



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FEEL HEALTHIER BE STRONGER



SHEBOYGAN COUNTY YMCA  
2026 Spring Brochure  
April 20 - May 30, 2026

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

**SHEBOYGAN YMCA**

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

**SHEBOYGAN FALLS YMCA**

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

**YMCA CAMP Y-KODA**

W3340 Sunset Road  
 Sheboygan Falls WI 53085  
 P 920-467-6882

**SPRING SESSION**  
**APRIL 20 - MAY 30, 2026**

**REGISTRATION BEGINS AT 5:00AM**  
 Member ..... Monday, April 6, 2026  
 Non-Member ..... Thursday, April 9, 2026

**SHEBOYGAN YMCA BUILDING HOURS**  
**APRIL 20 - MAY 21, 2026**

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

**SHEBOYGAN FALLS YMCA BUILDING HOURS**  
**APRIL 20 - MAY 21, 2026**

Monday - Friday	5:00am - 8:00pm
Saturday	7:00am - 3:00pm
<b>Sunday (Members Only)</b>	12:00pm - 4:00pm
<i>Business Hours: Monday thru Thursday 7:30am - 6:15pm</i>	
<i>Friday 7:30am - 5:30pm</i>	
<i>Saturday 8:00am - 1:00pm (thru 4/25)</i>	

**YMCA CAMP Y-KODA**

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

Memorial Day	Monday 5/25	<b>CLOSED</b>
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**SUMMER HOURS BEGIN FRIDAY, MAY 22, 2026****Sheboygan YMCA**

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

**Falls YMCA**

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

**SUMMER HOURS BEGIN MONDAY, JUNE 8, 2026****YMCA Camp Y-Koda**

Monday - Friday..... 7:15am - 5:30pm  
 Saturday & Sunday..... CLOSED

**YMCA MISSION STATEMENT**

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

**REGISTRATION INFORMATION**

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

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

**REGISTRATION OPTIONS**

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

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

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

## YMCA CORE VALUES

**Honesty, Caring, Respect and  
Responsibility**

### SHEBOYGAN YMCA FACILITY RENTALS

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

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

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

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

### SHEBOYGAN FALLS YMCA FACILITY RENTALS

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

# REMI NDER

## REGISTRATION CANCELLATION POLICY

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

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

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

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

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

## EMPLOYMENT OPPORTUNITIES

**Work where you play, play where you work!** The Y is a fun place to be, plus you may qualify for a free membership! Current employment opportunities are listed on our website at [www.sheboygancountyyymca.org](http://www.sheboygancountyyymca.org) or contact the Sheboygan Y at 920-451-8000, Falls Y at 920-467-2464 or YMCA Camp Y-Koda at 920-467-1959 or 920-889-5898.

## VOLUNTEERS

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

## GET PAID TO WORK OUT!

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

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

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

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



# BEAT THE HEAT AT THE SHEBOYGAN COUNTY YMCA

ENJOY YOUR SUMMER AT THE Y!  
PURCHASE A 3 MONTH  
SHORT TERM MEMBERSHIP  
JUNE 1<sup>ST</sup> - JULY 31<sup>ST</sup>  
AND GET 1 MONTH FREE!

MEMBERSHIP MUST PAID UPFRONT. ALL SALES FINAL  
NO REFUNDS OR EXCHANGES WILL BE GIVEN.



## 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 here

[DONATE TO ANNUAL CAMPAIGN](#)

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

## 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](#)

**MEMBERSHIP RATES**

**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 10<sup>th</sup> of the month.

**FINANCIAL ASSISTANCE**

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

**CODE OF CONDUCT**

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

**PHOTOGRAPHY**

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

**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.



**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](http://www.ymca.net).

**GUEST DAY PASS**

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

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

**Sheboygan YMCA Youth Day Pass Policy:**

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

**Falls YMCA Day Pass Policy:**

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

Daily Fees	Sheboygan	Sheboygan Falls
Family Day Pass	\$25.00	N/A
Adult	\$10.00	\$8.00
Young Adult	\$8.00	\$6.00
Senior Adult	\$8.00	\$6.00
High School	\$5.00	\$5.00 <b>Riverview workout only - Ages 15 yrs +</b>
Middle School	\$4.00	N/A
Grade School	\$3.00	N/A
Fitness Class Drop-in	\$8.00	\$8.00

**YMCA CORE VALUES**  
**Honesty, Caring, Respect and Responsibility**

**HEALTHY KIDS DAY**<sup>®</sup>

Friday, April 17th - See Page 22

NATIONAL SPONSORS  
PEANUTS LOWER SUGAR

**DÍA DE LOS NIÑOS SALUDABLES**<sup>™</sup>

PATROCINADORES A NIVEL NACIONAL  
PEANUTS LOWER SUGAR

**4TH OF JULY Y FREEDOM RUN**

7:30am start at Sheboygan Y  
2-Mile Walk | 2-Mile Run | 5-Mile Run

Proceeds from event benefit the annual support campaign



Join the YMCA at Town & Country Golf Club for 18 holes of golf, games, lunch and more. Registration and sponsorship opportunities on Y website.

(July 20)  
**Y Golf Fore Kids**

**Register to golf, sponsor or donate**  
www.sheboygancountyyymca.org  
(920) 451-8000

- 9:00am Check in 10:00am - start
- Town and Country Golf Course

**FLAPJACKS & FOOTBALL**

Saturday, September 12<sup>th</sup>  
River Park, large shelter, in Sheboygan Falls.  
Proceeds benefit Sheboygan Falls YMCA.

## SHEBOYGAN COUNTY YMCA CHILD CARE

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

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

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

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

<b>SHEBOYGAN YMCA CHILD CARE</b>		
	<b>Ages 2 - 6</b>	<b>Ages 5 - 12</b>
Mon - Fri	6:30am - 5:30pm	6:30am - 8:00am after school - 5:30pm
Summer		6:30am - 5:30pm
<b>SHEBOYGAN FALLS YMCA CHILD CARE</b>		
		<b>6 Wks - 4 Yrs</b>
Mon - Fri		6:00am - 5:30pm
<b>SHEBOYGAN FALLS ELEMENTARY SCHOOL</b>		
		<b>Ages 4 - 12</b>
School Year		6:00am - 5:30pm

### FALLS YMCA SCHOOL AGE CARE PROGRAMS SUMMER 2026 REGISTRATION

April 6, 2026 - General Public  
(Changes to summer care deadline: April 27th)

### 2026-27 SCHOOL YEAR REGISTRATION

March 30, 2026 - Current 4K families  
April 6, 2026 - New 4k families

May 18, 2026 - Current families (K-4th)  
May 25, 2026 - Pas families (K-4th)  
June 8, 2026 - New families (K-4th)

**Deadline to sign up for school year care: August 21st**

**August 31st - No School Aged care**

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

### NATURE BASED CHILD CARE

### YMCA CAMP Y-KODA & MAYWOOD

**Ages 3 - 6 Years**

**For more information, please contact:**

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

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



## 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!**

Accepting kids  
ages 2 - 12

for the school year &  
kids 4K - Grade 6 for  
summer care

Hours of Operation

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

For More Information

abittinger@sheboygancountyymca.org

# SWIMMING LESSON CLASS DESCRIPTIONS

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

## SWIM STARTERS BABY

### 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.

## HAVE MORE QUESTIONS?

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

## 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 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.

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!

## YOUTH GROUP SWIMMING LESSONS AT THE SHEBOYGAN YMCA

### 6-WEEK SPRING SESSION: APRIL 20 - MAY 30, 2026

SWIM STARTERS <i>(Parent &amp; Child Classes!)</i>						
LOCATION: GARTON POOL						
	AGE	MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY*
Baby A & B	6 Mo - Age 3		5:30-6:00pm	9:45-10:15am		9:15-9:45am
				5:00-5:30pm		
PRESCHOOL SWIM BASICS <i>(without parent)*</i>						
LOCATION: GARTON POOL						
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Stages 1 & 2	3 yrs - 5 yrs		4:00-4:30pm	10:15-10:45am	4:00-4:30pm	9:45-10:15am
			5:00-5:30pm	5:30-6:00pm	4:30-5:00pm	
Stages 3 & 4	4 yrs - 5 yrs		5:00-5:30pm	10:15-10:45am	4:30-5:00pm	9:45-10:15am
				5:30-6:00pm		
GRADE SCHOOL SWIM BASICS						
LOCATION: GARTON POOL						
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Stages 1 & 2	Age 5+ yrs		4:30-5:00pm	6:00-6:30pm	5:00-5:30pm	10:15-10:45am
Stage 3	Age 5+ yrs		4:00-4:30pm	6:00-6:30pm	4:00-4:30pm	10:15-10:45am
			4:30-5:00pm		5:00-5:30pm	
GRADE SCHOOL SWIM STROKES						
LOCATION: VERHULST POOL						
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Stage 4	Age 6+ yrs	6:30-7:00pm	5:00-5:30pm	6:30-7:00pm	5:00-5:30pm	9:45-10:15am
Stages 5 & 6	Ages 6+ yrs	7:00-7:30pm	5:30-6:00pm		5:30-6:00pm	10:15-10:45am

\* Note: Monday and Saturday swim classes will Not meet on Memorial Day Weekend, Saturday, May 23 and Monday, May 25; Fee prorated for 5 weeks

- Spring lessons fill quickly! Registration opens:**  
Members - Monday, April 6  
Non-Members - Thursday, April 9
- 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.
- 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.

6-WEEK GROUP SWIM LESSON FEES	
Sheboygan County Family Member	\$17.00
Sheboygan County Youth Member	\$43.00
Non-Member	\$61.00

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

5-WEEK GROUP SWIM LESSON FEES (MONDAY AND SATURDAY CLASSES ONLY)	
Sheboygan County Family Member	\$15.00
Sheboygan County Youth Member	\$36.00
Non-Member	\$54.00

## AQUATICS PROGRAMS

### 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

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



### 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.

Restore, relax, and reconnect one breath at a time. .

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



## SWIM TEAM AND WATER VOLLEYBALL

### SWIM TEAM SPRING TRAINING

APRIL 6 - MAY 28, 2026

#### Ages 9 & older

This 8-week program is exclusively for swimmers who were previously members of the Y's Chinook Swim Team or who have prior competitive swim team experience elsewhere. Designed as off-season training, this opportunity allows experienced swimmers to continue training year-round, maintain conditioning, and stay in a consistent routine until the summer swim team season begins. Practices will focus on endurance, technique refinement, and maintaining competitive readiness. There may also be one competitive meet opportunity offered during the session.

Monday/Wednesday/Friday  
4:00pm-5:30pm

Family Member	\$160
Youth Member	\$180

### INTRO TO SWIM TEAM

APRIL 20 - JUNE 1, 2026

#### Ages 9 & older

Ready to Kickstart Your Child's Swim Journey? Intro to Swim Team is a fantastic opportunity for kids who are confident in the water and ready to accelerate their learn-to-swim experience. This program is designed for swimmers who are prepared to be challenged, pushed a little faster than swim lessons, and introduced to a more team-focused environment.

If your child is growing out of the 30-minute-per-week swim lesson format and is excited about spending more time in the pool (2 hours per week), this 6-week program offers the perfect bridge before the summer swim team season begins.

Swimmers will be introduced to the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly, and build endurance.

This program is recommended for swimmers who can independently swim 25 meters, have passed Stage 3 swim lessons, and are comfortable in deep water.

#### Ages 5-8: Mondays and Wednesdays 4:00-5:00pm

No Practice Monday 4/27 (Swim Team Banquet)

No Practice 5/25 (Memorial Day)

#### Ages 9+: Tuesdays & Thursdays 4:00-5:00pm

Family Member	\$120.00
Youth Member	\$168.00
Non-Member	\$216.00



### NOW SEEKING WATER VOLLEYBALL PLAYERS

#### Age 15+

Water volleyball is a fun way to stay active and improve your overall health. There is a core group that plays regularly and they would love for more people to join in on the fun! Some volleyball experience is preferred but not required. • Get your heart rate up & burn calories • Improve coordination & balance • Tone and strengthen your muscles • Increase flexibility & range of motion • Relieve stress and improve mental health. Please see daily pool schedule for volleyball times.

#### Fee is Per Day

Sheboygan County YMCA Member	Free
Non-Member	\$10.00

**\*\* No Registration required - Come when you can!**



### POOL BIRTHDAY PARTIES

Celebrate your child's special day with a fun-filled pool party at the Y! The Garton Pool is available to rent, giving you the perfect place to gather friends and family for an unforgettable celebration.

Kids will love swimming, splashing, and playing in a safe, supervised environment, while parents enjoy a stress-free party experience. Bring your own decorations, cake, and refreshments to personalize the celebration, and let us provide the pool and the fun!

Please see the Birthday Party info on page 13 for rates. Please contact Aquatics Director Heather at [hnitsch@sheboygancountyymca.org](mailto:hnitsch@sheboygancountyymca.org) to check availability and make your reservation.





## AMERICAN RED CROSS LIFEGUARD CERTIFICATION

### In Person Sessions:

Sunday, June 14 (9:00am-5:00pm)

Tuesday June 16 (4:00pm-8:00pm)

Thursday, June 18 (4:00pm-8:00pm)

Saturday, June 20 (9:00am-5:00pm)

This course provides the necessary entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional level care of breathing and cardiac emergencies, injuries, and sudden illness until emergency medical services (EMS) personnel take over. The course fee includes certification in Lifeguarding, CPR/AED for Professional Rescuers and First Aid.

Participants must be **at least 15 years old before the last in-person session**. This class must have at least 5 participants in order to run. To successfully complete the course, you must attend all session dates, participate in all skills sessions/drills, activities and scenarios, demonstrate competency in all requirements and pass the final skills tests and written exam with a minimum grade of 80%.

### COURSE TIMELINE

**Now through June 4:** To ensure participants are prepared for the physical demands of lifeguarding, all candidates must successfully complete a prerequisite skills evaluation. Email Heather at: [hnitsch@sheboygancountyyymca.org](mailto:hnitsch@sheboygancountyyymca.org) or call 920-451-8000 ext.129 to schedule this as soon as possible. After successfully completing this eval, you are eligible to register for the class.

- Complete a swim-tread-swim sequence: Jump into the water, submerge, resurface swim 150 meters (using the front crawl breaststroke or a combination of both), maintain position at the surface of the water for 2 minutes by treading water using only the legs, then swim 50 meters using the front crawl, breaststroke or a combination of both.
- Complete a timed event within 1 minute 40 seconds by starting in the water, swimming 20 meters, surface dive (feet-first or head-first) to a depth of 7 to 9 feet to retrieve a 10-pound object, return to the surface, and swim 20 meters on the back to return to the starting point holding the object at the surface with both hands, exit the water without using a ladder or steps.

**Friday, June 5:** Deadline to register and have swim skills eval completed.

Online coursework will be emailed to participants who are registered and who have completed and passed their prerequisite swim skills evaluation.

**June 6-13:** Participants will independently complete the assigned online course work from home. The online course content is designed to be completed in approximately 6 hours.

[CLICK HERE FOR REGISTRATION](#)

### Fee

Sheboygan County Y Member

\$225.00

Non-Member

\$250.00

## 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 today and dive into a rewarding career at the Y!

[Sheboygan County YMCA Employment Application](#)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# YMCA BIRTHDAY PARTIES



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

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

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

### Dance Party

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



### Swimming Party

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



### GYM Party

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



### Gymnastics Party

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

### Ultimate Party

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

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

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

Revised 3/19/26

# GYMNASTICS LESSONS

SHEBOYGAN YMCA FAMILY, PRESCHOOL, GRADE SCHOOL, AND MIDDLE SCHOOL GYMNASTICS							
6-WEEK SPRING SESSION: APRIL 20 - MAY 30, 2026							
FAMILY	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Movement</b>	<b>Crawlers - Age 4</b>	4:30-5:15pm		9:15-10:00am		9:15-10:00am	9:15-10:00am
(1 Child/1 Adult; co-ed)		5:15-6:00pm					
* ALL FAMILY MOVEMENT CLASSES ARE IN THE UPSTAIRS GYM *							
PRESCHOOL	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Rockers &amp; Rollers (co-ed)</b> (without parent)	<b>Ages 3-4</b>		4:30-5:00pm			4:30-5:00pm	8:00-8:30am
						5:00-5:30pm	8:30-9:00am
<b>Gymnastics (co-ed)</b>	<b>Ages 4 - 5</b>		3:45-4:30pm	10:00-10:45am	3:45-4:30pm		10:00-10:45am
<b>Little Springers (co-ed)</b>	<b>Ages 4 - 6</b>	6:15-7:00pm	4:30-5:15pm	6:15-7:00pm			
GRADE/MIDDLE	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Girls Gymnastics</b>	<b>Ages 6 - 8</b>	5:30-6:15pm			4:30-5:15pm		10:45-11:30am
							11:30-12:15pm
<b>Girls Gymnastics</b>	<b>Ages 9 - 11</b>			5:30-6:15pm			
<b>Novice Gymnastics (co-ed)</b>	<b>Ages 6 - 11</b>		6:00-6:45pm		6:15-7:00pm		
<b>Pre-Team</b>	<b>Ages 6 - 14</b>		5:15-6:15pm		5:15-6:15pm		
<b>Boys Gymnastics</b>	<b>Ages 6 - 12</b>		5:15-6:00pm				
<b>Parkour (co-ed)</b>	<b>Ages 5 - 8</b>					6:30-7:15pm	
	<b>Ages 8 - 12</b>					7:15-8:00pm	
DROP-IN PROGRAMS	AGE	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Rec Gymnastics</b>	<b>6 Mo - 12 Yr</b>			10:45-11:30am		10:45-11:30am	
(with Parent)						5:30-6:15pm	
* PRE-REGISTRATION REQUIRED EACH WEEK - OPENS MONDAY OF THAT WEEK *							
<b>Youth Rec Gymnastics</b>	<b>Age 5+</b>					4:00-5:30pm	
* PRE-REGISTRATION REQUIRED EACH WEEK - OPENS MONDAY OF THAT WEEK *							
<b>NOTE: If you are registered for Youth or Family Rec Gymnastics and are unable to attend, please contact the front desk so others are able to sign up.</b>							
<b>Birthday Parties</b>	<b>All Ages</b>	Limit 12 children					12:30-2:30pm (when scheduled)

[CLICK HERE FOR REGISTRATION](#)

Fee per 6-Week Session			
	30 Minutes	45 Minutes	60 Minutes
*Family Member	\$31.00	\$43.00	\$60.00
*Youth Member	\$37.00	\$54.00	\$72.00
Non-Member	\$49.00	\$79.00	102.00
<b>*Sheboygan County YMCA Member</b>			
1-Time Drop-in Fee			
	45 Minutes	60 Minutes	
Sheboygan County Y Family Member	\$9.00	\$12.00	
Sheboygan County Y Youth Member	\$10.00	\$13.00	
Non-Member	\$18.00	\$25.00	
Please contact Sandra Garcia for availability at <a href="mailto:sgarcia@sheboygancountymca.org">sgarcia@sheboygancountymca.org</a> .			

- 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

**\* REMINDER\***

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

**FAMILY MOVEMENT FOR BOYS & GIRLS**

**Crawlers - 4 Years with Adult**

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

**ROCKERS AND ROLLERS**

**Ages 3 - 4 without Adult**

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 & GIRLS**

**Ages 4 - 5 without Adult**

Please consult the grid. Class ratios are smaller without parents. Every class begins with fun music and challenging manipulative activities. Children increase strength, balance, coordination and flexibility while exploring gymnastics and tumbling.

**LITTLE SPRINGERS FOR BOYS & GIRLS**

**Ages 4 - 6**

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

**GIRLS GYMNASTICS**

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

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

**NOVICE GYMNASTICS FOR BOYS & GIRLS**

**Ages 6 - 11**

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

**PRE-TEAM FOR GIRLS**

**Ages 6 - 14**

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

**BOYS GYMNASTICS**

**Ages 6 - 12**

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

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

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

**PARKOUR**

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

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



**BIRTHDAY PARTIES**

See Page 13 for more information on how you can schedule your gymnastics birthday party now!



Contact Sandra Garcia at [sgarcia@sheboygancountyyymca.org](mailto:sgarcia@sheboygancountyyymca.org)

# GYMNASTICS & FINE ARTS PROGRAMS

## 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 ..... 11:45am - 12:30pm  
 Fri ..... 5:30pm - 6:15pm

Sheboygan County Y Family Member	Free
Sheboygan County Y Youth Member	\$4.00
Non-Member	\$8.00

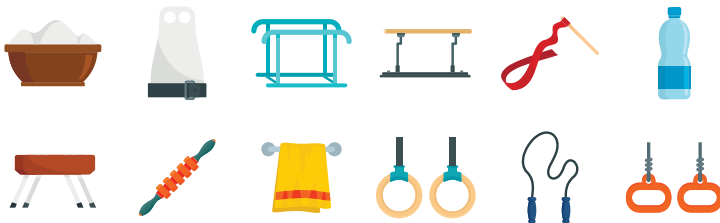
## YOUTH GYMNASTICS REC DROP-IN PROGRAM

### Age 5 Years (with Adult) - Age 17

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

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

Sheboygan County Y Family Member	\$7.00
Sheboygan County Y Youth Member	\$11.00
Non-Member	\$15.00



## POP-UP GYMNASTICS OR PRIVATE LESSON

### (1 TO 5 PEOPLE)

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

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

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

Pop-Up - 45 Minutes	Private Lesson - 30 Minutes
Family Member \$31.00*	Family Member \$24.00*
Youth Member \$35.00*	Youth Member \$27.00*
Non-Member \$53.00	Non-Member \$41.00

\* Member Rates - Sheboygan County YMCA Member

## FINE ARTS DEPARTMENT

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



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

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

### YMCA Dance Dress Code

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

## PRIVATE DANCE AND DRAMA LESSONS

### Ages 5 - Adult

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

	30 Minutes	45 Minutes
Sheboygan County Y Family Member	\$24.00	\$31.00
Sheboygan County Y Youth Member	\$27.00	\$35.00
Non-Member	\$41.00	\$53.00



SPRING DANCE CLASSES				
5-WEEK SPRING: APRIL 20 - MAY 27, 2026 (NO CLASSES MAY 19TH, 20TH & 25TH)				
DANCE CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY
Creative Movement (w/Adult)	Ages 2 - 4			5:30-6:00pm
Ballet	Ages 4 - 6			4:30-5:00pm
Tap	Ages 4 - 6		4:15-4:45pm	
Ballet	Ages 7 - 12			5:00-5:30pm
Jazz/Hip-Hop	Ages 7 - 14	4:30-5:00pm		

5-Week Session Fees	30 Minutes
Sheb County YMCA Family Member	\$25.00
Sheb County YMCA Youth	\$30.00
Non-Member	\$45.00

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

[CLICK HERE FOR REGISTRATION](#)

**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**

**Ages 4 - 6**

**Ages 7 - 12**

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

**TAP**

**Ages 4 - 6**

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

**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.



**DANCE PARTIES**

**Location: Sheboygan Y 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 cancelled due to low enrollment one week prior to the dates listed below. Fee is non-refundable unless the YMCA cancels the party. **Fee is per party.**

**Friday, April 24, 2026**

Ages 4 - 6 .....Make A Wish..... 10:00am-11:00am

**Friday, May 22, 2026**

Ages 7 - 12 .....Under the Sea.....9:30am-10:30am

**Friday, May 22, 2026**

Ages 4 - 6 ..... Under the Sea..... 11:30am-12:30pm

**Fee Per Party**

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

**ART PARTIES**

**Location: Sheboygan Y Multi-Purpose Room**

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 non-refundable unless the YMCA cancels the party. **Fee is per party.**

**PAINT & SIP Addition:**

Participants are encouraged to bring their own mug/cups.

**Friday, May 15, 2026**

Ages 4 - 6 .....Abstract Art ..... 10:00am-11:00am

**Tuesday, May 26, 2026 - Paint & Sip**

Ages 6 - 14 .....Patriotic Punch ..... 5:30pm-6:30pm

**Fee Per Party, Per Child**

**(Paint & Sips: Parents can attend but do not pay)**

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

**BIRTHDAY PARTIES**

See Page 13 for more information on how you can schedule your dance birthday party now!



# PEE WEE & MIGHTY MITE PROGRAMS

PEE WEE AND MIGHTY MITE PROGRAMS						
6-WEEK SPRING: APRIL 20 - MAY 30, 2026						
PEE WEE SPORTS	Y	AGE	DAY	TIME	LOCATION	SESSION
Pee Wee Soccer	S	Ages 3 - 5	Mon	4:00 - 4:45pm	Muth Gym	Spring
Pee Wee Indoor T-ball	S	Ages 3 - 5	Tues	4:00 - 4:45pm	Muth Gym	Spring
Pee Wee Basketball	S	Ages 3 - 5	Tues	5:00 - 5:45pm	Muth Gym	Spring
Pee Wee T-Ball	F	Ages 3 - 5	Mon	5:00 - 5:45pm	Falls Y Lohmann Gym	Spring
MIGHTY MITE SPORTS	Y	GRADE	DAY	TIME	LOCATION	SESSION
Mighty Mite Soccer	F	5K - Grade 2	Wed	5:30 - 6:30pm	Falls Y Lohmann Gym	Spring
Mighty Mite Basketball	S	5K - Grade 2	Mon	5:00 - 6:00pm	Muth Gym	Spring
Mighty Mite Soccer	S	5K - Grade 2	Wed	5:00 - 6:00pm	Muth Gym	Spring

[CLICK HERE FOR REGISTRATION](#)

## PEE WEE SPORTS - PARENT/CHILD CLASS

### Ages 3 - 5 years

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

Sheboygan County Y Family Member	\$31.00
Sheboygan County Y Youth Member	\$36.00
Non-Member	\$49.00

## COED MIGHTY MITE SPORTS

### Grades 5K - 2

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

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

## SHEBOYGAN HOT SHOTS TOURNAMENT

### FRIDAY, MAY 1, 2026

#### Grades 5k - 3

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

Fri ..... 5:00pm Start

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

## MIGHTY MITE FLAG FOOTBALL

### Grades 1 - 2 in Fall 2026

This program includes volunteer-led practices, a skills clinic, modified games, teamwork and sportsmanship. Registration forms will be available in mid-May for the communities of Kohler, Howards Grove, Oostburg, Plymouth, Random Lake, Sheboygan and Sheboygan Falls. **The registration deadline is August 7, 2026.**



## TACKLE FOOTBALL LEAGUE

### Grades 3 - 4 in Fall 2026

Registration forms for the Fall 2026 season will be available in mid-May for the communities of Cedar Grove, Kohler, Oostburg, Plymouth, Sheboygan and Sheboygan Falls. **The registration deadline is July 24, 2026.**



## 7TH & 8TH GRADE GIRLS VOLLEYBALL LEAGUE

APRIL 23 - JUNE 4, 2026

### Girls in Grades 7 - 8

Get your team roster together for this volleyball league, which will help girls develop team play and work on fundamentals. Matches will be played on Thursday evening between 5:00pm - 8:00pm in the Sheboygan Falls YMCA gymnasium. For more information, please contact Halle at [hboldt@sheboygancountyymca.org](mailto:hboldt@sheboygancountyymca.org) or 920-467-2464 x207.

**The registration deadline is April 10, 2026.**

Team Fee \$110.00

## 5TH & 6TH GRADE GIRLS VOLLEYBALL LEAGUE

APRIL 21 - JUNE 2, 2026

### Girls in Grades 5 - 6

Come get your team together for a fundamental volleyball league night for girls in 5th and 6th grade. This new league will help develop your child by getting more touches on the ball, and coaches on the floor to help them. League will be unofficiated, coaches on the floor, net height at the junior level, and using volleylite volleyballs. Teams will play for an hour, 3 game set if time allows, 3rd game will go to 15 points. Matches will begin on April 22nd. Matches are played on Tuesday evenings starting at 5:00pm in the Sheboygan Falls YMCA Gymnasium. For more information, please contact Halle at [hboldt@sheboygancountyymca.org](mailto:hboldt@sheboygancountyymca.org) or 920-467-2464 x207. **Registration deadline is April 10, 2026.**

Team Fee \$75.00



## HIGH SCHOOL GIRLS VOLLEYBALL LEAGUE

JUNE 9 - AUGUST 4, 2026

### Freshman and Junior Varsity Girls in Fall 2026

Get your team rosters together for our annual summer volleyball league. This league is for girls who will be on the freshman or junior varsity volleyball team from the same school district to improve their teamwork and get ready for the Fall 2026 season. Matches will be played on Tuesday evening at the Sheboygan Falls YMCA. For more information, please contact Halle at 920-467-2464 x207. **Registration deadline is June 2, 2026.**

Team Fee \$160.00

## VARSITY GIRLS SUMMER VOLLEYBALL LEAGUE

JUNE 9 - AUGUST 4, 2026

### Varsity Girls in Fall 2026

This league is designed for girls who will be on the varsity volleyball team from the same school district to improve their teamwork and get ready for the upcoming Fall 2026 season. Registration is limited to 12 teams. Matches will be played on Tuesday evening at the Sheboygan YMCA. For more information, please contact Taylor at 920-451-8000 x121. **Registration deadline is June 2, 2026.**

Team Fee \$186.00

## GIRL POWER

APRIL 20 - MAY 30, 2026

### Ages 12 - 17

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



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

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

### Sheboygan County YMCA Members Only

Family Member	\$41.00
Youth Member	\$46.00

## TEEN STRENGTH TRAINING

### Ages 12 - 15

Completion of this class allows open use of the fitness centers for the young teen. They will learn the basics of weight training with a trainer. Basic instruction includes proper weight training form and technique, weight room safety and cardiovascular training. **Youth age 12 must complete S.P.A.R.K. first. Fee is for 6-week session.**

Sheboygan County Y Family Member	\$41.00
Sheboygan County Y Youth Member	\$46.00



## TEEN PERSONAL TRAINING

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

### Sheboygan County Y Member Only

½ Hour	\$21.00
One Hour	\$37.00

## TEEN STRENGTH INDIVIDUAL TRAINING SHEBOYGAN YMCA

### Ages 12 - 15

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

Sheboygan County Y Member Only \$89.00



## YOUTH PROGRAMS

### NERF BATTLE/DODGEBALL

Grab your friends and come join us for fun playing Nerf battle. Each week will have different Nerf games including team battle, capture the flag, Nerf freeze tag and many more! Please bring your own Nerf toys. The YMCA will provide universal ammo for the Nerf toys. We will mix and match nerf with dodgeball fun!

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

### DISC GOLF @ CASCADE MEMORIAL PARK

Get ready to throw, aim, and explore the exciting game of disc golf! In this fun and active class, youth will learn the fundamentals of disc golf including proper throwing techniques, accuracy, course etiquette, and basic rules of play. Participants can bring their own disc or be provided one from the YMCA. We will meet weekly at Cascade memorial park, in Cascade. (This is a kid friendly course!)

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



### SKILLS AND DRILLS SPORTS OF ALL SORTS

This class is for all skill levels. It will have an emphasis on skills and fundamentals. This is a great start if you're just starting out playing a variety of sports or working toward playing for your school!

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

### AFTER SCHOOL SPORTS FUN

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

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



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

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

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

### VOLLEYBALL ACADEMY

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

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

### HOME SCHOOL PHYSICAL EDUCATION PROGRAM

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

### YMCA BASKETBALL ACADEMY

Designed for elementary basketball players who want to level up their game. This class combines skills training with real game action. Athletes in this class will build confidence in the game while working on ball handling, shooting, defense, and real game feel. For the first half of class we will work on a new skill and the second half we will have realistic basketball 5 on 5 games.



Sheboygan County Y Family Member	\$31.00
Sheboygan County Y Youth Member	\$38.00
Non-Member	\$54.00

### SPORTS 101

Join us at the YMCA to get introduced to a variety of different sports every week. Each week a new sport will be introduced where participants will learn new skills and games.

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



### KID'S NIGHT OUT - SHEBOYGAN Y FRIDAY, MAY 1, 2026

#### Grades 1 - 4

Drop your kids off and have them experience a variety of fun games, snacks, and a movie!.

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

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

### KID'S NIGHT OUT - FALLS Y FRIDAY, APRIL 24, 2026 - KIDS CHOICE

#### Grades 2 - 4

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

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

Sheboygan County Y Family Member	\$6.00
Sheboygan County Y Youth Member	\$7.00
Non-Member	\$9.00

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.



YOUTH PROGRAMS AND SPORTS

6-WEEK SPRING SESSION: APRIL 20 - May 30, 2026

YOUTH PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Nerf Battle/Dodgeball	F	Grades 2 - 5	Mon	4:00 - 4:45pm	Falls Y Lohmann Gym	Spring
Disc Golf (Cascade Memorial Park) <small>new</small>	F	Grades 1 - 8	Tues	5:15 - 6:00pm	Falls Y Lohmann Gym	Spring
S.P.A.R.K.	S	Ages 10 - 12	Tu &/or Th	4:15 - 5:15pm	Lakeview Center	Spring
Skills N Drills - Sports of All Sorts	F	Grades 3 - 7	Wed	4:30 - 5:15pm	Falls Y Lohmann Gym	Spring
Volleyball Skills N Drills	S	Grades 3 - 7	Thur	4:30 - 5:30pm	Muth Gym	Spring
Home School Phy Ed	S	Ages 5 - 17	Fri	1:30 - 2:30pm	Varies	Spring
YMCA Basketball Academy <small>new</small>	S	Grades 3 - 5	Mon	6:00 - 7:00pm	Muth Gym	Spring
Sports 101 <small>new</small>	S	Ages 8 - 12	Fri	4:00 - 5:00pm	Muth Gym	Spring
After School Sports Fun <small>new</small>	F	Grades 2 - 5	Fri	4:00 - 4:45pm	Falls Y Lohmann Gym	Spring
Kids Night Out	S	Grades 1 - 4	Fri	5:00 - 7:00pm	Varies	5/1
	F	Grades 2 - 4	Fri	6:00 - 8:00pm	Falls Y Lohmann Gym	4/24
TEEN PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Girl Power	F	Ages 12 - 17	Tue & Sat	6:30 - 7:30pm 1:00 - 2:00pm	Riverview Center	Spring
Teen Strength Training	S	Ages 12 - 15	Mon	4:15 - 5:15pm	Lakeview Center	Spring
	F	Ages 12 - 15	Wed	3:30 - 4:15pm	Riverview Center	Spring
Teen Personal Training	S	Ages 14 - 18	By Appt	Personal Trainer	Lakeview Center	Call 920-451-8000
	F	Ages 14 - 18	By Appt	Personal Trainer	Riverview Center	Call 920-467-2464

[CLICK HERE FOR REGISTRATION](#)

YMCA CORE VALUES

Honesty, Caring, Respect and Responsibility





Friday, April 17th - doors open at 5:30pm

Activities for all ages\*\*

6:00pm Gymnastics Obstacle Course

5:30-7:30pm

- Open swim
- Arts n crafts
- Positivity pins
- Dance fitness in east gym
- City fire truck
- Healthy snacks

\*\* Wear appropriate gym attire, bring hair ties, your own swimwear and towel

**Big Gym:**

- Bounce House
- Gaga Ball
- Gym Games

**Major Sponsors:  
Kyle Nack Memorial**



# BUC BRAZILIAN SOCCER CAMPS

FROM THE LAND OF THE FIVE TIME WORLD CUP CHAMPIONS

★ 1958

★ 1962

★ 1970

★ 1994 

★ 2002



## SHEBOYGAN FALLS BRANCH YMCA

INVITES YOU TO JOIN THE BRAZILIAN WAY OF SOCCER

Skills development, flair, joy, and confidence. Your champion will grow and shine under the guidance of professional Brazilian coaches.

**JULY 13TH TO 17TH (MONDAY TO FRIDAY)**

FULL DAY ★ HALF DAY ★ FUTURE STARS

For kids ages 4 to 14 - All Skill Levels Welcome

**Where?** 305 Buffalo St, Sheboygan Falls, WI 53085, USA.



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BUILDING



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CONTACT@BRAZILIANUNITED.COM | (+1) 240-377-2049



# SCHOOLS OUT CAMP

**8:00AM – 4:00PM**  
**AGES 4–13**

No School? No Problem! When school is out, camp is here. Campers will enjoy an action-packed day of adventure and fun partaking in a variety of activities outside!

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

**YMCA Member:** \$40 per child per day

**Non-Member:** \$50 per child day



**REGISTER  
TODAY**

**Friday, April 3, 2026 – Flannel Friday**

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

**Monday, April 6, 2026 – Spring Fling!**

School's Out and fun is in full bloom! Join us for a day filled with sunshine, games, music, and springtime vibes. Whether you're dancing, crafting, or just soaking up the fun, it's the perfect way to celebrate the season - no homework required!

**Monday, April 20, 2026 – Earth Day Celebration**

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

**Friday, May 22, 2026 – Holiday Hoopla**

School's Out for the Summer! Well, almost.. We will celebrate the beginning of summer with our Holiday Hoopla Party! Wear your favorite holiday outfit from any time of the year! We will play games from several different holidays and have a giant luau at the end of the day to prepare for summer.



YMCA CAMP Y-KODA, W3340 Sunset Road, Sheboygan Falls, WI 53085 • (920) 467-6882  
[sheboygancountyyymca.org/camp-y-koda](http://sheboygancountyyymca.org/camp-y-koda) • [droscovius@sheboygancountyyymca.org](mailto:droscovius@sheboygancountyyymca.org)



# SUMMER CAMP OPEN HOUSE NIGHTS

Come discover summer with YMCA Camp Y-Koda! At our open houses, you will have the opportunity to explore our camp offerings and meet our camp directors to address any questions you may have for the season. Our grounds will be open only at Camp Y-Koda to walk the property, purchase camp gear, view the facilities, enjoy the playground and so much more!

**4:00PM - 6:00PM EACH DAY**

- Tuesday, May 5
- Wednesday, May 6
- Thursday, May 7



Can't attend any of these dates? No problem!  
Call camp at (920) 467-6882 to schedule a tour with one of our directors.

**YMCA CAMP Y-KODA, W3340 Sunset Road, Sheboygan Falls, WI 53085**  
P: (920) 467-6882 F: (920) 467-7240 \* [sheboygancountyyymca.org/camp-y-koda](http://sheboygancountyyymca.org/camp-y-koda)

At Camp Y-Koda, you can boost confidence, enhance communication, foster collaboration, and celebrate success within your team. Your leadership can turn potential into greatness. Let's build success together!



## HIGH ROPES

**NOW BOOKING  
SEPT-OCT. 2026**



**YMCA CAMP Y-KODA**  
**(920) 467-6882**

## FACILITY INFO/TRAVEL

### 2026 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.

#### NATIONAL PARKS & CANYONS OF THE SOUTHWEST: FEATURING GRAND CANYON, BRYCE CANYON AND ZION NATIONS PARK

DEPARTURE DATE: MAY 6

6 DAYS AND 5 NIGHTS

Age 18 & Older

Highlights include:

- Hoover Dam
- Mob Museum
- Grand Canyon West
- Grand Canyon Skywalk
- Bryce Canyon National Park
- Zion National Park
- Zion Park Tram Tour
- Las Vegas Leisure Day
- 2 Nights - Las Vegas and 3 Nights - Mesquite



#### PITTSBURGH AND FALLING WATER

DEPARTURE DATE: OCTOBER 12

5 DAYS AND 4 NIGHTS

Age 18 & Older

Highlights include:

- Frank Lloyd Wright's Fallingwater
- Duquesne Incline Funicular Railway
- Pittsburgh City Tour
- Carnegie Museums of Art & Natural History
- Heinz History Center
- PNC Ballpark Tour
- Frick Mansion
- Phipps Conservatory
- Point State Park & Fort Pitt Museum
- Flight 93 National Memorial



#### SAN ANTONIO HOLIDAY

DEPARTURE DATE DECEMBER 1

5 DAYS AND 4 NIGHTS

Age 18 & Older

Highlights include:

- San Antonio City Tour
- Alamo
- Riverwalk Cruise
- IMAX Theatre & San Jose Mission
- Austin City Tour
- Texas State Capitol
- 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



#### 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](mailto: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



#### 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](mailto: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](mailto:aliermann@sheboygancountyymca.org) or call 920-467-2464, x202.

**FITNESS CHALLENGES**

**SPRINT 8 FAT LOSS CHALLENGE**

APRIL 20 - MAY 27, 2026

**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

**HEALTHY HABITS BINGO - 6 WEEK CHALLENGE**

APRIL 20 - MAY 27, 2026

**Age 18 & Older**

Join our Healthy Habits Bingo Challenge, a 6-week wellness challenge designed to help you improve your fitness, nutrition, recovery, and overall well-being — one small habit at a time.

**How It Works:**

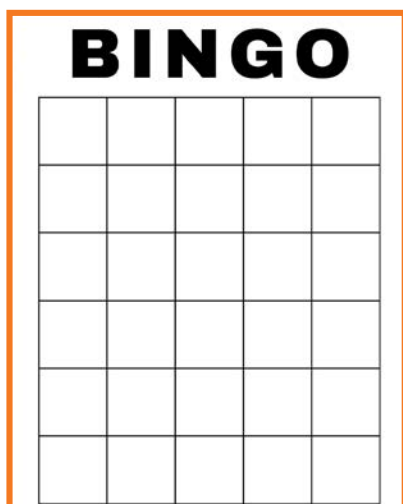
1. Complete activities and mark them off your card
2. Get a bingo (5 in a row) to win a prize
3. Complete the full card (blackout) for a grand prize entry

This challenge is perfect for all fitness levels and focuses on building sustainable, realistic habits — not extreme workouts or dieting.

Whether your goal is to move more, feel better, or stay accountable, Healthy Habits Bingo keeps you motivated and engaged for all 6 weeks.

Sheboygan County YMCA Member Only \$10.00

[CLICK HERE FOR REGISTRATION](#)



**RACQUETBALL/HANDBALL COURT RESERVATION**

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



**ADULT NOON BASKETBALL**

**Age 18 & Older**

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

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

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

## ADULT PROGRAMS - PICKLEBALL

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

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

### SHEBOYGAN YMCA

812 BROUGHTON DRIVE, SHEBOYGAN

Through May 14, 2026

#### 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

Through May 1, 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



#### 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. \*\*

### SHEBOYGAN FALLS YMCA

305 BUFFALO STREET, SHEBOYGAN FALLS

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

Through May 14, 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 Count Y Member	No Charge
Non-Member (Under 65)	\$8.00
Non-Member (Senior 65+)	\$6.00

### BERKSHIRE COMMUNITY GYMNASIUM

101 SCHOOL STREET, SHEBOYGAN FALLS

Through May 14, 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\*)

**\*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

Through May 1, 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

#### PICKLEBALL LESSONS:

Pickleball lessons are given on Wednesdays beginning at 1:30 pm at Berkshire Community Gymnasium.

Please email Bruce at [scpcpickleball@gmail.com](mailto:scpcpickleball@gmail.com) to reserve a spot.

## DIABETES PREVENTION PROGRAM



### 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](mailto:mleverenz@sheboygancountyyymca.org) to go over eligibility and to be added to the waiting list for the class.

Contact Mya Leverenz to be added to the wait list

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

Next class begins April 28, 2026  
(or you may get on the wait list for our next class!)

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!

# ADULT WELLNESS PROGRAMS AND FITNESS CHALLENGES

## LIVESTRONG AT THE YMCA



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



### SHEBOYGAN - LAKEVIEW

#### “WOW” - WOMEN ON WEIGHTS APRIL 22 - MAY 27, 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 6-week session.**

Sheboygan ..... Wed ..... 9:30am - 10:30am

Sheboygan County YMCA Member Only      \$30.00



#### SPRINT 8 FAT LOSS CHALLENGE

APRIL 20 - MAY 27, 2026

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

#### HEALTHY HABITS BINGO - 6 WEEK CHALLENGE

APRIL 20 - MAY 27, 2026

Age 18 & Older

Join our Healthy Habits Bingo Challenge, a 6-week wellness challenge designed to help you improve your fitness, nutrition, recovery, and overall well-being — one small habit at a time.

#### How It Works:

1. Complete activities and mark them off your card
2. Get a bingo (5 in a row) to win a prize
3. Complete the full card (blackout) for a grand prize entry

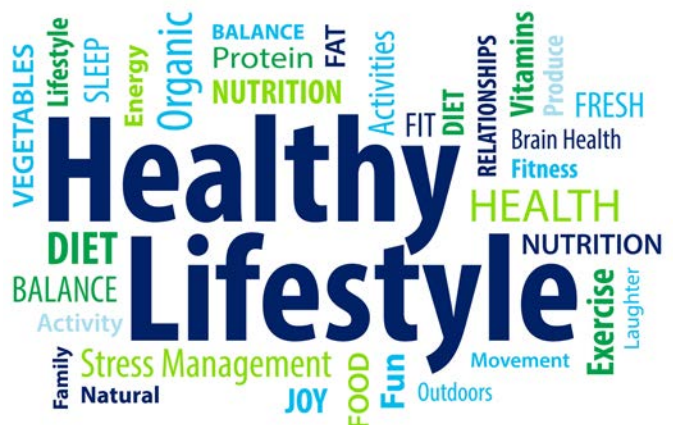
This challenge is perfect for all fitness levels and focuses on building sustainable, realistic habits — not extreme workouts or dieting.

Whether your goal is to move more, feel better, or stay accountable, Healthy Habits Bingo keeps you motivated and engaged for all 6 weeks.

Sheboygan County YMCA  
Member Only

\$10.00

[CLICK HERE FOR REGISTRATION](#)





## FALLS FITNESS EVENTS

### PEDAL, PUMP, POWER AND POSE SATURDAY, MAY 9, 2026

Age 18 & Older

Leave the winter hibernation behind. These 4 P's will get your body summer ready!

**Pedal** Start this super set of work with Charity in a 30-minute Indoor Cycle workout.

**Pump** Once the metabolism is revved up, amp up your muscles for 30 minutes with an express BodyPump™ with Amber.

**Power** Exhaust your glutes, abs, back and core for the next segment, offered by DiAnne.

**Pose** Finish with Pam in a 30-minute recovery in a yoga flow.

Four instructors, four classes, one value for all this talent, motivation, and sweat equity!

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

- **On this day only, our special event will be held in place of our regularly scheduled Body Pump™, Matrix Ride, and yoga classes.**

Sheboygan County Y Member	\$10.00
Non-Member	\$20.00



### POWER PLATE® DEMONSTRATION WEDNESDAY, APRIL 22, 2026

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.**



Wednesday .....11:30am

Sheboygan County Y Member	Free
Non-Member	\$8.00

### INTRO TO YOGA, CHAKRAS AND CRYSTALS HOW THEY RELATE TO ONE ANOTHER IN YOGA FLOW

APRIL 30 - MAY 28, 2026

Age 18 & Older

In this 5-week series, you will learn basic yoga principles and guidelines, basics of the 7 chakras/colors, and the basics of crystals and how they can relate to one another. Each week will incorporate a new chakra and coordinated crystal into a yoga flow, with the intent to open each chakra through movement, breath and crystal healing. This is a 1-hour class with approximately 45 minutes of a chakra yoga flow. The 7 chakra crystals will be provided for class use. This introduction will give you a deeper understanding and connection to yoga, chakras, and crystals.

Thursday ..... 10:45am - 11:45am

Sheboygan County Y Member	\$15.00
Non-Member	\$30.00

## ADULT ENRICHMENT PROGRAMS

### VEGETABLE GARDENING 101 - 2-PART SERIES

MONDAY, MAY 4, 2026 AND JULY 13, 2026

LED BY WISCONSIN EXTENSION MASTER GARDENER, **ABBIE PALENSKE**

Age 18 & Older

Think gardening is as simple as putting a seed in the ground? Think again! We start this two-part series in Spring when you are starting to plan your garden. Abbie will present an educational segment on two different methods of no-till gardening—the lasagna method and raised bed gardening. She will also speak on when to plant, what to plant, how to take care of your plants, starting seeds, and composting. Then sign up to tour Abbie's personal gardens and see how she applies what you have learned.

Fee is for complete series. Fee will not be pro-rated for only participating in one of the parts. **Pre-registration is required.** Transportation not provided, although car-pooling can and should be arranged for convenience. Register by **May 1, 2026.**

Monday ..... 6:30pm

[CLICK HERE FOR REGISTRATION](#)

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

**SHEBOYGAN FITNESS EVENTS**

**WOMEN THAT ROCK ZUMBA EVENT**  
**SATURDAY, APRIL 4, 2026**

**Age 18 & Older**

Who run the world? GIRLS! Get ready to move, sweat, and celebrate the powerhouse women who changed music forever! This high-energy Zumba class features a confidence-boosting playlist packed with hits from music's most legendary female artists! **Location: Sheboygan Aerobic Room.**

Friday ..... 10:30am -11:30am

Sheboygan County Y Member	Free
Non-Member	\$8.00

**PEDAL & PULSE**  
**SATURDAY, APRIL 25, 2026**

**Age 18 & Older**

Pedal and Pulse is a workout combining rhythmic indoor cycling with barre-based, low-impact strength training. It blends cardiovascular exercise with sculpting, and toning to create a balanced, full-body workout. You'll burn calories, build endurance, and improve flexibility through diverse movements suitable for all levels. Held in the Group Cycle Studio.

Saturday ..... 9:00am -9:45am

Sheboygan County Y Member	Free
Non-Member	\$8.00

**"TOUGH AS A MOTHER" - MOTHER'S DAY SWEAT SESH**

**SATURDAY, MAY 9, 2026**

**Age 18 & Older**

Come celebrate mother/daughter, mother/son, or "bestie" duos with this energetic, full-body workout. This boot camp style workout will focus on functional movements and even feature partner-based resistance exercises. Sure to be a great bonding opportunity. Stay after for celebratory post-workout goodies! Held in the Aerobic Room.

Saturday ..... 10:15am-11:30am

Sheboygan County Y Member (per pair)	\$20.00
Non-Member (per pair)	\$30.00

**SHEBOYGAN - LAKEVIEW**

**"WOW" - WOMEN ON WEIGHTS**  
**APRIL 22 - MAY 27, 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 6-week session.**

Sheboygan ..... Wed ..... 9:30am - 10:30am

<b>Sheboygan County YMCA Member Only</b>	<b>\$30.00</b>
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**ZOOM FITNESS CLASS OPTIONS**

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

**SHEBOYGAN FALLS CLASSES**

Jen: [jkovacs@sheboygancountyyymca.org](mailto:jkovacs@sheboygancountyyymca.org)

**FITNESS CLASS INFORMATION**

**Age 15 & Older**

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

- **Our fitness schedule is subject to change.** It is published separately from the brochure.
- **The fitness schedules are updated about once a month** and are available at the Welcome Desk or on our website at [www.sheboygancountyyymca.org](http://www.sheboygancountyyymca.org).
- **Warm-ups are an important part of each class!** Please arrive 5 minutes before the start of each class

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

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

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

**Michelle Bustamante, Sheboygan YMCA Group Fitness Coordinator**

(920) 451-8000 x114  
[mbustamante@sheboygancountyyymca.org](mailto:mbustamante@sheboygancountyyymca.org)

**Jen Kovacs, Sheboygan Falls YMCA Healthy Living Director**

(920)467-2464 x219  
[jkovacs@sheboygancountyyymca.org](mailto:jkovacs@sheboygancountyyymca.org)

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



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

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

S = Sheboygan Y      F = Falls Y

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

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

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

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

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

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

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

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



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

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

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

**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. **F**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

YMCA MISSION STATEMENT

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

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

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

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

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

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

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

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

[CLICK HERE FOR REGISTRATION](#)



**SHEBOYGAN COUNTY YMCA 2026 CLASS REGISTRATION FORM**

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

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

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

**Participant #1 Name** \_\_\_\_\_ **Birth Date** \_\_\_\_\_ **Member**  Y  N

Class Description	<input checked="" type="checkbox"/> Location	Day & Time	Spring	Fee
	SHEB SFY		<input type="checkbox"/> 6 Weeks	\$
	SHEB SFY		<input type="checkbox"/> 6 Weeks	\$
	SHEB SFY		<input type="checkbox"/> 6 Weeks	\$

**Participant #2 Name** \_\_\_\_\_ **Birth Date** \_\_\_\_\_ **Member**  Y  N

Class Description	<input checked="" type="checkbox"/> Location	Day & Time	Spring	Fee
	SHEB SFY		<input type="checkbox"/> 6 Weeks	\$
	SHEB SFY		<input type="checkbox"/> 6 Weeks	\$
	SHEB SFY		<input type="checkbox"/> 6 Weeks	\$

**Office Use Only**

Amount Paid \_\_\_\_\_  
 Date Received \_\_\_\_\_  
 Staff Initials \_\_\_\_\_

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

**REGISTRATION OPTIONS**

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

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

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

**In Person**

Registration may be done 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.

**REGISTRATION CHANGE POLICY**

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

**REGISTRATION INFORMATION**

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

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

**REGISTRATION CANCELLATION POLICY**

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

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