



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PLAY EVERY DAY



SHEBOYGAN COUNTY YMCA
2025 SUMMER Brochure
June 9 - August 23, 2025

www.sheboygancountyymca.org

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

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

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

SUMMER 1 SESSION
JUNE 9 - JULY 19, 2025

BREAK WEEK
June 30 - July 6, 2025

SUMMER 2 SESSION
JULY 21 - AUGUST 23, 2025

REGISTRATION BEGINS AT 5:00AM
Member Monday, May 19, 2025
Non-Member Thursday, May 22, 2025

SHEBOYGAN YMCA BUILDING HOURS
MAY 24 - SEPTEMBER 7, 2025

Monday - Thursday	5:00am - 9:00pm
Friday	5:00am - 8:00pm
Saturday	7:00am - 4:00pm
Sunday (Members Only)	7:00am - 3:00pm
<i>Business Hours: Monday thru Thursday 5:00am - 8:00pm</i>	
<i>Friday 5:00am - 7:00pm</i>	
<i>Saturday 9:00am - 2:00pm</i>	
<i>Sunday 10:00am - 2:00pm</i>	

SHEBOYGAN FALLS YMCA BUILDING HOURS
MAY 24 - SEPTEMBER 7, 2025

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

CAMP Y-KODA

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

Memorial Day	Monday, May 26	CLOSED
Independence Day	Friday, July 4	CLOSED
Sheboygan Y Only*	Sat & Sun, Aug 9 & 10	CLOSED
Labor Day	Monday, September 1	CLOSED

*Due to the Mercury Racing Midwest Challenge power boat races at Deland Park

YMCA MISSION STATEMENT

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

REGISTRATION INFORMATION

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

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

REGISTRATION OPTIONS

On-line at www.sheboygancountyyymca.org

Click "Register On-line" button at the top

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

In Person

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

• **Phone registration is not accepted.**

NEW - Daxko App

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

[CLICK HERE FOR REGISTRATION](#)

TABLE OF CONTENTS

Adult Programs	37
Aquatics	10
Birthday Parties at the Y	15
Camp Y-Koda	32
Child Care	8
Child Watch	5
Fine Arts Programs: Dance & Drama	20
Fitness Class Descriptions & Information	45
Gymnastics	16
River/Lakeview Programs	42
Membership	4
Mighty Mites	26
Pee Wee Sports	26
Registration	2
Youth Programs	27

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.

MEMBERSHIP MINDERS



CHECK OUT THE NEW
DAXKO MOBILE APP!



- * **Receive notifications**
- * **Register for programs**
- * **Easily check in**
- * **Make payments and more!**



Download the Daxko App to your phone and get flexibility at your fingertips! This app allows you to see what is happening at the Y in real time, including which classes you are registered for, which classes are being held at either facility for the day and More! Forgot your membership card - no problem! You can also check in using the app. Download today and get started!

iPhone: Apple Store, search for Daxko

Android: Google Play Store, search Daxko Mobile

POOL SHUTDOWN FOR CLEANING



The Verhulst Pool will close at 8am and Garton Pool will be closed All day on Friday, August 22nd. Both pools will re-open on Tuesday, September 2nd.

HOT TUBS CLOSED FOR CLEANING

The men's and women's hot tubs will be closed Friday, August 22 at 3:00pm and will re-open Tuesday, September 2nd.



FEE UPDATES

TOWEL SERVICE

The monthly fee for shower towel service will increase effective June 20, 2025 to \$10/month. Daily towel fee will increase to \$1.

SHEBOYGAN Y FACILITY CLOSURE

The Sheboygan Y will be
CLOSED

**Saturday, August 9 and
Sunday, August 10**

**Due to the Mercury Racing Midwest
Challenge power boat races at
Deland Park**

4 MILES OF FITNESS AT ROAD AMERICA

MAY - END OF SEPTEMBER 2025

MONDAY AND WEDNESDAY, 6:00 - 8:00PM

Y Members, enjoy a walk, run or bike ride on the world renowned Road America course. Show your Y membership card at the gate and sign participation waiver to gain access. Pets, scooters, and skateboards are not allowed. **This great opportunity is included with your Y membership!**

REVISED

SHEBOYGAN COUNTY YMCA UPDATED CANCELLATION POLICIES

REGISTRATION CANCELLATION POLICY

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

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

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

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

*Facility/large scale closures/changes can be found on our website: www.sheboygancountyyymca.org, X, email or text message. **

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

MEMBERSHIP RATES

MONTHLY BANK DRAFT

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

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

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

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

MEMBERSHIP DISCLAIMER

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

MEMBERSHIP CANCELLATION

When using the bank draft or credit card payment plan, written notice is required to cancel. The notice and membership cards must be returned prior to the 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.

PHOTOGRAPHY

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

CHECK-IN REMINDER

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

SOCIAL MEDIA

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



EMPLOYMENT OPPORTUNITIES

Work where you play, play where you work! The Y is a fun place to be, plus you may qualify for a free membership! Current employment opportunities are listed on our website at www.sheboygancountnymca.org 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.

Sheboygan YMCA Youth Day Pass Policy:

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

Falls YMCA Day Pass Policy:

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

Daily Fees	Sheboygan	Sheboygan Falls
Family Day Pass	\$25.00	N/A
Adult	\$10.00	\$8.00
Young Adult	\$8.00	\$6.00
Senior Adult	\$8.00	\$6.00
High School	\$5.00	\$4.00 Riverview workout only
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 • May 12 – 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 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

Hours subject to change without notice if no children present
AM - close at 12:30pm; PM - close at 6:30pm (M-TH)/6pm (F)

SHEBOYGAN FALLS YMCA CHILD WATCH HOURS

Monday - Friday 8:45am - 11:00am

Please call 920-467-2464 between 8:00am - 5:00pm (Monday - Friday) to reserve a spot. If no children are signed up by 5pm, program will be closed for the following day. Hours subject to change without notice if no children present.

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](#)



Y FREEDOM RUN

» FRIDAY, JULY 4TH

the Y YMCA

REGISTRATION IS OPEN

More Information >>>>



27th Annual Y Golf Fore Kids

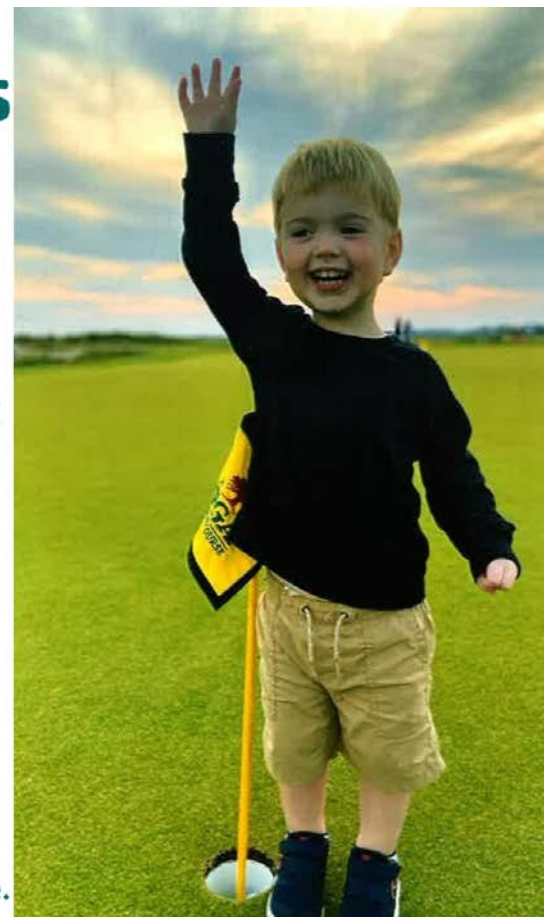
Monday, July 28, 2025

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.





Falls YMCA Wisconsin Timber Rattlers Fundraiser Event

Saturday, July 12th
Game Time: 6:40pm
Fox Cities Stadium • Appleton, WI
Box seats: \$15
Families of All Ages welcome!



Looking for a fun family night out? Come join the Falls YMCA for a fun night at the Timber Rattlers baseball game! This fundraiser will help the Sheboygan Falls YMCA to continue our mission as the national leading nonprofit, committed to helping people and communities learn, grow and thrive. The Y is dedicated to inspiring positive change near and far.

For each ticket purchased the Y will receive \$3 back. The night will include a Frozen Pizza Oven Bobblehead for the first 1,000 fans, kids get to run the bases after the game, and fireworks! Kids under the age of 2 years will not need to purchase a ticket. Tickets must be purchased through the specialized link below or by using the QR Code. Parking will be \$6 with using the link, \$7 on game day. Come have a fun night at the ball field!



Questions? Please contact Ashley at aliermann@sheboygancountyyymca.org or 920-467-2464.

<https://www.gofevo.com/event/SheboyganYMCA2025>



SIZZLE & SCORE!

A WAVE OF SOCCER + FUN





**SEE PAGE 22
FOR MORE
INFORMATION**

**CLAIM YOUR SPOT
HERE AND LEVEL UP
THIS SUMMER!**





BRAZILIANUNITED.COM/SUMMER-PROGRAMS



**Enroll
Today!**

YDC CHILD CARE CENTER

at the Sheboygan YMCA

**Accepting children
for summer care
grades 4K – 8**

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.

School Year 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 ☒

**4-Day and 5-Day rates
available**



For More Information
mmueller@sheboygancountyyymca.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 Matt Mueller at 920-451-8000 x118 for Sheboygan (mmueller@sheboygancountyyymca.org) or Kelly at 920-467-2464 x203 (kthill@sheboygancountyyymca.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 - 6 Yrs
Mon - Fri		6:00am - 5:30pm

SHEBOYGAN FALLS - BERKSHIRE GYM

		Ages 7 - 12
Summer*		6:00am - 5:30pm

* Summer School bussing to and from the Falls Y

FALLS YMCA CHILD CARE 2025 REGISTRATION DATES

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.**



WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



3 years–5 years
PRESCHOOL:
STAGES 1–4



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

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

WHICH STAGE IS THE STUDENT READY FOR?

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

NOT YET

**A / WATER
DISCOVERY**

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

NOT YET

**B / WATER
EXPLORATION**

Can the student hold their breath and submerge confidently?

NOT YET

**1 / WATER
ACCLIMATION**

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

NOT YET

**2 / WATER
MOVEMENT**

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

NOT YET

**3 / WATER
STAMINA**

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

NOT YET

**4 / STROKE
INTRODUCTION**

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

NOT YET

**5 / STROKE
DEVELOPMENT**

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

NOT YET

**6 / STROKE
MECHANICS**

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

HAVE MORE QUESTIONS? Our Aquatics Director, Heather Nitsch is available at 920-451-8000 x129 or hnitsch@sheboygancountyyymca.org to answer any questions about the swim lesson program.

YOUTH GROUP SWIMMING LESSONS AT THE SHEBOYGAN YMCA

5-WEEK SUMMER 1 SESSION: JUNE 9 - JULY 18, 2025
BREAK WEEK (NO GROUP SWIM LESSONS): JUNE 30 - JULY 4

5-WEEK SUMMER 2 SESSION: JULY 21 - AUGUST 21, 2025

SWIM STARTERS <small>(Parent & Child Classes!)</small>			LOCATION: GARTON POOL		
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Baby A	6 Mo - Age 3	9:15-9:45am		5:00-5:30pm	
		5:00-5:30pm			
Baby B	2 yrs - 3 yrs		4:00-4:30pm	9:15-9:45am	5:00-5:30pm
PRESCHOOL SWIM BASICS <small>(without parent)*</small>			LOCATION: GARTON POOL		
<i>* New Students: Please see chart on Page 10 to determine which class level is most appropriate for your child</i>					
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Stages 1 & 2	3 yrs - 5 yrs	9:45-10:15am	4:30-5:00pm	9:45-10:15am	4:00-4:30pm
		6:00-6:30pm		5:30-6:00pm	
Stages 3 & 4	3 yrs - 5 yrs	9:45-10:15am	4:30-5:00pm	9:45-10:15am	4:00-4:30pm
				5:30-6:00pm	
GRADE SCHOOL SWIM BASICS			LOCATION: GARTON POOL		
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Stages 1 & 2	Age 5+ yrs	10:15-10:45am	5:00-5:30pm	10:15-10:45am	4:30-5:00pm
		5:30-6:00pm		6:00-6:30pm	
Stage 3	Age 5+ yrs	10:15-10:45am	5:00-5:30pm	10:15-10:45am	4:30-5:00pm
		5:30-6:00pm		6:00-6:30pm	
		6:00-6:30pm			
GRADE SCHOOL SWIM STROKES			LOCATION: VERHULST POOL		
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Stage 4	Age 5+ yrs	10:15-10:45am	5:00-5:30pm	10:15-10:45am	5:00-5:30pm
		5:30-6:00pm		5:30-6:00pm	
Stages 5 & 6	Ages 6+ yrs	9:45-10:15am	5:30-6:00pm	9:45-10:15am	5:30-6:00pm
		6:00-6:30pm		6:00-6:30pm	

- Summer lessons fill quickly! You can register for one or both sessions when summer registrations opens: Members - May 19, Non-Members - May 22.
- If your child can no longer attend a class they are registered for, please contact the front desk to cancel them from the class as soon as possible so another child has the opportunity to join the class.
- End of session "report cards" will not be issued for the Summer 1 Session. If registering for both Summer 1 and Summer 2, we recommend you register your child for the same class level for both sessions.

5-WEEK GROUP SWIM LESSON FEES

Sheboygan County Family Member	\$14.00
Sheboygan County Youth Member	\$35.00
Non-Member	\$52.00

BREAK WEEK

June 30 - July 4, 2025

AQUATICS PROGRAMS

YOUTH SWIM CAMPS

MONDAY/WEDNESDAY/FRIDAY - 3:00-4:00PM

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



POOL GAMES

JUNE 9, 11, 13, 2025

Ages 5 - 9

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

DIVING

JUNE 16, 18, 20, 2025

Ages 5 - 13

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

JUNIOR SWIM INSTRUCTOR

JUNE 23 & 25, 2025

Ages 11-14 only

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

DEEP WATER POOL GAMES

JULY 7, 9, 11, 2025

Ages 5 - 13

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

WATER VOLLEYBALL

JULY 14, 16, 18, 2025

Ages 6 - 13

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

THE ERAS POOL PARTY

AUGUST 4 & 6, 2025

Ages 5 - 13

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

SYNCHRONIZED SWIMMING

AUGUST 11, 13, 15, 2025

Ages 6 - 13

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



TRY SCUBA

SATURDAY, JUNE 28, 2025, 10:00-11:00AM

THURSDAY, JULY 3, 2025, 1:00-2:00PM

SATURDAY, AUGUST 2, 2025, 10:00-11:00AM

Age 10+ Great Family Activity!

Ever wondered what it feels like to breathe underwater? Now's your chance! The Try Scuba program, offered in partnership with Great Lakes Diving Center, gives you a safe, exciting, and pressure-free opportunity to experience scuba diving for the first time in the safety of Verhulst Pool. Led by certified instructors from Great Lakes Diving, these 1-hour sessions are for anyone! Whether you're considering future scuba certification or just want to try something new, this is the perfect step. No prerequisites, anyone can Try Scuba – all equipment provided!

Fee \$75/person



OPEN WATER SCUBA DIVING CERTIFICATION

JULY 7 - 13, 2025

Age 18+

This globally recognized certification program is the best way to begin your lifelong adventures as a certified scuba diver. Personalized training is combined with in-water practice sessions to ensure you have the skills and experience required to become truly comfortable underwater. You will earn the SSI Open Water Diver certification taught by Great Lakes Diving Center. For more information, please contact Matthew at matthew@greatlakesdivingcenter.com or call 920-395-2323.

Fee \$450, plus cost of mask/snorkel/fins

YOUTH AQUATICS SPONSOR

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

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

SWIM CLINICS

Ages 9 - Adult

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

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

Monday and Thursday 3:00pm - 4:00pm

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

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



POOL BIRTHDAY PARTIES

Looking for a fun and unforgettable way to celebrate your child's summer birthday? Host a YMCA Pool Party and let the good times flow! Kids will enjoy swimming in a fun and safe, supervised environment – perfect for beating the summer heat. Parties include pool time in Garton Pool, a party space, and a lifeguard to keep the swimmers safe in the water. Spots fill fast – book your summer pool party today! For more information, please see page 15.

SCAN BELOW OR CLICK HERE FOR
POOL SCHEDULES

[CLICK HERE FOR POOL SCHEDULES](#)



POOL SHUTDOWN FOR CLEANING



The Verhulst Pool will close at 8am and Garton Pool will be closed All day on Friday, August 22nd. Both pools will re-open on Tuesday, September 2nd.

HOT TUBS CLOSED FOR CLEANING

The men's and women's hot tubs will be closed Friday, August 22 at 3:00pm and will re-open Tuesday, September 2nd.



SUMMER SWIM TEAM

SUMMER JUNIOR SWIM TEAM
JUNE 9 - JULY 30, 2025

Ages 5-8
The Junior Swim Team is an 8-week program designed for young swimmers ready to build their skills in a supportive team setting. Participants will learn and improve all four competitive strokes – freestyle, backstroke, breaststroke, and butterfly – as well as develop starts, turns, and finishes. Practices focus on technique, endurance, sportsmanship, and most importantly, fun! Practices are held in both Garton and Verhulst Pools.

This program is non-competitive in spirit but provides optional opportunities to participate in Y swim meets off site to build confidence and experience racing. **Y Membership is mandatory if participating in meets.**

Requirements: Swimmers must be able to swim one length of the Verhulst Pool (25 meters) unassisted.

Mon & Wed	4:00pm - 5:00pm
Sheboygan County Y Family Member	\$120.00
Sheboygan County Y Youth Member	\$140.00
Non-Member	\$180.00**

**Non-Members are more than welcome to practice with the team but are not permitted to participate in swim meets.

NOVICE SWIM TEAM
JUNE 10 - JULY 31, 2025

Ages 9-13
The Novice Swim Team is an 8-week program designed for swimmers ready to build their skills in a supportive team setting. Participants will learn and improve all four competitive strokes – freestyle, backstroke, breaststroke, and butterfly – as well as develop starts, turns, and finishes. Practices focus on technique, endurance, sportsmanship, and most importantly, fun! Practice are held in Verhulst Pool.

This program is non-competitive in spirit but provides optional opportunities to participate in Y swim meets off site to build confidence and experience racing. **Y Membership is mandatory if participating in meets.**

Requirements: Swimmers must be able to swim one length of the Verhulst Pool (25 meters) unassisted.

Tues & Thurs.....	4:00pm - 5:00pm
Sheboygan County Y Family Member	\$120.00
Sheboygan County Y Youth Member	\$140.00
Non-Member	\$180.00**

**Non-Members are more than welcome to practice with the team but are not permitted to participate in swim meets.



SENIOR SWIM TEAM
JUNE 9 - AUGUST 1, 2025

Ages 9 & older
The Senior Swim Team is designed for experienced, committed swimmers who are ready to advance their technique, endurance, and competitive performance. This program combines structured in water practices with dry land training to develop strength, agility, and overall athleticism. Swimmers will train in all four competitive strokes, refine starts and turns, and follow tailored workouts aimed at personal and team growth. Sportsmanship, team spirit, and goal setting are core values of the program.

Swim Meets are highly encouraged but optional. **Y Membership is mandatory if participating in meets.**

Mon & Wed	3:15pm - 5:30pm
Optional outdoor dry land conditioning (weather permitting)	3:15 - 4:00pm
In pool practice	4:00 - 5:30pm

Thurs (in pool practice)	6:00pm - 7:30pm
Sheboygan County Y Family Member	\$190.00
Sheboygan County Y Youth Member	\$209.00
Non-Member	\$246.00**

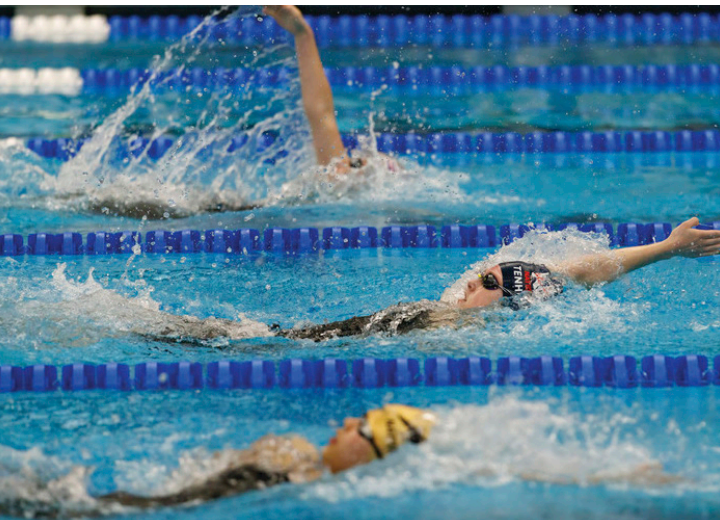
**Non-Members are more than welcome to practice with the team but are not permitted to participate in swim meets.

SUMMER SWIM MEETS

JUNE 14-15, 2025
RCYST Summer Classic in Appleton, WI

JUNE 26-28, 2025
WAC Yooper Summer Open Meet in Marquette, MI

JULY 11-13, 2025
FCYST Bird Bath Meet in Appleton, WI





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA BIRTHDAY PARTIES



Sheboygan YMCA, 812 Broughton Dr, Sheboygan WI 53081 • www.sheboygancountyymca.org

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

For more information about activities and reservations, please call 920-451-8000 and ask for Diane Cepa for Dance, 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.

Revised 4/28/25

GYMNASTICS LESSONS

SHEBOYGAN YMCA FAMILY, PRESCHOOL, GRADE SCHOOL, AND MIDDLE SCHOOL GYMNASTICS							
5-WEEK SUMMER 1 SESSION: JUNE 9 - JULY 19, 2025							
BREAK WEEK: JUNE 30 - JULY 5, 2025 (NO CLASSES)							
FAMILY	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Movement	Crawlers - Age 4	9:15-10:00am	9:15-10:00am	9:15-10:00am			
(1 Child/1 Adult; co-ed)		5:45-6:30pm					
* ALL FAMILY MOVEMENT CLASSES ARE IN THE UPSTAIRS GYM *							
PRESCHOOL	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gymnastics	Ages 4 - 5		9:15-10:00am	9:15-10:00am		11:00-11:45am	
		11:00-11:45am		12:00-12:45pm			
(1 Child/1 Adult; co-ed)		12:15-1:00pm (without parent)		12:45-1:30 (without parent)			
Little Springers	Ages 4 - 6	1:00-1:45pm		10:00-10:45am			10:15-11:00am
				1:30-2:15pm			
GRADE/MIDDLE	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Girls Gymnastics	Ages 6 - 8		12:15-1:00pm		1:00-1:45pm		9:30-10:15am
					2:45-3:30pm		
Girls Gymnastics	Ages 9 - 11		1:00-1:45pm		3:30-4:15pm		
Novice Gymnastics (co-ed)	Ages 6 - 11	1:45-2:30pm		2:15-3:00pm			
Girls Pre-Team	Ages 6 - 14		1:45-2:45pm		4:30-5:30pm		
DROP-IN PROGRAMS	AGE	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Rec Gymnastics	6 Mo - 11 Yr			10:45-11:30am		11:45a-12:30p	
(with Parent)						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 5-Week Session

	45 Minutes	One Hour
Sheboygan County Y Family Member	\$35.00	\$48.00
Sheboygan County Y Youth Member	\$44.00	\$58.00
Non-Member	\$65.00	\$79.00

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.



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

5-WEEK SUMMER 2 SESSION: JULY 21 - AUGUST 23, 2025

BREAK WEEK: AUGUST 25 - SEPTEMBER 6, 2025

FAMILY	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Movement	Crawlers - Age 4	5:45-6:30pm					
(1 Child/1 Adult; co-ed)		* ALL FAMILY MOVEMENT CLASSES ARE IN THE UPSTAIRS GYM *					
PRESCHOOL	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gymnastics	Ages 4 - 5	3:45-4:30pm		10:00-10:45am		11:00-11:45am	
(1 Child/1 Adult; co-ed)		4:30-5:15pm (without parent)		10:45-11:30am (without parent)			
Little Springers	Ages 4 - 6	5:15-6:00pm		12:00-12:45pm			10:15-11:00am
				12:45-1:30pm			
GRADE/MIDDLE	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Girls Gymnastics	Ages 6 - 8		3:45-4:30pm		10:00-10:45am		9:30-10:15am
			4:30-5:15pm		10:45-11:30am		
Girls Gymnastics	Ages 9 - 11		5:15-6:00pm		12:00-12:45pm		
Novice Gymnastics (co-ed)	Ages 6 - 11	6:00-6:45pm		1:30-2:15pm			
Girls Pre-Team	Ages 6 - 14		6:00-7:00pm		12:45-1:45pm		
					1:45-2:45pm		
Clinics - See Pg 19 for list	Ages 5 - 17					2:15-3:00pm	
						3:00-3:45pm	
DROP-IN PROGRAMS	AGE	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Rec Gymnastics	6 Mo - 11 Yr					11:45a-12:30p	
(with Parent)						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.

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

Fee per 5-Week Session

	45 Minutes	One Hour
Sheboygan County Y Family Member	\$35.00	\$48.00
Sheboygan County Y Youth Member	\$44.00	\$58.00
Non-Member	\$65.00	\$79.00

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.



GYMNASTICS LESSONS

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.

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!



BIRTHDAY PARTIES

See Page 15 for more information on how you can schedule your gymnastics birthday party now!



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	\$4.00
Non-Member	\$8.00

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	\$8.00
Sheboygan County Y Youth Member	\$12.00
Non-Member	\$18.00



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 [dnugent@sheboygancountyyymca.org](mailto:d nugent@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

* Member Rates - Sheboygan County YMCA Member

GYMNASTICS SPECIALTY CLINICS

Ages 5 - 17

Calling all gymnasts! Check out these summer gymnastics clinics - the perfect way to focus on one skill at a time. If you want to learn or perfect a certain gymnastic skill, these clinics are for you! Fee is per clinic. **Pre-registration required.**



Clinic	Time	Date
Clear Hip on Bar	1	July 18
Back Handspring	2	July 18
Front Tumbling and Ariels	1	July 25
Kip on Bar	2	July 25
Back Tumbling	1	August 1
Dismount on Beam	2	August 1
Leaps, Turns and Jumps	1	August 8
Kip on Bar	2	August 8
Handstand on Beam	1	August 15
Flyaway on Bar	2	August 15
Giant/Baby Giant/Casting to Handstand on Bar	1	August 22
Cartwheel on Beam	2	August 22

Fri (1) 2:15pm - 3:00pm

Fri (2) 3:00pm - 3:45pm

Sheboygan County YMCA Family Member	\$12.00
Sheboygan County YMCA Youth Member	\$14.00
Non-Member	\$24.00



SUMMER 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.**

Friday (Sheboygan YMCA) 10:30am - 11:30am
Thursday (Falls YMCA) 2:30pm - 3:30pm

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



SPIN & SPLASH

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. Students should bring their own swimsuit and towel.

Thursday 1:00 - 4:00pm

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

Sheboygan Falls YMCA		Sheboygan YMCA	
Location: MPR		Location: Studio A	
Ages 4 - 6	Date	Ages 4 - 6	Date
Puddle Jump	6/12	Heart of Te Fiti	6/20
Dance Mode	7/10	Wish Upon A Star	6/27
Dance-Alicious	7/24	House of Mouse	7/18
Pup Pup Boogie	8/14	Jungle Jam	8/8
Ages 7 - 12	Date	Ages 7 - 12	Date
Experiment 626	6/26	Pink & Green	6/13
In My Dance Era	7/17	Spin & Splash	6/19
		Pixel Party	7/25
		Spin & Splash	8/7

SUMMER DANCE CAMPS

ART CAMP

JUNE 16 - 18, 2025

Ages 7-11

Get creative this summer by learning about all things art! Students will finish by making a collage of what they have learned.

CHEER CAMP

AUGUST 4 - 6, 2025

Ages 7-11

Participants will learn introductory cheer movements and a dance will be performed at the end of the week.

Monday, Tuesday, Wednesday 1:30pm - 3:00pm

Sheboygan County Y Member	\$40.00
Non-Member	\$70.00

FINE ARTS PROGRAMS

FINE ARTS DEPARTMENT

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



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

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

YMCA Dance Dress Code

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

PRIVATE DANCE AND DRAMA LESSONS

Ages 5 - Adult

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

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

DANCE TEAM PREP

TUESDAY, MAY 27 - BALLET

THURSDAY, MAY 29 - JAZZ & POMS

Ages 10 - 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

All Ages

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 4 - 6

Ages 7 - 12

Our tap class teaches rhythm, the differentiation of the feet, and the basic steps leading into combinations.

POMS

Ages 6 - 10

Learn the fundamentals of pom, along with kicks, jumps, leaps, and turns.

JAZZ/HIP HOP

Ages 7 - 14

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

CENTER STAGE

Ages 8+

This class is for beginners and intermediate acting skills. Open to all acting levels with a part for everyone!

YOUNG CHOREOGRAPHERS

Ages 8 - 16

Students will learn how to choreograph using the elements of movement to create their own dances. The perfect class for the creative mind wanting to express themselves through movement.

DANCE TEAM

Ages 10 - 16

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



SUMMER DANCE CLASSES

5-WEEK SUMMER 1: JUNE 9 - JULY 19, 2025

5-WEEK SUMMER 2: JULY 21 - AUGUST 23, 2025

DANCE CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Creative Movement - Studio A	Ages 2 - 4			5:00-5:30pm	
Tap (Falls Y - MPR)	Ages 4 - 6		2:30-3:00pm		
Ballet (Falls Y - MPR)	Ages 4 - 6		3:00-3:30pm		
Tap (Falls Y - MPR)	Ages 7 - 12		3:30-4:00pm		
Ballet (Falls Y - MPR)	Ages 7 - 12		4:00-4:30pm		
Jazz/Hip Hop - Studio A	Ages 7 - 14	1:30-2:15pm			

**Sheboygan Fine Arts Classes (in blue)
meet in Studio A**

**BREAK WEEK
June 30 - July 5, 2025**

5-Week Session Fee	30 Minutes	45 Minutes
Sheb Co Y Family Member	\$40.00	\$50.00
Sheb Co Youth/Adult Member	\$50.00	\$60.00
Non-Member	\$70.00	\$80.00

PROGRESSIVE SUMMER DANCE & DRAMA CLASSES

10-WEEK SUMMER CLASSES: JUNE 9 - AUGUST 23, 2025

Progressive Classes meet at the Sheboygan Y in Studio A

DANCE CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Poms	Ages 6 - 10	2:15-3:00pm			
Ballet	Ages 7 - 12	3:00-3:45pm			
Dance Team	Ages 10 - 16	4:00-5:00pm			
Center Stage (meets 2x /wk) June 23 - August 23	Ages 8+	5:30-6:30pm		5:30-6:30pm	
Young Choreographers	Ages 8 - 16			4:00-4:45pm	

10-Week classes participate in an end of summer recital

ADULT DANCE TEAM MAY 15 - JULY 31, 2025

Ages 18+

Share your love of the Y with your community by performing in parades and events this summer. Prepare by learning simple routines and getting a workout, while having fun with friends!

Thursday.....9:30am - 10:15am

Register at the Welcome Desk!



10-Week Session Fee**	45 Minutes	60 Minutes
Sheb Co Y Family Member	\$130.00	\$150.00
Sheb Co Y Youth Member	\$150.00	\$170.00
Non-Member	\$190.00	\$210.00

**10-Week fee includes \$30 costume deposit

Center Stage June 23 - August 23	Center Stage (2x per week)
Sheboygan County Y Member	\$185.00
Non-Member	\$265.00

** Center Stage fee includes \$30 costume deposit

BIRTHDAY PARTIES

See Page 15 for more information on how you can schedule your dance birthday party now!



BUC

SIZZLE & SCORE!

A WAVE OF SOCCER + FUN

SHEBOYGAN FALLS

Experience a camp where soccer fun, expert coaching, and skill development come together for a safe and enriching adventure that builds character and life skills.

BRAZILIAN SOCCER CAMPS

9AM - 3PM FULL DAY AGES 9 TO 14

9AM - 12PM HALF DAY AGES 7 TO 14

3PM - 4PM FUTURE STAR AGES 4 TO 6



Date: Monday through Friday, starting July 14th

Location: 1 Alfred Miley Ave, Sheboygan Falls, WI
(behind the Sheboygan Falls Elementary School)

**CLAIM YOUR SPOT
HERE AND LEVEL UP
THIS SUMMER!**



[BRAZILIANUNITED.COM/SUMMER-PROGRAMS](https://brazilianunited.com/summer-programs)



BRAZILIAN SOCCER CAMPS 2025

JULY 14 - 18, 2025

Ages 4 - 14

Full Day or Half Day, Monday thru Friday

Come join a Brazilian Soccer Camp!

The Sheboygan County YMCA is partnering up with the Brazilian United Soccer Academy! In this once-in-a-lifetime soccer camp your child will have professional coaches to ensure a safe and supportive environment where expertise and dedication provide the best experience to your kids; developing soccer, social and psychological skills both on and off the field, through their exclusive **#beyondsoccer** methodology.

BRAZILIAN SOCCER CAMP

Ages 7 - 14

Brazilian Soccer Camp is open to all kids ages 7 to 14, regardless of skill level. The camp focuses on developing technical soccer skills through engaging cultural activities, mini-tournaments, and lots of fun! Participants will make friends, learn new skills from professional Brazilian soccer coaches, and receive a customized evaluation card at the end of the camp. Camp will be Monday through Friday with full or half day options!

HALF DAY

Ages 7 - 14

Monday thru Friday..... 9:00am - 12:00pm

Program Fee \$199.00

FULL DAY

Ages 9 - 14

Monday thru Friday..... 9:00am - 3:00pm

Program Fee \$239.00

FUTURE STARS CAMP

Ages 4 - 6

Designed for children aged 4 to 6, this program provides a fun and engaging introduction to soccer. Through storytelling and playful activities, it promotes motor and cognitive development. Our coaches foster an environment that helps kids feel comfortable, have fun, and develop a love for soccer in a supportive setting.

Monday thru Friday..... 3:00pm - 4:00pm

Program Fee \$99.00



NEW PARTNERSHIP FOR SAILING PROGRAMS - AGES 7-17

Starting June 2025

YMCA Members - earn a \$10 discount using code YMCASAIL

Y Members can receive more information regarding discounts and youth sailing options at:

<https://sheboyganyouthsailing.com/sailing-classes/sailing-classes/youth/>



NO SCHOOL DAY FUN DAYS AT SHEBOYGAN YMCA



THURSDAY, JUNE 5, 2025
FRIDAY, JUNE 6, 2025

Grades 1 - 4

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

Bring the following for a fun-filled day:

- Brown-bag lunch
- 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
JUNE 10 - JULY 17, 2025
JULY 22 - AUGUST 21, 2025
Ages 12 - 17

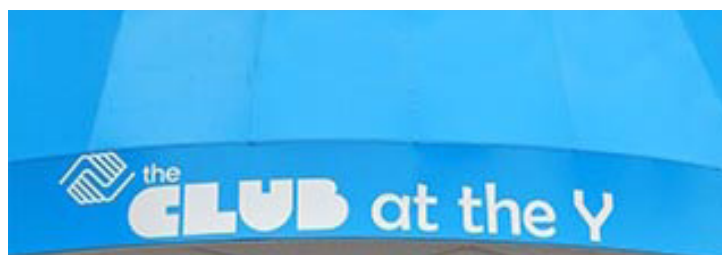
Girl Power is HERE! Whether you're an athlete training for a sport or someone just looking for an edge to gain better personal fitness, Girl Power is for you! Learn and train in the basic strategies and lifts that will help you create your own personal strength training program. An increased lean body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



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

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

Sheboygan County YMCA Members Only	
Family Member	\$32.00
Youth Member	\$49.00



THE CLUB AT THE Y SUMMER PROGRAM JUNE 9 - AUGUST 15, 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..... 12:00pm - 5:00pm

Scheduled Closures: July 3 & 4

Lunch & Snack provided.



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

PEE WEE & MIGHTY MITE PROGRAMS

PEE WEE AND MIGHTY MITE PROGRAMS						
5-WEEK SUMMER 1: JUNE 9 - JULY 19, 2025				5-WEEK SUMMER 2: JULY 21 - AUGUST 23, 2025		
BREAK WEEK: JUNE 30 - JULY 5 (NO CLASSES)				BREAK WEEKS: AUGUST 25 - SEPTEMBER 6		
PEE WEE SPORTS	Y	AGE	DAY	TIME	LOCATION	SESSION
Pee Wee T-Ball	S	Ages 3 - 5	Mon	4:15 - 5:00pm	Veteran's Park, North Diamond	Summer 1 & 2
	S	Ages 3 - 5	Mon	5:00 - 5:45pm	Veteran's Park, North Diamond	Summer 1 & 2
	F	Ages 3 - 5	Thur	4:15 - 5:00pm	River Park or Falls Y Lohmann Gym	Summer 1 & 2
Pee Wee Soccer	F	Ages 3 - 5	Wed	4:15 - 5:00pm	Falls Y north side green space or Lohmann Gym	Summer 2
Pee Wee T-Ball	S	Ages 3 - 5	Thu	4:00 - 4:45pm	Muth Gym	Summer 1 & 2
MIGHTY MITE SPORTS	Y	GRADE	DAY	TIME	LOCATION	SESSION
MM Summer Basketball	F	Grades 1-2	Mon	4:00 - 5:00pm	Falls Y Lohmann Gym	Summer 1
MM Soccer	F	Grades 1-2	Mon	4:00 - 5:00pm	Falls Y north side green space or Lohmann Gym	Summer 2
MM Coach Pitch Baseball	S	K - Grade 2	Tues	5:00 - 6:00pm	Veteran's Park, North Diamond	Summer 1 & 2
MM Pickleball	S	Grades 1-2	Wed	4:00 - 5:00pm	Deland Park Tennis Courts	Summer 1 & 2
MM Summer Basketball	S	Grades 1-2	Wed	5:00 - 6:00pm	Muth Gym	Summer 1 & 2
Tennis 101	S	Ages 5-8	Wed	5:00 - 6:00pm	Deland Park Tennis Courts	Summer 1 & 2
MM Baseball	F	Grades 1-2	Thur	5:15 - 6:15pm	River Park or Falls Y Lohmann Gym	Summer 1

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	\$47.00

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	\$49.00



TENNIS 101

Ages 5 - 8

The Sheboygan YMCA is excited to be partnering with the Sheboygan County Tennis Association (SCTA) and the USTA to bring you this exciting new program geared towards the beginner player called Tennis 101!

Tennis 101 provides developmentally appropriate teaching and play methods that follow a clear progression pathway that supports multi-sport/multi-activity in an atmosphere that's fun and athlete centered. **This program will meet at the Deland Park Tennis Courts.**

Sheboygan County Y Family Member	\$29.00
Sheboygan County Y Youth Member	\$33.00
Non-Member	\$47.00

SUMMER HIGH SCHOOL VOLLEYBALL

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



NEW PARTNERSHIP FOR SAILING PROGRAMS - AGES 7-17

Starting June 2025

YMCA Members - earn a \$10 discount
using code YMCASAIL

Y Members can receive more information
regarding discounts and youth sailing
options at:

[https://sheboyganyouthsailing.com/
sailing-classes/sailing-classes/youth/](https://sheboyganyouthsailing.com/sailing-classes/sailing-classes/youth/)

HIGH SCHOOL BASKETBALL AT FALLS YMCA

CO-ED HIGH SCHOOL BASKETBALL 9FT LEAGUE JUNE 16 - JULY 21, 2025

Fall 2025 High School Students

Calling all high school basketball players! Grab a group of friends and come join the Sheboygan Falls YMCA 9ft Basketball League. Games will be on Monday nights starting at 5:00pm. Games will consist of two 20-minute halves with the clock stopping for every whistle blow during the last 2 minutes of each half. For questions about the league please contact Leondre at Itownsend@sheboycountymca.org or 920-467-2464x207. **Games will be played at the Falls YMCA.**

Team Fee \$80.00

FALL FOOTBALL

MIGHTY MITE FLAG FOOTBALL AUGUST 18 - OCTOBER 11, 2025



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 for the communities of Kohler, Howards Grove, Oostburg, Plymouth, Random Lake, Sheboygan and Sheboygan Falls.

The day and time of this program varies by community. For more information, please contact Taylor at 920-451-8000 x121 or Leondre at 920-467-2464 x207. **A separate registration form is required. Registration deadline is August 2, 2025.**

Sheboygan County Y Family Member	\$34.00
Sheboygan County Y Youth Member	\$38.00
Non-Member	\$50.00

TACKLE FOOTBALL LEAGUE AUGUST 11 - OCTOBER 11, 2025



Grades 3 - 4 in Fall 2025

Grade school tackle football is just as safe if not safer than most youth sports with proper training and equipment. Tackle football is also one of the best ways to learn teamwork, dedication, hard work, commitment and many other valuable life skills. The focus of this league is safety, fundamentals and character building. Games will be played on Saturday afternoons.

Practice days and times are determined by the volunteer coaches. All equipment is provided, except mouth guards and football cleats. The fee includes a \$25.00 equipment fee. **A separate registration form is required. The registration deadline is July 19, 2025.**

Sheboygan County Y Family Member	\$78.00
Sheboygan County Y Youth Member	\$88.00
Non-Member	\$108.00

2025 YOUTH SPORTS SPONSOR

WAYNE AND PAT SATHER

YOUTH GOLF LESSONS

JUNE 10-JULY 15, 2025 • JULY 22-AUG 19, 2025

Youth interested in improving and/or learning golf skills will enjoy time on the driving range, practice green and golf course at **Sunset Hills**. Rules and etiquette are also a part of this 5-week program. Range balls are included. Please contact Ashley Liermann at aliermann@sheboygancountymmca.org if clubs are needed or you would like more information. **No class July 1st.**

Sheboygan County Y Family Member	\$42.00
Sheboygan County Y Youth Member	\$47.00
Non-Member	\$62.00

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! Completion of the class gives the child access to cardio in Lakeview/Riverview Center alongside parent/guardian.

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

BASKETBALL SKILLS AND DRILLS

Ages 8 - 12

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

YOUTH TENNIS

Grades 3 - 8

This program is for youth who want to work on and learn the fundamentals of tennis. The class will help improve your skills as well as assist you in learning the basic rules of this lifelong sport. Class will meet at the River Park tennis courts or in the gymnasium in inclement weather.

Family Member	\$19.00
Youth Member	\$23.00
Non-Member	\$38.00

ULTIMATE FOOTBALL FUN CLASS

Ages 8 - 12

Get ready to kick, run, and score in our action-packed Ultimate Football Fun class! Designed for kids ages 8 to 12, this class blends exciting games, skill-building drills, and friendly team play. Whether you're a beginner or a future star, you'll learn the basics of football, build confidence, and most importantly have a blast with new friends on the field!

Sheboygan County Y Family Member	\$19.00
Sheboygan County Y Youth Member	\$23.00
Non-Member	\$38.00

YOUTH BEACH SPEED & AGILITY WORKOUT

Ages 10 - 16

Take your game to the next level—on the sand! This high-energy class is designed to improve speed, footwork, coordination, and overall athletic performance in a fun, supportive beach environment. Participants will train using a variety of drills and exercises that enhance quickness, balance, and agility while building strength and endurance. The sand provides a natural resistance that's easy on joints and ideal for young athletes looking to gain a competitive edge in any sport. Contact Mya at 920-451-8000 Ext 114 or mleverenz@sheboygancountymmca.org with questions. **Class meets in Lakeview Center and heads to North Beach as a group.**

Sheboygan County Y Family Member	\$22.00
Sheboygan County Y Youth Member	\$25.00
Non-Member	\$39.00

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

GAGA BALL/DODGEBALL

Grades 1 - 5

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

Sheboygan County Y Family Member	\$9.00
Sheboygan County Y Youth Member	\$11.00
Non-Member	\$15.00

NERF CHALLENGE

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

GYM CLASS CLASSICS

Grades 1 - 4

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

Sheboygan County Y Family Member	\$9.00
Sheboygan County Y Youth Member	\$11.00
Non-Member	\$15.00



YOUTH PROGRAMS AND SPORTS

5-WEEK SUMMER 1 SESSION: JUNE 9 - JULY 19, 2025
Break Week: June 30 - July 5 (No Classes)

5-WEEK SUMMER 2 SESSION: JULY 21 - AUGUST 23, 2025
Break Weeks: August 25 - September 6

YOUTH PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Youth Golf Lessons		Grades 4 - 8	Tues	4:00 - 5:00pm	Sunset Hills	6/10 - 7/15 OR 7/22 - 8/19
S.P.A.R.K.	S	Ages 10 - 12	Tu &/or Th	4:00 - 5:00pm	Lakeview Center	Summer 1 & 2
Basketball Skills N Drills	S	Ages 8 - 12	Wed	6:00 - 6:45pm	Muth Gym	Summer 1 & 2
Youth Tennis	F	Grades 3 - 8	Wed	4:00 - 5:00pm	River Park	Summer 1
Ultimate Football Fun	F	Ages 8 - 12	Thur	3:00 - 4:00pm	Falls Y north side green space or Lohmann Gym	Summer 2 
Beach Speed & Agility Workout	S	Ages 10 - 16	Thur	2:30 - 3:30pm	North Beach	Summer 1 & 2 
Volleyball Skills N Drills	S	Grades 3 - 7	Thur	5:00 - 5:45pm	Muth Gym	Summer 1 & 2
Gaga Ball/Dodgeball	F	Grades 1 - 5	Fri	2:00 - 3:00pm	Falls Y Lohmann Gym	Summer 1
	S	Grades 2 - 6	Fri	2:00 - 3:00pm	Muth Gym	Summer 1 & 2
Nerf Challenge	F	Grades 1 - 4	Fri	2:00 - 3:00pm	Falls Y Lohmann Gym	Summer 2
Gym Class Classics	S	Grades 2 - 6	Fri	3:00 - 4:00pm	Muth Gym	Summer 1 & 2
TEEN PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Girl Power	F	Ages 12 - 17	Tue & Thur	6:30 - 7:30pm	Riverview Center	Summer 1 & 2
Teen Strength Training	S	Ages 12 - 15	Mon	4:00 - 5:00pm	Lakeview Center	Summer 1 & 2
	F	Ages 12 - 15	Wed	3:30 - 4:30pm	Riverview Center	Summer 1 & 2
Teen Personal Training	S	Ages 14 - 18	By Appt	Personal Trainer	Lakeview Center	Call 920-451-8000
	F	Ages 14 - 18	By Appt	Personal Trainer	Riverview Center	Call 920-467-2464

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

ONE-ON-ONE BASKETBALL, FOOTBALL OR VOLLEYBALL TRAINING

Grades 1 - 8

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

To schedule an appointment, call 920-451-8000, ext 121 or email tzastrow@sheboygancountyyymca.org

Sheboygan County YMCA

Member Only ½ Hour \$21.00
 One Hour \$37.00

TEEN STRENGTH TRAINING

Ages 12 - 15

Completion of this class allows open use of the fitness centers for the young teen. They will learn the basics of weight training with a trainer. Basic instruction includes proper weight training form and technique, weight room safety and cardiovascular training. **Youth age 12 must complete S.P.A.R.K. first. Fee is for 5-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 PROGRAMS - CAMPS

SHEBOYGAN FALLS YMCA

SUMMER YOUTH CAMPS

Our summer youth camps have something for everyone! Each camp runs for 1 week - sign up for one camp or several.

Students should bring the following with them for camp:

- Water bottle, labeled with their name.
- Appropriate clothing - be prepared to go outdoors.
- A good attitude - be ready to have some fun and learn!

SPORTS OF ALL SORTS CAMP

JUNE 2 - 5, 2025

Grades 1 - 4 in Fall 2025

Have fun playing and honing your skills with a different sport each day. Sports include basketball, football, tennis, soccer and baseball. We will work on skills and techniques for each sport and play modified games. There will be contests each day for campers to show off their new skills and earn prizes!

Mon - Thur 1:30pm - 3:00pm

Sheboygan County Y Family Member	\$19.00
Sheboygan County Y Youth Member	\$23.00
Non-Member	\$38.00

CLASSIC GYM GAMES

JUNE 9 - 12, 2025

Grades 1 - 4 in Fall 2025

Love playing gym games? This camp is for you! During the week we will play all of the classic gym games with a couple of added new ones. Games will include kickball, dodge-ball, GaGaBall and many more.

Mon - Thur 1:30pm - 3:00pm

Sheboygan County Y Family Member	\$19.00
Sheboygan County Y Youth Member	\$23.00
Non-Member	\$38.00

GIRLS VOLLEYBALL CAMP

JUNE 16 - 19, 2025

Girls in Grades 3 - 6 in Fall 2025

This camp will improve and develop your volleyball skills, including serving, passing and blocking. Fun games will also be played.

Mon - Thur 1:30pm - 3:00pm

Sheboygan County Y Family Member	\$19.00
Sheboygan County Y Youth Member	\$23.00
Non-Member	\$38.00

YOUTH SPEED AND AGILITY CAMP

JUNE 23 - 26, 2025

Grades 3 - 8 in Fall 2025

Are you looking to get quicker, faster and stronger this summer? Come join us for this great camp to help you get stronger physically as well as mentally. We will use a variety of activities to keep the workouts interesting and ideas for you to do on your own to keep working hard after the camp is over. Bring your enthusiasm and be ready for a great workout!

Mon - Thur 1:30pm - 3:00pm

Sheboygan County Y Family Member	\$19.00
Sheboygan County Y Youth Member	\$23.00
Non-Member	\$38.00

BASKETBALL SKILLS CAMP

JUNE 30 - JULY 3, 2025

Kindergarten - Grade 2 in Fall 2025

This camp is designed for children who are just beginning to play basketball. Youth will be taught the fundamentals of the sport. Dribbling, passing, shooting and defense will be heavily emphasized through drills and controlled game play. This camp will focus on a basketball skill each day.

Mon - Thur 1:30pm - 3:00pm

Sheboygan County Y Family Member	\$19.00
Sheboygan County Y Youth Member	\$23.00
Non-Member	\$38.00

NERF BATTLE CAMP

JULY 7 - 10, 2025

Grades 1 - 5 in Fall 2025

Grab your friends and your nerf gear for a week of fun during this nerf battle camp! Throughout the week youth will have target practice, talk about nerf safety, different strategies and play different nerf battle games against our friends. Please bring your own nerf toys, the Y will provide the universal nerf ammo for the camp (extra nerf toys are also available). Don't miss out on the best nerf camp of the summer!

Mon - Thur 1:30pm - 3:00pm

Sheboygan County Y Family Member	\$19.00
Sheboygan County Y Youth Member	\$23.00
Non-Member	\$38.00

TENNIS & PICKLEBALL LOVERS CAMP

JULY 14 - 17, 2025

Grades 3 - 6 in Fall 2025

Want to learn the fastest growing sport in America? Pickleball is a fun sport that all ages are able to play. We will split the week playing Pickleball and tennis. Youth will learn the different techniques of both sports throughout the week. By the end of the week we will have a doubles tournament in Pickleball & Tennis. Camp will be at River Park tennis courts or in our air-conditioned gym.

Mon - Thur 9:30am - 11:00am

Sheboygan County Y Family Member	\$19.00
Sheboygan County Y Youth Member	\$23.00
Non-Member	\$38.00

SOCCER TRAINING CAMP

JULY 21 - 24, 2025

Grades 1 - 4 in Fall 2025

Looking forward to the upcoming soccer season? Come join the Soccer Training Camp! We will work on skills/drills and progress into games as the week goes on. Shin guards are required and soccer shoes are optional.

Mon - Thur 1:30pm - 3:00pm

Sheboygan County Y Family Member	\$19.00
Sheboygan County Y Youth Member	\$23.00
Non-Member	\$38.00

YMCA FOOTBALL TRAINING CAMP

JULY 28 - 31, 2025

Grades 3 - 5 in Fall 2025

Get ready for the upcoming football season by sharpening your skills with fun and valuable drills in this camp. Flag football games will be played throughout the week.

Mon - Thur 9:30am - 11:00am

Sheboygan County Y Family Member	\$21.00
Sheboygan County Y Youth Member	\$25.00
Non-Member	\$42.00

SHEBOYGAN YMCA SUMMER YOUTH CAMPS

TENNIS & PICKLEBALL LOVERS CAMP JUNE 9 - 12, 2025

Grades 3 - 6 in Fall 2025

Want to learn the fastest growing sport in America? Pickleball is a fun sport that all ages are able to play. We will split the week playing Pickleball and tennis. Youth will learn the different techniques of both sports throughout the week. By the end of the week we will have a doubles tournament in Pickleball & Tennis. Camp will be held at the Deland Park tennis courts.

Mon - Thur 12:00pm - 1:30pm

Sheboygan County YMCA Family Member	\$19.00
Sheboygan County YMCA Youth Member	\$23.00
Non-Member	\$38.00

GIRLS VOLLEYBALL CAMP JUNE 16 - 19, 2025

Girls in Grades 3 - 6 in Fall 2025

This camp will improve and develop your volleyball skills, including serving, passing and blocking. Fun games will also be played.

Mon - Thur 9:30am - 11:00am

Sheboygan County YMCA Family Member	\$19.00
Sheboygan County YMCA Youth Member	\$23.00
Non-Member	\$38.00

SPORTS OF ALL SORTS CAMP JUNE 23 - 26, 2025

Grades 1 - 4 in Fall 2025

Have fun playing and honing your skills with a different sport each day. Sports include basketball, football, tennis, soccer and baseball. We will work on skills and techniques for each sport and play modified games. There will be contests each day for campers to show off their new skills and earn prizes!

Mon - Thur 1:30pm - 3:00pm

Sheboygan County YMCA Family Member	\$19.00
Sheboygan County YMCA Youth Member	\$23.00
Non-Member	\$38.00

SHOOT FOR THE STARS BASKETBALL CAMP JULY 7 - 10, 2025

Kindergarten - Grade 2 in Fall 2025

This camp is designed for children who are just beginning to play basketball. Youth will be taught the fundamentals of the sport. Dribbling, passing, shooting and defense will be heavily emphasized through drills and controlled game play. This camp will emphasize a basketball skill each day.

Mon - Thur 1:30pm - 3:00pm

Sheboygan County YMCA Family Member	\$19.00
Sheboygan County YMCA Youth Member	\$23.00
Non-Member	\$38.00

PERFECT YOUR SHOT SHOOTING CAMP

JULY 14 - 17, 2025

Grades 5 - 8 in Fall 2025

The Sheboygan YMCA invites you to work on your jump shooting. Perfect your jump shot during this 4-day camp where we will be doing jump shooting specific drills with the help of our Dr. Dish shooting machine!

Mon - Thur 1:00pm - 2:30pm

Sheboygan County YMCA Family Member	\$29.00
Sheboygan County YMCA Youth Member	\$35.00
Non-Member	\$47.00

DAN CAMPION BASKETBALL CAMP AUGUST 6 - 8, 2025

Grades 5 - 9 in Fall 2025

Skill development for a well-rounded game will be the focus of the camp to take your game to the next level!

Mon - Thur 1:00pm - 3:00pm

Sheboygan County YMCA Family Member	\$37.00
Sheboygan County YMCA Youth Member	\$44.00
Non-Member	\$57.00

YOUTH STRENGTH/SPEED/AGILITY CAMP AUGUST 11 - 14, 2025

Grades 4 - 8 in Fall 2025

If your looking to get quicker, faster and stronger for the upcoming sports season this is the camp for you. A variety a performance training and exercises will be used. Come with a water bottle and be ready to workout!

Mon - Thur 1:30pm - 3:00pm

Sheboygan County YMCA Family Member	\$19.00
Sheboygan County YMCA Youth Member	\$23.00
Non-Member	\$38.00



AUTHENTIC HOOPS BASKETBALL CAMP AUGUST 12 - 14, 2025

Grades 3 - 5 in Fall 2025

Grades 6 - 9 in Fall 2025

Join Authentic Hoops Director Jason Klug for a week of basketball! Joining him is Sheboygan Lutheran alum Jake Jurss. Students will learn basketball fundamentals while also enjoying game-like situations and games. The camp will focus on ball handling, shooting, and real game play. Please wear athletic shoes, athletic shorts and bring your own basketball.

Mon - Thur (Gr 3-5) 1:15pm - 2:45pm

Mon - Thur (Gr 6-9) 3:00pm - 5:00pm

Sheboygan County YMCA Family Member	\$27.00
Sheboygan County YMCA Youth Member	\$33.00
Non-Member	\$45.00

SUMMER BETTER THAN OTHERS

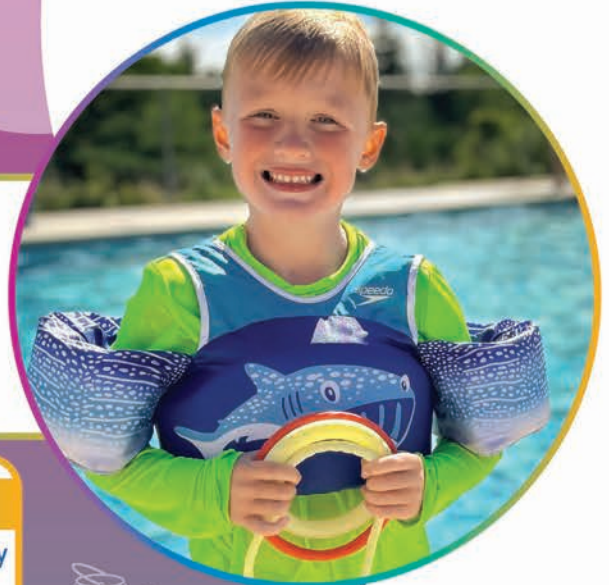


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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@sheboygancountymca.org.



[CAMP BRAIN REGISTRATION](#)



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

For more information, please contact:

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

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

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

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



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



6TH ANNUAL SCARECROW FESTIVAL CONTEST

Hosted by YMCA Camp Y-Koda & The Christopher Farm and Gardens
Saturday – Sunday, October 11 – 12, 2025 • 9:00am – 4:00pm

10 % OFF EARLY BIRD ENTRY FEE	ENTRY FEE	CATEGORIES
\$350	\$400	Large Business (large workforce, international, industrial, etc.)
\$100	\$150	Small Business/LLC (boutiques, landscape services, salons, bakeries, etc.)
\$50	\$75	Non-Profit
\$25	\$50	Family, Friends & Individuals
FREE	\$50	Farms (Veggie, Animals, Fish, etc.)
FREE	FREE	All About Kids (Schools, Childcare Centers, Day Cares & Child Community Clubs)

Create a scarecrow to be displayed at our Scarecrow Festival and you could be this year's winner! Design a scarecrow depicting your favorite fairytale, storybook, animal, fantasy figure, or anything you can dream up!

Your work will be displayed outdoors so please use sturdy materials. Help us decorate our festival for this fall event!

Our Scarecrow Festival is a fundraiser event and all proceeds go to:
YMCA Camp Y-Koda, a 501(c)3 Organization.



**COMPLETE YOUR
FORMS ONLINE!**



- **EARLY BIRD DEADLINE IS JUNE 1, 2025** and Early Bird rate includes 2 extra tickets & 1 parking pass
- **Past Competitor?** you will qualify for the early bird rate until September 1, 2025.
- **All Contest Participants will receive 2 free tickets & 1 parking pass.**
- **All About Kids Category:** Your class/group will receive 1 free ticket per student. ONLY students/groups who worked on the scarecrow can receive a ticket. Parents & other family members will need to purchase a ticket.



2025 SCARECROW FESTIVAL SPONSORSHIP LEVELS

Purchase Online Today!



	Diamond \$10,000 Only 1!	Sapphire \$5,000 Only 2!	Ruby \$2,500 Only 4!	Emerald \$1,000	Opal \$500	Topaz \$1-\$499
Guided Tours of Christopher Farm & Gardens AND YMCA Camp Y-Koda						
Logo/Recognition on Scarecrow Billboard Display						
Logo/Recognition on 2026 Summer Camp T-Shirt						
Advertisement in Festival Program Brochure (each tier has a different size)				Recognition only		
Signage & Recognition around Festival Grounds						
1 Free Scarecrow Submission to the Contest						
Recognition & Link on Camp Y-Koda's Website (Diamond is eligible for logo)						No Link
Shout-out on Camp Y-Koda's Social Media Sites						
Festival Passes & Parking Passes (each tier gets a certain amount)						

Impressions & Reach

Below is our marketing plan sketched out (which is dependent upon our sponsorships!) that include:

- Website Advertising
- Social Media (Facebook, Instagram, Tiktok, LinkedIn)
- Print Advertising
- Event Calendars
- Community Chambers
- Email Blasts
- Directories
- Posters in local Venues
- Banners/Yard Signs
- Event Program
- Schools and Organizations

NEW OPPORTUNITES!!

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

Tuesday, June 3 - 9:30am
Wednesday, August 13 - 9:30am

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 available at both YMCAs.

DR DISH SHOOTING MACHINE RENTAL

Use our shooting machine to work on your jump shot! Located in either the Lohmann Gym or East Gym at the Sheboygan YMCA. Please reach out to Program Director Taylor Zastrow to rent the machine:

tzastrow@sheboygancountyyymca.org.

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@sheboygancountyyymca.org

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

SEPTEMBER 8 - NOVEMBER 20, 2025

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 September 4, 2025.**

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

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

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

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



4 MILES OF FITNESS

MONDAYS AND WEDNESDAYS 6 - 8PM



Y Members, enjoy a walk, run or bike ride on the world renowned Road America course. Show your Y membership card at the gate and sign participation waiver to gain access. Pets, scooters, and skateboards are not allowed. **This great opportunity is included with your Y membership!**

SHEBOYGAN YMCA RACQUETBALL & BASKETBALL



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.

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 (<i>must bring valid photo ID</i>)	\$10.00

DIABETES PREVENTION PROGRAM



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.

FALLS YMCA

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

MAY LEARNING TOPIC: METABOLIC DISORDER

MAY 9, 2025

MAY 16, 2025

LOOK FOR DATES FOR THESE UPCOMING TOPICS:

JUNE - CHRONIC KIDNEY DISEASE

JULY - PREVENTATIVE SERVICES

AUGUST - OSTEOPOROSIS

Friday 9:00am

Sheboygan County Y Member
Non-Member

Free
\$5.00

SHEBOYGAN YMCA

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@sheboygancountyyymca.org
- Matt at mmueller@sheboygancountyyymca.org

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.

Not sure what's causing your pain?**Ask us.**

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

2nd & 4th Tuesdays**10:30 AM – 12 PM**

**Sign-up for 15-minute
visit at desk.**



Adam Brill, LAT, ATC, PES



Aurora Health Care®
Sports Health

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.



PATTY'S STORY

Patty will be the first to tell you: She never exercised. But her mindset changed when she was recovering from breast cancer.

Knowing regular exercise is proven to improve survivorship outcomes, she enrolled in the Livestrong class at the Sheboygan County YMCA. The program was transformative, not just providing an exercise regimen designed for survivors but introducing Patty to a compassionate community that knew what each other was going through. She especially thanks her personal trainer Anthony Flores for helping her Livestrong. "I just feel like a whole different person," she said. "Livestrong has made such a difference in my complete life."

Wanting to empower others like herself, Patty trained to become an instructor of a Livestrong at the YMCA class of her own, which moved online to Zoom in 2020, their fitness efforts undeterred by the pandemic. She loved the community led by Carrie Green and Denise Nugent so much, she even began working at the Sheboygan YMCA's front desk. "I am such a promoter of the program," Patty said. She has even been known to keep Livestrong wristbands and brochures in the trunk of her car to encourage anyone she meets who has been affected by cancer.

In 2024, Patty commemorated a milestone: 20 years of survivorship. To celebrate this anniversary, she knew she had to do something big. Decked out in her Livestrong gear, she set out to climb Machu Picchu. At the top, everyone in the group explained what motivated them to get there. Patty said confidently: "I'm doing this because I am healthy because of Livestrong."

In two decades, Patty has had no cancer recurrence. She credits her health to staying active, going from never exercising to working out five times a week. "I am strong! I put my whole heart and soul into it," she said. "There are more people living from cancer compared to years ago."

Whether your goal is climbing mountains or simply enjoying everyday moments, Livestrong wants to help you regain your strength and vitality after cancer. Join survivors like Patty in reclaiming your health – it could be life-changing.



WEIGHT MANAGEMENT PROGRAM

Age 15 & Older

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

PERSONAL TRAINING SERVICE

Age 18 & Older

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

Weight Management/Personal Training Services

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

Cancellation Policy

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

ONE-ON-ONE SPORTS TRAINING

Grades 1 - 8

Work on your skills in a variety of sports including basketball, volleyball, football or any other sport you are interested in. Schedule a training with Youth Sports Director Taylor Zastrow by contacting him at tzastrow@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
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SMALL GROUP PERSONAL TRAINING

Age 18 & Older

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

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

Age 18 & Older

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

Sheboygan County Y Member	Free
Non-Member	\$5.00

NEW MEMBER ORIENTATION

Age 15 & Older

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

Sheboygan County Y Member Only	Free
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OTHER PERSONAL TRAINING OPTIONS

Personalized Workout

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

Sheboygan County Y Member Only	\$49.00
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Sport Specific Workout

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

Sheboygan County Y Member Only	\$37.00
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4 MILES OF FITNESS

MONDAYS AND WEDNESDAYS 6 - 8PM



4 MILES OF FITNESS AT ROAD AMERICA
MAY - END OF SEPTEMBER 2025
Y Members, enjoy a walk, run or bike ride on the world renowned Road America course. Show your Y membership card at the gate and sign participation waiver to gain access. Pets, scooters, and skateboards are not allowed. **This great opportunity is included with your Y membership!**

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Age 18 & Older

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AUGUST - OSTEOPOROSIS

Friday	9:00am
Sheboygan County Y Member	Free
Non-Member	\$5.00

SHEBOYGAN COUNTY Y FITNESS CHALLENGES

SUNNY SUMMER CHECK-IN CHALLENGE
JUNE 2 - AUGUST 29, 2025

Age 18 & Older
Challenge yourself to stay on track this summer with the Sunny Summer Check-In. Check-in by scanning in at the desk at either location at least three days every week to earn your beach ball (maximum one scan per day). Every week that you achieve 3 or more scans for the week, you earn a ticket to be put into a drawing at the end of the summer. If we pick your name, you earn a YMCA logo Mountain Water Bottle! Check-in’s can be counted at both locations. One winner per building, determined by location where signed up



Sheboygan County Y Members Only \$5.00



SHEBOYGAN YMCA

AMERICAN RED CROSS
FIRST AID/CPR/AED CERTIFICATION COURSE
FRIDAY, JULY 25, 2025

Age 18 & Older
This comprehensive American Red Cross First Aid/CPR/AED course equips participants with the knowledge and skills needed to respond confidently in emergency situations. Whether you're a workplace responder, coach, teacher, parent, or simply want to be prepared, this training covers essential lifesaving techniques. Participants will learn how to assess injuries and illnesses, perform high-quality CPR on adults, children, and infants, use an Automated External Defibrillator (AED), and provide immediate care for common medical and trauma emergencies. This is a blended learning class where you will complete online work before coming to the in-person class. **Limited spots available.**

- Course Features:
- Hands-on practice with CPR manikins and AED trainers
 - Instruction from certified, experienced instructor
 - Certification valid for 2 years

Join us to gain the confidence and ability to act when it matters most.

Friday	9:00am - 12:00pm
Fee	\$70.00

SHEBOYGAN FITNESS EVENTS

PUMP + PEDAL

SATURDAY, JUNE 28, 2025

Age 18 & Older

This full body workout combines both indoor cycling and strength training using light weights and/or bands. **Meets in cycle room.**

Saturday 8:30 - 9:15am

Sheboygan County Y Member	Free
Non-Member	\$5.00



KICKBALL + KICK BACK

SATURDAY, JULY 26, 2025

Age 18 & Older

Join us for a friendly, fun morning of Kickball followed by refreshments, snacks and recovery at the beach.

Saturday 9:00 - 11:30am

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



SOCIALLY FIT

THURSDAYS, JUNE 12 - AUGUST 14, 2025

Age 18 & Older

Want to start your fitness journey, or just try something new but don't have a workout buddy? Make new friends and connect with like-minded individuals in this group fitness setting. Better your health while growing your social circle. New workout format/activity each week. Class will primarily be held outside.

Thursday 6:00 - 7:00pm

Sheboygan County Y Member	Free
Non-Member	\$30/10 weeks

LAKEVIEW PROGRAMS

"WOW" - WOMEN ON WEIGHTS

JUNE 9 - JULY 14, 2025

JULY 21 - AUGUST 18, 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 5-week session.**

Sheboygan Mon 9:30am - 10:30am

Sheboygan County YMCA Member Only	\$30.00
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BEACH BURN - GROUP FITNESS CLASS

SUMMER - JUNE 1 - AUGUST 31, 2025



Age 18 & Older

Level up your summer fitness with this energizing full-body beach workout—no equipment needed, just your body and the sand! This intermediate-level class focuses on strength, endurance, and core stability using dynamic bodyweight movements in a scenic, open-air environment.

Training on sand adds natural resistance and improves joint stability, making every rep more effective (and fun). Whether you're looking to break through a plateau or keep your body moving this summer, this class delivers a powerful workout with beach vibes to match. **Meet in Sheboygan Y Lakeview Center and then group heads to beach.**

Wednesday 10:00am - 11:00am

Sheboygan County Y Member	No Charge
Non-Member	\$8.00

SENIOR STRONG

JUNE 9 - JULY 14, 2025

JULY 21 - AUGUST 18, 2025

Age 18 & Older

Senior Strong is a progressive strength training program designed to aid the individual in gaining strength and muscle mass. You will be tracking your progress via the aid of a personal trainer. Each week you will add either weight or reps to your routine. Class meets in the aerobics room. Instructor is Clint Ward, ACE certified Personal Trainer. **Fee is per 5-week session.**



Monday 1:00pm - 2:00pm

Sheboygan County Y Member	\$27.00
Non-Member	\$41.00

FALLS Y - NEW SUMMER FITNESS CLASSES

OUTDOOR BOOT CAMP
WEDNESDAYS - 12:10 - 12:50PM
JUNE 11 - AUGUST 20, 2025



Age 18 & Older
Join Maddy on the patio space in the Honor Courtyard for a Boot Camp class Wednesdays 12:10-12:50pm! In case of inclement weather, class will be held in the Multi-Purpose Room.

Wednesday 12:10pm - 12:50pm

Sheboygan County Y Member Free
Non-Member (Drop-in) \$8.00

YOGA-BARRE BLEND
TUESDAYS - 10:30-11:30AM
MAY 6 - JUNE 24, 2025



Age 18 & Older
This blended class combines and integrates the best of two classes, with elements of both a gentle Yoga Flow and three gentle Barre sequences from Barre yoga. This class begins and ends in a yoga flow, from grounding to shavasana, with a fun Barre floor - work middle section. This blend of yoga and Barre lends to a combination of benefits, such as increased flexibility/muscle tone, core strength, better body alignment, balance, and posture. Music is a bit more contemporary and fun, yet still appropriate for yoga and barre. All levels are welcome to move the body and mind, though breath, movement, and choreography.

Tuesday 10:30am - 11:30am

Sheboygan County Y Member Free
Non-Member (Drop-in) \$8.00

INTRO TO YOGA, CHAKRAS, AND CRYSTALS
(AND HOW THEY RELATE TO ONE ANOTHER IN
YOGA FLOW)
SATURDAY YOGA SERIES
JULY 12 - AUGUST 9, 2025

Age 18 & Older
In this 5 week class, you will learn basic yoga principles and guidelines, basics of the 7 chakras/colors, and the basics of crystals and how all three can relate to one another. Each week will incorporate a new chakra and coordinated crystal into a yoga flow, with the intent to open each chakra through movement, breath, and crystal healing. This is a 1-hour class with approximately 50 mins of a yoga flow. The 7 chakra crystals (rainbow moonstone, amethyst, lapis lazuli, green aventurine, citrine, carnelian, red jasper) are included and are yours to keep. This introduction will give you a deeper understanding and connection to yoga, chakras, and crystals.

Saturday 10:00am - 11:00am

Sheboygan County Y Member \$20.00
Non-Member \$40.00



FALLS Y SUMMER WORKSHOPS

ROLL WITH IT
MONTHLY FOAM ROLLER WORKSHOP
MAY 27, 2025
JUNE 24, 2025
JULY 29, 2025
AUGUST 26, 2025

Age 18 & Older
Join DiAnne for this foam roller workshop that will stretch deep into your muscles for maximum relief and recovery. Pre-register to reserve your spot. Class will be held in Cycle/ Yoga Studio at Sheboygan Falls YMCA. **Limit of 8 people**

Tuesday 6:30 - 7:00pm

Sheboygan County Y Member Free
Non-Member \$5.00



POWER PLATE® DEMONSTRATION
WEDNESDAY, JUNE 18, 2025
MONDAY, JULY 21, 2025
THURSDAY, AUGUST 14, 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. **Pre-registration required.**



Wednesday, June 18 8:45am
Monday, July 21 9:00am
Thursday, August 14 5:30pm

Sheboygan County Y Member Free
Non-Member \$8.00

FALLS Y FITNESS EVENTS

MEMORIAL DAY WEEKEND CLASS QUARTET SATURDAY, MAY 24, 2025, 8:00-11:00AM

Age 18 & Older

The YMCA is closed on Memorial Day, Monday, May 26th. Get ahead of your workout on Saturday! Our talented instructors will leave no muscle group untouched with this exciting workout event! Attend all four workouts or pick and choose whichever workouts speak to you to tailor to your level of ambition and challenge!

- BodyPump - 8:00-9:00am
- Team Matrix Ride - 9:15-10:15am
- Glutes and Core Essentials - 10:25-10:40am
- Yoga Cooldown - 10:45-11:00am

Pre-register by Friday May 23rd to reserve your spot!

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

FALLS Y FITNESS FOCUS

CYCLING IN THE SUMMER

Keep your wheels spinning over the summer with our Indoor Cycling classes. Whether you are looking for a good fitness workout or a place to come inside and ride on a rainy day, we have a spot for you! We will keep the following schedule for the summer:

TUESDAYS

5:30-6:15am	Cycle, Sculpt and Stretch with Missy
9:00-10:00am	Indoor Cycle with Pam

THURSDAYS

5:30-6:15am	Indoor Cycle with Jesse
9:00-10:00am	Indoor Cycle with Jen

SATURDAYS

9:15-10:15am	Matrix Ride with a rotation of instructors
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Classes are included with membership. Not a member? Pay just \$8 to drop in to a class.

Space/equipment is limited. Priority given to those who are registered for class.

GET PAID TO WORK OUT!

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

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

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

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

ZOOM FITNESS CLASS OPTIONS

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

SHEBOYGAN FALLS CLASSES

Jen: jkovacs@sheboygancountyyymca.org

FITNESS CLASS INFORMATION

Age 15 & Older

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

• **Our fitness schedule is subject to change.** It is published separately from the brochure.

• **The fitness schedules are updated about once a month** and are available at the Welcome Desk or on our website at www.sheboygancountyyymca.org.

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

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

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

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

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

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

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



FITNESS CLASS DESCRIPTIONS

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

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

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.

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

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

Beach Burn - This intermediate-level class focuses on strength, endurance, and core stability using dynamic bodyweight movements in a scenic, open-air environment. This class delivers a powerful workout with beach vibes to match.

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.

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.



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

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!

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

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.

YMCA MISSION STATEMENT

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

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

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.

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	Summer	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	Summer	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

On-line at www.sheboygancountyymca.org

Click "Register On-line" button at the top

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

In Person

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

Phone registration is not accepted.

NEW - Daxko App

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

REGISTRATION CHANGE POLICY

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

REGISTRATION INFORMATION

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

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

REGISTRATION CANCELLATION POLICY

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

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