It will improve range of motion, promote blood circulation and increase metabolism. **S**

**Shallow Water Aerobics** - Make the most of the resistive qualities of water to help increase your flexibility, cardio fitness level and muscle strength. Perfect for first-time exercisers, currently active or those looking for a good workout. This class is taught in chest deep water in the Verhulst Pool. Participants should be comfortable in the water but do not need to have swimming skills. **S**

**Deep Water Aerobics** - A powerful workout that will improve your posture, strength and cardiovascular endurance. This non-impact exercise is a perfect alternative for individuals with knee or back problems or those looking for a break from running or high impact activities. Participants should be comfortable in deep water as this class is taught in the deep section of the Verhulst Pool. **S**

**Arthritis Aquatics** - An aquatic exercise program designed for people with arthritis and related conditions. The warm water of Garton Pool provides gentle resistance to build muscle strength and support joints to encourage free movement. Participants should be comfortable in the water but do not need to have swimming skills. **S**

**Back to Basics** is ideal for the new exerciser. It includes simple moves and modified cardiovascular intensity. **F**

**Barre** has elements of pilates, yoga and strength training using your own body weight and training props to create balance while targeting muscles with small and repetitive moves. Choreographed to popular music, this class will sculpt, slim and stretch your entire body. **S** **F**

**Yoga-Barre Blend** - This class combines and integrates the best of two classes--elements of both a Gentle Yoga Flow and three gentle Barre sequences. This class begins and ends in a yoga flow, from grounding to savasana, with a fun barre floor-work middle section. This blend of yoga and barre lends to a combination of benefits, such as increases flexibility/muscle tone, core strength, improved body alignment, balance and posture. Music is contemporary and fun, yet appropriate for yoga and barre. All levels are welcome to move the body and mind through breath, movement and choreography. **F**



**BODYPUMP™** is the original choreographed barbell class that strengthens your entire body. This class is taught by a certified Les Mills BODYPUMP™ instructor. **Express** **F**

**Boot Camp** utilizes all types of equipment. Your muscles will reach fatigue and your heart rate will climb. All exercises will be timed intervals versus repetitions, so all levels can participate together. **S** **F**

**Boot Camp/Tabata** - Get increased results with this class. It will elevate your heart rate and challenge your strength by combining bursts of intensity with short rest periods. **F**

**Butts 'n Guts** shapes and sculpts your abs, glutes and back. **F**

**Cycle, Sculpt & Stretch** - A well-rounded workout, start with cardio in this indoor cycling class. While the body is warmed up, continue with weight/resistance work. Recover with a yoga portion. Get all the benefits of cardio, strength, and stretch in a 45 minute class. **F**

**Cycle & Strength** - This class combines intervals of cardio on the bike along with strength training exercises off the bike, using dumbbells, bands, and your own body weight. **S**

**Dance Fitness** - A fun-filled group class involving both dance and fitness elements, choreographed to a wide variety of music. **S**

**Essential Senior Fitness** gives you a total body workout. Class includes warm-up, ROM for joints, coordination/flexibility, appropriate cardiovascular, upper/lower body strength training using chairs, hand weights, tubing, therabands, medicine balls, body bars, bean bags, slides, balls. Having fun and exercising are key to a healthy lifestyle. **F**

**Friday Fitness Mix** - wrap up your work week with a 45-minute fitness class. The class will vary each week, ranging from cardio to strength. **F**

**Fusion Flow** - This class combines exercises from different formats such as yoga, barre, and pilates for flow-based movement that focuses on strength and stretching. Bring your mat and leave your shoes at the door. **S**

**Gentle Flow Yoga** is a slow flow series of floor and standing asanas with integrated breath work, that focuses on balance, movement, and strength. From stillness in grounding poses, to movement in yoga poses, you can deepen and grow into your practice; finding your mind/body connection. By unwinding the body and mind through movement, we can ease tension and stress that the body holds. This class is good for increasing flexibility, range of motion, and building strength. Gentle yoga welcomes all levels, creating a space of self-discovery; by moving the body, we move the mind-finding something greater within each of us. **F**

**Group Cycle** - Indoor cycling in a group experience improving endurance and cardiovascular health to energizing music. **S**

**Indoor Cycle** - A cardiovascular workout performed to a variety of music. Indoor classes utilize Matrix bikes equipped with bike computers to help maximize the efficiency of your workout. Some classes may take place outside and will utilize our Spinning® bikes. **F**

**Line Dancing Fun** - Dust off your boots and join us for Line Dancing Fun on Fridays! No need to be an experienced dancer. Diane will take you through easy-to-follow moves to various fun music. Get active and have fun! **F**

**Matrix Ride** - Precise metrics. Exhilarating rides. Matrix Ride is an exclusive program that blends the energy of classic group cycling with precision performance training, integrating metrics for compelling classes that deliver measurable results. These metrics include RPM, distance, calories, heart rate and watts. **Express** **S** **F**

**Power Yogalates** - If you enjoy a dynamic class mixing strength, pilates and yoga movements, this is the class for you! Each class is different and challenges your balance, coordination and overall body strength. **F**

**Power Flow Yoga** includes sun salutations, vinyasas, and a combination of flowing mindful movements geared to build strength, balance, and well-being. All levels are welcome. **S**

**RIPPED** - "The One Stop Body Shock™" is a mix of resistance, intervals, power, plyometrics and endurance components. **S**

**Silver Sneakers®** will set you up for daily living with functional exercises that increase upper and lower body strength. The addition of low-impact cardio maximizes fitness benefits. Coordination drills will aid in balance and fall prevention. You will use weights, elastic tubing and a Silver Sneaker® ball. Use of a chair allows for modifications, making this a class for all levels. **S** **F**

**Silver Sneakers® Yoga** will move your body through a complete series of seated and standing yoga poses. **S** **F**

**Sit and Stretch** Join Jen for this 30-minute stretch of all the muscle groups of the body. Balance and coordination drills may be added. Modifications and use of the chair make this appropriate for the beginner exerciser, sedentary individual or senior-aged member. **F**

## YMCA MISSION STATEMENT

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Slow Flow Yoga** is great for the beginner. Explanations of movements will be given as well as modifications so that all movements are done safely and correctly. **S** **F**

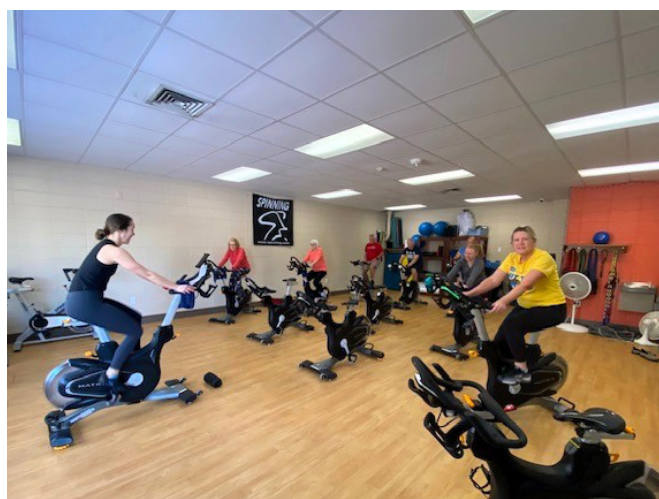
**Strength Circuit** - You will fatigue all muscle groups when rotating through a series of exercises in this fast-paced class. Because you can modify for increased or decreased intensity, it is ideal for all levels. **F**

**Strength and Pilates** focuses on functional alignment, better movement patterns and works to correct muscle imbalances through strength-based exercises. This class will integrate the 9 Pilates principles including breath, concentration and control, along with strength challenges to meet the needs of any fitness level. **S**

**Ultimate Boot Camp** is a full-body strength, conditioning, power and agility training presented in multiple formats. Timed intervals in a circuit, team drills or group exercise - anything goes! Try it one day and it will change the next - very little class repetition. Typical moves include lunges, crunches, squats and push ups. Modifications are available for every fitness level. If you are used to working out 30 minutes, this class will push you to the next level. OUTDOOR policy: if it is 48 degrees or warmer, we will first meet in the Aerobic Room, grab any equipment we might need, then head outside. Bring a long sleeve shirt to start the workout! **S**

**Yin Yoga** is a slow-paced style of yoga with poses that are held for longer periods of time to target the tissues of the body, our connective tissues - ligaments, joints, bones—the deep fascia networks of the body. **S**

**Zumba®** is a class to party yourself into shape with a choreographed, Latin-inspired workout. **S**





**SHEBOYGAN COUNTY YMCA 2025 CLASS REGISTRATION FORM**

Adult/Parent Name \_\_\_\_\_ Birthday \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_

**For All Program Participants:** I hereby agree to waive any claim or liability on the YMCA arising out of use of the facility, and further agree that I will indemnify and save harmless the YMCA from any and all claims of every kind and description which may be brought against the YMCA on account of death, injury or damage to persons or property received by any persons by reason of acts or omissions of the users in their use. I understand the above responsibilities and I give permission for myself and/or my child to participate and be photographed in YMCA activities. I have read the registration policy in the program brochure and this participation release.

**Adult Participant/Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

<b>Participant #1 Name</b>				Birth Date		Member <input type="checkbox"/> Y <input type="checkbox"/> N	
<b>Class Description</b>	<input checked="" type="checkbox"/>	<b>Location</b>	<b>Day &amp; Time</b>	<b>Fall</b>		<b>Fee</b>	
		SHEB	SFY	<input type="checkbox"/> 1	<input type="checkbox"/> 2	\$	
		SHEB	SFY	<input type="checkbox"/> 1	<input type="checkbox"/> 2	\$	
		SHEB	SFY	<input type="checkbox"/> 1	<input type="checkbox"/> 2	\$	

<b>Participant #2 Name</b>				Birth Date		Member <input type="checkbox"/> Y <input type="checkbox"/> N	
<b>Class Description</b>	<input checked="" type="checkbox"/>	<b>Location</b>	<b>Day &amp; Time</b>	<b>Fall</b>		<b>Fee</b>	
		SHEB	SFY	<input type="checkbox"/> 1	<input type="checkbox"/> 2	\$	
		SHEB	SFY	<input type="checkbox"/> 1	<input type="checkbox"/> 2	\$	
		SHEB	SFY	<input type="checkbox"/> 1	<input type="checkbox"/> 2	\$	

**Office Use Only**

Receipt # \_\_\_\_\_ Amount Paid \_\_\_\_\_  
Date Received \_\_\_\_\_ Staff Initials \_\_\_\_\_  
Checked By \_\_\_\_\_

**Total Amount of all Program Fees \$** \_\_\_\_\_  
**Check # or Cash** \_\_\_\_\_  
**Charge Card #** \_\_\_\_\_  
**Exp Date** \_\_\_\_\_ **3 Digit Code** \_\_\_\_\_

**REGISTRATION OPTIONS**

**On-line at [www.sheboygancountyymca.org](http://www.sheboygancountyymca.org)**

**Click "Register On-line" button at the top**

We now have a new look and interface with Daxko! Members and participants may register for most programs on-line beginning at 5:00am on the first day of registration. For assistance, please call 920-451-8000 x109 from 9:00am - 5:00pm on week days.

**In Person**

Registration may be done week days during normal business hours. Registration will **not** be processed without the payment.

**Phone registration is not accepted.**

**NEW - Daxko App**

The NEW Daxko app for cell phones is now available! Registration can be done at your convenience on the app. A credit or debit card is needed to complete registrations.

**REGISTRATION CHANGE POLICY**

There will be a \$5.00 charge for every registration change made beginning the first day of a class session. Changes made due to a class cancelled by the YMCA will not be charged.

**REGISTRATION INFORMATION**

Your membership must be in effect for the entire session to receive member pricing on programs. If your membership expires during the session, you are responsible for the price difference. Please fill out the registration form completely, including your second choice for swim classes and sign the form. Payment must accompany registrations.

**Don't let your favorite classes be cancelled because you forgot to register!** Please register during the designated registration period. Program directors may cancel a class based on low enrollment the week before classes begin.

**REGISTRATION CANCELLATION POLICY**

- If a class is cancelled by the YMCA, you will be refunded in full within two weeks either by check, credit card or a class voucher.
- If you wish to cancel your program registration, it must be done 72 hours in advance of the start day in order to receive a refund unless a medical excuse is received in writing. Refunds are charged a \$5.00 administrative fee.

- **Program cancellations must be in writing.**