

the **Y** | **175** YEAR ANNIVERSARY  
YMCA



# Ready, Set, Summer at the Y!

**SHEBOYGAN COUNTY YMCA**  
2026 Summer Brochure  
June 8 - August 22, 2026

[www.sheboygancountymca.org](http://www.sheboygancountymca.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

## SUMMER SESSION JUNE 8 - AUGUST 22, 2026

### REGISTRATION BEGINS AT 5:00AM

Member ..... Monday, April 20, 2026

Non-Member ..... Thursday, April 23, 2026

### SHEBOYGAN YMCA BUILDING HOURS

MAY 22 - SEPTEMBER 20, 2026

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

### SHEBOYGAN FALLS YMCA BUILDING HOURS

MAY 22 - SEPTEMBER 20, 2026

Monday - Thursday	5:00am - 8:00pm
Friday	5:00am - 7:00pm
Saturday	7:00am - 12:00pm
<i>Business Hours: Monday thru Thursday 7:30am - 6:00pm Friday 7:30am - 5:30pm</i>	

### YMCA CAMP Y-KODA JUNE 8 - AUGUST 30, 2026

Monday - Friday	7:15am - 5:30pm
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### YMCA HOLIDAY HOURS

Memorial Day	Monday, May 25	<b>CLOSED</b>
Independence Day	Saturday 7/4	<b>CLOSED</b>
<b>Sheboygan Y Only*</b>	Sat & Sun Aug 8 & 9	<b>CLOSED</b>
Labor Day	Monday, September 7	<b>CLOSED</b>

\* Due to the Mercury Racing Midwest Challenge power boat races at deland park

### TABLE OF CONTENTS

Adult Programs ..... 28-31  
 Aquatics ..... 8-13  
 Birthday Parties at the Y ..... 19  
 Camp Y-Koda ..... 26-27  
 Child Care ..... 7  
 Child Watch ..... 6  
 Fine Arts Program: Dance & Drama ..... 16-18  
 Fitness Class Descriptions & Information ..... 34-36  
 Gymnastics ..... 14-15  
 River/Lakeview Programs ..... 32-33  
 Membership ..... 5  
 Mighty Mites ..... 20  
 Pee Wee Sports ..... 20  
 Youth Programs ..... 21-25

### REGISTRATION INFORMATION

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

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.

**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 non-members 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.

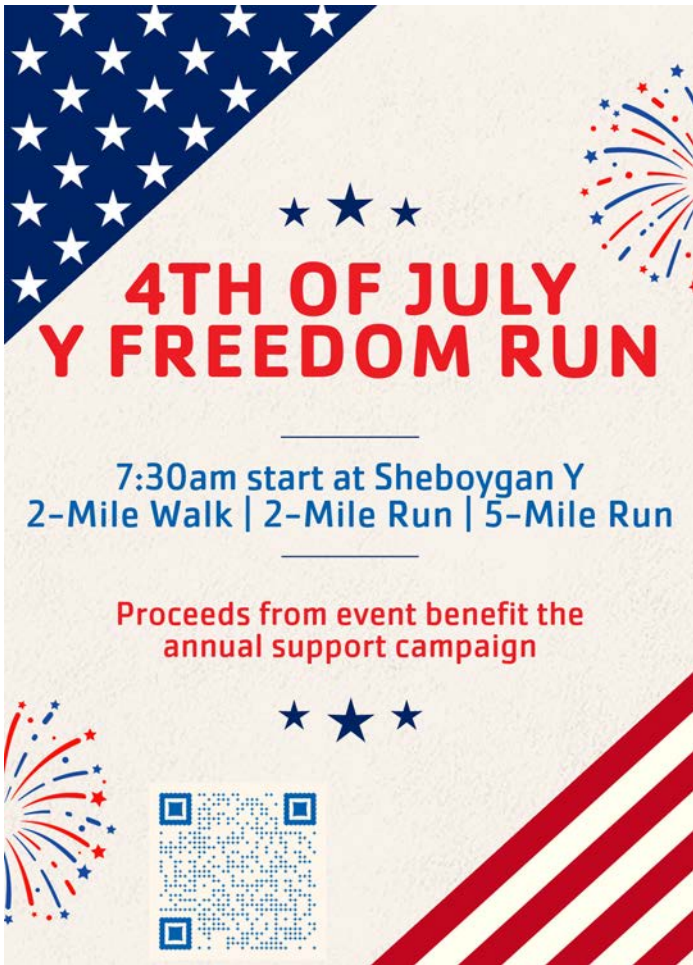
### REGISTRATION CHANGE POLICY

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 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.**



**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.sheboygancountymca.org](http://www.sheboygancountymca.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.



**Y Doug Opel's  
Run For the Kids**

2-Mile Run/Walk  
10K Run

Registration  
opens in August



26  
NOV

Sheboygan YMCA



# 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.



# BUC BRAZILIAN SOCCER CAMPS

## Sheboygan Falls 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.



MORE INFO

**SAVE YOUR SPOT**  
limited spaces!

10 YEARS IMPACTING LIVES THROUGH SOCCER



[PROGRAMS.BRAZILIANUNITED.COM/BUC/SUMMERCAMP](http://PROGRAMS.BRAZILIANUNITED.COM/BUC/SUMMERCAMP)

[CONTACT@BRAZILIANUNITED.COM](mailto:CONTACT@BRAZILIANUNITED.COM) | (+1) 240-377-2049

**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 and rates may change. Membership includes recreational and lap swimming at the Sheboygan Falls Aquatic Center, with short-term options available; all fees are non-refundable. Closures due to maintenance, weather, or emergencies do not qualify for refunds or extensions. Written notice is required before the 10th of the month to cancel recurring payments.

**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.

**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).

**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.



**FITNESS THAT FITS  
YOUR SCHEDULE**

**SHEBOYGAN FALLS RIVERVIEW CENTER**

**24/7 ACCESS**

**MUST BE AGE 19 OR OLDER**

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

**YMCA AGE & FACILITY USE POLICY**

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

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

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



**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 Riverview workout only-Ages 15yrs +
Middle School	\$4.00	N/A
Grade School	\$3.00	N/A
Fitness Class Drop-in	\$8.00	\$8.00

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

# 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".

## 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

## YMCA CORE VALUES

Honesty, Caring, Respect and Responsibility

## 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 Camp Y-Koda at 920-467-6882.

## 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.

## 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@sheboygancountyyymca.org) or Kelly at 920-467-2464 x203 (kthill@sheboygancountyyymca.org) for Sheboygan Falls.

SHEBOYGAN YMCA CHILD CARE		
	Ages 2 - 6	Ages 5 - 12
Mon - Fri	6:30am - 5:30pm	6:30am - 8:00am
		after school - 5:30pm
Summer		6:30am - 5:30pm
SHEBOYGAN FALLS YMCA CHILD CARE		
	6 Wks - 4 Yrs	
Mon - Fri	6:00am - 5:30pm	
SHEBOYGAN FALLS ELEMENTARY SCHOOL		
	Ages 4 - 12	
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@sheboygancountyyymca.org for more information.

## NATURE BASED CHILD CARE

## YMCA CAMP Y-KODA & MAYWOOD Ages 3 - 6 Years

For more information, please contact:

Sarah Dezwarde, Director of Education  
sdezwarde@sheboygancountyyymca.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@sheboygancountyyymca.org

# SWIMMING LESSON CLASS DESCRIPTIONS

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

## SWIM STARTERS

### BABY A&B

#### Ages 6 months - 3 years with Adult

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

## PRESCHOOL SWIM BASICS

### PRESCHOOL 1&2

#### Ages 3 - 5 without Adult

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

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

### PRESCHOOL 3&4

#### Ages 4 - 5 without Adult

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

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

## HAVE MORE QUESTIONS?

Our Aquatics Director, Heather Nitsch is available at 920-451-8000 x129 or [hnitsch@sheboygancountymca.org](mailto:hnitsch@sheboygancountymca.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 float with face in the water and back float independently

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

## GRADE SCHOOL SWIM STROKES

### GRADE SCHOOL 4

#### Ages 6 - 10

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

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

### GRADE SCHOOL 5&6

#### Ages 6 - 12

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

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

## YOUTH GROUP SWIMMING LESSONS AT THE SHEBOYGAN YMCA

### 5-WEEK SUMMER 1 SESSION: JUNE 8 - JULY 17, 2026

### BREAK WEEK: JUNE 29 - JULY 3 NO SWIM LESSONS

### 5-WEEK SUMMER 2 SESSION: JULY 20 - AUGUST 20, 2026

(Parent & Child Classes!)					
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Baby A &amp; B</b>	<b>6 Mo - Age 3</b>		5:30-6:00pm	9:15-9:45am	
				6:00-6:30pm	
(without parent)*					
* New Students: Please see chart on Page 10 to determine which class level is most appropriate for your child					
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Stages 1 &amp; 2</b>	<b>3 yrs - 5 yrs</b>	9:45-10:15am	4:00-4:30pm	9:45-10:15am	4:00-4:30pm
			5:00-5:30pm	5:00-5:30pm	4:30-5:00pm
<b>Stages 3 &amp; 4</b>	<b>4 yrs - 5 yrs</b>	9:45-10:15am	5:00-5:30pm	9:45-10:15am	4:30-5:00pm
				5:00-5:30pm	
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Stages 1 &amp; 2</b>	<b>Age 5 - 10 yrs</b>	10:15-10:45am	4:30-5:00pm	10:15-10:45am	5:00-5:30pm
				5:30-6:00pm	
<b>Stage 3</b>	<b>Age 5 - 10 yrs</b>	10:15-10:45am	4:00-4:30pm		4:00-4:30pm
			4:30-5:00pm	10:15-10:45am	5:00-5:30pm
				5:30-6:00pm	
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Stage 4</b>	<b>Age 6 - 10 yrs</b>	10:15-10:45am	5:00-5:30pm		5:00-5:30pm
		5:30-6:00pm		10:15-10:45am	
				5:30-6:00pm	
<b>Stages 5 &amp; 6</b>	<b>Age 6 - 12 yrs</b>	9:45-10:15am	5:30-6:00pm	9:45-10:15am	5:30-6:00pm
		6:00-6:30pm		6:00-6:30pm	

- You can register for one or both sessions when summer registration opens:  
 Members - Monday, April 20  
 Non-Members - Thursday, April 23
- 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.

5-WEEK GROUP SWIM LESSON FEES	
Sheboygan County Family Member	\$15.00
Sheboygan County Youth Member	\$36.00
Non-Member	\$54.00

[CLICK HERE FOR REGISTRATION](#)

## 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

### AI CHI AQUATICS CLASS

#### Age 15+

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

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

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

### ARTHRITIS AQUATICS CLASS

#### Age 15+

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

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

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

Monday (Instructor: Terry) ..... 11:00am - 12:00pm

Tuesday (Instructor: Mary) ..... 11:00am - 11:45am

Thursday (Instructor: Mary) ..... 11:00am - 11:45am

Friday (Instructor: Terry) ..... 11:00am - 12:00pm

#### Fee is Per Day

Sheboygan County YMCA Member	Free
Non-Member	\$10.00

## AMERICAN RED CROSS LIFEGUARD CERTIFICATION

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 - [hnitsch@sheboygancountymca.org](mailto:hnitsch@sheboygancountymca.org) 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.

### In-Person Sessions:

Sunday, June 14th 9a-5p

Tuesday, June 16th 4-8p

Thursday, June 18th 4-8p

Saturday, June 20th 9a-5p

Sheboygan County Y Members \$225

Non-Members \$250

## 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.**

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

For more information, contact:

**Heather Nitsch, Aquatics Director**

**920-451-8000, Ext 129**

**[hnitsch@sheboygancountymca.org](mailto:hnitsch@sheboygancountymca.org) or**

**complete an application by clicking link below:**

**[Sheboygan County YMCA Employment Application](#)**

## POOL BIRTHDAY PARTY

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 19 for rates. Please contact Aquatics Director Heather at [hnitsch@sheboygancountymca.org](mailto:hnitsch@sheboygancountymca.org) to check availability and make your reservation

## AQUATICS CAMPS

### SWIM CAMPS

#### 3-Day Camps

**Monday/Wednesday/Friday | 3:00pm - 4:00pm**

Sheboygan County Y Family Member	\$20.00
Sheboygan County Y Youth Member	\$25.00
Non-Member	\$30.00

#### 5-Day Camps

**Monday - Friday | 3:00pm - 4:00pm**

Sheboygan County Y Family Member	\$24.00
Sheboygan County Y Youth Member	\$40.00
Non-Member	\$50.00

#### Pool Games - 3-Days in Garton Pool

**June 8, 10, 12 | Ages 6-10**

This high-energy camp is all about fun, laughter, and classic pool favorites. Kids will play traditional water games like Marco Polo, Mr. Fox, create a whirlpool, frozen T-shirt relay races, Sharks & Minnows, Treasure Hunt, and more! Kids enjoy friendly competition, teamwork, and creative challenges, all in a safe, shallow-water environment of Garton Pool. Best of all, children do not need to know how to swim to participate.

#### Diving - 3-Days in Verhulst Pool

**June 15, 17, 19 | Ages 6-13**

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

#### Intro To Swim Team - 5-Days in Verhulst Pool

**June 22 - 26 | Ages 6-12**

Ever wonder what it's like to be on a swim team? Come dive in and find out with our Intro to Swim Team Camp! This one-hour camp lets kids ages 6-12 who can swim 25 meters independently experience the excitement of swim team in a playful, low-pressure environment.

Kids will try out "team-style" activities like stroke games, relay challenges, fun starts and turns, and mini races, all designed to build confidence, teamwork, and a love for swimming. They'll cheer on friends, set small goals, and discover what it's like to be part of the Y swim team, without any pressure or formal drills.

It's the perfect way for kids to get a taste of swim team, make new friends, and splash their way to confidence in the water! Prerequisite: Must be able to swim 25 meters independently.

#### Silly Water Olympics - 3-Days in Verhulst Pool

**July 6,8,10 | Ages 7-14**

Silly Water Olympics is a high-energy, one-hour splash fest held in the lap pool where kids compete in outrageous, laughter-filled aquatic challenges. This isn't about serious competition, it's all about teamwork, creativity, and over-the-top fun!

Kids might race in noodle relays, compete in kickboard push-offs, try synchronized silly swims, battle it out in sponge bucket transfer races, attempt the ultimate cannonball splash contest, just to name a few! Whether they're racing, splashing, or cheering on teammates, kids will build confidence, burn energy, and make unforgettable summer memories, one silly event at a time! Participants must be strong swimmers.

#### Water Volleyball - 3-Days in Garton Pool

**July 13, 15, 17 | Ages 9-14**

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

#### Big Pool Party - 3-Days in Verhulst Pool

**June 20, 22, 24 | Ages 6-14**

Get ready for the ultimate splash session of the summer! Our Big Pool Party transforms the lap pool into one giant play space, with the lane lines removed so kids have tons of room to swim, move, and play.

With upbeat music, inflatables, footballs, beach balls and high-energy water games, this one-hour camp is all about fun, freedom, and making waves with friends. Kids will race across the open pool, play team challenges, and enjoy plenty of free-swim party time in a safe, supervised environment. Designed for confident swimmers, this camp is for kids who can swim 25 meters independently and are comfortable in deep water. Big space. Big splashes. Big summer fun

#### Pool Karaoke - 3-Days in Garton Pool

**July 27, 29, 31 | Ages 6-13**

Kids will take turns choosing their favorite songs, singing poolside or from the shallow water, and cheering on their friends between splash breaks. Participants can enjoy free swim time, and group sing-alongs to popular kid-friendly hits. Whether they're belting out a solo, performing with a buddy, or leading the crowd in a chorus, everyone gets a chance to shine!

Pool Karaoke is all about confidence, creativity, and carefree summer fun at the Y, no professional singing skills required, just a love for music and making waves!

#### Cardboard Boat Regatta - 3-Days in Garton Pool

**August 3, 5, 7 | Ages 7-13**

Get ready to build, create, and make a splash at our Summer Cardboard Boat Regatta! Kids will design and construct their very own cardboard boats, then put them to the test in the Garton Pool. It's a fun, hands-on way to spark creativity, teamwork, and excitement for the upcoming boat races. Whether they sink or sail, participants are guaranteed a memorable adventure on the water!

#### Synchronized Swimming - 5-Days in Verhulst Pool

**August 10 - 14 | Ages 8-13**

Swimmers will explore the exciting world of synchronized swimming through creative movement, teamwork, and music. We'll play with cool water moves, try out fun group formations, and build our own mini routines.

This camp is all about expression, teamwork, and having a blast with friends in the water. No prior synchro experience needed, just strong swimming skills and a positive attitude! The session wraps up with a special performance for family and friends so swimmers can show off their awesome routine.

**SUMMER SWIM TEAM**

**Junior Swim Team**

**June 8 - July 31 | Ages 5-8**

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

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

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

**Mondays and Wednesdays.....4:00pm - 5:00pm**

Sheboygan County Y Family Member.....\$120.00  
 Sheboygan County Y Youth Member.....\$140.00  
 Non-Member.....\$180.00

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

**Novice Swim Team**

**June 9 - July 30 | Ages 9 - 13**

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

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

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

**Tuesdays and Thursdays .....4:00pm - 5:00pm**

Sheboygan County Y Family Member.....\$120.00  
 Sheboygan County Y Youth Member.....\$140.00  
 Non-Member.....\$180.00

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

**Senior Swim Team**

**June 8 - July 31 | Ages 9 & Older**

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

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

**Mondays and Wednesdays.....3:30pm - 5:30pm**


Optional Dry land Conditioning .....3:30pm - 4:00pm  
 Practice in pool.....4:00pm - 5:30pm

**Thursdays in pool.....6:00pm - 7:30pm**

Sheboygan County Y Family Member.....\$190.00  
 Sheboygan County Y Youth Member.....\$209.00  
 Non-Member.....\$246.00

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

POOL SHUTDOWN FOR CLEANING



The Garton Pool will close at 7:30pm on Thursday, August 20th and the Verhulst Pool will close at 9am on Friday, August 21st.  
 Both pools will re-open on Monday, August 31st.  
 Both hot tubs will be shut down during this time.

# GYMNASTICS LESSONS

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

### 5-WEEK SUMMER 1 SESSION: JUNE 8 - JULY 17, 2026

### 5-WEEK SUMMER 2 SESSION: JULY 20 - AUGUST 22, 2026

FAMILY	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Movement</b>	<b>Crawlers - Age 4</b>	9:15-10:00am	9:15-10:00am				
<i>(1 Child/1 Adult; co-ed)</i>		4:00-4:45pm					
		4:45-5:30pm					
<b>* ALL FAMILY MOVEMENT CLASSES ARE IN THE UPSTAIRS GYM *</b>							
PRESCHOOL	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Rockers &amp; Rollers</b> <i>(co-ed)</i> <i>(without parent)</i>	<b>Ages 3-4</b>		1:30-2:00pm		1:30-2:00pm		
			2:00-2:30pm		2:00-2:30pm		
<b>Gymnastics</b> <i>(co-ed)</i>	<b>Ages 4 - 5</b>	11:30am-12:15pm	10:00-10:45am	3:45-4:30pm	4:30-5:15pm		
<b>Little Springers</b> <i>(co-ed)</i>	<b>Ages 4 - 6</b>	10:45-11:30am			3:45-4:30pm		
GRADE/MIDDLE	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Girls Gymnastics</b>	<b>Ages 6 - 8</b>	10:00-10:45am	10:45-11:30am	4:30-5:15pm	5:15-6:00pm		
<b>Girls Gymnastics</b>	<b>Ages 9 - 11</b>	12:15-1:00pm		6:15-7:00pm			
<b>Novice Gymnastics</b> <i>(co-ed)</i>	<b>Ages 6 - 11</b>		12:30-1:15pm		6:00-6:45pm		
<b>Pre-Team</b>	<b>Ages 6 - 14</b>		11:30am-12:30pm	5:15-6:15pm			
<b>Boys Gymnastics</b>	<b>Ages 6 - 12</b>				5:15-6:00pm		
<b>Parkour</b> <i>(co-ed)</i>	<b>Ages 5 - 8</b>			3:00-3:45pm			
	<b>Ages 8 - 12</b>				3:00-3:45pm		
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	
<i>(with Parent)</i>						5:30-6:15pm	
<b>* PRE-REGISTRATION REQUIRED EACH WEEK - OPENS MONDAY OF THAT WEEK*</b>							
<b>+FAMILY REC GYMNASTICS WILL ONLY BE AVAILABLE SUMMER 1</b>							
<b>Youth Rec Gymnastics</b>	<b>Age 5+</b>					4:00-5:30pm	
<b>* PRE-REGISTRATION REQUIRED EACH WEEK - OPENS MONDAY OF THAT WEEK*</b>							
<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>Clinics</b>						2:15-3:00pm	
						3:00-3:45pm	
<b>Birthday Parties</b>	<b>All Ages</b>	Limit 12 children					12:30-2:30pm <i>(when scheduled)</i>

#### Fee per 5-Week Session

	30 Minutes	45 Minutes	60 Minutes
*Family Member	\$26.00	\$36.00	\$51.00
*Youth Member	\$31.00	\$46.00	\$61.00
Non-Member	\$42.00	\$67.00	87.00

#### \*Sheboygan County YMCA Member

#### 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 [sgarcia@sheboygancountymca.org](mailto:sgarcia@sheboygancountymca.org).

- 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

**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.

**Pre-requisites:**

- Child must be fully 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!

[CLICK HERE FOR REGISTRATION](#)

**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.

**\* REMINDER \***

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

**Break Week June 29 - July 4**

**No Classes**

# 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@sheboygancountyyymca.org](mailto:mbennin@sheboygancountyyymca.org).

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

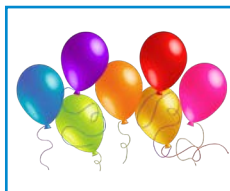
<b>Pop-Up - 45 Minutes</b>	<b>Private Lesson - 30 Minutes</b>
Family Member \$31.00*	Family Member \$24.00*
Youth Member \$35.00*	Youth Member \$27.00*
Non-Member \$53.00	Non-Member \$41.00

\* Member Rates - Sheboygan County YMCA Member

## BIRTHDAY PARTIES

See Page 19 for more information on how you can schedule your gymnastics birthday party now!

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



## FINE ARTS DEPARTMENT

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

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

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

### YMCA Dance Dress Code

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

## 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 5 - 14

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

## JAZZ/HIP-HOP

### Ages 7 - 14

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

## TAP

### Ages 6 - 12

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

## THEATRICAL JAZZ

### Ages 7 - 14

Blending the bold energy of Broadway with the technique and precision of jazz dance, students will learn high-energy combinations set to show-stopping music.

**SUMMER DANCE CLASSES**

**5-WEEK SUMMER 1: JUNE 8 - JULY 18, 2026**

**BREAK WEEK: JUNE 29 - JULY 3 NO CLASSES**

**5-WEEK SUMMER 2: JULY 20 - AUGUST 22, 2026**

DANCE CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY
Creative Movement (w/Adult) - Studio A	Ages 2 - 4			5:00-5:30pm
Ballet (FALLS Y - MPR)	Ages 5 - 7		2:45-3:15pm	
Ballet (FALLS Y - MPR)	Ages 7 - 14		3:45-4:15pm	
Jazz/Hip Hop - Studio A	Ages 7 - 14			4:30-5:00pm
Tap (FALLS Y - MPR)	Ages 6 - 12		3:15-3:45pm	
Theatrical Jazz - Studio A	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

Progressive Fees	45 Minutes
Includes \$35 costume fee	
Sheb County YMCA Family Member	\$95.00
Sheb County YMCA Youth	\$105.00
Non-Member	\$135.00

**PROGRESSIVE SUMMER DANCE & DRAMA CLASSES**

**10-WEEK SUMMER 1: JUNE 8 - AUGUST 22, 2026**

**BREAK WEEK: JUNE 29 - JULY 3 NO CLASSES**

DANCE CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY
Center Stage - Studio A	Ages 8 - Adult			5:30-7:30pm
Ballet I - Studio A	Ages 5 - 10	5:00-5:45pm		
Ballet II - Studio A	Ages 7 - 14	5:45-6:30pm		
Progressive classes participate in an end of summer performance				
Tap (FALLS Y - MPR)	Ages 7 - 14		4:15-5:00pm	

**CENTER STAGE: THE INFLUENCERS**

**June 24 - August 22, 2026**

**Ages 8 - Adult**

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

About "The Influencers": What happens when a group of influencers are forced under one roof for a cash prize? Step into their superficial world where content matters and friendships are tested.

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

**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

**BIRTHDAY PARTIES**

See Page 19 for more information on how you can schedule your dance birthday party now!



## FINE ARTS - DANCE & ARTS PARTIES AND CAMPS

### DANCE PARTIES

#### Location: Sheboygan Y Studio A

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 Y cancels the party. **Fee is per party.**

#### Friday, June 12, 2026

Ages 4 - 6 .....Hot Diggity Dog..... 11:00am-12:00pm

#### Friday, June 26, 2026

Ages 7 - 12 .....Gotta Catch 'Em All.....11:00am-12:00pm

#### Friday, July 10, 2026

Ages 4 - 6 .....Friendship Is Magic..... 11:00am-12:00pm

#### Friday, July 17, 2026

Ages 7 - 12 .....In My Dance Era..... 11:00am-12:00pm

#### Friday, July 31, 2026

Ages 4 - 6 .....Heart of Te Fiti ..... 11:00am-12:00pm

#### Friday, August 14, 2026

Ages 7 - 12 .....Dancing Through Life . 11:00am-12:00pm

#### Fee Per Party

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

### ART PARTIES

#### Location: Sheboygan Y Studio A

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. Parties held at the Sheboygan Y. **Fee is per party.**

#### PAINT & SIP Addition:

Participants are encouraged to bring their own mug/cups.

#### Thursday, June 25, 2026

Ages 6 - 14 w/parent  
Paint & Sip .....Lemonade ..... 5:00pm-6:00pm

#### Thursday, July 9, 2026

Ages 4 - 6 .....Geometric Shapes ..... 11:45am-12:45pm

#### Thursday, July 30, 2026

Ages 7 - 12 .....String Painting ..... 11:45am-12:45pm

#### Thursday, August 13, 2026

Ages 4 - 6 .....Pointillism Painting..... 11:45am-12:45pm

#### Fee Per Child, Per Party

(Parents can attend but do not need to pay)

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

### SPIN & SPLASH

#### THURSDAY, JULY 16, 2026

#### Ages 7 - 12

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

Thursday..... 1:00pm - 4:00pm

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

### SUMMER FINE ARTS CAMPS

Monday-Thursday..... 12:00pm - 2:00pm

### CREATIVE WRITING CAMP

#### JUNE 15 - 18, 2026

#### Ages 8-14

Through interactive activities, campers will learn how to create exciting characters, build magical worlds, and craft unforgettable plots while developing essential writing skills.

### MUSICAL THEATER CAMP: ANNIE

#### JUNE 29 - JULY 2, 2026

#### Ages 8-14

Designed for performers of all experience levels, this camp introduces children to the exciting world of singing, dancing, and acting while bringing the story of Annie to life.

### LITTLE STARS CAMP

#### JULY 20 - 23, 2026

#### Ages 5-8

Children explore storytelling through guided imaginative play. Friends and family are invited to a special showcase performance at the end of the week.

### DANCE CAMP

#### AUGUST 3 - 6, 2026

#### Ages 6-10

Each day will focus on a new style of dance where students will learn the foundations along with choreography.

#### Fee is Per Camp

Sheboygan County Y Member	\$64.00
Non-Member	\$88.00

[CLICK HERE FOR REGISTRATION](#)



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.



### 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.

### GYM Party

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

Party	Description	Time	Family Member	Youth Member	Non-Member
Dance	PRIVATE party	45 Minutes	\$117.00	\$132.00	\$167.00
Gym	PRIVATE party	60 Minutes	\$97.00	\$112.00	\$142.00
Gymnastics	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.

# PEE WEE, MIGHTY MITE & YOUTH SPORTS PROGRAMS

PEE WEE AND MIGHTY MITE PROGRAMS						
5-WEEK SUMMER: JUNE 8 - JULY 18, 2026						
5-WEEK SUMMER 2: JULY 20 - AUGUST 22, 2026						
PEE WEE SPORTS	Y	AGE	DAY	TIME	LOCATION	SESSION
Pee Wee T-Ball	S	Ages 3 - 5	Mon	4:00 - 4:45pm	Veterans Park	Summer 1 & 2
Pee Wee T-Ball	S	Ages 3 - 5	Mon	5:00 - 5:45pm	Veterans Park	Summer 1 & 2
Pee Wee Soccer	F	Ages 3 - 5	Mon	4:00 - 4:45pm	Falls Y Lohmann Gym	Summer 1
Pee Wee Basketball	F	Ages 3 - 5	Mon	5:15 - 6:00pm	Falls Y Lohmann Gym	Summer 2
Pee Wee Sports All Sorts	F	Ages 3 - 5	Thur	4:00 - 4:45pm	Falls Y Lohmann Gym	Summer 2
MIGHTY MITE SPORTS	Y	GRADE	DAY	TIME	LOCATION	SESSION
Mighty Mite Baseball	F	5K - Grade 2	Mon	5:00 - 6:00pm	Falls Y Lohmann Gym	Summer 1
Mighty Mite Basketball	F	5K - Grade 2	Thurs	5:00 - 6:00pm	Falls Y Lohmann Gym	Summer 1
Mighty Mite Football	F	5K - Grade 2	Mon	4:00 - 5:00pm	Falls Y Lohmann Gym	Summer 2
Mighty Mite Basketball	S	5K - Grade 2	Wed	5:00 - 6:00pm	Muth Gym	Summer 1 & 2
Mighty Mite Coach Pitch	S	5K - Grade 2	Tues	5:00 - 6:00pm	Veterans Park	Summer 1 & 2
Mighty Mite Racket Sports	S	5K - Grade 2	Thur	5:00 - 6:00pm	Deland Park	Summer 1 & 2

[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	\$29.00
Sheboygan County Y Youth Member	\$34.00
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

**Break Week June 29 - July 4  
No Classes**

## NEW YOUTH SPORTS FORMAT COMING THIS FALL!

The Sheboygan County YMCA is excited to introduce a new monthly model for youth sports programs!

We understand that life can get busy, so this flexible format allows families to participate when it works best for them. You can register for the months that fit your schedule and skip those that don't—no long-term commitment required.

This new structure also gives participants the opportunity to try different programs each month, making it a great option for those who are new to the Y or looking to explore a variety of sports with a shorter, month commitment.

Watch for more information in the Fall Brochure!

## 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
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## 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
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## T-BALL LEAGUE

**WEDNESDAY NIGHTS JUNE 10 - JULY 15**

### Kids Ages 3 - 6

Step up to the plate with YMCA T-Ball! This fun and beginner-friendly league introduces young players to the basics of baseball in a supportive and encouraging environment.

The league focuses on fun and participation rather than competition. Making it the perfect first sports experience for young athletes. Coaches and volunteers help guide players through a short game designed for their age. Teams will be randomized unless otherwise specified!

Games will be played at River Park in Sheboygan Falls.

Sheboygan County Y Family Member	\$29.00
Sheboygan County Y Youth Member	\$31.00
Non-Member	\$46.00

## FALL FLAG FOOTBALL LEAGUE

**AUGUST 17 - OCTOBER 17, 2026**

### Kids in Grades 1 - 2

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 July 31st 2026.**

Sheboygan County Y Family Member	\$37.00
Sheboygan County Y Youth Member	\$41.00
Non-Member	\$55.00

## TACKLE FOOTBALL LEAGUE

**AUGUST 10 - OCTOBER 17, 2026**

### Kids in Grades 3 - 4

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**

Sheboygan County Y Family Member	\$81.00
Sheboygan County Y Youth Member	\$91.00
Non-Member	\$111.00

## GIRLS "MINI" VOLLEYBALL CLINIC

**AUGUST 17 - 19, 2026**

### Girls in Grades 3 - 4

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

Monday - Wednesday ..... 5:00pm - 7:00pm

Head clinic instructor is Katie Jansen who brings over 20 years of coaching and playing experience from middle school to college. As a player, Jansen played Division 1 volleyball at UW Green Bay, has participated in ten Adult USA Volleyball National Championships and continues to play regularly. Jansen has coached at Lakeland University (2005-2007), Sheboygan North High School Varsity (2008-2012), Go Fish, Lake Effect Select and South Shore Slam USAV programs, and various other camps and clinics. Coach Jansen hopes to instill a lifelong love for the sport in all athletes. She will be joined by other coaches and high school players. Fee includes a t-shirt. **Registration deadline is August 16.**

Sheboygan County Y Family Member	\$35.00
Sheboygan County Y Youth Member	\$45.00
Non-Member	\$55.00

## GIRL POWER

**JUNE 8 - JULY 18, 2026**

**JULY 20 - AUGUST 26, 2026**

### Girls Ages 12 - 17

The NEW Girl Power is HERE! We've improved our Girl Power program to allow some flexibility for all our teens' busy summer schedules! This new format combines small group training with customization similar to a personal training format. Meet Tuesday evenings in a small group setting with fellow female members. Then you will schedule time with Brenda 1-on-1 to tailor to your needs. Learn and train in the basic strategies and lifts that will help you create your own personal strength training program. 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! 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 for a 5-week session.

Tuesday ..... 6:30pm - 7:30pm  
New! Schedule your second day with instructor Brenda!

Sheboygan County Y Family Member	\$42.00
Sheboygan County Y Youth Member	\$74.00

## YOUTH PROGRAMS

### BASKETBALL SKILLS & DRILLS

Work on the basics while having fun! Drills to help you develop your skills and work on your conditioning to allow you to have fun playing games while also growing as a young hooper!

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

### BEACH VOLLEYBALL

Our beach volleyball class is designed to enhance your volleyball skills in a new and fun outdoor environment. The athletes will work on basic skills and fundamentals. We will also be playing many modified volleyball matches. This class will promote physical fitness, volleyball skills, and doing so while having fun at the beach!

Thursdays.....4:00pm - 5:00pm

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



### GAGA BALL/DODGEBALL

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

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

### GOLF

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

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



### GYM CLASS CLASSICS

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

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

### NERF BATTLE

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

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

### OUTDOOR GAMES

Our Outdoor Games Summer Class is designed to keep kids active, engaged, and moving all summer long. Participants will enjoy a variety of classic and creative outdoor games like kickball, capture the flag, relay races, tag variations, obstacle courses, and more. Get some energy out or learn something new before the weekend!

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

### SPORTS OF ALL SORTS

Have fun playing and showing off your skills with a different sport each week. Sports include basketball, football, tennis, soccer and baseball. We will work on skills and techniques for each sport and play modified games. Get some energy out or learn something new before the weekend

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

### 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	\$19.00	\$25.00
Sheboygan County Y Youth Mbr	\$22.00	\$28.00
Non-Member	\$31.00	\$40.00

### TEEN STRENGTH TRAINING

#### Ages 12 - 15

Completion of this class allows open use of the fitness centers for the young teen. They will learn the basics of weight training with a trainer. Basic instruction includes proper weight training form and technique, weight room safety and cardiovascular training.

**Youth age 12 must complete S.P.A.R.K. first. Fee is for 5-week session.**

Sheboygan County Y Family Member	\$38.00
Sheboygan County Y Youth Member	\$45.00

### YOUTH BEACH SPEED & AGILITY WORKOUT

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

**Class meets in Lakeview Center and heads to North Beach as a group.**

Thursdays.....2:30pm - 3:30pm

Sheboygan County Y Family Member	\$22.00
Sheboygan County Y Youth Member	\$25.00
Non-Member	\$38.00

### TEEN STRENGTH INDIVIDUAL TRAINING SHEBOYGAN YMCA

#### Ages 12 - 15

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

Sheboygan County Y Member Only	\$89.00
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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

5-WEEK SUMMER 1: JUNE 8 - JULY 18, 2026

5-WEEK SUMMER 2: JULY 20 - AUGUST 22, 2026

YOUTH PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Beach Volleyball	S	Grades 4 - 8	Thur	4:00 - 5:00pm	North Beach/Muth Gym	Summer 1 & 2
Basketball Skills & Drills	S	Grades 4 - 8	Wed	6:00 - 7:00pm	Muth Gym	Summer 1 & 2
S.P.A.R.K.	S	Ages 10 - 12	Tu &/or Th	4:00 - 5:00pm	Lakeview Center	Summer 1 & 2
Golf	F	Grades 4 - 8	Tues	4:00 - 5:00pm	Sunset Hills	Summer 1
Golf	F	Grades 4 - 8	Thur	5:15 - 6:15pm	Sunset Hills	Summer 2
Nerf Battle	F	Grades 1 - 4	Wed	4:45 - 5:30pm	Falls Y Lohmann Gym	Summer 2
Gagaball/Dodgeball	F	Grades 1 - 5	Thur	4:00 - 4:45pm	Falls Y Lohmann Gym	Summer 1
Classic Gym Games	S	Grades 2 - 6	Fri	1:00 - 2:00pm	Muth Gym	Summer 1 & 2
Outdoor Games	F	Ages 9 - 12	Fri	2:00 - 3:00pm	Falls Y/River Park	Summer 2
Outdoor Games	F	Ages 6 - 9	Fri	3:00-4:00pm	Falls Y/River Park	Summer 2
Sports of All Sorts	F	Ages 9 - 12	Fri	3:00-4:00pm	Falls Y Lohmann Gym	Summer 1
Sports of All Sorts	F	Ages 6 - 9	Fri	2:00 - 3:00pm	Falls Y Lohmann Gym	Summer 1
Tennis 101	S	Ages 5 - 8	Thur	4:00 - 5:00pm	Deland Park	Summer 1 & 2
Youth Beach Speed/Agility	S	Ages 10 - 16	Thur	2:30 - 3:30pm	North Beach	Summer 1 & 2
TEEN PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Teen Strength Training	S	Ages 12 - 15	Mon	4:00 - 5:00pm	Lakeview Center	Summer 1 & 2
	F	Ages 12 - 15	Wed	3:30 - 4:15pm	Riverview Center	Summer 1 & 2
Teen Personal Training	S	Ages 14 - 18	By Appt	Personal Trainer	Lakeview Center	Call 920-451-8000
	F	Ages 14 - 18	By Appt	Personal Trainer	Riverview Center	Call 920-467-2464
Girl Power	F	Ages 12 - 17	Tues	6:30 - 7:30pm	Riverview Center	Summer 1 & 2

[CLICK HERE FOR REGISTRATION](#)

# SHEBOYGAN YOUTH SPORTS CAMPS

## SHEBOYGAN YOUTH SPORTS CAMPS MONDAY - THURSDAY

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

## TENNIS & PICKLEBALL LOVERS CAMP JUNE 8 - 11, 2026

### Grades 3 - 6 in Fall 2026

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

Mon - Thur ..... 3:30pm - 5:00pm

## GIRLS VOLLEYBALL CAMP JUNE 15 - 18, 2026

### Girls in Grades 3 - 6 in Fall 2026

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

Mon - Thur ..... 3:30pm - 5:00pm

## SPORTS OF ALL SORTS CAMP JUNE 22 - 25, 2026

### Grades 1 - 4 in Fall 2026

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

Mon - Thur ..... 3:30pm - 5:00pm

## SHOOT FOR THE STARS BASKETBALL CAMP JULY 6 - 9, 2026

### Kindergarten - Grade 2 in Fall 2026

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

Mon - Thur ..... 3:30pm - 5:00pm

## YOUTH STRENGTH/SPEED/AGILITY CAMP AUGUST 3 - 6, 2026

### Grades 4 - 8 in Fall 2026

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

Mon - Thur ..... 3:30pm - 5:00pm

## PERFECT YOUR SHOT SHOOTING CAMP JULY 13 - 16, 2026

### Grades 5 - 8 in Fall 2026

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

Mon - Thur ..... 3:30pm - 5:00pm

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

## DAN CAMPION BASKETBALL CAMP TBD

### Grades 5 - 9 in Fall 2026

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

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

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

## AUTHENTIC HOOPS BASKETBALL CAMP TBD

### Grades 3 - 5 in Fall 2026

### Grades 6 - 9 in Fall 2026

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

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

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

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

## SHEBOYGAN FALLS YOUTH SPORTS CAMPS

### MONDAY - THURSDAY

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

### SUMMER KICK OFF CAMP

**JUNE 1-4, 2026**

**Grades K - 4**

Start summer the active way at our Summer Kick-Off Camp! This exciting camp is designed to get kids moving, learning new skills, and having fun with friends. This action-packed camp will keep kids active through a variety of games, sports, and team challenges.

Monday - Thursdays.....1:30pm - 3:00pm

### CLASSIC GYM GAMES

**JUNE 8-11, 2026**

**Grades 1 - 4**

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

Monday - Thursdays.....1:30pm - 3:00pm

### BASKETBALL CAMP

**JUNE 15-18, 2026**

**Grades K - 3**

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

Monday - Thursdays.....1:30pm - 3:00pm

### YOUTH SPEED AND AGILITY CAMP

**JUNE 22-25, 2026**

**Grades 3 - 6**

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

Monday - Thursdays.....1:30pm - 3:00pm

### WATER WEEK

**JUNE 29- JULY 2, 2026**

**Grades K - 4**

Jump into the 4th of July weekend with some fun in the water! This exciting camp is all about water-themed activities to keep kids refreshed. Participants will enjoy water relays, splash games, team challenges, and other creative outdoor activities designed to beat the heat!

Monday - Thursdays.....1:30pm - 3:00pm

### EARLY RISERS CAMP

**JULY 6-9, 2026**

**Grades 1 - 4**

This fun and energetic camp is perfect for kids who are ready to get moving early in the day. Campers will enjoy a variety of games, and challenges all while being with one another!

Monday - Thursdays.....9:00pm - 10:30pm

### VOLLEYBALL CAMP

**JULY 13-16, 2026**

**Grades 3 - 6**

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

Monday - Thursdays.....1:30pm - 3:00pm

### VOLLEYBALL CAMP

**JULY 20-23, 2026**

**Grades 2 - 5**

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

Monday - Thursdays.....1:30pm - 3:00pm

### TEAM GAMES

**JULY 27-30, 2026**

**Grades K - 3**

Wrap up the summer with fun and friendly competition at our YMCA Team Games Camp! This exciting camp focuses on teamwork, communication, and sportsmanship through a variety of team-based sports and games

Monday - Thursdays.....1:30pm - 3:00pm





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

7<sup>TH</sup> ANNUAL  
SCARECROW FESTIVAL CONTEST

Hosted by YMCA Camp Y-Koda & The Christopher Farm and Gardens  
Saturday - Sunday, October 10 - 11, 2026 • 9:00am - 4:00pm



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

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

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

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

- EARLY BIRD DEADLINE IS AUGUST 1, 2026 and Early Bird rate includes 2 extra tickets & 1 parking pass
- Past Competitor? you will qualify for the early bird rate until September 1, 2026.
- All Contest Participants will receive 2 free tickets & 1 parking pass.
- All About Kids Category: Your class/group will receive 1 free ticket per student. ONLY students/groups who worked on the scarecrow can receive a ticket. Parents & other family members will need to purchase a ticket.



2026 SCARECROW FESTIVAL  
SPONSORSHIP LEVELS

	Diamond \$10,000 Only 1!	Sapphire \$5,000 Only 2!	Ruby \$2,500 Only 4!	Emerald \$1,000	Opal \$500	Topaz \$50-\$499
Guided Tours of Christopher Farm & Gardens AND YMCA Camp Y-Koda						
Logo/Recognition on Scarecrow Billboard Display						
Logo/Recognition on 2027 Summer Camp T-Shirt						
Advertisement in Festival Program Brochure (each tier has a different size)				Recognition only		
Signage & Recognition around Festival Grounds						
1 Free Scarecrow Submission to the Contest						
Recognition & Link on Camp Y-Koda's Website (Diamond is eligible for logo)						No Link
Shout-out on Camp Y-Koda's Social Media Sites						
Festival Passes & Parking Passes (each tier gets a certain amount)						

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!

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



**REGISTRATION INFORMATION**

Welcome to Camp Brain! ALL youth registrations must be completed on-line using the Camp Brain portal. This includes Summer Camp Registration, School's Out Camp, Seasonal Camps, and s'more events! Please scan the QR code or click on the link below to access the on-line registration.

To learn more about Camp Brain or if you have questions, please contact Kaitlyn Emmons at 920-467-6882 or kemmons@sheboygancountyyymca.org.



**CAMP BRAIN REGISTRATION**

**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.**

**PITTSBURGH AND FALLING WATER**

**5 DAYS AND 4 NIGHTS**

**DEPARTURE DATE: OCTOBER 12, 2026**

**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**

**5 DAYS AND 4 NIGHTS**

**DEPARTURE DATE: DECEMBER 1, 2026**

**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@sheboygancountyyymca.org](mailto:tzastrow@sheboygancountyyymca.org).

**Rental by appointment only.**

**Half Hour**

Sheboygan County Y Member	\$15.00
Non-Member	\$20.00

**One Hour**

Sheboygan County Y Member	\$20.00
Non-Member	\$35.00



**SHEBOYGAN YMCA FACILITY RENTALS**

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

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

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

SHEBOYGAN YMCA VOLLEYBALL

**ADULT VOLLEYBALL LEAGUES**  
**SEPTEMBER 10 - NOVEMBER 19, 2026**

**Age 18 & Older**

Each league will run for approximately 10 weeks. A separate registration form is required and is available on our website at [www.sheboygancountyyymca.org](http://www.sheboygancountyyymca.org). **The registration deadline is August 31, 2026.**

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

**COED 6 ON 6 "A" VOLLEYBALL LEAGUE**

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

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

Team Fee                      \$87.00 > 3 YMCA Members  
                                      \$107.00 < 3 YMCA Members

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

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

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

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

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

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

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

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

**2026 FALL ADULT FLAG FOOTBALL LEAGUE**  
**SEPTEMBER - OCTOBER 31, 2026**

**Age 18 & Older**

Come Join our 5x5 Adult Flag Football League. This is a no-blocking league for adults. Standings will be kept. Form your own team or sign up as a free agent and be placed on a team! **Registration deadline is September 4, 2026.**

Saturday ..... 8:00am - Noon

Team Fee    \$225.00

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

SHEBOYGAN YMCA RACQUETBALL & BASKETBALL

**SINGLES ADULT RACQUETBALL LEAGUE**  
**SEPTEMBER 7 - NOVEMBER 9, 2026**

**A & B Divisions**

Join our coed racquetball leagues! You will receive your match list and schedule of games with your opponents. You will play one match a week. Please register at least one week in advance. **A separate registration form is required. Registration deadline is August 31, 2026.**

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

**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



## 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)

Class meets at the Sheboygan YMCA

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

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

\*Membership must be active for duration of program!

### MEDICARE ELIGIBLE PARTICIPANTS

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

# LIVESTRONG<sup>®</sup> AT THE YMCA



LIVESTRONG

FOUNDATION

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



**WEIGHT MANAGEMENT PROGRAM**

**Age 15 & Older**

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

**PERSONAL TRAINING SERVICE**

**Age 18 & Older**

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

**Weight Management/Personal Training Services**

Sessions	½ Hour*		One Hour*	
1 Session		\$26.00		\$44.00
3 Sessions	save \$3	\$75.00	save \$6	\$126.00
5 Sessions	save \$15	\$115.00	save \$20	\$200.00
10 Sessions	save \$50	\$210.00	save \$70	\$370.00

**Cancellation Policy**

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

**ONE-ON-ONE TRAINING (BY APPOINTMENT ONLY)  
SHEBOYGAN OR FALLS YMCA**

**Grades 1 - 8**

Whether your child is just starting out or already competing, personalized training sessions are designed to build confidence, sharpen skills, and support overall athletic development. Each session is tailored to the individual, creating a positive and encouraging environment where growth is the top priority.

To schedule an appointment contact:  
Sheboygan Y: Taylor at 920-451-8000 ext 121 or email [tzastrow@sheboygancountyyymca.org](mailto:tzastrow@sheboygancountyyymca.org)  
Falls Y: Halle at 920-467-2464, ext 207 or email [hboldt@sheboygancountyyymca.org](mailto:hboldt@sheboygancountyyymca.org)

**Sheboygan County YMCA**

<b>Member Only</b>	½ Hour	\$21.00
	One Hour	\$37.00

**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**

<b>Member Only</b>	½ Hour	\$21.00
	One Hour	\$37.00

**SMALL GROUP PERSONAL TRAINING**

**Age 18 & Older**

A certified personal trainer will offer counseling and instruction for a small group of 2 - 6 people to enhance performance, provide sport-specific training, assist with healthy lifestyle habits and provide motivation and support while you exercise. **Fee is per person.**

Sheboygan County Y	½ Hour
Member Only	\$13.00

**BODY COMPOSITION & BMI MEASUREMENT**

**Age 18 & Older**

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

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

Sheboygan County Y Member	Free
Non-Member	\$5.00

**NEW MEMBER ORIENTATION**

**Age 15 & Older**

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

Sheboygan County Y Member Only	Free
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**OTHER PERSONAL TRAINING OPTIONS**

**Personalized Workout**

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

Sheboygan County Y Member Only	\$49.00
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**Sport Specific Workout**

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

Sheboygan County Y Member Only	\$37.00
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## ADULT WELLNESS PROGRAMS AND FITNESS CHALLENGES

### WORKPLACE WELLNESS PROGRAM

Get your company involved in our workplace wellness program at your facility! Some of the benefits of a good workplace wellness program include:

- Reduced medical costs for employees and employers
- Decreased employee absenteeism and presenteeism
- Increased productivity
- Employee recruitment and retainment
- Improved mental health

Whether you're looking to give your current wellness program a boost or starting a program from scratch, the health and wellness professionals at the Y are here for you. Possibilities the Y can offer are, but not limited to:

- Fitness/wellness challenges
- One on one or small group personal training
- Virtual personal training
- Group fitness/exercise classes
- Corrective exercises for workplace injury prevention
- Health and wellness coaching
- Exercise program design
- Creation and design of a workout space

For more information or to discuss options and strategy, please call Clint Ward or Matt Mueller at 920-451-8000 or email:

- Clint at [cward@sheboygancountymmca.org](mailto:cward@sheboygancountymmca.org)
- Matt at [mmueller@sheboygancountymmca.org](mailto:mmueller@sheboygancountymmca.org)

### FITNESS CHALLENGES

#### OUTDOOR ADVENTURE CHALLENGE

**JUNE 7 - AUGUST 22, 2026**

##### Age 15 & Older

Summer is short! Hike, bike, run and swim your way to a win-win with our Outdoor Adventure Challenge! Track your progress and prove it with pics. Complete a challenge and submit your proof via email to [jkovacs@sheboygancountymmca.org](mailto:jkovacs@sheboygancountymmca.org). We will track your points with bonuses like working out on vacation, outside of Sheboygan County, workout in the rain, extended workout session, and more! Stay motivated and motivate others with weekly recognition on Sheboygan County YMCA Fitness Facebook page as well as communication boards at either Y location. Earn bragging rights at the end of the challenge by having the highest total points. At the end of the summer, not only will you have a fitter version of yourself but also a collection of selfies to add to your memories of summer 2026!

Sheboygan County Y Members Only      \$5.00

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

#### 75 SOFT CHALLENGE

**JUNE 15 - AUGUST 29, 2026**

##### Age 15 & Older

The 75 Soft Challenge is a balanced, sustainable wellness program designed to help you build healthier habits—without the extreme rules. Unlike the more intense 75 Hard program, 75 Soft focuses on consistency, flexibility, and long-term lifestyle change.

Over the course of 75 days, participants commit to five simple daily habits:

- Eat well and drink alcohol only on social occasions
- Exercise for 45 minutes each day (with one active recovery day per week)
- Drink 3 liters of water daily
- Read 10 pages of any book each day
- Take a progress photo

This challenge is ideal for anyone looking to improve their fitness, mindset, and overall well-being in a realistic and maintainable way. Rather than promoting restriction or burnout, 75 Soft encourages steady progress, self-discipline, and healthy routines that fit into real life.

Whether your goal is to build strength, increase energy, improve focus, or simply reset your habits, the 75 Soft Challenge provides structure, accountability, and motivation—without the pressure of perfection.

Sheboygan County Y Members Only      \$5.00

#### COUCH TO 5K

**JUNE 15 - AUGUST 29, 2026**

##### Age 15 & Older

Our Couch to 5K program is designed to take you from little or no running experience to confidently completing a full 5K in just a few weeks. Whether you're brand new to exercise or getting back into a routine, this structured plan will help you build fitness safely, steadily, and with confidence.

Based on the proven progression style of Couch to 5K, this program uses gradual walk-jog intervals that increase week by week. The goal is simple: build endurance without burnout and develop a routine that feels achievable and sustainable.

How It Works:

- You'll receive your full training program before the start date
- 3 runs per week, following a clear walk-to-run progression
- Gradual increases in running time each week
- Built-in progression to help improve stamina and confidence

This approach allows you to train on your own schedule while still following a structured plan designed to get results. By the end of the program, you'll be able to run continuously and feel stronger, fitter, and more accomplished.

The Big Goal

At the end of the challenge, we will come together and run a 5K event as a group to celebrate your progress and achievement. There's nothing like crossing that finish line knowing you started from zero.

From the couch to 5K — and beyond.

Sheboygan County YMCA Member      \$5.00

**SHEBOYGAN FITNESS EVENTS**

**OUTDOOR CIRCUIT WORKOUT**

**SATURDAY, JUNE 13, 2026**

**SATURDAY, AUGUST 15, 2026**

**Ages 16+**

**Sheboygan Y Aerobic Room**

Total body workout mixed of cardio and strength exercises at different stations. Will meet indoors, then head outside.

Saturday ..... 8:00am - 9:00am

**Fee**

Member	Free
Non-Member	\$8.00

**GLOW WITH LOVE ZUMBA FITNESS EVENT**

**SATURDAY, JUNE 6, 2026 | 10:30-11:30AM**

**Ages 18+**

It's a high-energy dance fitness party where the lights go down and the neon turns up! Enjoy the glowing atmosphere that transforms your workout into a full-on celebration.

Sheboygan County Y Member	FREE
Non-Member	\$8.00

**SUMMER ONLY SHEBOYGAN GROUP FITNESS**

**BEACH BURN**

**JUNE 17 - AUGUST 26, 2026**

**Age 18 & Older**

Level up your summer fitness with this energizing full-body beach workout—no equipment needed, just your body and the sand! This intermediate-level class focuses on strength, endurance, and core stability using dynamic bodyweight movements in a scenic, open-air environment. Training on sand adds natural resistance and improves joint stability, making every rep more effective (and fun). Whether you're looking to break through a plateau or keep your body moving this summer, this class delivers a powerful workout with beach vibes to match. Meet in Sheboygan Y Lakeview Center and then group heads to beach.

Wednesday ..... 10:00am - 10:45am

Sheboygan County Y Member	Free
Non-Member	\$8.00

**SHEBOYGAN LAKEVIEW CLASS**

**"WOW" - WOMEN ON WEIGHTS**

**SUMMER 1 & 2**

**Age 18 & Older**

This is a personal trainer guided strength training program in a group setting for women of all ages and abilities that includes muscle building, toning, and endurance in a fun and supportive environment. Individual strength training programs change with the sessions. **Fee is per 5-week session.**

Sheboygan ..... Thursday ..... 9:00am - 10:00am

**Sheboygan County YMCA Member Only**      \$25.00

**SHEBOYGAN FALLS FITNESS EVENTS**

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

**SWEATING TO THE OLDIES**

**SATURDAY, JUNE 6, 2026**

**Age 18 & Older**

Dust off the vinyl records and get ready to ride! This nostalgic, indoor cycling class featuring timeless hits that will have you pedaling, smiling, and maybe even singing along. Whether you grew up with these songs or just love the nostalgia of the oldies, expect a mix of moves and music that keep the workout challenging!

**BAR/BARRE HOPPING**

**FRIDAY, JULY 17 2026**

**Age 18 & Older**

Bar(re) Hopping is a dynamic barre workout that quick transitions between two of your favorite strength formats--barre and your favorite barbell workout! Jen and Amber will keep your muscles engaged and your heart rate elevated. Using small, controlled movements, you'll target the legs, glutes, arms and core, while improving balance and stability

Friday ..... 5:30pm - 6:30pm

**80S AND 90S BACK TO THE FLASHBACK**

**SATURDAY, JULY 18, 2026**

**Age 18 & Older**

Ride your heartrate to the max. This high-energy indoor cycling class pairs 80s and 90s beats with challenging climbs, fast-paced sprints, and rhythm-based intervals. This ride will keep you motivated from the first beat to the final cooldown. Like, totally!!

**PEDAL TO THE METAL**

**SATURDAY, AUGUST 8, 2026**

**Age 18 & Older**

Ride hard in this indoor cycling class set to sounds of hard rock. You'll be rocking climbs, lightning-fast sprints, and powerful intervals as you challenge your strength and endurance to the limit. Clip in, turn it up, and unleash your inner rock star. Rock On!

**POWER PLATE® DEMONSTRATION**

**TUESDAY, JUNE 23, 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 ..... 4:00pm

Sheboygan County Y Member	Free
Non-Member	\$8.00

# FITNESS

## FITNESS CLASS INFORMATION

### Age 15 & Older

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

- **Our fitness schedule is subject to change.** It is published 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.sheboygancountyymca.org](http://www.sheboygancountyymca.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@sheboygancountyymca.org](mailto:mbustamante@sheboygancountyymca.org)

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

### GET PAID TO WORK OUT!

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

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

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

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

[CLICK HERE FOR REGISTRATION](#)

FITNESS CLASSES	Y LOCATION	EXPRESS
Advanced Core Strength	S	
Ai Chi	S	
Water Aerobics-Shallow/Deep	S	
Arthritis Aquatics	S	
Back to Basics		F
Barre	S	F
BODYPUMP		F
Boot Camp	S	F
Boot Camp/Tabata		F
Core N More		F
Cycle, Sculpt & Stretch		F
Cycle & Strength	S	F
Dance Fitness	S	
Essential Senior Fitness		F
Fit Flow	S	F
Friday Fitness Mix		F
Fusion Flow	S	
Gental Flow Yoga		F
Group Cycle		F
Indoor Cycle	S	
Line Dance Fun		F
Matrix Ride	S	F
Power Yogalates		F
RIPPED	S	
Silver Sneakers	S	F
Silver Sneakers Yoga	S	F
Slow Flow Yoga	S	F
Spiritual Spin	S	
Strength Circuit		F
Strength and Pilates	S	
Ultimate Boot Camp	S	
Yoga-Barre Blend		F
Zumba	S	

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

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

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

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

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

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

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

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

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

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

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

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

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

**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.

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

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

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

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

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

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

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

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

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

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

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



## FITNESS CLASS DESCRIPTIONS

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

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

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

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

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

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

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

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

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

**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!

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

### ZOOM FITNESS CLASS OPTIONS

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

### SHEBOYGAN FALLS CLASSES

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



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



### YMCA MISSION STATEMENT

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

[CLICK HERE FOR REGISTRATION](#)