



SHEBOYGAN COUNTY YMCA

COLOR YOUR FALL WITH FAMILY FUN

Fall 2026 Brochure
September 8 - December 23, 2026



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

YMCA CAMP Y-KODA
W3340 Sunset Road
Sheboygan Falls WI 53085
P 920-467-6882

FALL 1 SESSION
SEPTEMBER 8 - OCTOBER 24, 2026

FALL 2 SESSION
NOVEMBER 2 - DECEMBER 23, 2026

REGISTRATION BEGINS AT 5:00AM

Member
.....Monday, August 3, 2026

Non-Member
..... Thursday, August 6, 2026

YMCA MISSION STATEMENT

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

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YMCA Summer Hours
In effect thru 9/20/26
(Building and Business Hours)

SHEBOYGAN YMCA BUILDING HOURS SEPTEMBER 21 - DECEMBER 30 2026

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

SHEBOYGAN FALLS YMCA BUILDING HOURS SEPTEMBER 21 - DECEMBER 30 2026

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

YMCA CAMP Y-KODA

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

Labor Day	Monday 9/7	CLOSED
Thanksgiving	Thursday 11/26	CLOSED
Christmas Eve	Thursday 12/24	
	Sheboygan Y	5:00am-Noon
	Falls Y	5:00am-Noon
Christmas Day	Friday 12/25	CLOSED
Day After Christmas	Saturday 12/26	
	Sheboygan Y	Open 7:00am
	Falls Y	8:00am-1:00pm
New Year's Eve	Thursday 12/31	
	Sheboygan Y	5:00am-4:00pm
	Falls Y	5:00am-4:00pm
New Year Day	Friday 1/1	CLOSED

FACILITIES



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.

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 (18-24)	\$8.00	\$6.00
Senior Adult (65+)	\$8.00	\$6.00
High School	\$5.00	\$5.00 Riverview workout only-Ages 15 yrs+
Middle School	\$4.00	N/A
Grade School	\$3.00	N/A
Fitness Class Drop-in	\$8.00	\$8.00

YMCA AGE & FACILITY USE POLICY

To ensure the safety and well-being of all members and guests, the following age guidelines are in place:

- Children age 9 and under must be accompanied and directly supervised by a responsible adult (age 18 or older) at all times while in the YMCA facility. Children may not remain in the building without adult supervision.
- In Lakeview and Riverview Centers (workout area/weight room), youth under the age of 15 are not permitted.
- Youth ages 12-15 may be granted access to the weight room only after successfully completing the YMCA Teen Strength program. Participation in this program requires an additional fee and must be completed prior to independent use. **A Membership is required for participation in this class.**
- Youth ages 10-11 may use designated cardio equipment only when accompanied by a parent or guardian and only after successfully completing the SPARK class.

Failure to follow these policies may result in restricted access to YMCA facilities.

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, Falls Y at 920-467-2464 or YMCA Camp Y-Koda at 920-467-6882.

VOLUNTEERING

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 or Ashley Liermann, Sheboygan Falls Branch Director at 920-467-2464, x202.

FACILITIES

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@sheboygancountyymca.org

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

SHEBOYGAN FALLS YMCA FACILITY RENTALS

For Sheboygan Falls facility rentals, please contact Ashley Liermann at aliermann@sheboygancountyymca.org or call 920-467-2464, x202.

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@sheboygancountyymca.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



JOIN OUR AQUATICS TEAM

WE'RE HIRING FOR ALL AQUATICS POSITIONS!

If you're passionate about water safety, fitness, and making a difference in our community, we'd love to meet you.

Now Hiring:

- Swim Team Coaches
- Lifeguards
- Swim Instructors
- Water Fitness Instructors

Why work at the Y?

- Make a meaningful impact in your community
- Free YMCA membership
- Flexible scheduling
- Professional development & certification support
- Fun, supportive team environment

Apply Now - dive into a rewarding career at the Y!

[Sheboygan County YMCA Employment Application](#)

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 our Healthy Living Director to find out how you can fit into our team!

Jen Kovacs, Healthy Living Director

Sheboygan Falls YMCA

(920)467-2464 x219

Sheboygan YMCA

(920)451-8000 x110

jkovacs@sheboygancountyymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA BIRTHDAY PARTIES



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

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

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

Dance Party

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



Gymnastics Party

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



Ultimate Party

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

Swimming Party

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



GYM Party

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

Party	Description	Time	Family Member	Youth Member	Non-Member
Dance	PRIVATE party	45 Minutes	\$117.00	\$132.00	\$167.00
Gym	PRIVATE party	60 Minutes	\$97.00	\$112.00	\$142.00
Gymnastics	Party during OPEN WORKOUT	45 Minutes	\$102.00	\$117.00	\$147.00
	PRIVATE party	45 Minutes	\$147.00	\$167.00	\$192.00
Swimming	PRIVATE party	45 Minutes	\$147.00	\$167.00	\$192.00
Ultimate	Any Two Activities	45 Minutes x 2	\$212.00	\$232.00	\$287.00

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

MEMBERSHIP

MEMBERSHIP RATES AND INFO

MONTHLY BANK DRAFT

Preschool	\$17.00
Youth	\$20.00
High School	\$23.00
Young Adult, Ages 18 - 24	\$41.00
Adult	\$48.00
Couples Only	\$71.00
Single Parent/one child	\$71.00
Family	\$79.00
Senior Adult 65+	\$43.00
24/7 Access Adult (Falls Y only)	\$10.00
24/7 Access Couples (Falls Y only)	\$15.00

Joiner fees apply. 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.**

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.

SOCIAL MEDIA

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



REGISTRATION INFORMATION

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

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

REGISTRATION OPTIONS

On-line at www.sheboygancountyyymca.org

Click "Register On-line" button at the top

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 during normal business hours. Registration will **not** be processed without the payment.

• **Phone registration is not accepted.**

Daxko App

Registration can be done at your convenience on the Daxko app. A credit or debit card is needed to complete registrations.

REMINDER

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

YMCA CHILD WATCH

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

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

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).*

SHEBOYGAN FALLS YMCA CHILD WATCH HOURS

Monday - Friday	8:45am - 11:30am
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Please call 920-467-2464 between 8:00am - 5:00pm (Monday - Friday) to reserve a spot. If no children are signed up by 4pm, 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

24/7 ACCESS

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

MUST BE AGE 19 OR OLDER

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

YOUR DONATION WILL MAKE A DIFFERENCE

The Sheboygan County Y Annual Campaign provides scholarships for individuals and families facing financial challenges since 1939. Your gift ensures everyone—regardless of ability to pay—can belong, grow, and thrive through Y programs.

Every dollar directly funds financial assistance and program support for members of our community. The Sheboygan County YMCA is a 501(c)(3) nonprofit, and all donations are tax-deductible.

Your impact:

- \$25 – Enrolls a child in sports or swim lessons
- \$50 – Supports youth programs like dance, gymnastics, or training
- \$100 – Provides a year-long membership for a child or teen
- \$200 – Helps a cancer survivor participate in LIVESTRONG® at the YMCA
- \$250 – Supports a family's access to Y programs for one year

Ways to give:

- Cash or Check: Drop off or mail to any Sheboygan County Y branch (payable to Sheboygan County Y)
- Credit Card: Donate using MasterCard, Discover, or Visa
- Online: Members can donate online by clicking below

DONATE TO ANNUAL CAMPAIGN

Questions? Contact the Sheboygan Y at 920-451-8000

MEMBERSHIP

BENEFITS OF MEMBERSHIP

INCLUDED IN MEMBERSHIP -

- Complimentary Child Watch (with a family membership) while you work out.
- New member orientation for fitness centers
- Member rates and priority registration for programs and classes
- Adult group exercise classes i.e.: water exercise, indoor cycling, yoga and so much more!
- Access to indoor pools at the Sheboygan YMCA and Sheboygan Falls Aquatic Center
- Usage of both the Sheboygan YMCA and Sheboygan Falls YMCA locations (as well as Nationwide)
- Racquetball courts, basketball gyms



FITNESS THAT FITS YOUR SCHEDULE



24/7 ACCESS

1. **VISIT** the Sheboygan Falls YMCA Welcome Desk during business hours.
2. **ADD** monthly 24/7 access for \$10 (\$15/month for couples)
3. **SIGN** the agreement forms and PASS a background check.
4. **RECEIVE** an orientation.
5. **WORKOUT** at the Falls YMCA anytime outside of regularly staffed hours.

MUST BE AGE 19 OR OLDER



**COMMIT TO YOUR
HEALTH THIS
HOLIDAY SEASON**

**GET A YMCA
MEMBERSHIP!**

**15% OFF
ANNUAL
MEMBERSHIP**

***WHEN PAID
IN FULL**

**\$0 JOIN
FEE**

**2 DATES
TO JOIN!**

**SIGN UP
DECEMBER 7TH - 12TH**

RENEWING MEMBERS

OR

JANUARY 4TH - 9TH

NEW MEMBERS



ALL SALES FINAL. NO REFUNDS WILL BE ISSUED.



Sheboygan Falls YMCA Celebrating 50 Years! 1976-2026

The roots of the Sheboygan Falls YMCA can be traced back to the summer of 1969, when the Sheboygan County YMCA began expanding youth programs throughout the county. Under the leadership of YMCA Executive Director Don Lohmann and Edward Grosshuesch, Principal of Oostburg High School, youth sports opportunities such as flag football and basketball were introduced and promoted in communities across the area.

In August 1975, the Sheboygan Falls Jaycees, who were operating a youth center above Robert's Clothing Store at 403 Broadway Avenue, approached Don Lohmann about the YMCA assuming responsibility for the center. Following several meetings involving the Jaycees, YMCA leadership, and local community leaders, it was determined that the most effective path forward was to establish a full-fledged YMCA branch in Sheboygan Falls.

On June 16, 1976, the Sheboygan Falls YMCA officially became a branch of the Sheboygan County YMCA and simultaneously received its charter as a member of the National Council of YMCAs.

The new branch quickly expanded its offerings beyond youth sports to include fitness classes, gymnastics, girls' athletics, and preschool opportunities serving Sheboygan Falls, Oostburg, and Hingham. As participation continued to grow, it became increasingly clear that the Sheboygan Falls YMCA needed a facility of its own.

Richard Bemis, a member of the Sheboygan County YMCA Board of Directors, and his brother Peter Bemis, a member of the Falls YMCA Board, played key roles in launching the planning process for a permanent YMCA facility. In August 1979, the YMCA received two property donations from the F.K. Bemis Family Foundation, while the City of Sheboygan Falls donated an additional parcel of land to support the project.

On June 7, 1981, the new Sheboygan Falls YMCA facility was completed. At the time, Sheboygan Falls was recognized as the smallest community in the nation to have its own YMCA building. The YMCA continued to grow throughout the years:

- 1988 – An Aerobic/Nautilus Center was added with support from the F.K. Bemis Family Foundation, the Herrick Foundation, and the Sheboygan County YMCA Endowment.
- September 1994 – Construction began on a new building addition.
- 1995 – Infant through two-year-old child care services were introduced.
- June 2012 – Construction began on another major expansion, including new child care classrooms, fitness room, and a new front entrance.

Today, as we celebrate 50 years of service (1976–2026), the Sheboygan Falls YMCA continues to build on the vision of its founders by strengthening our community through youth development, healthy living, and social responsibility. What began as a small youth center above a downtown storefront has grown into a vital community organization that serves thousands of individuals and families each year.



SHEBOYGAN FALLS YMCA



CELEBRATING

★ **50 YEARS** ★

**AS PART OF THIS
GREAT COMMUNITY**

CELEBRATE WITH US!

**OCTOBER 1ST - 31ST
TO COMMEMORATE THIS
MILESTONE, JOIN FEE
WILL BE \$19.76**

EVENTS

OUTDOOR SKILLS & EDUCATION FUNDRAISING BANQUET Wednesday, December 2, 2026

We welcome you to the 27th Outdoor Skills & Education Fundraising Banquet! Please join us at The Village at 170 for great food, games, raffles, auctions & loads of drawings! All proceeds benefit camp!

4:45pm Doors Open! Check-in & Social, and view our selection of items available to win

6:15pm Dinner is Served

After dinner is finished, the program begins and goes until all items & prizes are given away!

[Click here for more information](#)

YMCA CAMP Y-KODA

7th Annual SCARECROW FESTIVAL

October 10 - 11, 2026

Hosted by Camp Y-Koda
& Christopher Farm and Gardens



[Scarecrow
Festival
Information](#)

For
more
information, click
the link or scan
the QR code.

Falls Y Flapjacks & Football



Saturday, September 12th

7:30am - 2:00pm

River Park Large Shelter

All you can eat pancake fundraiser

Adult(Ages 11+) - \$10

Youth(Ages 5-10) - \$5

Kids(4 & under) - Free

Y Doug Opel's Run for the Kids

Thanksgiving
Day



NOV
26

50th Anniversary

SHEBOYGAN YMCA

2-Mile Walk | 2-Mile Run | 10K Run

Registration Opens August 1

Register early for the lowest entry fee! Prices increase as race day approaches.

CHILD CARE

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.**

For availability at your child's age level and pricing, please contact:

Sheboygan: Ashley Bittinger at 920-451-8000 x107 (abittinger@sheboygancountyyymca.org)

Sheboygan Falls: Kelly Thill at 920-467-2464 x203 (kthill@sheboygancountyyymca.org)



SHEBOYGAN YMCA CHILD CARE

	Ages 2 - 5	Ages 5 - 12
Mon - Fri	6:30am - 5:30pm	6:30am - 8:00am
		after school - 5:30pm
Summer		6:30am - 5:30pm
SHEBOYGAN FALLS YMCA CHILD CARE		
		6 Wks - 4 Yrs
Mon - Fri		6:00am - 5:30pm

YMCA 3K LITTLE LEARNERS

Ages 3-4 (Must be 3 by September 29, 2026)

Session 1: September 8 - January 19

Tuesdays & Thursdays | 9:00am - 11:30am

This preschool program emphasizes social and school readiness skills, including early language & literacy, math & science skills, fine motor skills, self help, and instilling confidence & independence.

- ✓ Exercise & coordination
- ✓ Stories & crafts
- ✓ Music & songs
- ✓ Parties & games



Sheboygan Falls YMCA



920-467-2464

YDC CHILD CARE CENTER

at the Sheboygan YMCA

The YDC plans weekly themes with developmentally appropriate activities.

School Year Programs We Provide:

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

Enroll Today!

Hours of Operation
Monday - Friday
6:30am - 5:30pm

Accepting kids
ages 2 - 12
for the school year &
No School Day care
available

For More Information
abittinger@sheboygancountyyymca.org

FALLS YMCA

NO SCHOOL DAY PROGRAM

CHILDREN IN GRADES 4K - 4TH GRADE

New!! The Sheboygan Falls YMCA will be offering school age child care on NO School Days ONLY for the 2026-2027 school year.

For more information, contact:

Kelly Thill, Child Care Director
920-467-2464 x203
kthill@sheboygancountyyymca.org

2026 - 2027 No School Days (Sheboygan Falls School District)

Friday, September 25
Friday, October 23
Wednesday, November 25
Friday, January 15
Monday, January 18
Monday, February 15
Friday, April 23
Friday, May 28



Winter Break No School Days

Wednesday, December 23
Monday, December 28
Tuesday, December 29
Wednesday, December 30

Daily Rate

Sheboygan County Y Member	\$50.00
Non-Member	\$55.00

3-Day Rate

Sheboygan County Y Member	\$155.00
Non-Member	\$160.00

Spring Break No School Days

Monday, March 22 - Friday February 27, 2027
Monday, March 29

Spring Break Weekly Rate

Sheboygan County Y Member	\$180.00
Non-Member	\$187.00

NATURE BASED CHILD CARE

YMCA CAMP Y-KODA

MAYWOOD

Ages 3 - 6 Years

Monday-Friday 7:30am-4:30pm
Hourly Rates available at both locations

Curriculum/Philosophy

Our nature-based child care is built on the belief that children are natural scientists, artists, and explorers. We believe the outdoor environment is the "third teacher," providing endless opportunities for risk-management, problem-solving, and emotional grounding. By shifting the classroom outside, we foster a deep, lifelong connection to the nature while nurturing the whole child. Learning is child-led, play-based, and deeply rooted in the changing seasons.

Key Tenets

Place-Based Awareness: Rooting the child's identity in their local watershed, ecosystem, and community.

Risky Play Guidelines: Supporting supervised, age-appropriate risk-taking (like tree climbing or tool use) to build confidence and spatial awareness.

Leave No Trace: Instilling conservation ethics by leaving natural spaces exactly as they were found.

For more information, please contact:

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

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



SWIMMING LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



3 years–5 years
PRESCHOOL:
STAGES 1–4



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

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

WHICH STAGE IS THE STUDENT READY FOR?

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

NOT YET

**A / WATER
DISCOVERY**

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

NOT YET

**B / WATER
EXPLORATION**

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

[CLICK HERE FOR POOL SCHEDULES](#)

YOUTH GROUP SWIMMING LESSONS AT THE SHEBOYGAN YMCA

		Garton Pool					Verhulst Pool		
		Baby A & B	PS Stages 1 &2	PS Stages 3 &4	GS Stages 1 &2	GS Stage 3	GS Stage 4	GS Stages 5&6	Adult Swim
MONDAY									
6:45-7:15PM									
TUESDAY									
4:15-4:45PM									
4:45-5:15PM									
5:15-5:45PM									
5:45-6:15PM									
WEDNESDAY									
9:15-9:45AM									
9:45-10:15AM									
5:00-5:30PM									
5:30-6:00PM									
6:00-6:30PM									
6:45-7:15PM									
THURSDAY									
4:15-4:45PM									
4:45-5:15PM									
5:15-5:45PM									
SATURDAY									
9:30-10:00AM									
10:00-10:30AM									
10:15-11:00AM									
10:30-11:00AM									

CLASSES ARE HELD ONCE PER WEEK

Please contact the front desk or Aquatics Director as soon as possible if you accidentally register your child for the wrong class, so that spot can be opened up for another child.

CLICK HERE FOR REGISTRATION

FALL 1

**September 8 - October 24, 2026
(7 Weeks)**

Labor Day Make Up Day - Monday, October 26

Adult Swim Lessons: Fall 1 ONLY

7-WEEK GROUP SWIM LESSON FEES

Sheboygan County Family Member	\$21.00
Sheboygan County Youth Member	\$50.00
Non-Member	\$76.00

FALL 2

**November 2 - December 23, 2026
(7 Weeks)**

Break Week: November 23 - 28

7-WEEK GROUP SWIM LESSON FEES

Sheboygan County Family Member	\$21.00
Sheboygan County Youth Member	\$50.00
Non-Member	\$76.00

**WEDNESDAY, THURSDAY & SATURDAY
CLASSES WILL MEET FOR 6 WEEKS
(NO SWIM LESSONS DECEMBER 23, 24, 26)**

6-WEEK PRORATED FEES

Sheboygan County Family Member	\$18.00
Sheboygan County Youth Member	\$43.00
Non-Member	\$66.00

REGISTRATION DATES*

Members: Monday, August 3

Non-Members: Thursday, August 6

***You may register for one or both sessions!**

AQUATICS

SWIMMING LESSON CLASS DESCRIPTIONS

Swim lesson levels are based on the child's skill, not just their age.

SWIM STARTERS

BABY A&B

Ages 6 months - 3 years with Adult

This parent-child class introduces infants and toddlers to the pool through songs, playful movement, and calm encouraging instruction. Little ones explore basic water movements while building trust and independence at their own pace. To pass this class, children must be 3 years old, able to stand and walk independently in pool that is 2'6" deep and comfortable working with an instructor without a parent in the water

PRESCHOOL SWIM BASICS

PRESCHOOL 1&2

Ages 3 - 5 without Adult

Prerequisite: Ability to stand and walk independently in pool that is 2'6" deep

Children gain confidence in the water while building essential basic swimming skills. Children learn to float, glide, kick, and begin coordinated arm movements with support. Emphasis is placed on water safety, listening skills, and growing confidence. To pass this class, and move to Preschool 3&4, children must be confident submerging & recovering and floating independently with face in the water.

PRESCHOOL 3&4

Ages 4 - 5 without Adult

Prerequisite: Children entering this class must have experience in swimming lessons, understand basic pool safety, be able to submerge confidently, as well as front and back float independently. 3-year-olds who meet prerequisites are permitted.

Children learn to swim independently with their faces in the water in chest-deep water. They are introduced to rhythmic breathing and basic strokes. This class is for children who aren't yet able to swim 10-15 meters on their front and back independently. Children who finish Preschool 3&4 have strong skimming skills, so the next class up is Grade School 3 in Garton Pool or Grade School 4 in Verhulst Pool if they can swim front crawl with face in the water 10-15 meters, in deep water independently. Children must be at least 5 years old to move up to another class level.

REGISTRATION CANCELLATION POLICY

If you wish to cancel your child's class registration, it must be done at least 3 days before the 1st day of class in order to receive a refund unless a medical excuse is received in writing. All class cancellations will be charged a \$5.00 administrative fee.

GRADE SCHOOL SWIM BASICS

GRADE SCHOOL 1&2

Ages 5 - 10

Prerequisites: No prior experience necessary

Children focus on coordinated arm and leg movements, floating, gliding, and basic stroke development while improving breath control. Water safety skills are reinforced, helping swimmers become more confident and capable in the pool. To pass this class, and move to Grade School 3, children should be able to submerge confidently, as well as float independently with face in the water.

GRADE SCHOOL 3

Ages 5 - 10

Prerequisite: Children entering this class should have experience in the water and be able to submerge confidently, as well as front float with face in the water and back float independently

Children learn to swim independently with their faces in the water. They are introduced to rhythmic breathing and integrated arm and leg action. This class is for children who aren't yet able to swim 10-15 meters on their front and back. To pass this class, children should be able to swim 15 meters on their front with their face in the water, as well as on their backs. They can float independently on their front and back. They must also be comfortable swimming in deep water.

GRADE SCHOOL SWIM STROKES

GRADE SCHOOL 4

Ages 6 - 10

Prerequisite: This class is for children who can swim 15 meters on their front with their face in the water, as well as on their backs. They can float independently on their front and back. They must also be comfortable swimming in deep water. 5-year-olds who meet prerequisites are permitted to join.

This class introduces stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. To pass this class, children must be able to swim front crawl, back crawl, and breaststroke for 25 meters with proper technique and breathing in deep water.

GRADE SCHOOL 5&6

Ages 6 - 12

Prerequisite: Children must be able to swim front crawl, back crawl, and breaststroke for 25 meters with proper technique and breathing in deep water.

In this class, children refine their stroke technique in the major competitive strokes. This is the Y's highest swim lesson class. Children interested in advancing their swim skills are encouraged to join the Summer Swim Team!

ADULT SWIM LESSONS

FALL 1 - MEETS FOR 6 WEEKS

SEPTEMBER 12 & 19 AND OCTOBER 3, 10, 17 & 24

Age 18+

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

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

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

AQUATICS FITNESS CLASSES

AI CHI AQUATICS CLASS

Age 15+

Find calm, balance, and strength in this gentle, flowing water class performed in shallow, warm water. Set to quiet, relaxing music, Ai Chi combines slow, controlled movements with deep breathing to promote relaxation, flexibility, and improved balance.

The soothing warmth of the water supports the body while reducing joint stress, making this class ideal for all ages and abilities. Ai Chi helps decrease stress, enhance mind-body awareness, and improve overall well-being in a peaceful, supportive environment.

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

ARTHRITIS AQUATICS CLASS

Age 15+

Move with greater comfort and confidence in our Arthritis Aquatics class, held in shallow, warm water during the late morning. The soothing warmth helps relax muscles and ease joint stiffness, while the buoyancy of the water reduces pressure on hips, knees, and backs.

This gentle, low-impact class focuses on improving range of motion, flexibility, and light strength to support everyday activities. It's ideal for individuals managing arthritis, joint discomfort, or those recovering from knee or hip surgeries who are looking to rebuild strength safely.

Enjoy the benefits of warm water exercise and start your day feeling looser, stronger, and refreshed

Monday (Instructor: Terry)	11:00am - 12:00pm
Tuesday (Instructor: Mary)	11:00am - 11:45am
Thursday (Instructor: Mary)	11:00am - 11:45am
Friday (Instructor: Terry)	11:00am - 12:00pm

Fee is Per Day

Sheboygan County YMCA Member	Free
Non-Member	\$10.00

HAVE MORE QUESTIONS?

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

POOL BIRTHDAY PARTY

The Garton Pool is available to rent, giving you the perfect place to gather friends and family for an unforgettable celebration. Please see Birthday Party info on Page 5 for rates. Contact Heather Nitsch to make your reservation.

SHALLOW WATER AEROBICS

Age 15+

Use the natural resistance of water to build strength, improve cardiovascular endurance, and increase flexibility, all while minimizing impact on knees, hips, and backs. Exercising in the water provides 360° resistance, meaning every movement works multiple muscle groups at once. The buoyancy of the water supports your body weight, reducing stress on joints and lowering the risk of injury. At the same time, the water's resistance helps tone muscles, improve balance, and enhance coordination. You'll also benefit from improved circulation and a refreshing workout that keeps you cool while you move.

This class is truly for all ages and fitness levels. Whether you're new to exercise, returning after an injury, cross-training, or simply looking for a low-impact way to stay active, water aerobics offers modifications and intensity options for everyone. Participants can work at their own pace. This class is taught in chest deep water in Verhulst Pool. Participants should be comfortable in the water but do not need to have swimming skills

Monday (Instructor: Sue)	 8:30am - 9:30am
Tuesday (Instructor: Tom)	 8:30am - 9:30am
Wednesday (Instructor: Tom)	 8:30am - 9:30am

DEEP WATER AEROBICS

Age 15+

This zero-impact class is performed in deep water using flotation belts to keep you suspended safely and comfortably. Without touching the pool floor, you'll engage your core, improve balance, and strengthen your entire body.

Deep water provides constant resistance while eliminating stress on joints, making it ideal for all ages, cross-training, injury recovery, or anyone looking for a challenging yet joint-friendly workout. Participants can adjust intensity to match their fitness level while enjoying a supportive, energizing environment.

Thursday (Instructor: Sue) 8:30am - 9:30am

Fee is Per Day

Sheboygan County YMCA Member	Free
Non-Member	\$10.00

AQUATICS

MEET NEW SWIM TEAM HEAD COACH CORTNEY BIDDLE

"Swimming is more than a sport. It's a passion. It's a dedication. It's a way of life."

I love the passion, dedication, and hard work swimmers exemplify. For the past 12 years, I have been part of the Sheboygan YMCA team as a swim instructor, lifeguard, and swim coach, and most recently, I joined the coaching staff at North High Raider Swim Camp. Swimming has been a way of life for my family for many years. Both of my children grew up in the Sheboygan YMCA swim program. My son swam with the Chinook Swim Team from a young age through high school, and my daughter is currently entering her ninth year on the team. Their experiences have given me a unique perspective as both a coach and a swim parent, and have strengthened my commitment to helping every swimmer reach their potential. I look forward to fostering an environment where passion and dedication will help shape tomorrow's athletes and prepare them for the next step in their journey.



INTRO TO SWIM TEAM

**MONDAY, SEPTEMBER 9, 14, & 21 AND
WEDNESDAY, SEPTEMBER 16 & 23, 2026**

Ages 5 - 12

This 3-week Intro to Swim Team program will give your kids a taste of what swim team is all about before the actual season begins September 28. If you are not sure if the Swim Team is the right fit, this program is for you!

Intro To Swim Team gives the kids who are considering joining the team or those joining for the first time a small group experience to get to know the coaches and the expectations. If you are not sure if your child is ready to commit to swim team, this is your chance to try it out in a very low-pressure environment. Swimmers will be introduced to the four competitive strokes: freestyle, backstroke, breaststroke and butterfly.

Children must be able to swim 25 meters front crawl independently or have passed Swim Lessons Grade School 3 class in order to join. Program includes five 1-hour practices.

Parents of kids considering joining the Swim Team are invited to attend the informational parent meeting on Monday, September 14 at 5:15pm to learn more.

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

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

CHINOOK SWIM TEAM

SEPTEMBER 28, 2026 - APRIL 4, 2027

Ages 5 - 17

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

- Per national YMCA rules, all swim team members must have an annual YMCA membership in addition to team fees listed below, in order to compete in swim meets.
- **Registration:** Swim Team participants must be registered in Daxko and have Registration Packet Forms turned in before the first day of practice the week of September 28.
 - o **Monday, August 17** – Registration Packet will be published online and hard copies will be available at the Sheboygan Y front desk.
 - o **Monday, August 24** – Registration Opens. You can register in person at the front desk or online on Daxko.
- **A mandatory parent/guardian informational meeting will be held on Monday, September 14 at 5:15pm** at the Sheboygan Y. Registration packets will be distributed and collected at meeting.
- If you are unsure which group your swimmer should be registered for, please see more specific determinations in Registration Packet or email Coach Cortney Biddle at cbiddle@sheboygancountyyymca.org to discuss before registering.

CHINOOK SWIM TEAM AGES/ABILITIES - PRACTICE SCHEDULE AND FEES

WHITE (AGES 5-8 YEARS)

- Able to swim 25 meters freestyle and 25 meters backstroke

Monday 5:00pm-6:00pm
Friday 4:00pm-5:00pm

Fee \$384.00

RED/BLUE (AGES 5-8 YEARS)

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

Monday and Wednesday 4:00pm-5:00pm
Friday 5:00pm-6:00pm

Fee \$384.00

BRONZE 2 (AGES 9+ YEARS)

- Able to swim 50 meters freestyle and 50 meters backstroke

Tuesday & Thursday 4:15pm-5:15pm

Fee \$384.00

BRONZE 1 (AGES 9+ YEARS)

- 1 year of team experience
- Legal in all four strokes
- Target time of 50 free in 60 seconds

Monday and Friday 4:15pm-5:15pm
Wednesday 5:45pm-6:45pm

Fee \$432.00

SILVER 2 (AGES 10+ YEARS)

- Endurance to swim 200 meters (4 laps)
- Consistent flip turns
- Target time of 50 free in under 50 seconds

Monday and Friday 4:15pm-5:30pm
Wednesday 5:30pm-6:45pm
Thursday 6:00pm-7:30pm

Fee \$648.00

SILVER 1 (AGES 10+ YEARS)

- Able to swim a 300 (8 laps)
- Consistent flip turns & can improve pace
- Target time of 50 free in under 40 seconds

Monday and Friday 5:30pm-6:45pm
Wednesday 4:15pm-5:30pm
Thursday 6:00pm-7:30pm

Fee \$648.00

GOLD (AGES 12+ YEARS)

- Able to swim a 500 (10 laps) comfortably
- Target time of 50 free in under 32 seconds

Monday (Dry Land) 4:30pm-5:00pm
Monday (Pool) 5:15pm-6:45pm
Wednesday (Pool) 4:15pm-5:45pm
Thursday (Pool) 6:00pm-7:30pm
Friday (Dry Land) 4:30pm-5:00pm
Friday (Pool) 5:15pm-6:45pm

Fee \$720.00

HIGH SCHOOL

BOYS: Swim Before and After their school season

GIRLS: Swim After their school season

- Able to swim a 500 (10 laps) comfortably
- Girls target time: 50 free in 30 seconds and under
- Boys target time: 50 free in 28 seconds and under

Monday (Dry Land) 4:30pm-5:00pm
Monday (Pool) 5:15pm-6:45pm
Wednesday (Pool) 4:15pm-5:45pm
Thursday (Pool) 6:00pm-7:30pm
Friday (Dry Land) 4:30pm-5:00pm
Friday (Pool) 5:15pm-6:45pm

Girls Fee \$540.00
Boys Fee \$370.00

**** All groups also rotate occasional practices on Saturdays from 8:00am-10:00am Dates TBD**

GYMNASTICS

SHEBOYGAN YMCA GYMNASTICS CLASSES

FALL 1 (7 WEEKS)
September 8 - October 24, 2026

Labor Day Make Up Day
Monday, October 26

Break Week: October 26 - 31

FALL 2 (7 WEEKS)
November 2 - December 23, 2026

**** Thursday, Friday and Saturday classes prorated to 6 weeks ****

Break Week: November 23 - 28

7-Week Class Fees

30 Minutes

Sheboygan County Family Member	\$36.00
Sheboygan County Youth Member	\$43.00
Non-Member	\$59.00

45 Minutes

Sheboygan County Family Member	\$50.00
Sheboygan County Youth Member	\$64.00
Non-Member	\$94.00

60 Minutes

Sheboygan County Family Member	\$71.00
Sheboygan County Youth Member	\$85.00
Non-Member	\$122.00

6-Week Class Fees

30 Minutes

Sheboygan County Family Member	\$31.00
Sheboygan County Youth Member	\$37.00
Non-Member	\$50.00

45 Minutes

Sheboygan County Family Member	\$43.00
Sheboygan County Youth Member	\$55.00
Non-Member	\$80.00

60 Minutes

Sheboygan County Family Member	\$61.00
Sheboygan County Youth Member	\$73.00
Non-Member	\$104.00

	Family Movement	Rockers & Rollers	Preschool without Parent	Girls (6-8)	Girls (9-11)	Little Springers	Novice	Pre Team	Boys Gymnastics	Parkour (5-8)	Parkour (8-12)
MONDAY											
3:45-4:30PM				•							
4:30-5:15PM	•					•					
5:15-6:00PM	•										
5:15-6:15PM								•			
6:15-7:00PM					•						
TUESDAY											
3:35-4:30PM						•					
4:30-5:15PM			•								
4:45-5:15PM		•									
5:15-6:00PM				•							
6:00-6:45PM							•				
WEDNESDAY											
9:15-10:00AM	•										
10:00-10:45AM			•								
3:45-4:30PM				•							
4:30-5:15PM						•					
5:15-6:15PM								•			
6:15-7:00PM					•						
THURSDAY											
3:45-4:30PM						•					
4:30-5:15PM			•								
5:15-6:00PM									•		
6:00-6:45PM							•				
FRIDAY											
9:15-10:00AM	•										
4:45-5:15PM		•									
6:30-7:15PM										•	
7:15-8:00PM											•
SATURDAY											
8:30-9:00AM		•									
9:00-9:30AM		•									
9:15-10:00AM	•										
10:00-10:45AM			•								
10:45-11:30AM				•							
11:30AM-12:15PM					•						

FAMILY MOVEMENT FOR BOYS & GIRLS

Crawlers - 4 Years with Adult

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

ROCKERS & ROLLERS

Ages 3 - 4 without Adult

Rockers & Rollers is designed for 3-4 year olds who have graduated from our Family Movement class or have progressed beyond the parent-participation level and are ready for a more independent and challenging experience. This small-group class (4:1 child-to-coach ratio) allows each gymnast to receive individualized attention while building confidence and independence. Each week, we focus on one key skill from the USA Gymnastics Basic Curriculum, helping children develop strength, coordination, and proper technique in a structured and supportive environment. Classes begin with a fun movement warm-up and song to get everyone engaged and ready to learn. **Prerequisites: child Must be potty trained; Parent/Guardian must remain in the facility during class.**

PRESCHOOL GYMNASTICS FOR BOYS AND GIRLS

Ages 4 - 5

Every class begins with fun music and challenging manipulative activities. Children increase strength, balance, coordination and flexibility while exploring gymnastics and tumbling.

LITTE SPRINGERS FOR BOYS AND GIRLS

Ages 4 - 6

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

GIRLS GYMNASTICS

GIRLS GYMNASTICS

Ages 6 - 11 (see grid for age groups)

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

NOVICE GYMNASTICS FOR BOYS & GIRLS

Ages 6 - 11

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

[CLICK HERE FOR REGISTRATION](#)

REMINDER

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

PRE-TEAM FOR GIRLS

Ages 6 - 14

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

BOYS GYMNASTICS

Ages 6 - 12

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

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

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

PARKOUR

Ages 5 - 12 (see grid for age groups)

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

**GYMNASTICS POLICIES
FOUND ON PAGE 24**

GYMNASTICS

GYMNASTICS POLICIES

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



BIRTHDAY PARTIES

See Page 5 for more information on how you can schedule your gymnastics birthday party now!

Contact Sandra Garcia at sgarcia@sheboygancountyyymca.org



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

FAMILY REC GYMNASTICS DROP-IN PROGRAM

6 Months to Age 12

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

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

YOUTH REC GYMNASTICS 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	\$7.00
Sheboygan County Y Youth Member	\$11.00
Non-Member	\$15.00



POP-UP GYMNASTICS OR PRIVATE LESSONS

(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 registration system. Sign up for as many lessons as you choose.

If you need another day or time, please contact Mariah at mbennin@sheboygancountyyymca.org.

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

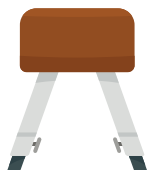
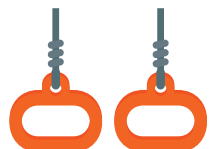
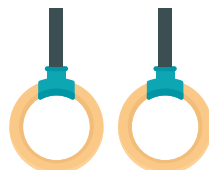
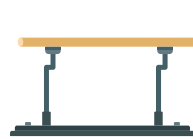
Pop-Up - 45 Minutes

Family Member \$31.00*
 Youth Member..... \$35.00*
 Non-Member..... \$53.00

Private Lesson - 30 Minutes

Family Member \$24.00*
 Youth Member \$27.00*
 Non-Member \$41.00

*** Member Rates - Sheboygan County YMCA Member**



FINE ARTS

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.

CRAFTING CLUB

TUESDAYS - 12:00-1:00PM
Ages 12+

Join the Crafting Club for a fun and creative way to connect with others while exploring a variety of hands-on projects. Participants of all skill levels are welcome to enjoy activities in a relaxed, social environment. Whether you're looking to learn a new hobby, share ideas, or simply unwind, the Crafting Club offers a welcoming space to create and build community together. **Fees are based upon the craft.**

Crafting themes & dates:

September 8 & 15: Canvas Purse
September 22 & 29: Pouch/Covers
October 6 & 13: Decoupage pumpkins
October 20 & 27: Masks
November 3, 10, 17, 24: New holiday decor each class
(each class in November is 1 day)
December 1 & 8: Wreath
December 15 & 22: Ornaments

1 Day Fee

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

2 Day Fee

Sheboygan County Y Member \$10.00
Non-Member \$16.00

[CLICK HERE FOR REGISTRATION](#)

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.

DANCE PARTIES

Dance Parties held in Sheboygan MPR

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

Sheboygan County Y Member \$8.00
Non-Member \$13.00

In My Dance Era

Halloween Hop

Rotten to the Core

Winter Wonderland

FRIDAY - 10:30-11:30am				
September 25 (Ages 7-12)	•			
October 16 (Ages 4-6)		•		
November 6 (Ages 7-12)			•	
December 18 (Ages 4-6)				•

ART PARTIES

Art Parties held in Sheboygan MPR

Unleash your inner artist with the perfect blend of creativity and fun! Our art instructors will lead you step-by-step through creating your own masterpiece — no prior art experience needed! **Fee is per child, per party.**

Paint & Sip: Parents can attend but do not need to pay.

Sheboygan County Y Member \$8.00
Non-Member \$13.00

Apple Cider

Hot Chocolate

Paint & Sip (Ages 6-14)		
Thursday, November 24 6:00-7:00pm	•	
Wednesday, December 30 5:00-6:00pm		•

DANCE BIRTHDAY PARTIES

See Page 5 for more information on how you can schedule your dance birthday party now!

FALL 1 DANCE CLASSES - SHEBOYGAN YMCA

FALL 1 (7 WEEKS)
September 8 - October 24, 2026

Labor Day Make Up Day
Monday, October 26

Break Week: October 26 - 31

7-Week Class Fees

30 Minutes

Sheboygan County Family Member	\$35.00
Sheboygan County Youth Member	\$42.00
Non-Member	\$63.00

45 Minutes

Sheboygan County Family Member	\$42.00
Sheboygan County Youth Member	\$49.00
Non-Member	\$74.00

Classes held in the Sheboygan Y MPR

CREATIVE MOVEMENT

Ages 2 - 4 with Adult

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

BITTY BALLET

Ages 3 - 5

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

TAP & BALLET I

Ages 5 - 7

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

BALLET I & II

Ages 5 - 9 Ballet I Ages 7 - 14 Ballet II

This class will focus on the foundations of ballet including proper body placement, technique, balance, and strength. **Ballet II requires students to be Ballet level 3 or higher.**

[CLICK HERE FOR REGISTRATION](#)



MONDAY									
4:30-5:15PM									
5:15-5:45PM									
5:45-6:30PM									
TUESDAY									
4:30-5:15PM									
5:15-6:00PM									
6:00-6:45PM									
WEDNESDAY									
4:00-4:30PM									
4:30-5:00PM									
5:00-5:30PM									

POMS

Ages 8 - 14

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

HIP HOP/BALLET

Ages 6 - 10

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

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.

TAP/BALLET II

Ages 8 - 16

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

FINE ARTS

FALL 2 DANCE CLASSES - SHEBOYGAN YMCA

FALL 2 (7 WEEKS)
November 2 - December 23, 2026

Break Week: November 23 - 28

7-Week Class Fees

30 Minutes

Sheboygan County Family Member	\$35.00
Sheboygan County Youth Member	\$42.00
Non-Member	\$63.00

Dance classes
held in the
Sheboygan Y
MPR

Creative Movement
(with Adult)

Ballet I

Ballet II

WEDNESDAY			
4:00-4:30PM		•	
4:30-5:00PM			•
5:00-5:30PM	•		



CREATIVE MOVEMENT

Ages 2 - 4 with Adult

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

BALLET I & II

Ages 5 - 9 Ballet I

Ages 7 - 14 Ballet II

This class will focus on the foundations of ballet including proper body placement, technique, balance, and strength. **Ballet II requires students to be Ballet level 3 or higher.**

2026 FALL PROGRESSIVE DANCE CLASSES

CENTER STAGE: JOLLY HOLLY

Ages 8 - Adult

Participants will learn how to memorize lines, project their voice, and use their emotions through storytelling. Open to all acting levels with a part for everyone!

Jolly Holly: When the Christmas spirit goes missing, everyone blames Holly, the grumpiest resident in town. But can she prove her innocence before Christmas Day?

8 WEEKS - WEDNESDAYS

5:30-7:00pm

September 30 - December 5, 2026

Class meets in Sheboygan MPR

Break Week: November 23 - 28

8-Week Class Fees

Sheboygan County Member	\$30.00
Non-Member	\$60.00

THE NUTCRACKER

Join us for a magical journey into the world of The Nutcracker! This class offers dancers and performers the opportunity to participate in a full-scale production of the beloved holiday classic. Students will learn choreography, develop character work, and rehearse scenes from the ballet in preparation for a live performance. Whether you're dreaming of dancing as the Sugar Plum Fairy, leaping as a Mouse Soldier, or joining the enchanting Waltz of the Flowers, this immersive experience brings Tchaikovsky's timeless score and story to life on stage.

Open to performers of all levels, roles will be assigned based on age, ability, and experience. In addition to weekly rehearsals, participants will gain valuable stage experience, build performance confidence, and be part of a collaborative, supportive cast.

12 WEEKS - THURSDAYS

September 10 - December 5, 2026

(Ages 6-10 4:30-5:30pm)

(Ages 8-16 5:30-6:30pm)

Class meets in Sheboygan MPR

Break Week: November 23 - 28

12-Week Class Fees

(Includes \$35 costume deposit)

Sheboygan County Member	\$89.00
Non-Member	\$116.00

2026-2027 PROGRESSIVE DANCE CLASSES

PROGRESSIVE (24 WEEKS)

November 2, 2026 - May 22, 2027

Break Weeks: November 23 - 28
December 24 - January 3
March 22 - 28

24-Week Class Fees**

30 Minutes

Sheboygan County Family Member \$155.00
Sheboygan County Youth Member \$179.00
Non-Member \$251.00

45 Minutes

Sheboygan County Family Member \$179.00
Sheboygan County Youth Member \$203.00
Non-Member \$287.00

60 Minutes

Sheboygan County Family Member \$203.00
Sheboygan County Youth Member \$227.00
Non-Member \$323.00

****Non-refundable \$35 costume deposit included**



MONDAY						
4:30-5:15PM			•			
5:15-5:45PM	•					
5:45-6:30PM					•	
TUESDAY						
4:30-5:15PM		•				
5:15-6:00PM				•		
6:00-7:00PM						•

BITTY BALLET

Ages 3 - 5

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

TAP & BALLET I

Ages 5 - 7

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

POMS

Ages 8 - 14

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

HIP HOP/BALLET

Ages 6 - 10

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

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.

TAP/JAZZ/BALLET

Ages 8 - 16

This combination class is designed to explore the uniqueness of each style and helping build your child into a rounded dancer. Class instruction will rotate between the three styles. Requires students to be Level 3 or higher in each style.

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	\$27.00	\$35.00
Non-Member	\$41.00	\$53.00

[CLICK HERE FOR REGISTRATION](#)

NEW SPORTS MODEL AND FORMAT TO ACCOMMODATE YOU!

Our new monthly class model gives families the flexibility to register one month at a time while offering something new each month. Class offerings will rotate monthly, featuring a variety of sports and activities to keep participants engaged and excited to learn.

From introductory classes for beginners to advanced academy programs, there will be a wide range of options throughout the season.

Whether your child wants to try a new sport, continue developing their favorite one, or participate in multiple classes, our monthly model makes it easy to stay active, have fun, and enjoy a variety of sports at the YMCA.

FALL 2026 CLASS FEES

Adult + Child - 30 Minutes

Sheboygan County Family Member	\$26.00
Sheboygan County Youth Member	\$32.00
Non-Member	\$39.00

Pee Wee - 45 Minutes

Sheboygan County Family Member	\$29.00
Sheboygan County Youth Member	\$34.00
Non-Member	\$44.00

Mighty Mite - 1 hour

Sheboygan County Family Member	\$34.00
Sheboygan County Youth Member	\$39.00
Non-Member	\$49.00

Academy - 1 hour (includes t-shirt) **

Sheboygan County Family Member	\$49.00
Sheboygan County Youth Member	\$56.00
Non-Member	\$69.00

** 8-Week class

Youth

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

Sheboygan Y & Falls Y Youth Volleyball/Tennis

Sheboygan County Family Member	\$22.00
Sheboygan County Youth Member	\$24.00
Non-Member	\$38.00

Sheboygan Y - Homeschool Phy Ed

Sheboygan County Family Member	\$22.00
Sheboygan County Youth Member	\$24.00
Non-Member	\$38.00

YOUTH RACQUETBALL CLASS

September & October 2026

Tuesday - Ages 8-10 - 5:00-5:30pm

Tuesday - Ages 11-14 - 5:30-6:15pm

Class meets in Sheboygan Racquetball Court 1

4-Week Class Fees

Ages 8-10 (30 minutes)

Sheboygan County Family Member	\$26.00
Sheboygan County Youth Member	\$32.00
Non-Member	\$39.00

Ages 11-14 (45 minutes)

Sheboygan County Family Member	\$29.00
Sheboygan County Youth Member	\$34.00
Non-Member	\$44.00

new

Learn the fundamentals of racquetball in a fun and supportive environment. Instructed by Wisconsin Racquetball Hall of Famer Paul Krueger participants will develop skills, learn basics and build confidence.

YOUTH BEGINNER BOXING

September 9 - October 21, 2026

November 2 - December 23, 2026

Grades 3 - 8

Learn the fundamentals of boxing, from proper stance and footwork to basic punches and defensive techniques. Designed for beginners looking for an excellent workout with shadow boxing and punching bags, without sparring with others. Boost your fitness and gain self confidence in a fun and safe way. **Meets in Sheboygan Aerobic Studio.**

new

Instructor Joshua Richardson Savanh, has loved boxing for 25 years and has been properly training for the last 5 years. He is excited to teach newcomers the basics and fundamentals of Boxing.

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

Sheboygan County Y Family Member	\$34.00
Sheboygan County Y Youth Member	\$39.00
Non-Member	\$49.00

YMCA SPORTS MONTHLY MODEL PATHWAY (AGES 2 - 10 YEARS)

At the YMCA, our goal is to help every child discover a love for sports while building the skills and confidence to grow as an athlete. Our youth sports programs are designed as a progressive pathway, allowing participants to develop at their own pace as they move through each age group and skill level.

From introducing toddlers to movement and play, to teaching sport fundamentals, and eventually challenging experienced athletes in our Sports Academy, each class builds upon the last. We focus on developing fundamental movement skills, sport-specific techniques, teamwork, confidence, and sportsmanship in a fun, safe, and encouraging environment.

Whether your child is picking up a ball for the very first time or looking to elevate their game, our programs provide the support and instruction needed to continue progressing. Our hope is that every participant leaves with improved skills, lasting friendships, increased confidence, and most importantly, a lifelong passion for sports and being active.

Adult + Child (Ages 2-4 yrs)

Introduce your child to the exciting world of sports through fun, interactive activities designed just for toddlers! In this class, children ages 2,3,4 participate alongside an adult while exploring the basics of a variety of sports in a playful, encouraging environment. Each week includes age-appropriate games and activities that help develop coordination, balance, motor skills, listening skills, and confidence.

This class is the perfect first step into youth sports!

Pee Wee - No Parent (Ages 3-5 yrs)

Through age-appropriate games and activities, 3,4,5 year old's will develop basic skills such as throwing, catching, kicking, running, jumping, balance, and coordination while building confidence and teamwork.

Children will participate independently, helping them gain confidence and learn to follow directions in a group setting. While adult participation is not required, it is strongly encouraged, especially during the first few classes, to help children feel comfortable as they adjust to the class.

This class focuses on skill development, sportsmanship, and most importantly, having fun while fostering a passion for sports!

Youth (Ages 7-10 yrs)

Stay active after school with a fun mix of sports, games, and recreational activities! This class is a great way for kids to keep moving, try new sports, build friendships, and have fun while staying active between seasons. Each session features a variety of exciting games and activities!

Mighty Mite (Ages 5-7 yrs)

Perfect for children ages 5,6,7 who are new to sports or just beginning their athletic journey! This class focuses on teaching the basic fundamentals of a variety of sports in a fun and supportive way.

Whether your child is trying a sport for the very first time or wants to develop a strong foundation before joining a team, this class provides the encouragement and instruction they need to succeed. Our goal is to help every child gain confidence, develop new skills, make friends, all while being surrounded by sports!

**** No prior sports experience is necessary, just come ready to learn, play, and have fun!**

Sports Academy (Ages 7-10 yrs)

The Sports Academy is designed for young athletes ages 7,8,9,10 who already have experience playing sports and are ready to take their skills to the next level. This program emphasizes advanced skill development, game awareness, speed, agility, coordination, and overall athletic performance through high-energy drills and competitive activities.

Participants will be challenged in a positive environment while refining sport-specific techniques, improving decision-making, and building confidence. Class will focus on proper fundamentals, teamwork, and sportsmanship while encouraging athletes to push themselves and continue growing.

**** This class is best suited for children with prior sports experience who are looking for a faster-paced, more challenging program to help prepare them for league play and future competition.**

FALLS YMCA - FALL 2026 SPORTS
SEPTEMBER & OCTOBER

September						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- Program Session First day
- Program Session Last day
- No Program
- Holiday & No Program

October						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- Program Session First day
- Program Session Last day
- No Program
- Holiday & No Program

See Page 29 for age and program descriptions along with fees.

- Football - Child + Adult
- Football - Pee Wee
- Football - Mighty Mite
- Sports Fun - Mighty Mite
- Tennis
- Team Challenges - Youth
- Basketball - Academy (2 months)

MONDAY								
4:00-4:45PM			•					
5:00-6:00PM								•
TUESDAY								
WEDNESDAY								
4:45-5:15PM		•						
5:30-6:30PM				•				
THURSDAY								
4:00-4:45PM						•		
5:00-6:00PM					•			
FRIDAY								
4:00-4:45PM						•		

See Page 29 for age and program descriptions along with fees.

- Basketball - Child + Adult
- Basketball - Pee Wee
- Basketball - Mighty Mite
- Gym Games - Mighty Mite
- Volleyball Skills/Drills
- Friday Fun (Games) - Youth
- Basketball Conditioning - Youth (3 weeks - Oct 13, 20, 27)

MONDAY								
4:00-4:45PM					•			
TUESDAY								
4:00-4:45PM								•
WEDNESDAY								
4:30-5:15PM						•		
5:30-6:00PM	•							
THURSDAY								
4:00-4:45PM			•					
5:00-6:00PM				•				
FRIDAY								
4:00-4:45PM						•		

[CLICK HERE FOR REGISTRATION](#)

FALLS YMCA - FALL 2026 SPORTS NOVEMBER & DECEMBER

November						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

	Program Session First day
	Program Session Last day
	No Program
	Holiday & No Program

December						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

	Program Session First day
	Program Session Last day
	No Program
	Holiday & No Program

See Page 29 for age and program descriptions along with fees.

Soccer - Child + Adult

Soccer - Pee Wee

Soccer - Mighty Mite

Friday Fun - Mighty Mite

Gaga Ball - Youth

Volleyball - Academy (8 weeks)

MONDAY						
4:00-4:45PM						
5:00-5:30PM						
TUESDAY						
4:00-4:45PM						
5:00-6:00PM						
WEDNESDAY						
4:30-5:30PM						
THURSDAY						
FRIDAY						
4:00-5:00PM						

See Page 29 for age and program descriptions along with fees.

Sports All Sorts - Child + Adult

Sports All Sorts - Pee Wee

Sport All Sorts - Mighty Mite

Gaga / Dodge Ball - Youth

Friday Fun (Games) - Pee Wee

MONDAY						
4:00-4:45PM						
5:00-5:30PM						
TUESDAY						
4:00-5:00PM						
5:15-5:45PM						
WEDNESDAY						
5:45-6:15PM						
THURSDAY						
FRIDAY						
4:00-4:45PM						

[CLICK HERE FOR REGISTRATION](#)

SHEBOYGAN YMCA - FALL 2026 SPORTS

September						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- Program Session First day
- Program Session Last day
- No Program
- Holiday & No Program

November						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- Program Session First day
- Program Session Last day
- No Program
- Holiday & No Program

See Page 29 for age and program descriptions along with fees.

- Football - Child + Adult
- Football - Pee Wee
- Football - Mighty Mite
- Gaga Ball - Youth (9-14)
- Volleyball - Youth (8-13)
- Homeschool Phy Ed
- Football - Academy (8 weeks)

MONDAY								
4:00-4:30PM	.							
5:00-6:00PM			.					
TUESDAY								
4:15-5:00PM		.						
5:15-6:00PM		.						
WEDNESDAY								
5:00-6:00PM							.	
THURSDAY								
4:30-5:15PM				.				
FRIDAY								
1:30-2:30PM					.			
4:00-5:00PM				.				

See Page 29 for age and program descriptions along with fees.

- Basketball - Child + Adult
- Basketball - Pee Wee
- Basketball - Mighty Mite
- Sports Variety - Youth (9-14)
- Volleyball - Youth (8-13)
- Homeschool Phy Ed
- Basketball - Academy (8 weeks)

MONDAY								
4:00-4:30PM	.							
5:00-6:00PM			.					
TUESDAY								
4:15-5:00PM		.						
5:15-6:00PM		.						
WEDNESDAY								
5:00-6:00PM							.	
THURSDAY								
4:30-5:15PM					.			
FRIDAY								
1:30-2:30PM						.		
4:00-5:00PM				.				

YOUTH HEALTH & WELLNESS SPONSOR

A special thank you to the Family of Kyle Nack for sponsoring the YMCA Youth Health and Wellness Programs for 2026 in memory of Kyle.

Kyle was a much loved Physical Education teacher with the Sheboygan Area School District who left a lasting and positive impact on the lives of his young students. He also worked with youth at the Sheboygan YMCA in the YDC program for 10 years where his love for teaching positively impacted children and staff.

Supporting the YMCA Youth Health and Wellness Programs helps youth strengthen their mind, spirit and body, which in turn helps build strong families and strong communities.



Home School Physical Education Program

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

Sheboygan County Y Family Member	\$34.00
Sheboygan County Y Youth Member	\$39.00
Non-Member	\$49.00

YOUTH BASKETBALL LEAGUES January 9 - March 13, 2027

Boys and Girls in 5K - Grade 3

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

One hour practices begin in December. Practices are held once a week and are arranged by volunteer coaches. All games are played on Saturday morning or early afternoon. Registration forms will be sent to local schools and available at the YMCA. A separate registration form is required. **The registration deadline is November 14, 2026.**

Kindergarten - 1st Grade

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

Grades 2 - 3

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

5th & 6th GRADE GIRLS VOLLEYBALL LEAGUE September 1 - October 6, 2026

Come get your team together for a fundamental volleyball league night for girls in 5th and 6th grade. This new league will help develop your child by getting more touches on the ball, with coaches on the floor to help them. League will be **unofficial**, coaches on the floor, net height at the junior level, and using volleylite volleyballs. Teams will play for an hour, 3-game set if time allows, 3rd game will go to 15 points. Matches played on Tuesday evenings at the Sheboygan Falls YMCA beginning at 5:00pm, beginning on Tuesday, September 1st. For more information, please contact Halle at hboldt@sheboygancountyyymca.org or 920-467-2464 x207. **Registration deadline August 25, 2026.**

Team Fee \$75.00

7th & 8th GRADE GIRLS VOLLEYBALL LEAGUE October 29 - December 17, 2026

Get your team roster together for this volleyball league, which will help girls develop team play and work on fundamentals. Matches will be played on Thursday evening between 5:00pm - 8:00pm in the Sheboygan Falls YMCA gymnasium. For more information, please contact Halle at hboldt@sheboygancountyyymca.org or 920-467-2464 x207. **The registration deadline is October 23, 2026.**

Team Fee \$115.00

KID'S NIGHT OUT - FALLS Y Friday, December 11, 2026

Grades 1 - 4

Parents will enjoy a night to themselves while the kids will enjoy a night at the YMCA! Join us at Kids Night Out where the kids will play gym games, watch a movie, and have plenty of great snacks! **Theme: Christmas**

Friday 6:00pm - 8:30pm

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

WEIGHT TRAINING FOR YOUTH

StrongHer Teen
September 8 - October 20, 2026
November 3 - December 22, 2026

Girls Ages 12 - 17

Whether you're an athlete training for a sport or someone just looking for an edge to gain better personal fitness, StrongHer Teen 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.

Tuesday6:30-7:30pm
 Schedule your second day with instructor Brenda!

Sheboygan County YMCA Members Only

Family Member	\$52.00
Youth Member	\$60.00

S.P.A.R.K.
Strength, Play and Resistance for Kids
September 8 - October 22, 2026
November 3 - December 22, 2026

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. **Option to come to class one OR two days!** Please reach out to Mya at mleverenz@sheboygancountyyymca.org or call (920)451-8000 x114 with questions.

Tuesday and/or Thursday4:15-5:15pm

	1 Day/Wk	2 Days/Wk
Sheboygan County Y Family Mbr	\$24.00	\$34.00
Sheboygan County Y Youth Mbr	\$28.00	\$38.00
Non-Member	\$38.00	\$51.00

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

TEEN STRENGTH TRAINING
September 9 - October 21, 2026
November 2 - December 23, 2026

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.

Sheboygan YMCA:

Youth age 12 must complete S.P.A.R.K. first.

Mya at mleverenz@sheboygancountyyymca.org
 (920)451-8000x114

Monday4:30-5:15pm
OR

Wednesday4:15-5:00pm

Falls YMCA:

Halle at hboldt@sheboygancountyyymca.org
 (920)467-2464x207

Wednesday3:30-4:15pm

Fee is for 7-week session.

Sheboygan County Y Family Member	\$52.00
Sheboygan County Y Youth Member	\$60.00

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. Please reach out to mleverenz@sheboygancountyyymca.org or call Mya (920)451-8000 x114 with questions.

Sheboygan County Y Member Only

½ Hour	\$23.00
One Hour	\$39.00

Sheboygan YMCA - Teen Strength Individual Training

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.

Please reach out to mleverenz@sheboygancountyyymca.org or call Mya (920)451-8000 x114 with questions.

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 or Halle Boldt. **By Appointment Only.**

Sheboygan Y

Call 920-451-8000, x121 OR
email tzastrow@sheboygancountyyymca.org

Falls Y

Call 920-467-2464, x207 OR
email hboldt@sheboygancountyyymca.org

Sheboygan County Y Member Only	
1/2 Hour	\$21.00
One Hour	\$37.00



KID'S NIGHT OUT - SHEBOYGAN Y Friday, November 6, 2026

Grades 1 - 4

Parents will enjoy a night to themselves while the kids will enjoy a night at the YMCA! Join us at Kids Night Out where the kids will play gym games, watch a movie, and have plenty of great snacks!

Friday 6:00pm - 8:30pm

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

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

SHEBOYGAN YMCA HALLOWEEN BOO BASH TUESDAY, OCTOBER 27, 2026

Grades 4K - 4

Get ready for a spooktacular night! Wear your costumes and enjoy an evening of Halloween-themed fun with games, treats, music, and festive activities for all ages. Bring your family and friends for a frightfully good time filled with laughter, community, and Halloween magic!

Activities include:

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

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



PRE-REGISTRATION BY 10/25:

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

****PRICE IS PER CHILD**
(PARENTS ACCOMPANY FOR FREE)

WALK-INS WELCOME:

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

Tues 5:30pm - 7:30pm

YMCA CAMP Y-KODA

3K FOREST FRIDAY PROGRAM CAMP Y-KODA FRIDAY, 9:00-11:00AM

Ages 3-4 Years

Forest Fridays is a fun and engaging 3K program at Camp Y-Koda. We meet on Fridays from 9:00 - 11:00 a.m. throughout the school year. Designed to inspire a love of learning and the outdoors, each session combines early childhood education with hands-on nature experiences. Children will be introduced to a new letter each week through interactive activities, enjoy story time, create themed art projects, and explore the natural world through guided outdoor adventures. Forest Fridays encourages curiosity, creativity, and confidence while helping young learners build early literacy skills and develop a meaningful connection with nature.

Session 1 Dates:

October - 2, 9, 16, 23

November - 13, 20

December - 4, 11, 18

Session 2 Dates:

February - 5, 12, 19

March - 5, 12

April - 2, 9, 16, 23, 30

For more information please contact Lydia at lkuznicki@sheboygancountymmca.org or Sarah at sdezwarde@sheboygancountymmca.org



3K FOREST FRIDAY PROGRAM MAYWOOD FRIDAY, 9:00-11:00AM SEPTEMBER 18, 2026 - MAY 21, 2027

Ages 3-4 Years

Friday 3K at Maywood is a fun learning opportunity for your child. The program runs most Fridays from 9:00 a.m. to 11:00 a.m. September - May. Designed to inspire a love of learning and the outdoors, each session combines early childhood education with hands-on nature experiences. Children will be introduced to musical concepts, explore the natural world through guided outdoor adventures, learn about various topics through themed activities, and enjoy story time. Friday 3K at Maywood encourages curiosity, creativity, and confidence while helping young learners build early literacy skills and develop a meaningful connection with nature. Space is limited, register early to ensure your spot. Use the code MW3KFRIDAY for a discount on your registration fee. Go to <https://ymcacampykoda.campbrainregistration.com/> to register.

CAMP Y-KODA

[CLICK HERE FOR CAMP'S WEB PAGE!](#)

SCHOOL'S OUT CAMP

Time: 8:00am-4:00pm

Ages 4 - 13

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

It's a great way to spend a day off!

Contact Dani Roscovius with questions:
droscovius@sheboygancountyyymca.org



Friday September 25, 2026

Nature Exploration

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

Friday October 23, 2026

Favorite Sports Team Day

Wear your favorite jersey, hat, or even full fan gear—from face paint to foam fingers. No matter the sport or team!

Friday November 6, 2026

Food-Drive Day

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

Fee is Per Day, Per Child

Sheboygan County YMCA Member	\$45.00
Non Member	\$55.00



CAMP BRAIN REGISTRATION

KIDS NIGHT OUT

**Need an evening out
without the kids?**

Enjoy a night out while your children play at Camp Y-Koda! We'll keep the kids busy with outdoor adventures, sports & games, arts & crafts, a movie and so much more! This incredible evening for your child will be a fun-filled adventure! Best of all - pizza dinner is on the house!

2026

**October 16: PEANUTS: It's the
Great Pumpkin Charlie Brown**

**December 18: Warner Brothers
'Polar Express'**

5:00 PM - 8:00 PM

PRICE PER DAY:

Ages 5-13: \$20 per child

These events will be held rain, snow or shine. Children should dress accordingly to spend time outdoors. An email with more information will be sent prior to each camp date.

ADULT PROGRAMMING

PICKLEBALL

One of today's fastest growing activities, Pickleball opportunities are available for all levels! Below is the indoor schedule for both the Sheboygan and Sheboygan Falls YMCA.

Note: Players are responsible for setting up and taking down pickleball nets.

SHEBOYGAN YMCA

812 BROUGHTON DRIVE, SHEBOYGAN

BEGINNING TUESDAY, SEPTEMBER 8, 2025

Lohmann (Big) Gym - Open Play

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

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

East Gym - Open Play (2 Courts)

Monday 9:00am - 11:30am

Tuesday 12:00pm - 3:00pm

Wednesday 12:30pm - 3:00pm

Thursday 10:30am - 1:00pm

Friday 9:00am - 11:30am

East Gym - Pickleball Lite (1 Court)

Monday 11:30am - 1:00pm

Wednesday 8:00am - 9:30am

Friday 11:30am - 1:30pm

Sheboygan County Y Member No Charge

Non-Member (Under 65) \$10.00

Non-Member (Senior 65+) \$8.00

PICKLEBALL COURT RESERVATIONS

SEPTEMBER 7 - DECEMBER 31, 2026

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

East Gym

Tuesday 7:30pm - 8:45pm

Friday 6:00pm - 7:30pm

Friday 7:30pm - 8:45pm

Saturday 3:30pm - 4:45pm

Sunday 7:30am - 9:00am

Sunday 9:00am - 10:30am

Sunday 10:30am - 12:00pm

Sunday 12:00pm - 1:30pm

Sunday 1:30pm - 3:00pm

Sheboygan County Y Member No Charge

Non-Member (Under 65) \$10.00

Non-Member (Senior 65+) \$8.00

SHEBOYGAN FALLS YMCA

305 BUFFALO STREET, SHEBOYGAN FALLS

LADIES' PLAY & BEGINNERS/PICKLEBALL LITE (CO-ED)

BEGINNING TUESDAY, OCTOBER 20, 2026

Lohmann Gym - 3 Courts

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

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

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

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

Sheboygan County Y Member No Charge

Non-Member (Under 65) \$8.00

Non-Member (Senior 65+) \$6.00

BERKSHIRE COMMUNITY GYMNASIUM

101 SCHOOL STREET, SHEBOYGAN FALLS

BEGINNING MONDAY OCTOBER 19, 2026

3 COURTS IN ONE GYM

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

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

Wednesday (Open Play-3 courts) 11:00am - 1:30pm

Wednesday (Lessons-1 court) 1:30pm - 3:00pm

Wednesday (Open Play-2 courts) 1:30pm - 3:00pm

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

Friday (League Play*) Round Robin

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

Sheboygan County Y Member No Charge

Non-Member \$6.00

Non-Member Pass (5 sessions) \$30.00

FALLS YMCA - PICKLEBALL COURT RESERVATIONS

BEGINNING FRIDAY, SEPTEMBER 25, 2026

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

Lohmann Gym - North Court

Friday 5:00pm - 6:30pm*

Friday 6:30pm - 8:00pm*

Sunday 12:30pm - 2:00pm

Sunday 2:00pm - 3:30pm

*** These time may change due to special events**

Reminder for All YMCA gymnasiums:

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

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

PICKLEBALL LESSONS:

Pickleball lessons are given on Wednesdays from 1:30-2:30 pm at Berkshire Community Gymnasium.

Please email Bruce at scpcpickleball@gmail.com to reserve a spot.

ADULT PROGRAMMING

ADULT LEAGUES

Adult Flag Football League

SEPTEMBER 12 - OCTOBER 31, 2026
Age 18 & Older

Come Join our 5x5 Adult Flag Football League. This is a no-blocking league for adults. Standings will be kept. Form your own team or sign up as a free agent and be placed on a team! Games are played at Vollrath Park in Sheboygan. **Registration deadline is September 1, 2026.**

Saturday 8:00am - Noon

Sheboygan County YMCA Member	\$30.00
Non-Member	\$65.00
Team Fee	\$250.00

Singles Adult Racquetball League

DECEMBER 7, 2026 - FEBRUARY 22, 2027
A & B Divisions

Join our coed racquetball leagues! You will receive your match list and schedule of games with your opponents. You will play one match a week. Please register at least one week in advance. **A separate registration form is required. Registration deadline: November 23, 2026.**

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

Round Robin Pickleball League

SESSION 1: NOVEMBER 6 - DECEMBER 18, 2026
SESSION 2: JANUARY 8 - FEBRUARY 12, 2027
Age 18 & Older

Looking for some extra time to play pickleball? Come join our round robin play on Friday afternoons at the Berkshire Gym. Play will be individual play, **not team play**. You will play with a different partner against different opponents every game. Play to 11 points or 15 minutes, whichever comes first. Record your score at the end of each game and be ready to play the next. Can play up to 6 games or more in one day! Total scores for 6 weeks will receive a pickle ball t-shirt. If you have questions regarding this league, please email Halle Boldt at hboldt@sheboygancountyyymca.org or 920-467-2464 x207. **Max number of players is 16.**

Friday 11:30am - 3:00pm

Fee \$10.00 per person

Adult Volleyball - Winter Leagues

DECEMBER 3, 2026 - FEBRUARY 25, 2027
Age 18 & Older

Each league will run for approximately 10 weeks. A separate registration form is required and is available on our website at www.sheboygancountyyymca.org. **The registration deadline is November 27, 2026.**

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

COED 6 ON 6 "A" VOLLEYBALL LEAGUE

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

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

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

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

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

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

Team Fee	\$177.00 > 3 YMCA Members
	\$207.00 < 3 YMCA Members

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

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

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

Team Fee	\$177.00 > 3 YMCA Members
	\$207.00 < 3 YMCA Members



ADULT PROGRAMMING

DIABETES PREVENTION PROGRAM

Contact Mya Leverenz to be added to the wait list

mleverenz@sheboygancountyyymca.org

Class meets at the Sheboygan YMCA

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

Sheboygan County Y Members
Sr Adult \$183 Adult \$153

*Membership must be active for duration of program!

MEDICARE ELIGIBLE PARTICIPANTS

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

What participants are saying.....

"Many of us struggled with physical limitations as far as not being able to move as much as we would like. But we were there for each other with ideas to overcome those struggles from our own experiences. I liked the vulnerability of the group and that we not only shared the ins and outs of diabetes prevention, but we also shared personal struggles and victories." -P.M

DIABETES PREVENTION PROGRAM

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

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

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

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

CDC Eligibility (must meet at least one requirement)

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

Medicare Coverage Eligibility (must meet at least one requirement)

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

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

ADULT PROGRAMMING

MOVING FOR BETTER BALANCE

SEPTEMBER 14 - DECEMBER 2, 2026 (12 WEEKS)

Age 18+

Monday & Wednesday 10:50am - 11:50am

Sheboygan County Y Member	\$50.00
Non-Member	\$75.00



HELPING PARTICIPANTS FEEL STRONG, STEADY, AND SAFE

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

PROGRAM BACKGROUND AND SUMMARY

Moving For Better Balance is an evidence-based program developed by researchers at the Oregon Research Institute. Based on the principles of Tai Chi¹, this program offers a slow and therapeutic workout that addresses key components of fitness including flexibility, muscle strength, and balance.

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

PROGRAM BENEFITS

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

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

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

This program is most successful for those 65 years or older, physically mobile, with impaired stability and/or mobility

Program will be held at the Sheboygan YMCA with Diane Ceba in the MPR.

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

If you have questions or would like more information, please contact Diane Ceba at (920)451-8000, x116 or email Diane at dcepa@sheboygancountyyymca.org

¹Tai Chi is the popular abbreviation of T'ai Chi Chuan, an ancient Chinese exercise system consisting of slow, relaxed movements that combine physical exercise with a meditation component. Studies suggest that Tai Chi may improve balance; reduce fear of falling; increase strength, functional mobility, and flexibility; increase psychological well-being; and reduce fall rates. It is safe, effective, and needs no equipment.

ADULT PROGRAMMING

LIVESTRONG[®] AT THE YMCA



LIVESTRONG[®]

FOUNDATION

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 Mya Leverenz at mleverenz@sheboygancountyyymca.org or call her at 920-451-8000 x114.



COMMUNITY HEALTH & WELLNESS

PICK 'N SAVE FLU SHOT CLINIC

**TUESDAY, OCTOBER 6, 2026
8:30-10:30AM
SHEBOYGAN FALLS YMCA**

Don't let the flu slow you down this fall! Stop by the Sheboygan Falls YMCA for a Flu Shot Clinic hosted by your local Pick 'n Save pharmacist.

This clinic provides a quick and convenient way to receive your annual flu vaccine without making an extra trip to the doctor's office. Protect yourself and your loved ones this flu season by getting vaccinated.

Appointments are recommended but not required. The clinic is open to community members of all ages. Please have your insurance information available when signing up or checking in.

Stay healthy this fall - hope to see you there!

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

* Due to federal law, Medicare, Medicaid and TRICARE beneficiaries are not eligible for this service.*

2nd & 4th Tuesdays

10:30 AM – 12 PM

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

Sheboygan YMCA



Adam Brill, LAT, ATC, PES



Aurora Health Care[®]
Sports Health

ADULT PROGRAMMING

PERSONAL TRAINING SERVICES

Weight Management Program

Age 15 & Older

Meet with Weight Management Specialist John Wagner, CPT, for personalized coaching focused on healthy lifestyle habits, nutrition, behavior change, and sustainable weight loss, weight gain, or weight maintenance. Please contact John Wagner at jwagner@sheboygancountyyymca.org or call John at (920)451-8000 X117 if you have any questions.

Personal Training

Age 18 & Older

Work one-on-one with a certified personal trainer to improve strength, mobility, athletic performance, and overall health through a program designed specifically for your goals and fitness level. **YMCA members only.**

Sheboygan Y:

John Wagner at jwagner@sheboygancountyyymca.org or call John at (920)451-8000 X117

Sheboygan Falls Y:

Contact the Welcome Desk at (920)467-2464

Weight Management/Personal Training Services

Sessions		½ Hour*		One Hour*
1 Session		\$27.00		\$45.00
3 Sessions	save \$4	\$77.00	save \$7	\$128.00
5 Sessions	save \$16	\$119.00	save \$20	\$205.00
10 Sessions	save \$50	\$220.00	save \$70	\$380.00

CANCELLATION POLICY

Please provide at least 24 hours' notice to cancel or reschedule an appointment. Sessions canceled with less than 24 hours' notice will be charged the full session fee.

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.

Please call to schedule an appointment with our staff in Riverview or Lakeview.

Sheboygan County Y Member
Non-Member

Free
\$5.00

Teen Strength Training Options
[Click Here](#)

New Member Orientation

Age 15 & Older

Start with confidence. Learn how to safely use our cardio and strength equipment while receiving guidance to help you begin your fitness journey.

Sheboygan County Y Member Only

Free

Small Group Personal Training

Age 18 & Older

Train with 2-6 participants in a supportive, motivating environment. Each session is designed to improve strength, fitness, and overall health while providing expert coaching and accountability. Please contact John Wagner at jwagner@sheboygancountyyymca.org or call John at (920)451-8000 X117 if you have any questions. Fee is per person.

Sheboygan County Y
Member Only

½ Hour
\$14.00

Other Personal Training Options

Personalized Workout

Receive a customized 6-week workout program based on your goals. Includes a 30-minute consultation, exercise instruction, and a printed workout with photos

Sheboygan County Y Member Only

\$49.00

Sport Specific Workout

Receive a customized training program designed to improve performance in your sport, with workouts tailored to your goals and athletic needs.

Sheboygan County Y Member Only

\$37.00

new

new

new

new

new

Adult 1 on 1 Boxing

Age 18 & Older

Learn the fundamentals of boxing, from proper stance and footwork to basic punches and defensive techniques. Designed for beginners looking for an excellent workout with shadow boxing and punching bags, without sparring with others. Boost your fitness and gain self confidence in a fun and safe way.

Instructor Joshua Richardson Savanh, has loved boxing for 25 years and has been properly training for the last 5 years. He is excited to teach newcomers the basics and fundamentals of Boxing.

Sheboygan County Y Member Only
Personal Training Fees Apply

ADULT PROGRAMMING

SHEBOYGAN - LAKEVIEW

“WOW” - WOMEN ON WEIGHTS
SEPTEMBER 9 - OCTOBER 21, 2026
NOVEMBER 4 - DECEMBER 23, 2026

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 7-week session.**

SheboyganWed 9:30am - 10:30am

Sheboygan County YMCA Member Only \$35.00



ADULT BEGINNER BOXING

Monday - 4:15-5:15pm
September 14 - October 26, 2026
November 2 - December 21, 2026

Age 18 & Older

Learn the fundamentals of boxing, from proper stance and footwork to basic punches and defensive techniques. Designed for beginners looking for an excellent workout with shadow boxing and punching bags, without sparring with others. Boost your fitness and gain self confidence in a fun and safe way.

Instructor Joshua Richardson Savanh, has loved boxing for 25 years and has been properly training for the last 5 years. He is excited to teach newcomers the basics and fundamentals of Boxing.

Class meets in Sheboygan Y Aerobic Studio.

Monday 4:15-5:15pm

Sheboygan County Y Family Member \$34.00
Sheboygan County Y Youth Member \$39.00
Non-Member \$52.00

Sheboygan Y - Adult Noon Basketball

Age 18 & Older

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

Wed11:00am - 1:00pm

Sheboygan County YMCA Member Free
Non-Member (*must bring valid photo ID*) \$10.00



Racquetball/Handball Court Reservations

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



ADULT PROGRAMMING



Body Pump - Falls Y

ADULT FITNESS

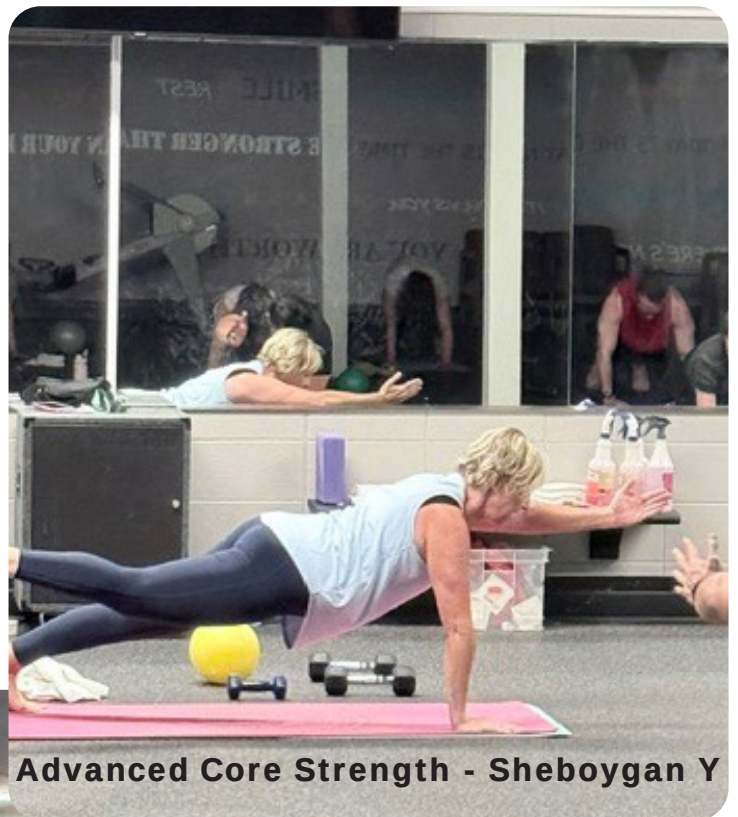
Takes many forms at
our YMCA

Tailored to your needs
and abilities

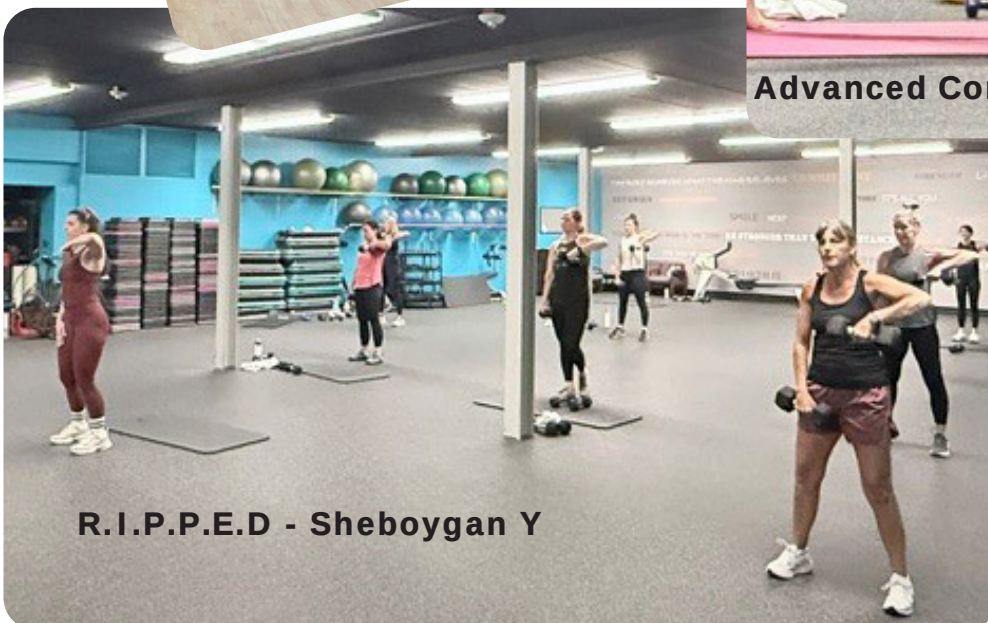
[Click Here for our schedule](#)



Fitness Event Cardio



Advanced Core Strength - Sheboygan Y



R.I.P.P.E.D - Sheboygan Y

**GET FIT
DON'T QUIT**

ADULT PROGRAMMING

SHEBOYGAN Y FITNESS EVENTS

ZUMBA DCOM

SATURDAY, SEPTEMBER 12, 2026
11:00-11:45AM

Age 18 & Older

What time is it? Almost the end of summer time! Join us for a DCOM-themed (**Disney Channel Original Movie**) Zumba class featuring iconic soundtracks, high energy choreography, and nostalgic vibes. Prepare to dance and sweat along to your favorite Disney Channel Original Movie songs! **Class will meet in Sheboygan Y Aerobic Room**

Sheboygan County YMCA Member	Free
Non-Member (<i>must bring valid photo ID</i>)	\$8.00



CHRISTMAS ZUMBA PARTY

FRIDAY, DECEMBER 11, 2026
6:30-8:00PM

Age 18 & Older

Join our jolly instructors Ada, Diane, Kim and Marie as they lead you through this festive holiday Zumba/Dance Fitness event! Oh, what fun it is to dance and smile alongside your friends to upbeat Christmas music! Stay for a (non-alcoholic) cup of cheer and post workout snacks. **Aerobic Studio.**

Sheboygan County YMCA Member	\$5.00
Non-Member (<i>must bring valid photo ID</i>)	\$10.00

POST-HALLOWEEN CIRCUIT SMASH

SUNDAY, NOVEMBER 1, 2026
12:00 - 1:00PM

Age 18 & Older

Did you raid your child's Halloween goodies? Go overboard on handing out trick-or-treat candy? Too much potion at a Halloween party? This circuit workout will have you burning off those calories you consumed this weekend! Class will meet in the Muth Gym and Cycle Studio.

Sheboygan County YMCA Member	\$5.00
Non-Member (<i>must bring valid photo ID</i>)	\$10.00



SANTA SLEIGH RIDE

SATURDAY, DECEMBER 19, 2026
8:00-9:30AM

Age 18 & Older

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

Sheboygan County YMCA Member	\$5.00
Non-Member (<i>must bring valid photo ID</i>)	\$10.00



GET FIT
DON'T QUIT

[CLICK HERE FOR REGISTRATION](#)

ADULT PROGRAMMING

FALLS Y FITNESS EVENTS

POWER PLATE® DEMONSTRATION

WEDNESDAY, SEPTEMBER 23, 2026 - 11:30AM
MONDAY, NOVEMBER 2, 2026 - 10:30AM

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. **Space is limited, Pre-Registration recommended.**

Sheboygan County YMCA Member	Free
Non-Member (must bring valid photo ID)	\$8.00

NEON NIGHT AT THE FALLS Y

FRIDAY, OCTOBER 30, 2026
5:30-6:30PM

Age 18 & Older

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

Sheboygan County YMCA Member	Free*
Non-Member (must bring valid photo ID)	\$10.00

**Donations welcome to benefit the Falls Y Fitness Department*

SENIOR SOCIAL BRUNCH

TUESDAY, DECEMBER 1, 2026
8:45-9:45AM AND 10:00-11:00AM

Age 18 & Older

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

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

For an \$8 donation to our fitness department, enjoy a brunch with your YMCA classmates and friends. YMCA staff will offer egg bake, ham, baked goods, fruit, coffee and juice. You provide the laughs, socialization, and good times! **Pre-registration is Required** in order to plan enough to eat and drink.

Sheboygan County YMCA Member Only	\$8.00
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[CLICK HERE FOR REGISTRATION](#)

SATURDAY MATRIX RIDE AND GENTLE/SLOW FLOW YOGA RETURNS SATURDAY, SEPTEMBER 12TH!

BLACK FRIDAY FITNESS

FRIDAY, NOVEMBER 27, 2026
8:00-11:00AM

Age 18 & Older

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

- 8am - Express Cycle
- 8:45am - Cardio Strength
- 10am - Stretch

The Theme is Black Friday - Wear all black!

Sheboygan County YMCA Member	\$5.00
Non-Member (must bring valid photo ID)	\$10.00



NOON YEARS EVE

THURSDAY, DECEMBER 31, 2026
10:00AM-12:30PM

Age 18 & Older

Say "farewell" to 2026 and "cheers" to 2027 as we ring in the new year with this fitness trifecta! Sign up for the fitness event and you are registered for the three classes, each class lasting 30 minutes. This round robin format will rotate participants through a Cycling and a Strength workout, then everyone will finish together with a relaxation & recovery session, including an inspirational message. We will cap the event with light refreshments and non-alcoholic champagne toast as we countdown to 12:00 Noon.

Sheboygan County YMCA Member	\$5.00
Non-Member (must bring valid photo ID)	\$10.00

ADULT PROGRAMMING

SHEBOYGAN FALLS RIVERVIEW/ENRICHMENT CLASSES

StrongHer at the Falls Y

TUESDAY
SEPTEMBER 8 - OCTOBER 20, 2026
NOVEMBER 3 - DECEMBER 22, 2026
9:30-10:30AM

Age 18 & Older
This is a guided strength training program in a group setting for women of all ages and abilities that includes muscle building, toning, and endurance in a fun and supportive environment. Individual strength training programs change with the sessions. **Fee is per 7-week session.**

Sheboygan County YMCA Member Only

\$35.00

Line Dancing Workshop

FRIDAYS
OCTOBER 9, 16, 23, & 30, 2026
6:00-6:45PM - LOHMANN GYM

Age 18 & Older
Interested in trying Line Dancing but afraid you have two left feet? Line Dancing is making a comeback and Friday nights are a perfect opportunity to grab a friend and have a social night out afterwards! In this 4-week class, Diane will guide you in terminology, steps, and other tips and tricks to help you on your way to a successful dance routine. This workshop finishes with a fun costume party on October 30th. Next time a group gets up to start kicking their boots to a song, you will be armed with the knowledge and confidence to join in! **Fee is per 4-week session.**

Sheboygan County YMCA Member

\$10.00

Non Member

\$25.00



[CLICK HERE FOR REGISTRATION](#)

Senior Strong

WEDNESDAY 9:00-10:00AM
SEPTEMBER 9 - OCTOBER 21, 2026

Age 18 & Older
As we age, our workout priority shifts from cardiovascular to strength training and toning. Muscular strength and endurance aids in maintaining or improving bone density, balance, and functional strength for everyday living. 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 Cycle/Yoga Studio in Falls. Instructor is Clint Ward, ACE certified Personal Trainer. **Fee is per 7-week session.**

Sheboygan County YMCA Member

\$35.00

Non Member

\$53.00



NEW! Mugs and Mingle

FIRST TUESDAY OF EACH MONTH
9:00-10:30AM

Age 18 & Older
Stay after your Senior fitness class on the first Tuesday of every month for some coffee, socialization and fun! This will not be an organized fitness class, but a casual social gathering with puzzles, word games, etc, held in the lobby at the Sheboygan Falls YMCA.

Sheboygan County YMCA Member

Free

Day Passes available for Non-Members wanting to join in this social activity!

ADULT PROGRAMMING

FITNESS CHALLENGES

FALL FOOTBALL FRENZY FITNESS CHALLENGE



SEPTEMBER 7 - OCTOBER 9, 2026 - "PRE-SEASON"
OCTOBER 12 - NOVEMBER 13, 2026 - "REGULAR SEASON"
NOVEMBER 23 - DECEMBER 25, 2026 - "PLAY OFFS"



Age 18 & Older

Three 5-week contest sessions, three different chances to bring a WIN! Enter whichever challenge(s) will motivate you to increase your physical activity. Enter all three and receive a \$5 discount!

Our "pre-season", September 7-October 9, will have you competing against others for the most activity minutes logged in the 5-week period. Whether you are working out individually, or joining your favorite group fitness class, all your active minutes count when you come to the Y! The highest individual at each location will win a Y water bottle.

Our "regular season", October 12-November 13, will be teams vs teams in this football themed challenge. Build your teams of 4 plus a staff member (instructor, trainer, office staff, etc). Earn points for your team with a variety of points-based exercises/challenges. Keep score on your team's tally sheet, kept in the Riverview or Lakeview Center (depending on where you signed up). Whichever team has the most points at the end of the season, each person on that team wins a YMCA cotton t-shirt. One winner per "division" (Sheboygan Y and Sheboygan Falls Y).

Keep your winning record going with **"the play-offs", November 23-December 25!** Keep your team alive by holding each other accountable and challenging one another to maintain your healthy gains. Weigh in November 16th-20th. Weigh out the week of December 28-31st. The team with the greatest weight loss percentage wins a voucher to be used on a fitness challenge or event for the year 2027!

We need a minimum of 6 Teams each session in order for a Challenge to run (3 individuals/teams per location is ideal). Sheboygan County Y Members Only \$5/challenge/person (Team events will require a total of 4 "players" and one "coach" (instructor). Instructors can also use their workouts to add to your points. Workouts must be taken at the Y unless otherwise noted.

Sheboygan County YMCA Member Only

\$5.00/person per challenge*

****Sign up for all 3 and receive a \$5 discount**



SPRINT 8 FAT LOSS CHALLENGE

November 1 - December 20, 2026

CHALLENGE YOURSELF AND FEEL GUILT-FREE FOR THE HOLIDAYS!

Age 18 & Older

Schedule a time to get your fat percentage measured with Jen in Sheboygan Falls or Mya in Sheboygan using the Omron Fat Analyzer. She will record your percentage. Complete Sprint 8 using any of the Matrix cardio equipment 3 times per week for 6 weeks. After the 6-week period, get your finishing measurement. Whoever has the greatest decrease in fat percentage at the end of the contest wins \$10 Chamber Cash (one winner in Sheboygan Falls and one winner in Sheboygan)

Sheboygan County Y Members Only

\$10.00

ADULT PROGRAMMING - Fitness

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 monthly, separately from the brochure, and is available at the Welcome Desk or on our website at www.sheboygancountymca.org.

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

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

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

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

Jen Kovacs, Healthy Living Director

(920)467-2464 x219 - Falls Y

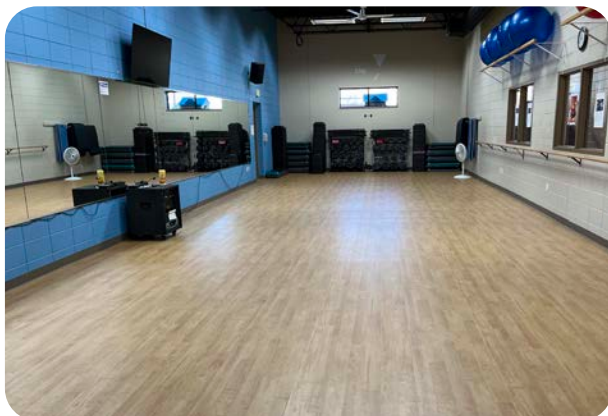
(920)451-8000 x110 - Sheboygan Y

jkovacs@sheboygancountymca.org

ZOOM FITNESS CLASS OPTIONS

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

Jen: jkovacs@sheboygancountymca.org



FITNESS CLASSES	Y		EXPRESS
	LOCATION		
Advanced Core Strength	S		
Ai Chi	S		
Water Aerobics-Shallow/Deep	S		
Arthritis Aquatics	S		
Back to Basics		F	
Barre	S	F	
BODYPUMP		F	
Boot Camp	S	F	
Boot Camp/Tabata		F	
Cardio Strength Intervals	S		
Core 'N' More		F	
Cycle & Strength	S	F	
Dance Fitness	S		
Dance, Kick, Lift	S		
Devout Dance	S		
Essential Senior Fitness		F	
Fit Flow	S	F	
Friday Fitness Mix		F	
Fusion Flow	S		
Gentle Flow Yoga		F	
Indoor Cycle	S	F	
Line Dancing Fun		F	
Matrix Ride	S	F	YES
Power Yogalates		F	
Rep and Burn	S		
RIPPED	S		
Silver Sneakers	S	F	
Silver Sneakers Yoga	S	F	
Slow Flow Yoga	S	F	
Spiritual Spin	S		
Strength Circuit		F	
Strength and Pilates	S		
Yoga-Barre Blend		F	
Zumba	S	F	

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



ADULT PROGRAMMING - Fitness

AQUATICS FITNESS

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.

YMCA MISSION STATEMENT

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

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 our Healthy Living Director to find out how you can fit into our team!

Jen Kovacs, Healthy Living Director
Sheboygan Falls YMCA
(920)467-2464 x219
Sheboygan YMCA
(920)451-8000 x110
jkovacs@sheboygancountyyymca.org

FITNESS DESCRIPTIONS

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.

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.

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. *5:30am class 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!

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.

Cardio-Strength Intervals - You will use a variety of equipment to get the heartrate up with bursts of cardio, alternating with strength work to effectively build lean muscle, feel stronger, accomplished, and full of energy!

Core 'N' More will give you a well-balanced workout with extra focus on the supporting muscle groups of the core: the back, abs and glutes.

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

ADULT PROGRAMMING - Fitness

Cycle & Strength - 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.

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

Dance, Kick, Lift is a high-energy class that blends dance-inspired cardio, easy to follow kickboxing moves, and strength-building exercises for a well-rounded, full body workout.

Devout Dance - Dedicate your mind to your faith and your body to movement in this uplifting dance fitness class. Move to the inspiring rhythms of contemporary Christian music as you improve cardiovascular fitness and celebrate your faith. No dance experience needed - just bring an open heart, energy and desire to move!

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 is a flow-based class utilizing a mat to combine formats such as yoga, barre, and pilates. It involves strength and stretching with movement and static postures along with some use of light hand weights.

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.

INDOOR CYCLING - SHEBOYGAN

A time change in the early morning Indoor Cycling class in Sheboygan will help you get an earlier start to your day so you can get out the door and on your way to work faster!

[CLICK HERE FOR REGISTRATION](#)

YOGA CLASSES

All yoga classes practice with bare feet. Transition from floor to stand is expected, with the exception of Silver Sneakers Yoga where removal of shoes and socks is optional, and the chair can be used for support.

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.

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.

Rep and Burn - This 45-minute strength class pairs low weight dumbbells with high reps to deliver a full body workout, building strength and toning muscles. By adding weight or reducing to bodyweight, the class can be tailored to accommodate all levels.

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.

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.

Spiritual Spin - This group class combines the physical benefits of a cycling workout paired with an intentional, spiritual focus to contemporary worship music.

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.

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

Travel - ADULT PROGRAMMING

TRAVEL OPPORTUNITIES

San Antonio Holiday December 1, 2026 - 5 days

Age 18 & Older

Highlights include:

- San Antonio City Tour
- Alamo
- Riverwalk Cruise
- IMAX Theatre & San Jose Mission
- Austin City Tour
- Texas State Capital
- LBJ Library & Museum at UT
- Hill Country
- Fredericksburg
- Nat'l Museum of the Pacific War
- Wine Tasting in the Hill Country
- Fiesta de las Luminarias
- 4 Night in One Hotel



Alaska: Call of the Wild June 17, 2027 - 7 days

Age 18 & Older

Highlights include:

- Anchorage
- 2 Nights in Denali
- 3 Nights in Seward
- Domed Rail Journey
- Denali National Park
- Tundra Wilderness Tour
- Kenai Fjords National Park
- Glacier & Wildlife Cruise
- Seward



Cape Cod & The Islands September 25, 2027 - 7 days

Age 18 & Older

Highlights include:

- 5 Nights - Cape Code
- 1 Night - Boston
- Boston City Tour
- Faneuil Hall Marketplace
- Martha's Vineyard Tour
- Nantucket Island Visit
- Nantucket Whaling Museum
- New England Lobster Dinner
- Newport, RI
- Mayflower II
- Plymouth Rock
- Provincetown
- Cranberry Bog
- Cape Cod Nat'l Seashore
- Breakers Mansion
- Plimoth Plantation

2027 TRAVEL OPPORTUNITIES PREMIER WORLD DISCOVERY

Please see the flyer racks at the Y for more information.

Watch for details in upcoming travel shows at the Sheboygan Y.

Treasures of Ireland March 9, 2027 - 9 days

Age 18 & Older

Highlights include:

- 2 Nights in Dublin
- 2 Nights in Limerick or County Clare
- 2 Nights in Killarney
- 1 Night in a Castle Hotel
- Dublin City Tour
- Trinity College - Book of Kells
- Whiskey Distillery
- Pub Dinner
- Guinness Storehouse & Tasting
- Cliffs of Moher
- Ring of Kerry
- Castle Medieval Banquet
- Jaunting Car Ride in Killarney
- Limerick Tour
- Galway
- Adare
- Irish Entertainment & Dinner in Killarney
- Blarney Castle



Smoky Mountains & Pigeon Forge Holiday December 5, 2027 - 5 days

Age 18 & Older

Highlights include:

- 4 Nights in Pigeon Forge
- Biltmore Estate with Lunch
- Smoky Mountains National Park
- Gatlinburg
- Moonshine Tasting
- Titanic Museum
- Dollywood Smoky Mountain Christmas with Shows
- Pigeon Forge Christmas Show at the Country Tonite Theatre





SHEBOYGAN COUNTY YMCA
www.sheboygancountyymca.org

FOCUS ON YOU THIS FALL

Sheboygan Y

Mike Gustafson, CEO

Matt Mueller, Sheboygan Branch Director

Liz Gorell, Member Engagement Director

Mariah Bennin, Gymnastics Director

Sandra Garcia, Gymnastics Coordinator

Heather Nitsch, Aquatics Director

Diane Cepa, Fine Arts Coordinator

Mya Leverenz, Wellness Coordinator

Taylor Zastrow, Youth Sports Director

Ashley Bittinger, Child Care Director

Camp Y-Koda

Karen Kasprzak, Executive Director

Sarah DeZwarte, Director of Education

**Dani Roscovius, Interim Summer
Camp Director**

Terese Koene Carroll, Administrative Asst.

Sheboygan Falls Y

Ashley Liermann, Falls Branch Director

Jen Kovacs, Healthy Living Director

Kelly Thill, Child Care Director

Halle Boldt, Youth Sports Director

Ann Ertman, Office Manager

YMCA MISSION STATEMENT

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