#### **SHEBOYGAN YMCA**

812 Broughton Drive, Sheboygan, WI 53081 P 920-451-8000 ● F 920-451-8019

www.sheboygancountyymca.org



### **NEW!! SHEBOYGAN AQUATICS SUMMER CAMPS AND CLINICS**

For more information, please contact Heather Nitsch at 920-451-8000 x129 or hnitsch@sheboygancountyymca.org

# YOUTH SWIM CAMPS MONDAY/WEDNESDAY/FRIDAY - 3:00-4:00PM

Sheboygan County Y Family Member \$21.00 Sheboygan County Y Youth Member \$24.00 Non-Member \$36.00

# **POOL GAMES JUNE 9, 11, 13, 2025**

#### Ages 5 - 9

Designed for fun, fitness and friendship, this high-energy camp keeps kids active with a variety of exciting pool games and team activities. Kids will enjoy classics like Sharks and Minnows, relay races, treasure hunts, creating whirlpools, hand stand challenges and more – all under the watchful eye of a lifeguard. Camp will be held in Garton Pool and kids do not need to know how to swim.

## **DIVING JUNE 16, 18, 20, 2025**

#### Ages 5 - 13

Kids will learn sitting dives, kneeling dives, standing dives, standing dives from the starting block, and surface dives! All diving instruction will be taught with an emphasis on safety and proper technique. **Prerequisite:** Kids must be able to swim 25 meters front crawl and be confident in deep water.

# JUNIOR SWIM INSTRUCTOR JUNE 23 & 25, 2025

#### **Ages 11-14 only**

This camp is perfect for those who love the water and want to explore what it's like to teach swim lessons to younger kids. Participants will learn the basics of swim instruction, water safety, class organization, and how to be a positive role model in and out of the pool. Junior instructors gain the leadership skills and confidence to prepare for a future role as a swim instructor – or just want to be a helpful part of the team. The Y will provide opportunities for participants to volunteer as an assistant swim instructor after completing the camp successfully. **Prerequisites:** Strong swimming ability, interest in teaching younger children to swim. **Fee prorated for 2 days.** 

#### DEEP WATER POOL GAMES JULY 7, 9, 11, 2025

#### Ages 5 - 13

Designed for fun, fitness and friendship, this high-energy camp keeps kids active with a variety of exciting deep water pool games and team activities. **Prerequisite:** Kids must be able to swim 25 meters in Verhulst Pool and be confident in deep water.

**Click here for Aquatics registration** 

Or stop at the Welcome Desk to register!

#### WATER VOLLEYBALL JULY 14, 16, 18, 2025

#### Ages 6 - 13

Participants will learn basic water volleyball skills such as serving, passing, and teamwork. Water volleyball is a great way to build coordination, confidence, and camaraderie in a fun environment!

### THE ERAS POOL PARTY AUGUST 4 & 6, 2025

#### Ages 5 - 13

Calling all Swifties – get ready to shake it off at the Y's ultimate 2-day T Swift Pool Party! Splash into an afternoon of swimming and singing to all of your favorite hits. This pool party is held in Garton Pool. **Fee prorated for 2 days.** 

### SYNCHRONIZED SWIMMING AUGUST 11, 13, 15, 2025

#### Ages 6 - 13

Dive into the world of artistry and aquatic teamwork! Learn the fundamentals of synchronized swimming, including sculling techniques, basic figures and creative choreography – all while building strength, flexibility and rhythm in the water. Participants will explore how to move with grace and coordination in sync with music and teammates. No prior synchro experience needed – just strong swimming skills and a positive attitude! The last day will include a routine performed for family and friends! **Prerequisite:** Able to swim 25 meters in Verhulst Pool and be confident in deep water.

#### **SWIM CLINICS**



Ages 9 - Adult

Swim Clinics meet both days for 1 hour and are designed for intermediate to advanced swimmers. Youth and adults will participate in clinics together. Participants will learn technique, proper form to help prevent injuries, breathing techniques, and rhythm through drills, guided practice, and individualized feedback. Whether preparing for swim meets or just eager to improve, these clinics offer a supportive environment that encourages growth and confidence in the water.

**Prerequisites:** Participants should have basic knowledge and experience of the stroke focus. These are not to learn to swim, but to learn to **improve.** 

Tuesday and Thursday...... 3:00pm - 4:00pm

July 8 & 10	Freestyle
July 15 & 17	Butterfly
July 22 & 24	Flip Turns
July 29 & 31	Freestyle
August 5 & 7	Backcrawl
August 12 & 14	Breast stroke

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