



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY STARTS HERE



SHEBOYGAN COUNTY YMCA
2025 SPRING I & II Brochure
March 3 - June 2, 2025
Rev. 3/10/25

www.sheboycountyyymca.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

SPRING I SESSION MARCH 3 - APRIL 19, 2025

REGISTRATION BEGINS AT 5:00AM
Member Monday, February 17, 2025
Non-Member Thursday, February 20, 2025

BREAK WEEK
March 24 - 29, 2025

SPRING II SESSION APRIL 21 - JUNE 2, 2025

REGISTRATION BEGINS AT 5:00AM
Member Monday, April 7, 2025
Non-Member Thursday, April 10, 2025

SHEBOYGAN YMCA BUILDING HOURS FEBRUARY 24 - MAY 23, 2025

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

SHEBOYGAN FALLS YMCA BUILDING HOURS FEBRUARY 24 - MAY 23, 2025

Monday - Friday	5:00am - 8:00pm
Saturday	7:00am - 3:00pm
Sunday (Members Only)	12:00pm - 4:00pm
Business Hours: Monday thru Thursday 7:30am - 6:15pm Friday 7:30am - 5:30pm Saturday 7:30am-12:30pm (thru 4/26)	

CAMP Y-KODA

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

Easter	Sunday, 4/20	CLOSED
Memorial Day	Monday, May 26	CLOSED

SUMMER HOURS BEGIN FRIDAY, MAY 23, 2025

Sheboygan YMCA
Monday - Thursday 5:00am - 9:00pm
Friday 5:00am - 8:00pm
Saturday 7:00am - 4:00pm
Sunday (Members Only) 7:00 - 3:00pm

Falls YMCA
Monday - Thursday 5:00am - 8:00am
Friday 5:00am - 7:00pm
Saturday 7:00am - Noon
Sunday CLOSED

REGISTRATION INFORMATION

Start planning your spring, 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.sheboygancountymca.org

Members and participants may register for most programs on-line beginning at 5:00am on the first day of registration. On-line registrations are credit card only.

In Person or Fax

Registration may be done week days from 9:00am - 5:00pm or fax (credit card only) to 920-451-8019 or 920-467-4641. Registration will **not** be processed without the payment.

- **Phone registration is not accepted.**
- **Class cancellations must be in writing.**

WEB REGISTRATION

www.sheboygancountymca.org
Click "Register On-line" button at the top

We have a new look and different interface with Daxko! You can :

1. Search for programs
2. Create an account if you do not have one
3. Log into your account

NOTE: Website view is slightly different on a mobile device

[CLICK HERE FOR REGISTRATION](#)

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Y FREEDOM RUN

» FRIDAY, JULY 4TH



REGISTRATION OPENS
SATURDAY, FEBRUARY 15

27th Annual Y Golf Fore Kids

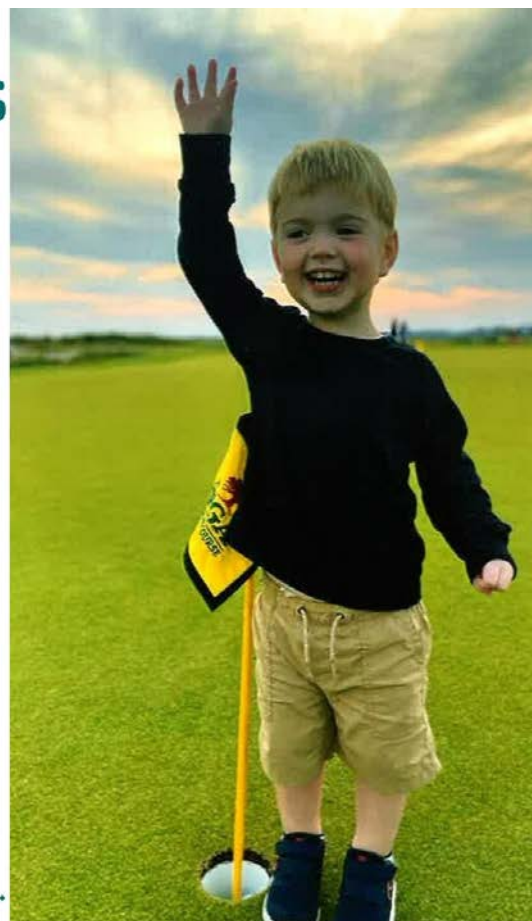
Monday, July 28, 2025

Check-in 9am, shotgun start 10am

Join the YMCA at Town & Country Golf Club for 18 holes of golf, games, lunch and more!

- Event proceeds benefit the YMCA Partner with Youth Program and Y Endowment. Over the past 26 years, we have raised over a half a million dollars!
- Consider golfing in this event!
- Sponsorship Opportunities Available:
 - Hole sponsor for \$200
 - Eagle sponsor for \$1,000 includes golf foursome
 - Donate a silent auction or raffle item

For a full list of sponsorship opportunities available, email Donna to learn more at dwendlandt@sheboygancountymca.org. For more information and registration form visit the events page of our website.



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:

Effective March 1, 2025 the following joiner fees will be charged for all New and Renewing (inactive for 2+ months) memberships:

- \$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 10th 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.

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.



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.

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.sheboygancountyyymca.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.

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.

Falls YMCA Only: Day passes Not available for Adult Basketball.

Daily Fees	Sheboygan	Sheboygan Falls
Family Swim	\$10.00	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
Middle School	\$3.00	N/A
Grade School	\$2.00	N/A
Fitness Class Drop-in	\$8.00	\$8.00



SPECIAL SHORT-TERM SUMMER MEMBERSHIPS

BEAT THE HEAT

SPEND THE SUMMER AT THE Y!



Special 4 Month Membership for the price of 3.
Available for Purchase • June 1-July 31, 2025

Young Adult (18 - 24 YRS) \$131

Adult (25-64 YRS) \$147

Single Parent/Single Child Family \$222

Couples \$222

Family \$240

Senior Adult (65+) \$137



Add 24/7 Access at
Sheboygan Falls Y for
only \$60*

*Includes \$15 refundable
fob deposit



YMCA MISSION STATEMENT

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

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.



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](#)

YDC DAYCARE CENTER

at the Sheboygan YMCA

The Youth Development Center at the Sheboygan YMCA emphasizes the Y core values of caring, honesty, respect and responsibility in daily activities. The YDC plans weekly themes with developmentally appropriate activities.

The Programs We Provide:

- Preschool Program (Ages 2-4)
- School Age Before & Aftercare (4k-Grade 8)
- Preschool: Arts & Crafts, Dance, Gymnastics, Swim
- Open Gyms & Outdoor Activities
- Licensed Childcare Center - WI Shares accepted
- Multi-Child Discount



Enroll Today!



For More Information
sforee@sheboygancountymca.org

Hours of Operation

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

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 and story time. Children participate in a physical activity every day, including gym and swim lessons and recreational swimming twice a week at the Sheboygan YMCA.

The grade school programs are open to children in kindergarten - grade 4 (age 13 at the Sheboygan YMCA) who attend school within Sheboygan County. Activities provide each child with age-appropriate experiences. The schedule may include arts and crafts, homework assistance, games or computer use. 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 Sarah at 920-451-8000 for Sheboygan (sforee@sheboygancountymca.org) or Kelly at 920-467-2464 (kt Hill@sheboygancountymca.org) for Sheboygan Falls.

SHEBOYGAN YMCA CHILD CARE

	Ages 2 - 6	Ages 5 - 13
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 - 5 Yrs
Mon - Fri		6:00am - 5:30pm

SHEBOYGAN FALLS ELEMENTARY SCHOOL

		4K - Grade 4
Mon - Fri		6:00am - 7:40am
		after school - 5:30pm
Summer		6:00am - 5:30pm

YMCA CHILD WATCH

Child Watch is a drop-off child care program for children age 6 weeks - 6 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.

- 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 shifts.
- 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.

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)/6pm (F)</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, program will be closed for the day.</i>	

FALLS YMCA CHILD CARE 2025 REGISTRATION DATES

SCHOOL AGED SUMMER REGISTRATION Ages 4K - 4th Grade (current school year)

- February 24th - Current Families
 - March 3rd - Past Summer Families
 - April 7th - General Public
- (changes may be made until April 28th)

SCHOOL AGED REGISTRATION FOR THE 2025-26 SCHOOL YEAR

4K Students

- March 31st - Current Families
 - April 7th - New Families
- (Max of 23 children, Registration closes August 22nd)

K-4th Grade Students

- May 19th - Current Families
 - May 26th - Past Families
 - June 9th - General Public
- (Registration closes August 22nd)

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

NOW ENROLLING!
NATURE BASED DAY CARE (NBDC) AT MAYWOOD**

For more information, please contact:

Lydia Kuznicki, Nature Based Day Care Teacher
lkuznicki@sheboygancountyyymca.org or
call (920) 226-9149

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

**This is a Wisconsin Department Children & Families Licensed Childcare Program.



YOUR DONATION WILL MAKE A DIFFERENCE

The Sheboygan County Y Annual Campaign is a Y initiative that funds our Partner with Youth Program that started in 1939, making a difference for 85 years providing Y scholarships for those at-risk and financially challenged. By supporting the Y, your gift guarantees that everyone - regardless of their circumstances or ability to pay - can belong to a Y, participate in healthy values-based programs, and improve their lives.

Every dollar you donate to the 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

SWIMMING LESSON SELECTOR

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

Will the student go underwater voluntarily?

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@sheboygancountymca.org to answer any questions about the swim lesson program.

INTRO TO SWIM TEAM

APRIL 7 - MAY 28, 2025

Ages 5 - 8

Are your kids curious about what it means to be on the Y's Swim Team? Are they ready to move on from the 30-minute per week swim lesson program and want to swim 2 hours in the pool each week? This 8-week program will give your kids a taste of what swim team is all about before the summer season begins. Swimmers will be introduced to the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Practices start in Garton pool and progress to Verhulst pool. It is recommended that kids are able to swim 25 meters independently or have passed swim lessons stage 3 before joining and are comfortable in deep water.

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

APRIL 8 - MAY 29, 2025

Ages 9 & older

Are your kids curious about what it means to be on the Y's Swim Team? Are they ready to move on from the 30 minute per week swim lesson program and want to swim 2 hours in the pool each week? This 8-week program will give your kids a taste of what swim team is all about before the summer season begins. Swimmers will 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 and are comfortable in deep water.

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

Family Member	\$120.00
Youth Member	\$140.00
Non-Member	\$180.00

SPRING SWIM TEAM TRAINING

APRIL 7 - MAY 30, 2025

Ages 9 & older

This program is designed for past members of the Y's Chinook Swim Team to continue conditioning until the summer swim team season begins. If your child was not on the team this season but has experience swimming competitively, they are also welcome to join.

Mon - Wed - Fri 4:00pm-5:30pm

Family Member	\$160.00
Youth Member	\$180.00

POOL BIRTHDAY PARTIES

Celebrate your child's birthday with a pool party! Garton pool is available to rent for a private swim on Saturdays, Sundays, or non-school days. The party includes 45 minutes in the pool as well as 60 minutes in the party room. Please see the Birthday Parties info on page 14 for rates. Please contact Heather Nitsch at hnitsch@sheboygancountymca.org to check availability and make your reservation!

NOW SEEKING WATER VOLLEYBALL PLAYERS

Ages 15+

Water volleyball is a fun way to stay active and improve your overall health. Water activities are low-impact making it a great workout for anyone. There is a core group that plays regularly and they would love for more people to join in on the fun! Some volleyball experience is preferred but not required.

- Get your heart rate up & burn calories
- Improve coordination & balance
- Tone and strengthen your muscles
- Increase flexibility & range of motion
- Relieve stress and improve mental health

Please see daily pool schedule for volleyball times

Member	Free
Non-Member	\$10.00

*Pre-Registration is not required. Come when you can!

SHALLOW WATER AEROBICS

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
Wednesday (Instructor Amy).....	8:30am - 9:30am
Friday (Instructor Amy).....	10:45am - 11:45am

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 work on improving range of motion, balance, promote blood circulation and increase metabolism.

Tues & Thurs..... 10:35am - 11:00am

Fee is Per Day

Member	Free
Non-Member	\$8.00

SWIMMING LESSONS

SWIMMING LESSONS AT THE SHEBOYGAN YMCA

6-WEEK SPRING 1 SESSION: MARCH 3 - APRIL 19, 2025

REGISTRATION OPENS: FEBRUARY 17 FOR MEMBERS; FEBRUARY 20 FOR NON-MEMBERS

SWIM STARTERS <i>(Parent & Child Classes!)</i>		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			5:00-5:30pm		9:00-9:30am
Baby B	2 yrs - 3 yrs			9:45-10:15am		

PRESCHOOL SWIM BASICS <i>(without parent)*</i>		LOCATION: GARTON POOL				
<i>* New Students: Please see chart on Page 6 to determine which class level is most appropriate for your child</i>						
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY*
Stages 1 & 2	3 yrs - 5 yrs	10:15-10:45am	4:00-4:30pm	10:15-10:45am	4:00-4:30pm	9:30-10:00am
				5:30-6:00pm	5:00-5:30pm	10:30-11:00am
Stages 3 & 4	3 yrs - 5 yrs	10:15-10:45am	4:30-5:00pm	10:15-10:45am	4:30-5:00pm	9:30-10:00am
				5:30-6:00pm		

GRADE SCHOOL SWIM BASICS		LOCATION: GARTON POOL				
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY*
Stages 1 & 2	Age 5+ yrs		5:00-5:30pm	6:00-6:30pm	4:00-4:30pm	10:00-10:30am
Stage 3	Age 5+ yrs		4:30-5:00pm	6:00-6:30pm	4:30-5:00pm	10:00-10:30am
			5:00-5:30pm		5:00-5:30pm	10:30-11:00am

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	10:00-10:30am
Stages 5 & 6	Ages 6+ yrs	7:00-7:30pm	5:30-6:00pm	7:00-7:30pm	5:30-6:00pm	10:30-11:00am

* No classes Saturday, April 19 (Easter Weekend), fees will be prorated for 5 weeks

6-WEEK GROUP SWIM LESSON FEES

Sheboygan County Family Member	\$10.00
Sheboygan County Youth Member	\$42.00
Non-Member	\$63.00

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 Competitive Swim 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.

- Members are only permitted to register for one class per session for \$10.
- If a class is full, please get on the wait list! We may open another class, if feasible.

Late registrations will only be accepted in person after registration closes.

Contact Aquatics Director Heather Nitsch (920-451-8000 or hntsch@sheboygancountyyymca.org):

- If you are unsure which class to register your child for after reviewing the Swim Lessons Selector on page 8.
- If your child does not meet age requirements for a class, please contact Heather via email to request permission to join a class. You will need to register In Person after you receive written permission.

BREAK WEEK

March 24 - 29, 2025

SWIMMING LESSONS AT THE SHEBOYGAN YMCA

6-WEEK SPRING 2 SESSION: APRIL 21 - JUNE 2, 2025

REGISTRATION OPENS: APRIL 7 FOR MEMBERS; APRIL 10 FOR NON-MEMBERS

SWIM STARTERS <small>(Parent & Child Classes!)</small>			LOCATION: GARTON POOL			
	AGE	MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY*
Preschool A	6 Mo - Age 3	9:45-10:15am				
Preschool A&B	6 Mo - Age 3			5:00-5:30pm		9:00-9:30am
Preschool B	2 yrs - 3 yrs			9:45-10:15am		
PRESCHOOL SWIM BASICS <small>(without parent)*</small>			LOCATION: GARTON POOL			
<i>* New Students: Please see chart on Page 6 to determine which class level is most appropriate for your child</i>						
	AGE	MONDAY*	TUESDAY	WEDNESDAY	THURSDAY*	SATURDAY*
Stages 1 & 2	3 yrs - 5 yrs	10:15-10:45am	4:00-4:30pm	10:15-10:45am	4:00-4:30pm	9:30-10:00am
				5:30-6:00pm	5:00-5:30pm	10:30-11:00am
Stages 3 & 4	3 yrs - 5 yrs	10:15-10:45am	4:30-5:00pm	10:15-10:45am	4:30-5:00pm	9:30-10:00am
				5:30-6:00pm		
GRADE SCHOOL SWIM BASICS			LOCATION: GARTON POOL			
	AGE	MONDAY*	TUESDAY	WEDNESDAY	THURSDAY*	SATURDAY*
Stages 1 & 2	Age 5+ yrs		5:00-5:30pm	6:00-6:30pm	4:00-4:30pm	10:00-10:30am
Stage 3	Age 5+ yrs		4:30-5:00pm	6:00-6:30pm	4:30-5:00pm	10:00-10:30am
			5:00-5:30pm		5:00-5:30pm	10:30-11:00am
GRADE SCHOOL SWIM STROKES			LOCATION: VERHULST POOL			
	AGE	MONDAY*	TUESDAY	WEDNESDAY	THURSDAY*	SATURDAY*
Stage 4	Age 5+ yrs	5:30-6:00pm	5:00-5:30pm	5:30-6:00pm	5:00-5:30pm	10:00-10:30am
Stages 5 & 6	Ages 6+ yrs	6:00-6:30pm	5:30-6:00pm	6:00-6:30pm	5:30-6:00pm	10:30-11:00am
<i>* No classes Saturday, May 24 and Monday, May 26 (Memorial Day weekend), fees will be prorated for 5 weeks</i>						

6-WEEK GROUP SWIM LESSON FEES

Sheboygan County Y Family Member	\$10.00
Sheboygan County Y Youth Member	\$42.00
Non-Member	\$63.00

**SCAN BELOW FOR POOL SCHEDULES
OR
[CLICK HERE FOR POOL SCHEDULES](#)**



- Members are only permitted to register for one class per session for \$10.
- If a class is full, please get on the wait list! We may open another class, if feasible.

Late registrations will only be accepted in person after registration closes.

Contact Aquatics Director Heather Nitsch (920-451-8000 or hntsch@sheboygancountymca.org):

- If you are unsure which class to register your child for after reviewing the Swim Lessons Selector on page 8.
- If your child does not meet age requirements for a class, please contact Heather via email to request permission to join a class. You will need to register In Person after you receive written permission.

LIFEGUARD TRAINING

AMERICAN RED CROSS LIFEGUARD TRAINING SATURDAY, JUNE 14 - TUESDAY, JUNE 17, 2025

Ages 15+

The purpose of the American Red Cross Lifeguarding course is to provide participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses.

To enroll in the course, you must be at least 15 years old before the last scheduled in person class. To participate in the course, you must pass a prerequisite swim skills evaluation:

1. Jump into deep water and swim 150 meters (3 laps) continuously using only front crawl & breaststroke. Then, tread water for 2 minutes without the use of hands. Finally, swim another 50 meters (1 lap) using the same strokes as before.
2. Complete a timed event within 1 minute, 40 seconds – Swim 20 meters, surface dive to 9 feet, retrieve a 10 lb. brick, swim brick back to starting point and exit the water without using ladder or steps.

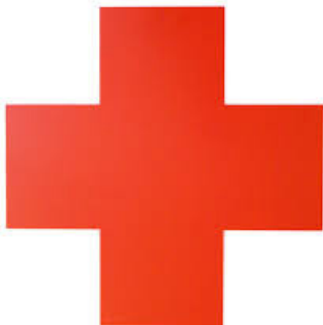
The prerequisite swim skills evaluation must be scheduled with Aquatics Director immediately upon enrollment in training. Please email Heather at hnitsch@sheboygancountymca.org. After passing the evaluation, the online course material will be provided to participant to complete. Online material MUST be completed before the first in-person training and takes most participants 8-10 hours.

To successfully complete the course, you must attend the entire course, participate in all skills sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent.

A minimum of 5 participants is needed to run class. Participants will be refunded the cost of the training if they do not pass the pre-requisite swim evaluation or if the class is cancelled due to low enrollment.

Saturday, 6/14	8:30am - 4:30pm
Sunday, 6/15	8:30am - 4:30pm
Monday, 6/16	4:00pm - 8:00pm
Tuesday, 6/17	4:00pm - 8:00pm

Fee \$225.00



LIFEGUARD WORKSHOP THURSDAY, MARCH 27, 2025 SATURDAY, APRIL 12, 2025 THURSDAY, MAY 8, 2025



Ages 14+

Have you been thinking about taking the Lifeguard Training, but need to work on your skills to pass the prerequisite swim skills evaluation? In this workshop, the Lifeguarding class instructor and Aquatics Director, Heather, will work with you on improving your front crawl, breaststroke, endurance, treading, diving and swimming with a 10 lb. brick. Sign up for one workshop or all three! **Fee is per day.**

Thursday, 3/27	1:00pm - 2:00pm
Saturday, 4/12	8:30am - 9:30am
Thursday, 5/8	4:00pm - 5:00pm

Fee \$20.00 per workshop



JOIN OUR AQUATICS TEAM

LOOKING FOR A FUN AND REWARDING JOB? PAID TRAINING, FLEXIBLE SCHEDULING AND A FREE YMCA MEMBERSHIP WILL BE PROVIDED!

Lifeguards

Shifts available: Day time, evenings and weekends

Swim Instructors

Shifts available: Mornings, evenings and weekends.

For more information, contact:

Heather Nitsch, Aquatics Director:

920-451-8000, Ext 129

hnitsch@sheboygancountymca.org or complete an application by clicking link below:

[Sheboygan County YMCA Employment Application](#)



HEALTHY KIDS DAY[®]



APRIL 25 **FREE TO THE PUBLIC!**

FIND A SAFE, HEALTHY & FUN SUMMER AT THE Y!

6:00pm-8:00pm

Sheboygan County YMCA
812 Broughton Drive, Sheboygan

Local Sponsor



National Sponsor

PEANUTS

© PNTS

4524B 1/25



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA BIRTHDAY PARTIES



Sheboygan YMCA, 812 Broughton Dr, Sheboygan WI 53081 • www.sheboygancountymca.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. 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, Taylor Garbe 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.



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!



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.

Party	Description	Time	Family Member	Youth Member	Non-Member
Dance	PRIVATE party	45 Minutes	\$115.00	\$130.00	\$165.00
Gym	PRIVATE party	60 Minutes	\$95.00	\$110.00	\$140.00
Gymnastics	Party during OPEN WORKOUT	45 Minutes	\$100.00	\$115.00	\$145.00
	PRIVATE party	45 Minutes	\$145.00	\$165.00	\$190.00
Swimming	PRIVATE party	45 Minutes	\$145.00	\$165.00	\$190.00
Ultimate	Any Two Activities	45 Minutes x 2	\$210.00	\$230.00	\$285.00

- Swim parties include a 10 - 15 minute transition time.
- Add 1 hour of Gym time to any party for just \$40.

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.

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.

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.**

NOVICE GYMNASTICS FOR BOYS & GIRLS

Ages 6 - 11 (see grid for age groups)

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.

GIRLS GYMNASTICS

Ages 6 - 14 (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.

BOYS SPORTS AGILITY

Ages 7 - 9

This class is designed for boys of all athletic abilities to train and practice complex skills that go along with all sports. Youth speed and agility training increases your functional core strength, dynamic flexibility, control and balance through continuous and rigorous motion. All of these different functions work together to enhance their performance in all sports! Sign up today!

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!



FAMILY REC GYMNASTICS DROP-IN PROGRAM

6 Months to Age 11

These are fun, family gymnastics times to explore the gym, roll, swing, crawl, climb and flip upside down together! The gym is supervised by gymnastic coaches and all children must be with a parent. **Pre-registration is required.**

Wed..... 10:45am - 11:30am
 Fri..... 10:45am - 11:30am
 Fri..... 5:30pm -6:15pm

Sheboygan County Y Family Member	Free
Sheboygan County Y Youth Member	\$3.00
Non-Member	\$7.00

YOUTH GYMNASTICS REC DROP-IN PROGRAM

Age 5 Years (with Adult) - Age 17

The Gymnastics Center is supervised by our coaches! It is a time to gain strength, endurance, learn a new skill or practice to perfect your gymnastics skills and routines. Children age 5 must be with a parent. **Pre-registration is required.**

Fri..... 4:00pm - 5:30pm

Sheboygan County Y Family Member	\$6.00
Sheboygan County Y Youth Member	\$7.00
Non-Member	\$12.00

POP-UP GYMNASTICS OR PRIVATE LESSON

(1 TO 5 PEOPLE)

All ages and abilities are welcome! Children age 5 and under must be accompanied by an adult. Private lessons are for those students who prefer concentrated training to focus on goals, acquire/improve tumbling skills for cheerleading or dance and for therapeutic purposes. Program is on a first come, first serve basis. Reservations can be made through Daxko, the Y's new registration system. Sign up for as many lessons as you choose.

If you need another day or time, please contact Denice at dnuigent@sheboygancountyyymca.org.

Please be prepared to show your Daxko receipt prior to your pop-up time / private lesson.

Pop-Up - 45 Minutes	Private Lesson - 30 Minutes
Family Member \$31.00	Family Member \$24.00
Youth Member \$37.00	Youth Member \$26.00
Non-Member \$66.00	Non-Member \$48.00

SPRINGERS GYMNASTICS TRAINING TEAM

SPRING 2

By Invitation Only

See Coach Taylor for an invitation.

Payment must be made in person at the Welcome Desk.

GYMNASTICS LESSONS

=new classes

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

6-WEEK SPRING 1 SESSION: MARCH 3 - APRIL 19, 2025

REGISTRATION OPENS: FEBRUARY 17 FOR MEMBERS; FEBRUARY 20 FOR NON-MEMBERS

FAMILY	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Movement	Crawlers - Age 4	4:45-5:30pm		9:15-10:00am	5:15-6:00pm	9:15-10:00am	
<i>(1 Child/1 Adult; co-ed)</i>		6:00-6:45pm			6:00-6:45pm		
* ALL FAMILY MOVEMENT CLASSES ARE IN THE UPSTAIRS GYM *							
PRESCHOOL	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gymnastics	Ages 4 - 5		4:00-4:45pm		3:45-4:30pm		9:15-10:00am
<i>(1 Child/1 Adult; co-ed)</i>			4:45-5:30pm <i>(without parent)</i>	4:00-4:45pm <i>(without parent)</i>	4:30-5:15pm <i>(without parent)</i>		
Little Springers	Ages 4 - 6		5:30-6:15pm	4:45-5:30pm	5:15-6:00pm		
GRADE/MIDDLE	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Girls Gymnastics	Ages 6 - 8	4:00-4:45pm		5:30-6:15pm	4:30-5:15pm		10:00-10:45am
		4:45-5:30pm					
Girls Gymnastics	Ages 9 - 11	6:30-7:15pm					
Novice Gymnastics <i>(co-ed)</i>	Ages 6 - 11		6:15-7:00pm		6:00-6:45pm		
Boys Gymnastics	Ages 6 - 11				4:30-5:15pm		
Girls Pre-Team	Ages 6 - 14	5:30-6:30pm					10:45-11:45am
DROP-IN PROGRAMS	AGE	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Rec Gymnastics	6 Mo - 11 Yr			10:45-11:30am		10:45-11:30am	
<i>(with Parent)</i>						5:30-6:15pm	
* PRE-REGISTRATION IS REQUIRED EACH WEEK *							
Youth Rec Gymnastics	Age 5+					4:00-5:30pm	
* PRE-REGISTRATION IS REQUIRED EACH WEEK *							

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.

Fee per 6-Week Session

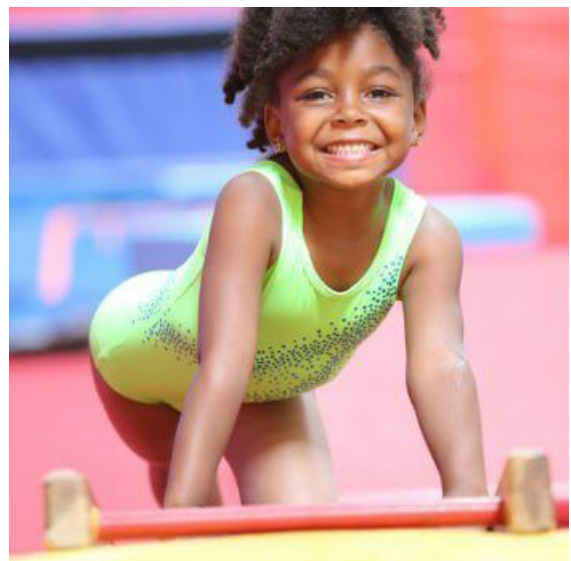
	45 Minutes	One Hour
Sheboygan County Y Family Member	\$50.00	\$68.00
Sheboygan County Y Youth Member	\$65.00	\$82.00
Non-Member	\$93.00	\$116.00

1-Time Drop-in Fee

	45 Minutes	One Hour
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 Taylor Garbe for availability at 920-451-8000 x122 or tgarbe@sheboygancountyyymca.org.

BREAK WEEK
MARCH 24 - 29, 2025



BIRTHDAY PARTIES

See Page 14 for more information on how you can schedule your gymnastics birthday party now!



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

6-WEEK SPRING 2 SESSION: APRIL 21 - JUNE 2, 2025

REGISTRATION OPENS: APRIL 7 FOR MEMBERS; APRIL 10 FOR NON-MEMBERS

FAMILY	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Movement	Crawlers - Age 4	6:00-6:45pm				9:15-10:00am	
<i>(1 Child/1 Adult; co-ed)</i>		* ALL FAMILY MOVEMENT CLASSES ARE IN THE UPSTAIRS GYM *					
PRESCHOOL	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gymnastics	Ages 4 - 5		4:00-4:45pm		3:45-4:30pm		9:15-10:00am
<i>(1 Child/1 Adult; co-ed)</i>			4:45-5:30pm <i>(without parent)</i>		4:30-5:15pm <i>(without parent)</i>		
Little Springers	Ages 4 - 6	6:15-7:00pm	5:30-6:15pm		5:15-6:00pm		
GRADE/MIDDLE	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Girls Gymnastics	Ages 6 - 8	5:30-6:15pm			4:30-5:15pm		10:00-10:45am
Novice Gymnastics <i>(co-ed)</i>	Ages 6 - 11		6:15-7:00pm	5:30-6:15pm	6:00-6:45pm		
Boys Sports Agility	Ages 7 - 9			6:15-7:00pm			
Girls Pre-Team	Ages 6 - 14						10:45-11:45am
DROP-IN PROGRAMS	AGE	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Rec Gymnastics	6 Mo - 11 Yr			10:45-11:30am		10:45-11:30am	
<i>(with Parent)</i>						5:30-6:15pm	
* PRE-REGISTRATION IS REQUIRED EACH WEEK *							
Youth Rec Gymnastics	Age 5+					4:00-5:30pm	
* PRE-REGISTRATION IS REQUIRED EACH WEEK *							

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.

Fee per 6-Week Session

	45 Minutes	One Hour
Sheboygan County Y Family Member	\$50.00	\$68.00
Sheboygan County Y Youth Member	\$65.00	\$82.00
Non-Member	\$93.00	\$116.00

1-Time Drop-in Fee

	45 Minutes	One Hour
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 Taylor Garbe for availability at 920-451-8000 x122 or tgarbe@sheboygancountyyymca.org.

SHEBOYGAN COUNTY YMCA SPRINGERS
2025-2026 SEASON

Registration will begin in June 2025.

Special registration forms will be available in May 2025.



friendships pommel horse aerial
tumbling round-off
teamwork
handstand confidence
determination
spirit • mind • body

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.

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 6th one free! Receive 20% discount on group lessons, up to 3 people.

	30 Minutes	45 Minutes
Sheboygan County Y Family Member	\$50.00	\$68.00
Sheboygan County Y Youth Member	\$65.00	\$82.00
Non-Member	\$93.00	\$116.00

DANCE TEAM PREP

TUESDAY, MAY 27 - BALLET

THURSDAY, MAY 29 - JAZZ & POMS

Ages 12 - 16

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! Must have previous dance experience to join the Dance Team.

Price is per class.

Tuesday 4: 30pm - 6:00pm
 Thursday..... 4: 30pm - 6:00pm

Sheboygan County Y Member \$10.00
 Non-Member \$15.00



CREATIVE MOVEMENT

Ages 2 - 4 with Parent

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.

BALLET

Ages 3 - 5

This class is for beginner ballet dancers and will focus on the basics of ballet including proper body placement, technique, balance, and strength.

TAP

Ages 6 - 10

Tap teaches rhythm, the differentiation of the parts of the feet, and basic steps leading into combinations.

MUSICAL THEATER:

SPRING I - MOANA

SPRING II - MAMMA MIA!

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 welcoming and fun environment **featuring a song and scene from Moana (Spring I) and Mamma Mia! (Spring II)** This is a great class for all levels of music and dance students. No previous dance or singing experience required.

BIRTHDAY PARTIES

See Page 14 for more information on how you can schedule your dance birthday party now!



DANCE PARTIES AT FALLS Y

These theme-based parties include dancing, games, crafts and fun! A different style of dance will be taught at each party. Parties may be cancelled due to low enrollment one week prior to the dates listed below. Fee is non-refundable unless the YMCA cancels the party. **Fee is per party.**

Family Member \$7.00
 Non-Member \$12.00

Falls YMCA MPR		
Ages 4 - 6	DAY/DATE	TIME
PJ Mask	Thur 3/6	3:30-4:30pm
Ninja Turtles	Thur 4/3	3:30-4:30pm
Moana	Thur 4/17	3:30-4:30pm
Encanto	Thur 5/1	3:30-4:30pm
House of Mouse	Thur 5/29	3:30-4:30pm

SPRING FINE ARTS CLASSES			
6-WEEK SPRING 1 SESSION: MARCH 3 - APRIL 19, 2025			
Registration Opens: February 17 for Members; February 20 for Non-Members			
6-Week SPRING 2 SESSION: APRIL 21 - JUNE 2, 2025			
Registration Opens: April 7 for Members; April 10 for Non-Members			
Fine Arts classes meet in the Sheboygan MPR			
FINE ARTS CLASS	AGE	MONDAY	WEDNESDAY
Creative Movement <i>(with Adult/Parent)</i>	Ages 2-4		5:00-5:30pm
Ballet	Ages 3-5		3:30-4:00pm
Tap	Ages 6-10	4:15-4:45pm	
Musical Theater - Spring I - Moana Spring II - Mamma Mia!	Ages 8-16		4:00-4:45pm



6-Week Session Fee	30 Minutes	45 Minutes
Sheboygan County Y Family Member	\$42.00	\$50.00
Sheboygan County Y Youth Member	\$58.00	\$66.00
Non-Member	\$74.00	\$82.00

BREAK WEEK
March 24 - 29, 2025

SPRING BREAK DANCE PARTIES

These theme-based parties include dancing, games, crafts and fun! A different style of dance will be taught at each party. Parties may be cancelled due to low enrollment one week prior to the dates listed below. Fee is non-refundable unless the YMCA cancels the party. **Fee is per party.**

60-Minutes

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

90-Minutes

Sheboygan County Y Family Member \$10.00
Non-Member \$15.00



Sheboygan YMCA MPR		
Ages 4 - 6	DAY/DATE	TIME
Frozen	Mon 3/24	2:00-3:00pm
Mermaids	Tues 3/25	5:30-6:30pm
Peppa Pig	Thurs 3/27	9:00-10:00am
Ages 7 - 12		
Video Games	Tues 3/25	3:30-5:00pm
Moana	Thurs 3/27	2:00-3:30pm

SPIN & SPLASH

WEDNESDAY, MARCH 26, 2025

Ages 7 - 12

Enjoy all of the activities included in a dance party, followed by open swim time in the Garton Pool. Make a craft, learn a dance, and play games. What more can you ask for? Students must bring their own swimsuit and towel.



Wednesday..... 1:00pm - 4:00pm

Sheboygan County Y Member \$20.00
Non-Member \$30.00



NO SCHOOL DAY FUN DAYS AT SHEBOYGAN YMCA



MONDAY, MARCH 31, 2025
FRIDAY, APRIL 18, 2025
THURSDAY, JUNE 5, 2025
FRIDAY, JUNE 6, 2025

FUN DAY

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
- Swim suit
- Towel
- Water bottle



Snacks will be provided.

All Dates 8:30am - 4:30pm

Sheboygan County Y Family Member	\$32.00
Sheboygan County Y Youth Member	\$37.00
Participant	\$49.00

TAE KWON DO
Ages 7 - Adult

Learn the traditional Korean martial art of Tae Kwon Do in an innovative, supportive, and energetic environment! Using a blend of curriculums, this program improves self-confidence, self-discipline and self-defense skills while developing cardiovascular fitness, strength and flexibility. The overall results are children and adults that become better versions of themselves physically, mentally, emotionally, and socially! We encourage anyone ages 7 and up to participate; families are welcome. Tuition, uniform and testing fees apply.

Call 920-207-8087 for details and registration.
Classes held at the Sheboygan Falls YMCA.

Wed..... 6:30pm
 Sat..... 9:30am



GIRL POWER

MARCH 6 - APRIL 19, 2025
APRIL 24 - MAY 31, 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.

Thursday 6:30-7:30pm
 Saturday 1:00-2:00pm

Sheboygan County YMCA Members Only

Family Member	\$32.00
Youth Member	\$49.00

YOUTH ACTIVITIES

6-WEEK SPRING 1 SESSION: MARCH 3 - APRIL 19, 2025

Registration Opens: February 17 for Members; February 20 for Non-Members

6-WEEK SPRING 2 SESSION: APRIL 21 - JUNE 2, 2025

Registration Opens: April 7 for Members; April 10 for Non-Members

3-POINT & FREE THROW CONTESTS

FRIDAY, MARCH 7, 2025

Grades 2 - 3 with Parent

Come to the Sheboygan Falls YMCA for these fun 3-point and free throw basketball contests! Prizes will be given to 1st, 2nd and 3rd place.



- Children in grades 2 - 3 will play with a parent. Points will be combined between the parent and child. Parents will use an official size basketball and children will use a junior size basketball and hoops will be set at 9 feet. **The fee is per team of two.**

Fri 6:00pm Start

Sheboygan County Y Family Member	\$10.00
Sheboygan County Y Youth Member	\$12.00
Non-Member	\$16.00

MARCH MANIA 3 VS 3 BASKETBALL TOURNAMENT
SHEBOYGAN FALLS YMCA

SATURDAY, MARCH 15, 2025

Boys and Girls in Grades 2 - 3

End the basketball season with a bang! Get your team into March madness as well and sign up for the March Mania 3 vs 3 Basketball Tournament. Rules and schedules will be emailed to coaches a week before the tournament. **A separate registration form is required. The registration deadline is March 3, 2025.**

Team Fee \$70.00

SHEBOYGAN HOT SHOTS COMPETITION!

FRIDAY, MARCH 28, 2025

Grades 5k - 3

After the basketball season ends we welcome you to show off your improved shooting in this fun hot shots competition. There will be 5 spots you can shoot from and record points based on the type of shot you shoot. More information to come on rules. 5K-1st grade will shoot on an 8-ft hoop and 2nd-3rd grade will shoot on a 9-ft hoop. Prizes will be given out the winner of each age group!

Fri 5:00pm Start

Sheboygan County Y Family Member	\$10.00
Sheboygan County Y Youth Member	\$12.00
Non-Member	\$16.00



BOY'S NIGHT OUT - HOOPS MANIA!

Grades 1 - 4

FRIDAY, APRIL 11, 2025 - SHEBOYGAN Y

Join us at the Y for a night of hoops and pizza! Wear your favorite player's jersey and play basketball games in the Lohmann Gym! Shortly after we will enjoy some pizza and snacks!

Friday 5:00pm - 7:30pm

Sheboygan County Y Family Member	\$10.00
Sheboygan County Y Youth Member	\$12.00
Non-Member	\$15.00

GIRL'S NIGHT OUT - SLUMBER PARTY

Grades 1 - 4

FRIDAY, APRIL 11, 2025 - SHEBOYGAN Y

Wear your comfiest pajamas and enjoy a movie and swim night at the Y! Participants should bring their own swimsuit and towel.

Friday 5:00pm - 7:30pm

Sheboygan County Y Family Member	\$10.00
Sheboygan County Y Youth Member	\$12.00
Non-Member	\$15.00



SPORTS NIGHTS

Grades 1 - 4

Come and play your favorite sports games! Each month we will highlight a different sport/game. A snack and drink will be provided. **Fee is per night.** Themes for each month are as follows:

DODGEBALL NIGHT APRIL 18

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

NERF BATTLE MAY 30

End your Friday with a bang - come join the fun on Nerf Night! We will have different Nerf games including team battle, capture the flag, Nerf freeze tag and many more! Please bring your own Nerf toys. The YMCA will provide universal ammo for the Nerf toys.

Sheboygan County Y Family Member	\$5.00
Sheboygan County Y Youth Member	\$6.00
Non-Member	\$8.00

PEE WEE & MIGHTY MITE PROGRAMS



PEE WEE AND MIGHTY MITE PROGRAMS

6-WEEK SPRING 1 SESSION: MARCH 3 - APRIL 19, 2025

Registration Opens: February 17 for Members; February 20 for Non-Members

6-WEEK SPRING 2 SESSION: APRIL 21 - JUNE 2, 2025

Registration Opens: April 7 for Members; April 10 for Non-Members

PEE WEE SPORTS	Y	AGE	DAY	TIME	LOCATION	SESSION
Pee Wee Basketball	S	Ages 3 - 5	Tues	5:15 - 6:00pm	Muth Gym	Spring 1 & 2
Pee Wee Soccer	S	Ages 3 - 5	Tues	4:30 - 5:15pm	Muth Gym	Spring 1 & 2
Pee Wee Basketball	F	Ages 3 - 5	Wed	5:00 - 5:45pm	Falls Y Lohmann Gym	Spring 1
Pee Wee Soccer/Tball	F	Ages 3 - 5	Wed	5:00 - 5:45pm	Falls Y Lohmann Gym	Spring 2
MIGHTY MITE SPORTS	Y	AGE	DAY	TIME	LOCATION	SESSION
Mighty Mite Soccer	S	5K - Grade 2	Wed	5:00 - 6:00pm	Muth Gym	Spring 1
Mighty Mite Basketball	S	5K - Grade 2	Mon	5:00 - 6:00pm	Muth Gym	Spring 1 & Spring 2
Mighty Mite Tennis	S	5K - Grade 2	Wed	5:00 - 6:00pm	Muth Gym	Spring 2
Mighty Mite Basketball	F	5K - Grade 2	Tues	5:00 - 6:00pm	Falls Y Lohmann Gym	Spring 1
Mighty Mite Soccer	F	5K - Grade 2	Mon	5:00 - 6:00pm	Falls Y Lohmann Gym	Spring 2

PEE WEE SPORTS - PARENT/CHILD CLASS

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	\$28.00
Sheboygan County Y Youth Member	\$32.00
Non-Member	\$52.00

COED MIGHTY MITE SPORTS

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 2nd half of class. The fee includes a t-shirt, except for golf and tennis.

Sheboygan County Y Family Member	\$36.00
Sheboygan County Y Youth Member	\$39.00
Non-Member	\$54.00

BREAK WEEK

MARCH 24 - 29, 2025

MIGHTY MITE FLAG FOOTBALL

Grades 1 - 2 in Fall 2025

This program includes volunteer-led practices, a skills clinic, modified games, teamwork and sportsmanship. Registration forms will be available in mid-May for the communities of Kohler, Howards Grove, Oostburg, Plymouth, Random Lake, Sheboygan and Sheboygan Falls. **The registration deadline is August 4, 2025.**



TACKLE FOOTBALL LEAGUE

Grades 3 - 4 in Fall 2025

Registration forms for the Fall 2024 season will be available in mid-May for the communities of Cedar Grove, Kohler, Oostburg, Plymouth, Sheboygan and Sheboygan Falls. **The registration deadline is July 18, 2025.**

MIDDLE SCHOOL GIRLS VOLLEYBALL LEAGUE

APRIL 24 - JUNE 5, 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 April 4, 2025.**

Team Fee \$110.00

5TH & 6TH GRADE GIRLS VOLLEYBALL LEAGUE

APRIL 22 - JUNE 3, 2025

Girls in Grades 5 - 6

Come get your team together for a fundamental volleyball league night for girls in 5th and 6th grade. This new league will help develop your child by getting more touches on the ball, and coaches on the floor to help them. League will be unofficiated, coaches on the floor, net height at the junior level, and using volleylite volleyballs. Teams will play for an hour, 3 game set if time allows, 3rd game will go to 15 points. **April 8th will be a skills clinic, starting at 5:30pm at the Berkshire Gymnasium** for all of the girls in the volleyball league. Matches will begin on April 22nd. Matches are played on Tuesday evenings starting at 5:00pm in the Sheboygan Falls YMCA Gymnasium. For more information, please contact Leondre at ltownsend@sheboygancountyyymca.org or 920-467-2464 x207. **Registration deadline is March 27, 2025.**

Team Fee \$75.00

HIGH SCHOOL GIRLS VOLLEYBALL LEAGUE

JUNE 10 - AUGUST 5, 2025

Freshman and Junior Varsity Girls in Fall 2025

Get your team rosters together for our annual summer volleyball league. This league is for girls who will be on the freshman or junior varsity volleyball team from the same school district to improve their teamwork and get ready for the Fall 2025 season. Matches will be played on Tuesday evening at the Sheboygan Falls YMCA. For more information, please contact Leondre at 920-467-2464 x207. **Registration deadline is May 30, 2025.**

Team Fee \$160.00

VARSITY GIRLS SUMMER VOLLEYBALL LEAGUE

JUNE 10 - AUGUST 5, 2025

Varsity Girls in Fall 2025

This league is designed for girls who will be on the varsity volleyball team from the same school district to improve their teamwork and get ready for the upcoming Fall 2025 season. Registration is limited to 12 teams. Matches will be played on Tuesday evening at the Sheboygan YMCA. For more information, please contact Taylor at 920-451-8000 x121. **Registration deadline is May 30, 2025.**

Team Fee \$180.00



GIRLS "MINI" VOLLEYBALL CLINIC

SHEBOYGAN YMCA

APRIL 1 - APRIL 29, 2025

Girls in Grades 3 - 4

This clinic introduces basic volleyball skills with an emphasis on ball control, movement to the ball, how the game works, and a focus on having fun while learning this life-long sport. Modified matches will also be played during the clinic.

Tuesday 6:30pm - 7:30pm

Head clinic instructor is Katie Jansen who brings over 20 years of coaching and playing experience from middle school to college. As a player, Jansen played Division 1 volleyball at UW Green Bay, has participated in ten Adult USA Volleyball National Championships and continues to play regularly. Jansen has coached at Lakeland University (2005-2007), Sheboygan North High School Varsity (2008-2012), Go Fish, Lake Effect Select and South Shore Slam USAV programs, and various other camps and clinics. Coach Jansen hopes to instill a lifelong love for the sport in all athletes. She will be joined by other coaches and high school players. Fee includes a t-shirt. **Registration deadline is March 30, 2025.**

Sheboygan County Y Family Member	\$39.00
Sheboygan County Y Youth Member	\$49.00
Non-Member	\$59.00



SPRING 7 VS 7 FLAG FOOTBALL LEAGUE

SATURDAYS, APRIL 12 - MAY 31, 2025

Boys and Girls in 5K - Grade 5

Come join this 7 vs 7 flag football league! This program provides an excellent opportunity for youth to participate with others in a healthy activity led by volunteer coaches. The emphasis is on sportsmanship, skill development, teamwork, participation and doing one's best. This 7-week league includes competition from Sheboygan County. Games will be played on Saturdays beginning at 12:00pm at River Park in Sheboygan Falls, Sheboygan Falls High School or Vollrath Park in Sheboygan.

- Teams will be combined by grade: 5K/1, 2/3 and 4/5.
- Each team will have a coach and will be given matching team t-shirts. Teams will have up to 10 players.
- Teams will practice one night per week.
- Game format will consist of two 20-minute halves with running clock with a 5 minute half time.
- Team will begin practices one week before games start.

This is an individual registration program. Flyers will be taken to local schools and available at the YMCA by the end of February. **The registration deadline is March 20, 2025.**

YOUTH DEVELOPMENT

2025 YOUTH SPORTS SPONSOR WAYNE AND PAT SATHER

GAGA BALL/DODGEBALL

Grades 2 - 5

Grab your friends after school and come join us for an hour of fun playing ga ga ball and different dodgeball games. It is a great way to burn off some steam after school!

Sheboygan County Y Family Member	\$9.00
Sheboygan County Y Youth Member	\$11.00
Non-Member	\$18.00

CATCH 'N RUN/DODGEBALL

Grades 2 - 5

Check out the challenge and fun of this class. Learn great throwing, catching and teamwork. We will end class with different dodgeball games.

Sheboygan County Y Family Member	\$5.00
Sheboygan County Y Youth Member	\$7.00
Non-Member	\$10.00

GA GA BALL

Grades 2 - 5

Grab your friends after school and come join us for an hour of fun playing ga ga ball and catch and run. Check out the challenge and fun of this class. Learn great throwing, catching and teamwork. It is a great way to burn off some steam after school!

Sheboygan County Y Family Member	\$5.00
Sheboygan County Y Youth Member	\$7.00
Non-Member	\$10.00

BASKETBALL SKILLS AND DRILLS

Grades 2 - 5

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	\$20.00
Sheboygan County Y Youth Member	\$22.00
Non-Member	\$36.00

CLASSIC GYM GAMES

Grades 1 - 4

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

Sheboygan County Y Family Member	\$10.00
Sheboygan County Y Youth Member	\$13.00
Non-Member	\$18.00

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

Ages 10 - 12

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!

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



GIRLS VOLLEYBALL SKILLS

Grades 1 - 6

All skill levels are welcome in this class. The program will cover basic volleyball skills with an emphasis on ball control, movement to the ball and serving. The class will also work on setting, passing and hitting. Game play and fun drills will be incorporated into practices.

Sheboygan County Y Family Member	\$16.00
Sheboygan County Y Youth Member	\$18.00
Non-Member	\$32.00

VOLLEYBALL SKILLS AND DRILLS

Grades 3 - 7

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	\$20.00
Sheboygan County Y Youth Member	\$22.00
Non-Member	\$36.00

HOME SCHOOL PHYSICAL EDUCATION PROGRAM

Ages 5 - 17

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.**

Sheboygan County Y Family Member	\$29.00
Sheboygan County Y Youth Member	\$33.00
Non-Member	\$45.00

DODGEBALL LEAGUE

Grades 2 - 5

Get ready to dodge, dip and dive into this Dodgeball League! Athletes will enjoy getting to expand their knowledge of dodgeball in a safe and fun environment along with meeting new kids, developing teamwork skills, and having fun. All sessions are 45 minutes and teams will be divided differently each week with slight game variations throughout the 8 weeks. The very last week we will do a parents vs kids match! All kids in the program will receive a dodgeball t-shirt.

Sheboygan County Y Family Member	\$15.00
Sheboygan County Y Youth Member	\$17.00
Non-Member	\$21.00

NERF BATTLE

Grade 1 - 4

Grab your friends and come join us for fun playing Nerf battle. Each week will have different Nerf games including team battle, capture the flag, Nerf freeze tag and many more! Please bring your own Nerf toys. The YMCA will provide universal ammo for the Nerf toys. Don't miss out on the Friday fun!

Sheboygan County Y Family Member	\$10.00
Sheboygan County Y Youth Member	\$13.00
Non-Member	\$18.00

AFTER SCHOOL SPORTS HOUR

Grades 2 - 5

Start your weekend off right by learning and playing a variety of sports! Bring your friends and play games like basketball, soccer, football, floor hockey, and everything in between! If you are interested in sports and want to be introduced to a wide range of different sports then this class is for you!!

Sheboygan County Y Family Member	\$9.00
Sheboygan County Y Youth Member	\$11.00
Non-Member	\$18.00



YOUTH PROGRAMS AND SPORTS

6-WEEK SPRING I SESSION: MARCH 3 - APRIL 19, 2025
REGISTRATION OPENS: FEBRUARY 17 FOR MEMBERS; FEBRUARY 20 FOR NON-MEMBERS

6-WEEK SPRING II SESSION: APRIL 21 - JUNE 2, 2025
REGISTRATION OPENS: APRIL 7 FOR MEMBERS; FEBRUARY 10 FOR NON-MEMBERS

YOUTH PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Gaga Ball/Dodgeball	S	Grades 2 - 5	Mon	4:00 - 4:45pm	Muth Gym	Spring 2
Catch 'n Run/Dodgeball	F	Grades 2 - 5	Mon	4:00 - 4:45pm	Falls Y Lohmann Gym	Spring 1
Gaga Ball	F	Grades 2 - 5	Mon	4:00 - 4:45pm	Falls Y Lohmann Gym	Spring 2
Basketball Skills & Drills	S	Grades 2 - 5	Mon	6:00 - 6:45pm	Muth Gym	Spring 1 & 2
Classic Gym Games	F	Grades 1 - 4	Tues	4:00 - 4:45pm	Falls Y Lohmann Gym	Spring 1
S.P.A.R.K.	S	Ages 10 - 12	Tu &/or Th	4:15 - 5:15pm	Lakeview Center	Spring 1 & 2
Girls Volleyball Skills	F	Grades 1 - 6	Thurs	4:00 - 5:00pm	Falls Y Lohmann Gym	Spring 1
Volleyball Skills & Drills	S	Grades 3 - 7	Thurs	4:30 - 5:15pm	Muth Gym	Spring 1 & 2
Girl Power	F	Ages 12 - 17	Thur & Sat	6:30 - 7:30pm 1:00 - 2:00pm	Riverview Center	Spring 1 & 2
Home School Phy Ed	S	Ages 5 - 17	Fri	1:30 - 2:30pm	Varies	Spring 1 & 2
Dodgeball League	F	Grades 2 - 5	Fri	4:00 - 4:45pm	Falls Y Lohmann Gym	Spring 1
Nerf Battle	F	Grades 1 - 4	Fri	4:00 - 4:45pm	Falls Y Lohmann Gym	Spring 2
After School Sports Hour	S	Grades 2 - 5	Fri	4:00 - 5:00pm	Muth Gym	Spring 2
Boys Night Out	S	Grades 1 - 4	Fri	5:00 - 7:30pm	Sheb Y Lohmann Gym	4/11
Girls Night Out	S	Grades 1 - 4	Fri	5:00 - 7:30pm	Sheb Y - varies	4/11
Sports Night	F	Grades 1 - 4	Fri	6:00 - 8:00pm	Falls Y Lohmann Gym	4/18, 5/30
TEEN PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Teen Strength Training	S	Ages 12 - 15	Mon	4:15 - 5:15pm	Lakeview Center	Spring 1 & 2
	F	Ages 12 - 15	Wed	3:30 - 4:30pm	Riverview Center	Spring 1 & Spring 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

BREAK WEEK

March 24 - 29, 2025



COMING SOON!

NEW PARTNERSHIP FOR SAILING PROGRAMS - AGES 7-17

Starting June 2025

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 6-week session.**

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

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

YOUTH & TEEN PROGRAMS

GIRL POWER

MARCH 6 - APRIL 19, 2025

APRIL 24 - MAY 31, 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.

Thursday.....6:30-7:30pm
Saturday.....1:00-2:00pm

Sheboygan County Y Members Only

Family Member	\$32.00
Youth Member	\$49.00

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@shebygancountyyymca.org.

Sheboygan County Y 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



THE CLUB AT THE Y SCHOOL YEAR PROGRAM LAST DAY BEFORE SUMMER JUNE 4, 2025

Teens in Grades 6 - 12 during 2024-25 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!

There is no membership fee but a completed application is required. YMCA members receive a complimentary membership to the Club at the Y.

Find the application at: www.thepositiveplace.com.

Contact info: clubaty@thepositiveplace.com
920-395-2834

Hours of Operation

Mon, Tue, Wed, Thur, Fri..... 3:00pm - 7:00pm

Early Release / No-School Days

Mon thru Fri..... 12:00pm - 5:00pm

Closed

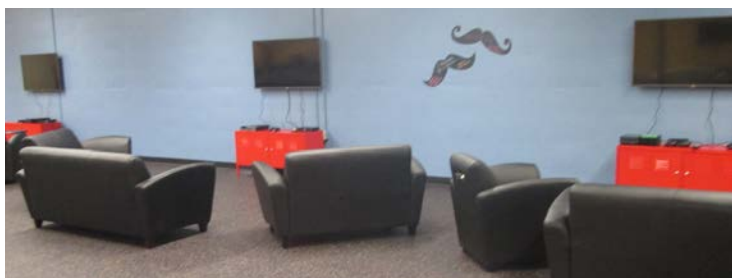
Friday, March 21
Friday, April 18

No School Days

Spring Break: Monday 3/24 thru Friday 3/28
Monday, March 31
Monday, April 21
Friday, May 23

Features

- Snack served daily
- 2-3 activities offered throughout the day:
 - Academic Excellence (Art, Math Hoops, STEM)
 - Healthy Lifestyles (Healthy Cooking Club, Physical Fitness, SMART Moves)
 - Good Character and Citizenship (Career Launch, Service Projects)



SPRING BREAK AT THE SHEBOYGAN Y!

MARCH 24 - 29, 2025

Looking for something to do during Spring Break? Look no further than the Y! There will be many opportunities to stay active at the Y during Spring Break, including:

Youth Sports

- Monday, March 24
Pickleball Clinic 2-4pm.....Lohmann Gym
- Tuesday, March 25
Gaga Ball/Dodgeball ... 2-4pm.....Lohmann Gym
- Wednesday, March 26
Basketball Clinic..... 2-4pm.....Lohmann Gym
- Thursday, March 27
Volleyball Clinic 2-4pm.....Lohmann Gym

Fee is Per Activity

Sheboygan County Y Family Member	\$5.00
Sheboygan County Y Youth Member	\$7.00
Non-Member	\$10.00



SHEBOYGAN HOT SHOTS COMPETITION!

FRIDAY, MARCH 28, 2025

Grades 5k - 3

After the basketball season ends we welcome you to show off your improved shooting in this fun hot shots competition. There will be 5 spots you can shoot from and record points based on the type of shot you shoot. More information to come on rules. 5K-1st grade will shoot on an 8-ft hoop and 2nd-3rd grade will shoot on a 9-ft hoop. Prizes will be given out the winner of each age group!

Fri 5:00pm Start

Sheboygan County Y Family Member	\$10.00
Sheboygan County Y Youth Member	\$12.00
Non-Member	\$16.00

SPIN & SPLASH

WEDNESDAY, MARCH 26, 2025

Ages 7 - 12

Enjoy all of the activities included in a dance party, followed by open swim time in the Garton Pool. Make a craft, learn a dance, and play games. What more can you ask for? Students must bring their own swimsuit and towel.

Wednesday 1:00pm - 4:00pm

Sheboygan County Y Member	\$20.00
Non-Member	\$30.00



FALLS Y SPRING BREAK SPORTS CLINICS

MARCH 24 - 29, 2025

Come on down to the Falls Y during Spring Break to sharpen your sports skills and run off some energy. There's something for everyone - come check it out!

MARCH 24, 2025 - KICKBALL CLINIC

Ages 6 - 12

A fun day clinic to learn and play kickball, with emphasis on teamwork kicking accuracy, and fielding skills.

Monday 5:00pm - 6:30pm

MARCH 25, 2025 - VOLLEYBALL FUNDAMENTALS CLINIC

Ages 8 - 12

This clinic covers the basics of volleyball, including how to pass, serve and set, along with an introduction to playing as a team.

Tuesday 4:00pm - 5:30pm

MARCH 26, 2025 - T-BALL CLINIC

Ages 5 - 8

A day of fun baseball/softball drills focusing on core skills, including hitting, fielding, and base running.

Wednesday 4:00pm - 5:30pm

MARCH 27, 2025 - DODGEBALL CLINIC

Ages 7 - 12

This clinic is designed for kids to learn the basics of dodgeball, including throwing, dodging, and teamwork strategies. Participants will play games that emphasize agility, hand-eye coordination, and sportsmanship.

Thursday 4:00pm - 5:30pm

MARCH 28, 2025 - FLAG FOOTBALL FUN

Ages 6 - 12

This one-day clinic focuses on learning how to play flag football, with emphasis on teamwork, agility and having fun.

Friday 4:00pm - 5:30pm

Fee is Per Clinic

Sheboygan County Y Family Member	\$8
Sheboygan County Y Youth Member	\$10
Non-Member	\$15



SUMMER BETTER THAN OTHERS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP Y-KODA

W3340 Sunset Road, Sheboygan Falls, WI

Every child looks forward to a summer of fun! YMCA Camp Y-Koda campers enjoy a summer jam packed with activities, adventures and memories.



CAMP DATES: JUNE 9 - AUGUST 29, 2025

- Camp is open to children ages 4-16. Child must be age 4 by their first day of camp with us.
- Camp Hours are 8:30am - 4:00pm
- Before & after camp extended Care is ONLY available at YMCA Camp Y-Koda. Begins as early as 7:15am and ends as late as 5:30pm. Extended Care is no longer available at Sheboygan Y.
- Bus Transportation Available for additional fee. Bus Transportation is only on one route.
- No Camp on Friday July 4, 2025.
- Camp offerings at three locations: YMCA Camp Y-Koda, Maywood Environmental Park & Sheboygan Marsh.
- YMCA Camp Y-Koda is a licensed Day Camp with the WI Department of Children & Families



CAMP REGISTRATION

Please visit our website for brochure & program offerings.
Registration Opens on Sunday, February 23rd at 5:00pm!

- All registration deposits & the one-time registration fee is required at the time of registration.
- Online registration is first come first serve. Our maximum capacity is 250 campers each week.
- Please have ready: Your child's immunization Record & Physician/Medical Information, Emergency Contact, an Active YMCA Membership ID (if applicable) and payment (Credit Card or E-Check).
- Online Registration is available. Paper registrations are not available.

FOLLOW US
ON FACEBOOK
@CAMPYKODA



QUESTIONS? Contact us at (920) 467-6882 or kemmons@sheboygancountyyymca.org.

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 have questions, please contact Kaitlyn Emmons at 920-467-6882 or kemmons@sheboygancountyyymca.org.



CAMP BRAIN REGISTRATION

MID-SPRING SLUMBER PARTY

APRIL 11 - 12, 2025

Ages 6 - 12

Celebrate spring with a slumber party at Camp! Friday night we'll have a pizza, movie, and s'mores by the fire. The real fun begins on Saturday where we'll partake in games, crafts & outdoor activities. All meals, snacks and action-packed fun are included.

Please bring a sleeping bag, pillow, pajamas, toiletries, and a change of clothing for the next day. Please make sure your child has adequate clothing for spending a lot of time outdoors. This event will happen rain, snow, or shine!

Preregistration required! Scan QR code or click on link.

Friday	drop off	5:00pm
Saturday	pickup	2:00pm

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



SCHOOL'S OUT CAMP

FRIDAY, APRIL 18, 2025

MONDAY, APRIL 21, 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.

APRIL 18, 2025

Flannel Friday

Sport your favorite flannel at camp and cozy up to mid-spring celebrations of nature along with themed crafts and other activities!

Friday 8:00am-4:00pm

APRIL 21, 2025

Earth Day Celebration

We will celebrate Earth Day by bringing out our inner naturalist. We will participate in a big nature hike, learn about camp's habitats and the animals that live in them, and enjoy other favorite camp activities.

Monday 8:00am-4:00pm

Sheboygan County Y Member	\$40.00/day
Non-Member	\$50.00/day

EASTER EGG HUNT & HIKE

SATURDAY, APRIL 5, 2025

START TIME: 10:00AM

ALL Ages

Hop on over to Camp Y-Koda for the First Annual Easter Egg Hunt & Hike! Families can hike around camp searching for filled eggs throughout the 80-acre property. Special Golden Easter Eggs will be hidden mixed in and will contain a special surprise. This event will happen rain, shine or snow! Don't forget your basket as you'll collect many sweet treats!

At the end of collecting we ask that you head to the main Lodge to return your eggs for camp to reuse for the following year.

Preregistration required! Scan QR code or click on link.

Per Family	\$20.00
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BECOME A SUMMER CAMP COUNSELOR!
APPLY ONLINE

May 27-August 29, 2025 • Monday-Fridays
 8-4:30pm and Thursday Sleepover Only
 Must be age 18 & over by first day of camp
 Certifications included at training!

\$450 per Week
Includes FREE
YMCA Membership

sheboygancountymca.org/camp-y-koda

YMCA CAMP Y-KODA

HOMESCHOOL WINTER/SPRING PROGRAMS

Ages 5 - 10

Homeschool Camps are a fun-filled day of special activities that both Camp Y-Koda and Maywood Environmental Park have to offer. Please pack a bag lunch and dress for the outdoors. **Fee is Per Day.**

FEBRUARY 19, 2025

Winter Birds at Camp Y-Koda

Come explore Wisconsin winter birds. We'll study which birds fly south for the winter and which ones stick around, how they survive the cold, and how you can bring them to your backyard.

MARCH 26, 2025

Sugar Bush Tour at Maywood

Students will be introduced to Wisconsin's annual spring tradition of "sugaring." We'll learn the science behind the sap, see how the sugaring operation has changed throughout history, learn how to tap a tree and taste real maple syrup on pancakes!

MAY 21, 2025

Outdoor Skills Day at Camp Y-Koda

Students will get the chance to try some outdoor and wilderness skills. We will go through survival skills including fire starting and shelter building. They will also get to take aim with target sports like archery and slingshots!

JUNE 18, 2025

Honey Bees at Maywood

Join us as we learn about the importance of pollinators especially Wisconsin's state insect, the honey bee. We'll discover what life is like inside the hive and how you can help create a honey bee habitat.

Wednesday..... 9:00am-4:00pm

Fee \$25.00/day

SPRING BREAK DAY CAMP



At YMCA Camp Y-Koda

AGES 4 - 13

Spring is in the air and it's time to bring on the fun! Come enjoy a little bit more camp while school is out on spring break with your favorite games, activities & friends. With week-long and daily options, you can choose the camp experience for the kids that works for your family at camp! To add onto the fun, we have special themed dress-up days at camp. See below for what the theme is for each day & don't forget your attire. On Tuesday March 25 & Thursday March 27 all of camp will be taking a field trip to the Sheboygan Falls Aquatic Center for Swimming!

- Campers should bring a lunch and an afternoon snack, along with adequate clothes for the weather rain or shine!
- **An email will be sent out with details and a packing list for each day.**
- **Questions?** Email Kaitlyn at kemmons@sheboygancountyyymca.org

2025 SESSION DATE & THEMES

Friday, March 21 - Flannel Friday

Monday, March 24 - Pajama Day

Tuesday, March 25 - Sports & Glitter Day

Wednesday, March 26 - Crazy Hair Day

Thursday, March 27 - Rainbow & Neon Day

Friday, March 28 - Flannel Friday

Monday, March 31 - Favorite T-Shirt Day!

EXTENDED CARE

7:15am - 8:00am • 4:00pm - 5:00pm

PRICE PER DAY PER CHILD

YMCA Member: \$48.00

Non-Member: \$58.00

Extended Care Fee: \$8.00



ADULT PROGRAMS - SPORTS

SHEBOYGAN YMCA VOLLEYBALL

ADULT VOLLEYBALL LEAGUES

MARCH 10 - MAY 22, 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.sheboygancountyymca.org. **The registration deadline is March 3, 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 \$87.00 > 3 YMCA Members
\$107.00 < 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 \$169.00 > 3 YMCA Members
\$199.00 < 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 \$169.00 > 3 YMCA Members
\$199.00 < 3 YMCA Members

2025 SPRING ADULT FLAG FOOTBALL LEAGUE

APRIL 12 - JUNE 7, 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 April 4, 2024.**

Saturday 8:00am - Noon

Team Fee \$200.00
Free Agent \$30

SHEBOYGAN YMCA RACQUETBALL & BASKETBALL

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 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

FALLS YMCA PICKLEBALL

PICKLEBALL ROUND ROBIN PLAY

APRIL 25 - MAY 30, 2025

Age 18 & Older

Looking for some extra time to play pickleball? Come join our round robin play on Friday afternoons at the Berkshire Gym. Play will be individual play, **not team play**. You will play with a different partner against different opponents every game. Play to 11 points or 15 minutes, whichever comes first. Record your score at the end of each game and be ready to play the next. Can play up to 6 games or more in one day! Total scores for 6 weeks will receive a pickle ball t-shirt. If you have any questions about the round robin play please email Ashley Liermann at aliermann@sheboygancountyymca.org or 920-467-2464. **Max number of players is 16.**

Friday 11:30am - 3:00pm

Fee \$15.00 per person

DOUBLES PICKLEBALL LEAGUE

MARCH 7 - APRIL 11, 2025

Age 18 & Older

Grab any partner can mix, women's or men's and join Doubles Pickleball League! League will be played on Friday's at the Berkshire Gym during your scheduled time. If you can't make a Friday you will have to make it up during the week. Players will get slotted an hour time to finish their 4-game matches scoring to 11 points. Playoffs will be on April 11th, seeding will be awarded by how many points you scored through the league. Winners of the league will receive a Championship Pickleball t-shirt. If you have any questions about the league please email Ashley Liermann at aliermann@sheboygancountyymca.org or 920-467-2464. **Max number of doubles is 12.**

Friday 12:00pm - 3:00pm

Team Fee \$20.00

One of today's fastest growing activities, Pickleball opportunities are available for all levels this spring! 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.**

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
JANUARY 3 - APRIL 13, 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

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

SHEBOYGAN FALLS YMCA
305 BUFFALO STREET, SHEBOYGAN FALLS

- Reservations required - Only One Court Available
- 4 players max
- Equipment check-out available

Lohmann Gym - North Court
 Friday 5:00pm - 6:30pm*
 Friday 6:30pm - 8:00pm*
 * These time may change due to special events

**LADIES' PLAY/BEGINNERS/
 PICKLEBALL LITE (CO-ED)**
January 2025 - Mid-May 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 County Y Member	No Charge
Non-Member (Under 65)	\$8.00
Non-Member (Senior 65+)	\$6.00

BERKSHIRE COMMUNITY GYMNASIUM
101 SCHOOL STREET, SHEBOYGAN FALLS
January 2025 - Mid-May 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



DIABETES PREVENTION PROGRAM

NEW CLASS BEGINNING SOON!

Contact MATT MUELLER to be added to the wait list

mmueller@sheboygancountyymca.org

Class meets at the Sheboygan YMCA

NON-MEMBER \$429.00
INCLUDES 6-MONTH Y MEMBERSHIP



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 Matt Mueller at 920-451-8000 x118 or mmueller@sheboygancountyymca.org to go over eligibility and to be added to the waiting list for the class.

SHEBOYGAN Y WELLNESS



LOUIE JOSEPH
EGOSCUE INSTITUTE CERTIFIED
CORRECTIVE EXERCISE SPECIALIST

FREE POSTURE EVALUATIONS
WEDNESDAYS, 9:00AM-10:00AM
SHEBOYGAN YMCA

Age 18 & Older

Do you have back, knee, hip, foot, neck, shoulder, or other persistent pains? Do you have consistent headaches or arthritis or other chronic pains that are preventing you from activities you want to participate in? Have you tried multiple methods and haven't got the results you were hoping for? Has anyone ever evaluated your static posture and movement patterns like walking? Join Louie Joseph, an Egoscue Institute certified corrective exercise specialist for a free posture evaluation. **No appointment necessary.**

GROUNDING ROOTS CHIROPRACTIC

ENHANCING ATHLETIC PERFORMANCE AND RECOVERY WITH CHIROPRACTIC CARE

FRIDAY, MARCH 14, 2025

FRIDAY, MARCH 28, 2025

Age 18 & Older

Have you ever wondered how chiropractic care can enhance athletic performance and speed up recovery time? Dr. Erika with Grounding Roots Chiropractic will be at the YMCA offering free health assessments to help discover how your body is functioning and recovering after workouts.

No registration required - Just Drop In!

See Page 40 for more details!



Free Injury Evaluations

About our program:

If you're tired of missing out on sports or other activities due to pain, contact Aurora Sports Health to schedule a free injury evaluation. Performed by a licensed athletic trainer, physical therapist or occupational therapist, the free screening includes a pain assessment and recommendations for treatment or physician referral if needed.

2nd & 4th Tuesdays
10:30 AM – 12 PM
Sign-up for 15-minute visit at desk.



Adam Brill, LAT, ATC, PES

Not sure what's causing your pain?

Ask us.

- Ankle
- Elbow
- Foot
- Hand
- Hip
- Knee
- Lower back
- Muscle strain
- Shoulder



FACILITY INFO/TRAVEL

NEW OPPORTUNITIES!!

The Sheboygan Y is partnering with Premier Word Discovery to bring members unique travel opportunities!

For additional information, please contact Matt Mueller at 920.451.8000 or mmueller@sheboygancountymca.org

GREAT TRAINS & GRAND CANYONS DEPARTURE DATE: OCTOBER 19, 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 and registration will be coming out soon!

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@sheboygancountymca.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



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@sheboygancountymca.org

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

REGISTERED DIETICIAN/NUTRITION SERVICE

Age 15 & Older

Our registered dietician/nutritionist can help you realize your health goals and feel more energetic. Whether your goal is improved nutrition, diabetes management or weight loss, you can benefit meeting with our RDN. YMCA members only.

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.

Registered Dietician/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

An all inclusive package is available for \$345.00 that includes 2 one-hour sessions with a RDN and 8 one-hour sessions with a certified personal trainer.

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@shebygancountyyymca.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

PERSONAL TRAINING YOGA

Age 18 & Older

New to yoga or want to work on a problem area? Schedule a time with Jenny at the Sheboygan Falls YMCA or Julie or Amy at the Sheboygan YMCA for a one-on-one Yoga training session. Together you will set a goal, and she will help you to work to achieve that goal.

Sheboygan County YMCA
Member Only Personal training fees apply

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

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 Non-Member Free \$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

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

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

SHEBOYGAN COUNTY Y FITNESS CHALLENGES

CALORIE COOKER CHALLENGE

MARCH 3 - MARCH 31, 2025

Age 18 & Older

Torch those extra calories before spring break whether you're going someplace warm or sticking around. Use any cardio machine in our centers that keeps track of calories to scorch as many as possible to win your weight category! There will be a log sheet (individual weight will be anonymous to other members) in the centers to track your calories burned. Weight categories include 100-150lbs, 150-175lbs, 175-200lbs, 200-225lbs, 225lbs+. There will be prizes for those who cook the most calories for their weight category.

Sheboygan County Y Members Only \$10.00

KIDS CHALLENGE - YOUTH 24 HOUR EXERCISE CHALLENGE AT SHEBOYGAN Y

APRIL 1 - APRIL 30, 2025

Age 15 & Older

The challenge is to record 24 hours of exercise in 30 days! 10-12 year-olds that have completed or are currently enrolled in SPARK class may use the cardio center with a parent. Youth aged 12-14 that have completed Teen Strength class may use the Lakeview Center. Some ideas for youth not eligible for fitness center usage are: YMCA gymnastics, swimming, fitness classes, bike riding, running, jump rope, brisk walks, dance, body weight exercises, Healthy Kids Day April 25th, and much, much more! 18 of the 24 hours may be completed outside of the Y. A logbook will be kept at the Lakeview desk to keep track. There will be prizes for completion.

Sheboygan County Y Family Member \$8.00
Youth Member \$10.00

MAY MILE MANIAC

MAY 1 - MAY 31, 2025

Age 15 & Older

Compete with fellow Y members to see who this year's May Mile Maniac will be! Use any cardio machine in our center that tracks miles while you work out. Miles will be tracked on a log sheet in the center. Weekly results will be posted to show the top 3 Mile Maniacs for the week. At the end of the challenge the Mile Maniac with the most miles will win a prize!

Sheboygan County Y Members Only \$10.00

**GET FIT
DON'T QUIT**

NEW FOR 2025!

**WATER BOTTLE STICKER PRIDE
FEBRUARY AND MARCH 2025**



Age 18 & Older

Throughout 2025, we will have different goals and activities that you can earn stickers to display on your water bottle. "Flood" your water bottle with stickers (pun intended) to show off your efforts in the gym while staying hydrated throughout the day. Don't have a water bottle? Let us know and we will order one for you. How many stickers will you earn? A no-cost way to show off your accomplishments this year!

February/March Goal: "Fitness Fan" Did you know the YMCA has learning seminars, fitness demonstrations, and special fitness events presented by staff and friends of the YMCA? Sign up, get your wallet card from the welcome desk, attend one of these special Y events and earn your Fitness Fan sticker. Choose from the Power Plate Demonstration, It Takes Two partner workout, or any other special event to earn your sticker. Fill out your card with your name, the name of the event, date, and instructor's initials. Turn in at the end of the month for your earned prize.



Copper Insulated Vacuum Bottle \$22



Mountain Water Bottle \$10



LUCKY CLOVER CHECK-IN CHALLENGE

MARCH 2 - 29, 2025

Age 18 & Older

Check-in to either YMCA 3 times a week for the four full weeks in March. Each week participants having the correct number of check-ins will receive a leaf for their lucky four-leaf clover. Complete your clover for a chance to win a prize! There will be multiple winners drawn from those who complete the challenge. Register at the Welcome Desk or online.

Registration deadline is February 28, 2025.

Sheboygan County Y Member Only

Free

FALLS FITNESS EVENTS

POWER PLATE® DEMONSTRATION

TUESDAY, FEBRUARY 18, 2025

WEDNESDAY, FEBRUARY 26, 2025

Age 18 & Older

How can Power Plate® enhance your workout? Independent studies provide evidence on the benefits of the Power Plate®, including increased speed of fat burn, tighter skin, increased strength, increased circulation, improved core strength, increased muscle activation, improved bone strength through increased bone density, improved balance and flexibility. Join personal trainer Emma at the Sheboygan Falls YMCA while she demonstrates all the powerful benefits of this vibrating platform.



Tuesday 5:30pm - 6:30pm
Wednesday 8:45am - 9:45am

Sheboygan County Y Member Free
Non-Member \$8.00

LEARNING FOR BETTER HEALTH SERIES

Age 18 & Older



In today's fast-paced world, we may leave the doctor's office after hearing health risks or diagnoses that leave us seeking our own answers from internet searches or word of mouth. Debunk health scares from questionable sources and get insight from an experienced professional in the medical field. Dr Robert Wenberg DO, will take time to explain various subjects such as osteoporosis, hypertension (high blood pressure), sleep disruptions/concerns, among others. Please note, this is not intended to replace your medical provider's advice, direction or diagnoses, but to offer answers to questions, enabling you to advocate for your health with your own provider.

Dr Wenberg retired as a physician after 36 years in the family practice field. He is looking forward to continuing his purpose in retirement: offering education to our members and community. At the Falls YMCA we are excited to partner with him to offer this opportunity.

MARCH LEARNING TOPIC: HYPERTENSION (HIGH BLOOD PRESSURE)

MARCH 12, 2025

MARCH 26, 2025



What is hypertension? Learn symptoms, causes and what you can do about it.

Wednesday, March 12 9:00am
Wednesday, March 26 6:00pm

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

BIKE, BARRE AND BOTTOMS EVENT

SATURDAY, MAY 3, 2025

Age 18 & Older

Join us for this triple threat at the Sheboygan Falls Y! Bike your way through an indoor cycle class, then meet at the Barre for a full body strength class, and strengthen your core with Butts n Guts. Socialize and celebrate your accomplishment at the end of your workout with light refreshments. Pre-registration required by May 1, 2025

Saturday 9:15am - 12:00pm

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

FITNESS FOCUS



PUMP AND RIDE

BodyPump and Matrix Ride are offered every Saturday at the Falls Y! Join a certified BodyPump instructor at 8am for a full hour of BodyPump. Then move into the Cycling Studio for an indoor cycling class, Matrix Ride. Each class has a rotation of instructors and can be taken individually or back to back (with 15 minutes in between to get from one to the other). Like all fitness classes at the Sheboygan County YMCA*, these classes are included with your membership! And non-members can drop in for a small fee of \$8 per day!

*NOTE: Small session fitness classes and special events may have an additional charge to cover instructor fees. You could take a class individually, but why not challenge yourself?

FITNESS EMPLOYMENT OPPORTUNITIES

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@sheboygancountyymca.org

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

HEALTH, WELL BEING & FITNESS

SHEBOYGAN FITNESS EVENTS

FAMILY FRIENDLY DANCE FITNESS THURSDAY, MARCH 13, 2025

Age 6+

Grab the whole family and dance to your favorite hits! Your instructor will take you through repetitive and easy to follow movements for 45 minutes of dance fitness fun! Recommended for ages 6+. **Fee is per family.**

Thursday..... 5:30-6:15pm

Sheboygan County Y Member	\$10.00
Non-Member	\$15.00

REP EX SATURDAY, MARCH 22, 2025

Age 18 & Older

Join Michelle for this 45 min total-body strength workout, consisting of high-repetitions choreographed to upbeat motivating music. All fitness levels welcome.

Saturday.....8:30 - 9:15am

Sheboygan County Y Member	Free
Non-Member	\$8.00

LAKEVIEW PROGRAMS

“WOW” - WOMEN ON WEIGHTS MARCH 3 - APRIL 19, 2025 APRIL 21 - JUNE 2, 2025

Age 18 & 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 6-week session.**

Sheboygan Tues / Thurs..... 9:30am - 10:30am

Sheboygan County YMCA Member Only	
Two days / week	\$47.00

TEE TIME TRAINING MARCH 3 - APRIL 19, 2025 APRIL 21 - JUNE 2, 2025

Age 15 & Older

This is a personal trainer guided program for all ages and abilities to enhance your golf game. The focus will be on flexibility, strength and balance to help improve your golf game. **Fee is per 6-week session.**

Sheboygan Mon / Wed 8:30am - 9:30am

Sheboygan County YMCA Member Only	
Two days / week	\$50.00

GRIT & GRACE WOMEN'S FITNESS IN FAITH - FULL DAY EVENT! SATURDAY, MAY 3, 2025

Age 18 & Older

A day of worship, working out, and some inspiration from our Group Fitness Coordinator, Michelle Bustamante, as she shares how we can see the goodness of God and His work in our lives, through fitness.



Share with your friends, and stay tuned for more details to come...you won't want to miss this!



SHEBOYGAN Y SEMINARS

GROUNDING ROOTS CHIROPRACTIC

ENHANCING ATHLETIC PERFORMANCE AND RECOVERY WITH CHIROPRACTIC CARE FRIDAY, MARCH 14, 2025 FRIDAY, MARCH 28, 2025



Age 18 & Older

Have you ever wondered how chiropractic care can enhance athletic performance and speed up recovery time? Dr. Erika with Grounded Roots Chiropractic will be at the YMCA offering free health assessments to help discover how your body is functioning and recovering after workouts.

Why Chiropractic Care?

- Faster recovery from sports injuries: We focus on healing the body naturally and preventing recurring injuries, helping athletes get back in the game sooner.
- Improved athletic performance: By optimizing spinal alignment and nervous system function, we help improve coordination, balance, and overall athletic output.
- Enhanced lifting outcomes: Chiropractic care helps athletes lift with better posture and form, reducing the risk of strain and maximizing strength.
- Reduced recovery times: Proper spinal care speeds up recovery by reducing inflammation and improving circulation.
- Better sleep and energy: Chiropractic adjustments can help the body relax, leading to improved sleep quality and higher energy levels—both of which are essential for athletic performance.

During these sessions, Dr. Erika will explain the vital role the nervous system plays in recovery and athletic performance, and how chiropractic care can help optimize both.

Friday 10:00am - 11:00am

No registration required - Just Drop In!

LIVESTRONG[®] 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 dnugent@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
- Matt at mmueller@sheboygancountymca.org

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@sheboygancountymca.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.sheboygancountymca.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@sheboygancountymca.org

Jen Kovacs, Sheboygan Falls YMCA Healthy Living Director

(920)467-2464 x219

jkovacs@sheboygancountymca.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.

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.

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.

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.

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.

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.

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

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.

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

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.

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.

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

Customized Yoga is a group setting class for all levels. Great for those who have problem areas or weaknesses they want to work on, Jenny will tailor the class to the needs of those attending.

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.

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.

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

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.

FitFlow - A 45-minute workout that includes yoga, strength exercises and short cardio intervals. This class is a total body workout designed to lengthen and strengthen muscles, improve balance, and challenge the cardiovascular system. Ideal for all levels and guaranteed to make you sweat!

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.


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.

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

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

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!

Effective March 7th: Offering one convenient time slot to fit all levels!

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. 

Modified Tai Chi - If you have attended Moving for Better Balance but are having a hard time fitting it into your workout, this is the perfect opportunity for you! Join Jen on Mondays and Thursdays while we continue to practice the 8 moves we learned to keep them fresh in our minds and improve our balance. This modified class will be taught at **Berkshire Community Gymnasium (101 School St, Sheboygan Falls)**.

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.

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.

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

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.

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

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.

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.

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.

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.

YMCA MISSION STATEMENT

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



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!

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.

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



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 _____

Participant #1 Name _____ Birth Date _____ Member Y N

Class Description	<input checked="" type="checkbox"/> Location	Day & Time	Spring	Fee
	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	\$

Participant #2 Name _____ Birth Date _____ Member Y N

Class Description	<input checked="" type="checkbox"/> Location	Day & Time	Spring	Fee
	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

In Person or Fax

Registration may be done week days from 9:00am - 5:00pm or fax (credit card only) to 920-451-8019 or 920-467-4641. **Phone registration is not accepted.**

Class cancellations must be in writing.

On-line at www.sheboygancountyymca.org

Members and participants may register for most programs on-line beginning at 5:00am on the first day of registration. On-line registrations are credit card only. For assistance, please call 920-451-8000 x109 from 9:00am - 5:00pm on week days.

Drop Off

Drop off registrations (check or credit card) will be accepted in advance, however they do not receive priority. Registrations are held until the appropriate day, then processed in random order. Registration will not be processed without the payment.

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. Once classes have begun, there are no refunds unless a medical excuse is received in writing. Refunds are charged a \$5.00 administrative fee.

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.