



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR PLACE TO BE A BETTER YOU



SHEBOYGAN COUNTY YMCA
2026 Winter Brochure
January 5 - April 18, 2026

www.sheboygancountyymca.org

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

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

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

WINTER 1 SESSION
JANUARY 5 - FEBRUARY 21, 2026

WINTER 2 SESSION
FEBRUARY 23 - APRIL 18, 2026

BREAK WEEK: MARCH 23 - 28, 2026

REGISTRATION BEGINS AT 5:00AM
MemberMonday, December 8, 2025
Non-Member Thursday, December 11, 2025

SHEBOYGAN YMCA BUILDING HOURS **JANUARY 2 - APRIL 19, 2026**

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

SHEBOYGAN FALLS YMCA BUILDING HOURS **JANUARY 2 - APRIL 19, 2026**

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

CAMP Y-KODA

Monday - Friday	8:00am - 4:00pm
-----------------	-----------------

YMCA HOLIDAY HOURS

Christmas Eve	Wednesday 12/24	
	Sheboygan Y	5:00am-Noon
	Falls Y	5:00am-Noon
Christmas Day	Thursday 12/25	CLOSED
Day After Christmas	Friday 12/26	
	Sheboygan Y	Open 5:00am
	Falls Y	Open 8:00am
New Year's Eve	Wednesday 12/31	5:00am-4:00pm
New Year's Day	Thursday 1/1	CLOSED
Easter	Sunday 4/5	CLOSED

WEATHER RELATED CLOSINGS

All weather related delays/closings/cancellations will be posted on our web page:

sheboygancountyyymca.org

YMCA MISSION STATEMENT

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

REGISTRATION INFORMATION

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

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

REGISTRATION OPTIONS

On-line at www.sheboygancountyyymca.org

Click "Register On-line" button at the top

Members and participants may register for most programs on-line beginning at 5:00am on the first day of registration.

In Person

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

• **Phone registration is not accepted.**

Daxko App

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

[CLICK HERE FOR REGISTRATION](#)

TABLE OF CONTENTS

Adult Programs	33
Aquatics	10
Birthday Parties at the Y	19
Camp Y-Koda	30
Child Care	8
Child Watch	6
Fine Arts Program: Dance & Drama	16
Fitness Class Descriptions & Information	41
Gymnastics	14
River/Lakeview Programs	37
Membership	5
Mighty Mites	24
Pee Wee Sports	24
Youth Programs	25

NO PLACE

Sheboygan
County YMCA



Sheboygan
Sheboygan Falls
Camp Y-Koda

Like *This Place*

Start the new year with the Y,
where you'll find fitness,
friendship, and opportunities
to strengthen our community.

From group classes to personal training and family
and youth programs, there's no place like this place
—and it's all waiting for you to get started.

Sheboygan County YMCA

► sheboygancountyyymca.org



JANUARY MEMBERSHIP SPECIALS

COMMIT TO YOUR HEALTH IN 2026

January 2nd - 10th
15% Off Annual Membership

*Year In Full Paid Upfront

— OR —

January 1st - 31st
4 Month Membership
+2 Free Personal Training Sessions
(30 minute session)



*Membership fees are non-refundable

SAVE THE DATE!

**Friday,
APRIL 17th**

**Healthy
Kids
Day**

**SWIMMING
GAMES
SNACKS
FUN!**



FITNESS THAT FITS YOUR SCHEDULE

SHEBOYGAN FALLS RIVERVIEW CENTER

24 / 7 ACCESS

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

MUST BE AGE 19 OR OLDER

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

MEMBERSHIP RATES

MONTHLY BANK DRAFT

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

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

MEMBERSHIP DISCLAIMER

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

MEMBERSHIP CANCELLATION

When using the bank draft or credit card payment plan, written notice is required to cancel. The notice and membership cards must be returned prior to the 10th of the month.

FINANCIAL ASSISTANCE

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

CODE OF CONDUCT

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

PHOTOGRAPHY

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

SOCIAL MEDIA

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



CHECK-IN REMINDER

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

NATIONWIDE PROGRAM

This national YMCA program entitles members to visit YMCAs across the country. Some restrictions may apply. More information is available at www.ymca.net.

GUEST DAY PASS

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

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

Sheboygan YMCA Youth Day Pass Policy:

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

Falls YMCA Day Pass Policy:

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

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

WEATHER RELATED CLOSINGS

All weather related delays/closings/cancellations will be posted on our web page:

sheboygancountyyymca.org

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

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

SHEBOYGAN FALLS YMCA CHILD WATCH HOURS

Monday - Friday	8:45am - 11:30am
-----------------	------------------

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.

YMCA CORE VALUES

Honesty, Caring, Respect and Responsibility

SHEBOYGAN YMCA FACILITY RENTALS

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

Phone: 920-451-8000 x118

Email: mmueller@sheboygancountyyymca.org

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 or call 920-467-2464, x202.

REMINDER

REGISTRATION CANCELLATION POLICY

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

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

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

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

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

EMPLOYMENT OPPORTUNITIES

Work where you play, play where you work! The Y is a fun place to be, plus you may qualify for a free membership! Current employment opportunities are listed on our website at www.sheboygancountyyymca.org or contact the Sheboygan Y at 920-451-8000 or Falls Y at 920-467-2464

VOLUNTEERS

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

GET PAID TO WORK OUT!

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

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

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

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

2026 Y Community Sponsorship Opportunities

July 4th Freedom Run

Saturday, July 4th - 700+ Runners & families

Liberty - \$4,000

Freedom - \$2,500

Patriot - \$1,000

Y Golf Fore Kids

Monday, July 27th, 130+ Golfers

Albatross - \$1,500

Eagle - \$1,000

Birdie - \$500

Flapjacks & Football

1st Saturday in September with Football

All star - \$1,500

Touchdown - \$750

First Down - \$500

Y Doug Opel's Run for the Kids

Thursday, November 26th

1,500+ Runners & Families

Harvest - \$3,000

Gratitude - \$2,000

Turkey - \$1,000

Year-Round Sponsorship Packages

Be recognized across all events with continuous exposure & community impact.

Community Champion - \$5,000

Event Partner - \$3,000

Supporter - \$2,000

**Additional Sponsorship opportunities available.
Contact the Sheboygan Y for more information.**



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!

 For More Information
abittinger@sheboygancountyyymca.org

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

**Accepting kids
ages 2 - 12
for the school year &
kids 4K - Grade 6 for
summer care**

Sheboygan YMCA | 812 Broughton Drive, Sheboygan, WI 53081 | 920-451-8000

SHEBOYGAN COUNTY YMCA CHILD CARE

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

The preschool programs have preschool and pre-kindergarten weekly themes with developmentally appropriate activities. The schedule varies by age and ability of the child and includes large group and small group activities. 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

February 23, 2026 - Current Families
March 2, 2026 - Past Summer Families
April 6, 2026 - General Public

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

NATURE BASED CHILD CARE

CAMP Y-KODA

Monday - Thursday 11:00am-4:30pm
Friday 7:30am-4:30pm
Ages 3 - 6 Years

MAYWOOD

Monday - Friday 7:30am-4:30pm
Ages 3 - 6 Year

Nature Based Child Care spends 50 percent of their time outside. Days are filled with unstructured free play, hikes and nature based activities.

For more information, please contact:

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

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

TUTORING AND HOMEWORK HELP Sheboygan Y Conference Room

new

Need a little guidance with that one class or with some homework? Stop in for some help from National Honor Society members from our local high schools. They can help with a variety of subjects (math, reading, history, etc) and are available during after school hours. For more information, contact Ashley Bittinger at 920-451-8000 x107 or abittinger@sheboygancountyyymca.org. **Fee is per child per day.**

Monday - Friday 3:30pm - 5:30pm

Family and Youth Y members no charge
Non-member youth day pass



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 gentle water exploration, songs and play, encouraging them to enjoy themselves while learning about the water.

To pass this class, children must be 3 years old, able to stand and walk independently in pool that is 3'6" 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 3'6" deep.

In this introductory class, children develop comfort with underwater exploration and learn to perform basic self-rescue skills with assistance. This class is for children who aren't yet comfortable going underwater or are unable to float independently.

To pass this class, and move to Preschool 3&4, children must be confident submerging and floating independently

PRESCHOOL 3&4

Ages 3 - 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.

Children learn to swim independently with their faces in the water in chest-deep 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 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.

HAVE MORE QUESTIONS?

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

GRADE SCHOOL SWIM BASICS

GRADE SCHOOL 1&2

Ages 5 - 12

Prerequisites: No prior experience necessary

In this introductory class, children develop comfort with underwater exploration and learn to perform basic self-rescue skills with assistance. This class is for children who aren't yet comfortable going underwater or are unable to float independently.

To pass this class, and move to Grade School 3, children should be able to submerge confidently, as well as front and back float independently

GRADE SCHOOL 3

Ages 5 - 12

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

Children learn to swim independently with their faces in the water. They are introduced to rhythmic breathing and integrated arm and leg action. This class is for children who aren't yet able to swim 10-15 meters on their front and back.

To pass this class, children should be able to swim 15 meters on their front with their face in the water, as well as on their backs. They can float independently on their front and back. They must also be comfortable swimming in deep water.

GRADE SCHOOL SWIM STROKES

GRADE SCHOOL 4

Ages 5 - 12

Prerequisite: This class is for children who can swim 15 meters on their front with their face in the water, as well as on their backs. They can float independently on their front and back. They must also be comfortable swimming in deep water.

This class introduces stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

To pass this class, children must be able to swim front crawl, back crawl, and breaststroke for 25 meters with proper technique and breathing in deep water.

GRADE SCHOOL 5&6

Ages 5 - 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 Swim Team!

YOUTH GROUP SWIMMING LESSONS AT THE SHEBOYGAN YMCA

7-WEEK WINTER 1 SESSION: JANUARY 5 - FEBRUARY 21, 2026

7-WEEK FALL 2 SESSION: FEBRUARY 23 - APRIL 18, 2026

SWIM STARTERS (Parent & Child Classes!)

LOCATION: GARTON POOL

	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Baby A & B	6 Mo - Age 3		5:30-6:00pm	9:45-10:15am		9:15-9:45am
				5:00-5:30pm		

PRESCHOOL SWIM BASICS (without parent)*

LOCATION: GARTON POOL

* New Students: Please see chart on Page 10 to determine which class level is most appropriate for your child

	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Stages 1 & 2	3 yrs - 5 yrs		4:00-4:30pm	10:15-10:45am	4:00-4:30pm	9:45-10:15am
			5:00-5:30pm	5:30-6:00pm	4:30-5:00pm	
Stages 3 & 4	3 yrs - 5 yrs		5:00-5:30pm	10:15-10:45am	4:30-5:00pm	9:45-10:15am
				5:30-6:00pm		

GRADE SCHOOL SWIM BASICS

LOCATION: GARTON POOL

	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Stages 1 & 2	Age 5+ yrs		4:30-5:00pm	6:00-6:30pm	5:00-5:30pm	10:15-10:45am
Stage 3	Age 5+ yrs		4:00-4:30pm	6:00-6:30pm	4:00-4:30pm	10:15-10:45am
			4:30-5:00pm		5:00-5:30pm	

GRADE SCHOOL SWIM STROKES

LOCATION: VERHULST POOL

	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Stage 4	Age 5+ yrs	6:30-7:00pm	5:00-5:30pm	6:30-7:00pm	5:00-5:30pm	9:45-10:15am
Stages 5 & 6	Ages 6+ yrs	7:00-7:30pm	5:30-6:00pm	7:00-7:30pm	5:30-6:00pm	10:15-10:45am

- Winter lessons fill quickly! You can register for one or both sessions when winter registration opens:

Members - December 8

Non-Members - December 11

- End of session report cards will not be issued at the end of Winter 1 session. If registering for Winter 1 and Winter 2, we recommend you register your child for the same class level for both sessions.
- 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.

7-WEEK GROUP SWIM LESSON FEES

Sheboygan County Family Member	\$19.00
Sheboygan County Youth Member	\$49.00
Non-Member	\$69.00

[CLICK HERE FOR REGISTRATION](#)

**BREAK WEEK
NO GROUP SWIM LESSONS**

March 23 - 28, 2026



AQUATICS PROGRAMS

SHALLOW WATER AEROBICS

Age 15+

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

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

Tuesday (Instructor: Tom) 8:30am - 9:30am

Wednesday (Instructor: Tom) 8:30am - 9:30am

DEEP WATER AEROBICS

Age 15+

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

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

Fee is Per Day

Sheboygan County YMCA Member

Free

Non-Member

\$10.00

JOIN OUR AQUATICS TEAM

**LOOKING FOR A FUN AND REWARDING
JOB? PAID TRAINING, FLEXIBLE
SCHEDULING AND A FREE YMCA
MEMBERSHIP INCLUDED!**

Lifeguards

Shifts available: Day time, evenings and weekends

Swim Instructors

Shifts available: Mornings, evenings and weekends.

For more information, contact:

Heather Nitsch, Aquatics Director:

920-451-8000, Ext 129

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

[Sheboygan County YMCA Employment Application](#)

AI CHI AQUATICS CLASS

Age 15+

If you are feeling stressed, tense or just not ready for a traditional exercise class to get you in shape mentally or physically, Ai Chi may be just what you need. Ai Chi is a simple exercise and relaxation program performed in Garton Pool's shallow, warm water. Participants use a combination of deep breathing and slow, broad movement of the arms, legs and torso. Participants will improve range of motion, balance, promote blood circulation and increase metabolism.

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

ARTHRITIS AQUATICS CLASS

Age 15+

This gentle, low-impact class takes place in warm, shallow water to help relieve stiffness and improve flexibility. Designed to stretch and move all major joints, the class promotes better range of motion, balance, and circulation. Perfect for those with arthritis or joint discomfort, participants will enjoy a soothing environment that supports mobility and overall well-being.

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

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



POOL BIRTHDAY PARTIES

Looking for a fun and unforgettable way to celebrate your child's winter birthday? Host a YMCA Pool Party and let the good times flow! Kids will enjoy swimming in a fun and safe, supervised environment – perfect for a cold winter day. Parties include pool time in Garton Pool, a party space, and a lifeguard to keep the swimmers safe in the water. Spots fill fast – book your winter pool party today! For more information, please see page 19.

LAP SWIMMING

Lap swimming is available daily. Check the pool schedule for current lane availability. Whether you're training for endurance, improving technique, or simply looking for a low-impact workout, lap swimming offers excellent cardiovascular benefits while strengthening muscles and improving flexibility. Enjoy a refreshing way to stay active, reduce stress, and boost overall fitness through the winter.

Fee is Per Day

Sheboygan County YMCA Member	Free
Non-Member	\$10.00

FAMILY SWIM IN GARTON POOL

All Ages

Enjoy quality time together during Family Swim! Available at select times most days, this open swim time is perfect for kids of all ages to splash, play, and practice swimming skills. Children under 6 must have an adult in the water with them. **Check the pool schedule for available times.**

Fee is Per Day

Sheboygan County YMCA Member	Free
Non-Member Family	\$25.00

REC SWIM IN VERHULST POOL

Ages 8+

Recreational Swim offers a fun and active time in the Verhulst Pool for older children who can pass the YMCA swim test. Swimmers can enjoy the deep water, play games, and practice their swimming skills in a safe, supervised environment. It's a great way for kids to stay active, build confidence in the water, and have fun with friend. **Check the pool schedule for available times.**

Fee is Per Day

Sheboygan County YMCA Member	Free
Non-Member	\$3.00

MASTER SWIMMERS

Ages 18+

Join our unofficial "Masters Swimming" group for a challenging and motivating workout swimming about 2,500 meters each session! This group swims Monday, Wednesday, and Friday from 5:45–6:45 a.m. and is led by a dedicated volunteer Y member who provides structured workouts for the group. Designed for advanced swimmers, this program offers a supportive team environment to improve endurance, technique, and overall fitness while enjoying the camaraderie of swimming with others. Some swimmers train for triathlons, while others participate for exercise, stress relief, or personal challenge. No registration required, just dive into Verhulst Pool at 5:45am!

Fee is Per Day

Sheboygan County YMCA Member	Free
Non-Member Sr Adult	\$8.00
Non-Member Adult	\$10.00



FAMILY REC GYMNASTICS DROP-IN PROGRAM

6 Months to Age 12

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

Wed.....	10:45am - 11:30am
Fri.....	11:45am - 12:30pm
Fri.....	5:30pm - 6:15pm

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

YOUTH GYMNASTICS REC DROP-IN PROGRAM

Age 5 Years (with Adult) - Age 17

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

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

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

POP-UP GYMNASTICS OR PRIVATE LESSON

(1 TO 5 PEOPLE)

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

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

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

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

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

BIRTHDAY PARTIES

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



Contact Sandra Garcia at sgarcia@sheboygancountymca.org

GYMNASTICS LESSONS

SHEBOYGAN YMCA FAMILY, PRESCHOOL, GRADE SCHOOL, AND MIDDLE SCHOOL GYMNASTICS							
7-WEEK WINTER 1 SESSION: JANUARY 5 - FEBRUARY 21, 2026							
7-WEEK WINTER 2 SESSION: FEBRUARY 23 - APRIL 18, 2026							
BREAK WEEK: MARCH 23 - 28, 2026							
FAMILY	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Movement	Crawlers - Age 4	4:45-5:30pm		9:15-10:00am		9:15-10:00am	9:15-10:00am
(1 Child/1 Adult; co-ed)		5:30-6:15pm					
* ALL FAMILY MOVEMENT CLASSES ARE IN THE UPSTAIRS GYM *							
PRESCHOOL	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rockers & Rollers (co-ed) (without parent)	Ages 3-4					4:30-5:00pm	8:30-9:00am
						5:00-5:30pm	
Gymnastics (co-ed)	Ages 4 - 5		4:30-5:15pm	10:00-10:45am	4:30-5:15pm		9:15-10:00am
Little Springers (co-ed)	Ages 4 - 6	6:15-7:00pm	3:45-4:30pm	6:30-7:15pm	3:45-4:30pm		
GRADE/MIDDLE	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Girls Gymnastics	Ages 6 - 8	3:45-4:30pm		4:00-4:45pm	5:15-6:00pm		10:00-10:45am
Girls Gymnastics	Ages 9 - 11	4:30-5:15pm		4:45-5:30pm			10:45-11:30am
Novice Gymnastics (co-ed)	Ages 6 - 11		6:00-6:45pm		6:00-6:45pm		
Pre-Team	Ages 6 - 14	5:15-6:15pm		5:30-6:30pm			11:30am-12:30pm
Boys Gymnastics	Ages 6 - 12		5:15-6:00pm				
Parkour (co-ed)	Ages 5 - 8					6:30-7:15pm	
	Ages 8 - 12					7:15-8:00pm	
DROP-IN PROGRAMS	AGE	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Rec Gymnastics	6 Mo - 12 Yr			10:45-11:30am		10:45-11:30am	
(with Parent)						5:30-6:15pm	
* PRE-REGISTRATION REQUIRED EACH WEEK - OPENS MONDAY OF THAT WEEK *							
Youth Rec Gymnastics	Age 5 +					4:00-5:30pm	
* PRE-REGISTRATION REQUIRED EACH WEEK - OPENS MONDAY OF THAT WEEK *							
NOTE: If you are registered for Youth or Family Rec Gymnastics and are unable to attend, please contact the front desk so others are able to sign up.							
Birthday Parties	All Ages	Limit 12 children					12:30-2:30pm (when scheduled)

[CLICK HERE FOR REGISTRATION](#)

Fee per 7-Week Session

	30 Minutes	45 Minutes	60 Minutes
*Family Member	\$35.00	\$50.00	\$68.00
*Youth Member	\$42.00	\$62.00	\$82.00
Non-Member	\$58.00	\$94.00	116.00

*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.

- 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**

This class is for our 3 to 4 year olds who have graduated from our Family Movement Gymnastics class or have surpassed the skill level of our YMCA Family Movement class with parent and are looking for a non-parents, more challenging option to advance skill and to continue their child's/children's passions for gymnastics. This class will be a 4 child to 1 coach ratio, where your child/children will be honing in on a specific skill each week from our USA-Gymnastics Basic Curriculum. Class limited to 4 children and will work on one specific skill each week, warming up doing a song with movement. If you are interested please register today! **Prerequisite: child Must be potty trained.**

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!

*** REMINDER ***

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

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.

**SHEBOYGAN COUNTY YMCA SPRINGERS
SNOWFLAKE INVITATIONAL
JANUARY 31 - FEBRUARY 1, 2026**

Come and support our Springers team by cheering them on, purchasing a snack or purchasing raffle tickets!

ALL gyms will be closed due to this event.



FINE ARTS PROGRAMS

FINE ARTS DEPARTMENT

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



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

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

YMCA Dance Dress Code

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



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 - WINTER 2 ONLY

Ages 4 - 6

Ages 7 - 12

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

K-POP DANCE

Ages 7 - 14

Step into the vibrant world of K-Pop! This high-energy dance class blends dynamic choreography, expressive movement, and performance flair inspired by your favorite K-Pop idols. Learn routines influenced by top groups while developing coordination, rhythm, and stage presence.

MUSICAL THEATRE:

K-POP DEMON HUNTERS (WINTER 1) AND SHREK (WINTER 2)

Ages 8 - 16

Step into the world of theatre with this fun and interactive class! Learn basic to intermediate Broadway style dances and prepare to sing in a welcome and fun environment **featuring a song and scene from K-Pop Demon Hunters (Winter 1) and Shrek (Winter 2)**! This is a great class for all levels of music and dance students. No previous dance or singing experience required.

CENTER STAGE

Ages 8 - Adult

This class is for beginners and intermediate acting skills. The class 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!

PRIVATE DANCE AND DRAMA LESSONS

Ages 5 - Adult

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

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

BIRTHDAY PARTIES

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



WINTER DANCE CLASSES

7-WEEK WINTER 1: JANUARY 5 - FEBRUARY 21, 2026

7-WEEK WINTER 2: FEBRUARY 23 - APRIL 18, 2026

DANCE CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY
Creative Movement (w / Adult)	Ages 2 - 4			5:30 - 6:00pm
K-Pop Dance	Ages 7 - 14	4:30 - 5:00pm		
Ballet - Winter 2 Only!	Ages 4 - 6			4:30 - 5:00pm
Ballet - Winter 2 Only!	Ages 7 - 12			5:00 - 5:30pm
Musical Theatre: K-Pop Demon Hunters - Winter 1	Ages 8 - 16		4:30 - 5:15pm	
Musical Theatre: Shrek - Winter 2			4:30 - 5:15pm	
Center Stage: Theatre Gone Wrong	Ages 6 - Adult	12 weeks (January 21 - April 17)		6:00 - 6:45 pm

7-Week Session Fees	30 Minutes	45 Minutes
Sheb County YMCA Family Member	\$35.00	\$42.00
Sheb County YMCA Youth	\$42.00	\$49.00
Non-Member	\$63.00	\$74.00

12-Week Fee - Center Stage	
Sheboygan County YMCA Member	\$45.00
Non-Member	\$81.00

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

[CLICK HERE FOR REGISTRATION](#)

DANCE & FITNESS - Y2K ZUMBA EVENT

SATURDAY, JANUARY 3, 2026

Ages 16+

Sheboygan Y Aerobic Room



Start the new year with a bang! Step back into the Y2K era and sweat it out to your favorite throwback jams! This high-energy Zumba class mixes iconic Y2K pop, hip-hop, and dance hits with fun, easy-to-follow choreography. Think metallics, inflatable chairs, and major nostalgia. Grab your flare pants and glitter, it's time to party like it's 1999!

Saturday 11:00am - 12:00pm

Fee

Member	Free
Non-Member	\$8.00

DANCE EVENT - PARTNER DANCING

THURSDAY, FEBRUARY 12, 2026

Ages 16+

Sheboygan Y MPR

This is your introduction to partner dancing right before Valentine's Day. Learn basic waltz and wedding style dancing with a partner, friend, or relative.

Thursday 5:30pm - 6:30pm

Fee is per couple. Pre-registration is required.**Fee is Per Couple**

Member and Non-Member	\$10.00
-----------------------	---------



FINE ARTS - DANCE & ARTS PARTIES

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

Tuesday, December 23, 2025

Ages 4 - 6Super Kitties..... 10:30am-11:30am

Friday, December 26, 2025

Ages 7 - 12K-Pop Demon Hunters.....9:30am-10:30am

Tuesday, December 30, 2025

Ages 4 - 6Frozen 10:45am-11:45am

Ages 7 - 12Frozen 9:30am-10:30am

Wednesday, December 31, 2025

Ages 4 - 12New Years 9:30am-10:30am

Friday, January 23, 2026

Ages 4 - 6Gabby's Dollhouse 9:30am-10:30am

Friday, January 30, 2026

Ages 4 - 6Sesame Street 9:30am-10:30am

Friday, February 6, 2026

Ages 4 - 6PJ Masks 9:30am-10:30am

Friday, February 20, 2026

Ages 4 - 6Cocomelon 9:30am-10:30am

Friday, March 6, 2026

Ages 4 - 6Princess 9:30am-10:30am

Friday, March 20, 2026

Ages 4 - 6Heroes & Villians 9:30am-10:30am

Ages 7 - 12Heroes & Villians 11:45am-12:45pm

Thursday, March 26, 2026

Ages 4 - 6Peppa Pig 10:45am-11:45am

Friday, April 3, 2026

Ages 4 - 6Minecraft 9:30am-10:30am

Ages 7 - 12Minecraft 11:45am-12:45pm

Fee Per Party

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



ART PARTIES

Location: Sheboygan Y MPR

Unleash your inner artist with the perfect blend of creativity and fun! Our art instructors will lead you step-by-step through creating your own masterpiece — no prior art experience needed! Fee is non-refundable unless the YMCA cancels the party. Parties held at the Sheboygan Y. **Fee is per party.**

PAINT & SIP Edition:

Participants are encouraged to bring their own mug/cups.

Monday, December 22, 2025

Ages 4 - 12Holiday 4:30pm-5:30pm

Monday, December 29, 2025

Ages 6 - 14 w/parent

Paint & SipHot Chocolate 4:30pm-5:30pm

Friday, January 2, 2026

Ages 7 - 12Macrame Bracelets 9:30am-10:30am

Friday, January 16, 2026

Ages 4 - 6Pointillism Painting..... 9:30am-10:30am

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

Friday, February 13, 2026

Ages 4 - 6Valentine's..... 9:30am-10:30am

Friday, February 27, 2026

Ages 4 - 6Watercolors 9:30am-10:30am

Ages 7 - 12Watercolors 11:45am-12:45pm

Friday, March 13, 2026

Ages 4 - 6Tissue Stained Glass 9:30am-10:30am

Monday, March 23, 2026

Ages 6 - 14 w/parent

Paint & SipMermaid Water..... 4:30pm-5:30pm

Fee Per Child, Per Party

(Parents can attend but do not need to pay)

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

Paint & Sip - Fee Per Child, Per Party

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

SPIN & SPLASH

WEDNESDAY, MARCH 25, 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.

Wednesday 1:00pm - 4:00pm

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

[CLICK HERE FOR REGISTRATION](http://www.sheboygancountymca.org)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA BIRTHDAY PARTIES



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

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

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

Dance Party

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



Gymnastics Party

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



Ultimate Party

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

Swimming Party

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



GYM Party

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

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

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

Revised 8/4/25

YMCA OPPORTUNITIES SPORTS OFFICIALS NEEDED

Youth Basketball Officials

Shifts available starting January 2026 (thru March 2026)
Time: 8am-12pm Saturdays

Adult Volleyball Officials

Shifts available Monday and Thursday, 6pm-10pm, (Year-round opportunities)

Employment includes a YMCA membership during the season!



For more information, contact: Taylor Zastrow, Youth Sports Director
920-451-8000, Ext 121

tzastrow@sheboygancountyyymca.org or complete an application by clicking link below:

[Sheboygan County YMCA Employment Application](#)

YOUNG MEN THRIVING PROGRAM

JANUARY 13 - FEBRUARY 24, 2026

Ages 12 - 17

This program is free of charge; designed to give teen boys from underserved backgrounds the tools and education to succeed and thrive in the community and their lives. Education, College and Career Readiness, Character Development, Belonging/Community Building, and Health and Well-Being are the focus. The Boys will meet with guest speakers, utilize the YCMA and its programs, and get signed up for Gradify which is an amazing tool to help thrive in life. Please contact Matt Mueller at mmueller@sheboygancountyyymca.org or 920-451-8000x118 for more information or to be added to the team.





WHAT CAN I DO AT THE Y?

Sheboygan County YMCA Guidelines for Youth Age 0 - 17

Activity	*Ages 0 - 7	**Ages 8 - 14	**Ages 15 - 17
Facility Usage	✓	✓	✓
Basketball Gyms	✓	✓	✓
Child Watch	✓		
Group Exercise			✓
Family Pool	✓	✓	✓
Lap Swim			✓
Lakeview/Riverview			✓
Youth Programs	✓	✓	
Racquetball	✓	✓	✓

*Permitted with a supervising guardian (18+) with them at all times. While in the pool, supervising individual must be in the water at all times with the exception of registered Y programs.

****Sheboygan YMCA** Any youth ages 17 and under that is not a member of our facilities must either be accompanied by a parent/guardian or by a current Sheboygan County YMCA member. **One** member may bring with them only one nonmember. Youth 10 - 14 may use the Lakeview center if they complete S.P.A.R.K. and/or Teen Strength courses (details for classes in our session brochures).

*****Sheboygan Falls YMCA** Youth 10-14 may use Riverview Center if they have completed S.P.A.R.K and/or Teen Strength. Ages 15-17 may purchase Day Passes for Riverview Center **ONLY**

NO SCHOOL DAY FUN DAYS AT SHEBOYGAN YMCA

FRIDAY, JANUARY 16, 2026
FRIDAY, FEBRUARY 27, 2026
FRIDAY, MARCH 20, 2026
FRIDAY, APRIL 3, 2026

Grades 1 - 4

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

Bring the following for a fun-filled day:

- Brown-bag lunch
- Swimsuit
- Towel
- Water bottle

Snacks will be provided.

All Dates 8:30am - 4:30pm

Sheboygan County Y Family Member	\$37.00
Sheboygan County Y Youth Member	\$42.00
Non-Member	\$54.00



KID'S NIGHT OUT - FALLS Y

FRIDAY, JANUARY 9, 2026 - SPORTS NIGHT
FRIDAY, FEBRUARY 27, 2026 - PARENT VS KIDS
FRIDAY, MARCH 6, 2026 - TEAM GAMES
FRIDAY, APRIL 24, 2026 - KIDS CHOICE

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

Friday 6:00pm - 8:00pm

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



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

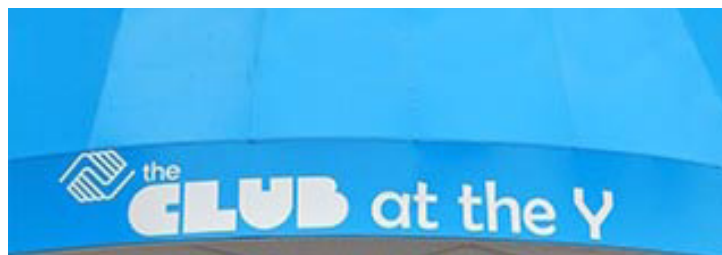
YOUTH GYMNASTICS REC DROP-IN PROGRAM

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



THE CLUB AT THE Y
SEPTEMBER 2025 - MAY 2026

Teens in Grades 6 - 12 during 2025-26 school year

The CLUB at the Y Teen Center is located in the lower level of the Sheboygan YMCA. It is operated by the Boys & Girls Clubs of Sheboygan County. A separate entrance is located off Washington Court under the blue Club at the Y awning.

It is a great place to meet your friends and make new ones!

A completed application is required. YMCA members receive a complimentary membership to the Club at the Y.

Find the application at: www.thepositiveplace.com.

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

Hours of Operation

After School

Mon - Fri 3:00pm - 7:00pm

Scheduled Non-School Days

Mon, Tues, Wed, Thurs, Fri 12:00pm - 5:00pm

Friday, January 16, 2026
 Monday, February 16, 2026
 Monday, March 30, 2026
 Monday, April 20, 2026

Closed

December 22, 2026 - January 2, 2026
 January 19, 2026
 February 27, 2026
 March 20 - 27, 2026
 April 3, 2026



YOUR DONATION WILL MAKE A DIFFERENCE

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

Every dollar you donate to the Y Annual Campaign directly supports financial assistance and program subsidies for your friends, neighbors and members of the Y community.

The Sheboygan County YMCA is a 501(c)3 nonprofit organization and your gift is tax-deductible.

Here are just a few ways your donation can help provide opportunities for everyone who walks through our doors:

- **\$25** – Enrolls a child in a sports program or swim lesson.
- **\$50** - Helps a child discover themselves and realize their potential through dance, gymnastics or youth training program.
- **\$100** - Provides a child/teen with a Y membership for one year, opening the door to swimming, gym, sports and health.
- **\$200** - Supports a cancer survivor in the LiveSTRONG® at the YMCA program in which they can improve their strength, develop supportive relationships and improve their overall quality of life.
- **\$250** – Supports a family in the YMCA for one year of health and wellness programs and activities.

WAYS TO GIVE

Payments can be made in the following ways:

- **Cash or Check:** Donations can be mailed or dropped off at any of the Sheboygan County Y branches. Please make checks payable to Sheboygan County Y.
- **Credit Card:** A donation may be made via credit card utilizing MasterCard, Discover or VISA.

Members can make a donation on-line by clicking here:

[DONATE TO ANNUAL CAMPAIGN](#)

For questions, call Donna at the Y - 920-451-8000

PEE WEE & MIGHTY MITE PROGRAMS

PEE WEE AND MIGHTY MITE PROGRAMS						
7-WEEK WINTER 1: JANUARY 5 - FEBRUARY 21, 2026 7-WEEK WINTER 2: FEBRUARY 23 - APRIL 18, 2026						
Break Week: March 23 - 28, 2026						
PEE WEE SPORTS	Y	AGE	DAY	TIME	LOCATION	SESSION
Pee Wee Sports Variety	S	Ages 3 - 5	Mon	4:00 - 4:45pm	Muth Gym	Winter 1 & 2
Pee Wee Basketball	S	Ages 3 - 5	Wed	5:00 - 5:45pm	Muth Gym	Winter 1 & 2
Pee Wee Sport of all Sorts	F	Ages 3 - 5	Wed	5:00 - 5:45pm	Falls Y Lohmann Gym	Winter 1
Pee Wee Basketball	F	Ages 3 - 5	Wed	5:00 - 5:45pm	Falls Y Lohmann Gym	Winter 2
MIGHTY MITE SPORTS	Y	GRADE	DAY	TIME	LOCATION	SESSION
Mighty Mite Football	F	5K - Grade 2	Tues	5:00 - 6:00pm	Falls Y Lohmann Gym	Winter 1
Mighty Mite Basketball	F	5K - Grade 2	Tues	5:00 - 6:00pm	Falls Y Lohmann Gym	Winter 2
Mighty Mite Rec Games	F	5K - Grade 2	Thur	5:00 - 6:00pm	Falls Y Lohmann Gym	Winter 1
Mighty Mite Brain and Body	F	5K - Grade 2	Thur	5:00 - 6:00pm	Falls Y Lohmann Gym	Winter 2
Mighty Mite Basketball	S	5K - Grade 2	Mon	5:00 - 6:00pm	Muth Gym	Winter 1 & 2
Mighty Mite Floor Hockey	S	5K - Grade 2	Tues	5:00 - 6:00pm	Muth Gym	Winter 1 & 2

[CLICK HERE FOR REGISTRATION](#)

**BREAK WEEK - No Pee Wee or
Mighty Mite Classes**

March 23 - 28, 2026

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	\$32.00
Sheboygan County Y Youth Member	\$37.00
Non-Member	\$55.00

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

Sheboygan County Y Family Member	\$39.00
Sheboygan County Y Youth Member	\$44.00
Non-Member	\$59.00



3-POINT & FREE THROW CONTESTS

FRIDAY, MARCH 13, 2026

Grades 2 - 3 with Parent

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



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

For more information, please contact Halle at hboldt@sheboygancountyyymca.org or 920-467-2464 x207.

Fri 6:00pm Start

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

MARCH MANIA 3 VS 3 BASKETBALL TOURNAMENT SHEBOYGAN FALLS YMCA

SATURDAY, MARCH 21, 2026

Boys and Girls in Grades 2 - 3

End the basketball season with a bang! Get your team into March madness as well and sign up for the March Mania 3 vs 3 Basketball Tournament. Rules and schedules will be emailed to coaches a week before the tournament. For more information, please contact Halle at hboldt@sheboygancountyyymca.org or 920-467-2464 x207. **A separate registration form is required. The registration deadline is March 3, 2025.**



Team Fee \$70.00



SPRING 7 VS 7 FLAG FOOTBALL LEAGUE

SATURDAYS, APRIL 12 - MAY 31, 2025

Boys and Girls in 5K - Grade 5

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

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

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

7TH & 8TH GRADE GIRLS VOLLEYBALL LEAGUE

APRIL 23 - JUNE 4, 2026

Girls in Grades 7 - 8

Get your team roster together for this volleyball league, which will help girls develop team play and work on fundamentals. Matches will be played on Thursday evening between 5:00pm - 8:00pm in the Sheboygan Falls YMCA gymnasium. For more information, please contact Halle at hboldt@sheboygancountyyymca.org or 920-467-2464 x207. **The registration deadline is April 10, 2026.**

Team Fee

\$110.00

5TH & 6TH GRADE GIRLS VOLLEYBALL LEAGUE

APRIL 22 - JUNE 3, 2025

Girls in Grades 5 - 6

Come get your team together for a fundamental volleyball league night for girls in 5th and 6th grade. This new league will help develop your child by getting more touches on the ball, and coaches on the floor to help them. League will be unofficiated, coaches on the floor, net height at the junior level, and using volleylite volleyballs. Teams will play for an hour, 3 game set if time allows, 3rd game will go to 15 points. **April 8th will be a skills clinic, starting at 5:30pm at the Berkshire Gymnasium** for all of the girls in the volleyball league. Matches will begin on April 22nd. Matches are played on Tuesday evenings starting at 5:00pm in the Sheboygan Falls YMCA Gymnasium. For more information, please contact Halle at hboldt@sheboygancountyyymca.org or 920-467-2464 x207. **Registration deadline is April 10, 2026.**

Team Fee

\$75.00



COED CHURCH VOLLEYBALL LEAGUE

JANUARY 11 - FEBRUARY 22, 2026

Age 14 & Older

Get your team together for this recreational coed church volleyball league **at the Sheboygan Falls YMCA**. Matches will be played on Sundays and consist of 3 sets and rally scoring to 25 points per set. All sets will be played. For more information, please contact Halle at hboldt@sheboygancountyyymca.org or 920-467-2464 x207. **A separate registration form is required. Registration deadline is December 29, 2025.**

Team Fee

\$100.00

YOUTH PROGRAMS

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	\$7.00
Sheboygan County Y Youth Member	\$9.00
Non-Member	\$12.00

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	\$15.00
Sheboygan County Y Youth Member	\$21.00
Non-Member	\$28.00

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	\$23.00	\$32.00
Sheboygan County Y Youth Mbr	\$26.00	\$36.00
Non-Member	\$35.00	\$47.00

VOLLEYBALL SKILLS AND DRILLS

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

Sheboygan County Y Family Member	\$32.00
Sheboygan County Y Youth Member	\$35.00
Non-Member	\$50.00

HOME SCHOOL PHYSICAL EDUCATION PROGRAM

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

Sheboygan County Y Family Member	\$31.00
Sheboygan County Y Youth Member	\$36.00
Non-Member	\$48.00

DODGEBALL

Bring your friends and compete in various dodgeball games. A great way to start your weekend!

Sheboygan County Y Family Member	\$20.00
Sheboygan County Y Youth Member	\$27.00
Non-Member	\$35.00

GYM GAMES

This class is packed with exciting games that keep kids active while building teamwork and confidence. Each week features classic favorites like tag, relay races, dodgeball and kickball. While adding creative twists to keep things fresh and fun!

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



REC GAMES

Run! Play. Laugh. Repeat! This action-pack class is all about fun, friendship, and movement. "Rec Sports" introduces kids to a variety of team games and active play, blending the excitement of sports with the joy of just having a good time. From classic playground favorites to creative new games, there is something for everyone! Whether your child is a sports lover or just wants to burn off energy and have fun. It's non-competitive, inclusive and focused on teamwork, skill building, and smiles from start to finish.

Sheboygan County Y Family Member	\$7.00
Sheboygan County Y Youth Member	\$9.00
Non-Member	\$12.00



MINUTE TO WIN IT

Kids will take on a variety of 1-minute challenges using everyday safe items such as balloons, cups, and softballs. Each activity is designed to build balance, hand-eye coordination and creative thinking, all while having fun with one another! Whether you're stacking, tossing, balancing, or bouncing, every minute is packed with smiles!

Sheboygan County Y Family Member	\$28.00
Sheboygan County Y Youth Member	\$31.00
Non-Member	\$45.00



KID'S NIGHT OUT - FALLS Y

FRIDAY, JANUARY 9, 2026 - SPORTS NIGHT
FRIDAY, FEBRUARY 27, 2026 - PARENT VS KIDS
FRIDAY, MARCH 6, 2026 - TEAM GAMES
FRIDAY, APRIL 24, 2026 - KIDS CHOICE

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

Friday 6:00pm - 8:00pm

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



YOUTH HEALTH & WELLNESS SPONSOR

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

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

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



YOUTH PROGRAMS AND SPORTS

7-WEEK WINTER 1 SESSION: JANUARY 5 - FEBRUARY 21, 2026

7-WEEK WINTER 2 SESSION: FEBRUARY 23 - APRIL 18, 2026

Break Week: March 23 - 28

YOUTH PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Gaga Ball/Dodgeball	F	Grades 1 - 5	Tues	4:00 - 4:45pm	Falls Y Lohmann Gym	Winter 2
Basketball Skills & Drills	F	Grades 3 - 7	Thur	4:00 - 4:45pm	Falls Y Lohmann Gym	Winter 1
S.P.A.R.K.	S	Ages 10 - 12	Tu &/or Th	4:15 - 5:15pm	Lakeview Center	Winter 1 & 2
Volleyball Skills N Drills	F	Grades 3 - 7	Tues	4:00 - 4:45pm	Falls Y Lohmann Gym	Winter 1
	F	Grades 3 - 7	Thur	4:00 - 4:45pm	Falls Y Lohmann Gym	Winter 2
	S	Grades 3 - 7	Thur	4:30 - 5:30pm	Muth Gym	Winter 1 & 2
Home School Phy Ed	S	Ages 5 - 17	Fri	1:30 - 2:30pm	Varies	Winter 1 & 2
Dodgeball	S	Ages 12 - 15	Fri	4:00 - 5:00pm	Muth Gym	Winter 1 & 2
Gym Games	F	Grades 1 - 5	Fri	4:00 - 4:45pm	Falls Y Lohmann Gym	Winter 1
Rec Games	F	Grades 1 - 5	Fri	2:30-3:15pm	Falls Y Lohmann Gym	Winter 2
Minute to Win It	F	Grades 1 - 5	Fri	4:00 - 4:45pm	Falls Y Lohmann Gym	Winter 2
Kid's Night Out	F	Grades 2 - 4	Fri	6:00 - 8:00pm	Falls Y Lohmann Gym	1/9, 2/27, 3/6, 4/24
TEEN PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Girl Power	F	Ages 12 - 17	Tue & Sat	6:30 - 7:30pm 1:00 - 2:00pm	Riverview Center	Winter 1 & 2
Teen Strength Training	S	Ages 12 - 15	Mon	4:15 - 5:15pm	Lakeview Center	Winter 1 & 2
	F	Ages 12 - 15	Wed	3:45 - 4:45pm	Riverview Center	Winter 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

[CLICK HERE FOR REGISTRATION](#)

YOUTH AND TEEN STRENGTH TRAINING

NEXT GEN GROUP TRAINING

SHEBOYGAN YMCA

Ages 10 - 15

Train strong. Lead bold. Be the next generation.

Next Gen Group Training is a dynamic fitness and skills-based program designed to help youth ages 10–15 build strength, confidence, and healthy habits that last a lifetime. In this small group setting, participants will take on age-appropriate workouts that focus on functional movement, coordination, endurance, and team-based challenges—all in a fun, supportive environment. **Member only. Fee is for 7-week session.**

Wednesday.....4:15 - 5:00pm

Sheboygan County Y Family Member \$35.00

Sheboygan County Y Youth Member \$42.00

GIRL POWER

JANUARY 6 - FEBRUARY 21, 2026

FEBRUARY 24 - APRIL 18, 2026

Ages 12 - 17

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



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

Tuesday6:30-7:30pm

Saturday.....1:00-2:00pm

Sheboygan County YMCA Members Only

Family Member \$32.00

Youth Member \$49.00

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

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 7-week session.**

Sheboygan County Y Family Member \$46.00

Sheboygan County Y Youth Member \$53.00

TEEN PERSONAL TRAINING

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

Sheboygan County Y

Member Only

½ Hour

\$21.00

One Hour

\$37.00



ONE-ON-ONE TRAINING (BY APPOINTMENT ONLY)

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, call 920-467-2464, ext 207 or email Halle at hboldt@sheboygancountyyymca.org

Sheboygan County YMCA

Member Only

½ Hour

\$21.00

One Hour

\$37.00

ONE-ON-ONE SPORTS TRAINING

SHEBOYGAN YMCA

Grades 1 - 8

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

Sheboygan County YMCA Member Only

Half Hour

\$21.00

One Hour

\$37.00

SUMMER BETTER THAN OTHERS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP Y-KODA

W3340 Sunset Road, Sheboygan Falls, WI

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



CAMP DATES: JUNE 8 - AUGUST 28, 2026

- Camp is open to children ages 4-16. Child must be age 4 by their first day of camp with us & potty trained.
- Camp Hours are Monday - Friday, 8:30am - 4:00pm
- Before & after camp extended Care is ONLY available at YMCA Camp Y-Koda. Begins as early as 7:15am and ends as late as 5:30pm. Available for additional fee.
- Bus Transportation Available for additional fee. Bus Transportation is only on one route.
- Child care offerings at three locations: YMCA Camp Y-Koda, Maywood Environmental Park & Sheboygan Marsh.
- YMCA Camp Y-Koda is a licensed Day Camp with the WI Department of Children & Families.



CAMP REGISTRATION

Please visit our website for brochure & program offerings.
Registration Information will be out near January 2026

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

**FOLLOW US
ON FACEBOOK
@CAMPYKODA**



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

WHEN SCHOOL IS OUT, CAMP IS IN!

SCHOOL'S OUT CAMP

FRIDAY, JANUARY 16, 2026
MONDAY, JANUARY 19, 2026
MONDAY, FEBRUARY 16, 2026
FRIDAY, FEBRUARY 27, 2026
FRIDAY, APRIL 3, 2026
MONDAY, APRIL 6, 2026

Ages 4 - 13

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

- Campers should bring a sack lunch & snack.
- Campers should dress accordingly to spend time outside rain, snow or shine!
- An email with camp information will be sent out prior to each camp date.
- The registration deadline is each Wednesday before camp date.

JANUARY 16, 2026

Pajama Day

Wear your coziest Pajamas to School's Out Camp for a day of comfy fun!

Friday 8:00am-4:00pm

JANUARY 19, 2026

Arctic Adventure Day

Bundle up for a frosty day of fun as we dive into the wonders of the Arctic! From snowy games and icy challenges to polar animal adventures, it's a wintry expedition you won't forget.

Monday 8:00am-4:00pm

FEBRUARY 16, 2026

Winter Olympics

Get ready to go for the gold in our kid-sized Winter Olympics! From snowy relays and sled races to icy challenges and team relays, everyone's a champion in this fun-filled day of frosty competition. Bundle up, bring your team spirit, and let the winter games begin!

Monday 8:00am-4:00pm

Fee is Per Day

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

FEBRUARY 27, 2026

Field Trip Friday

In the morning we will spend our time participating in favorite camp activities. After snack, the group will take a field trip to the Sheboygan YMCA Pool to go swimming in the indoor pool! Transportation to and from the pool is provided.

Friday 8:00am-4:00pm

Fee

Sheboygan County Y Member	\$50.00/day
Non-Member	\$60.00/day

APRIL 3, 2026

Flannel Friday

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

Friday 8:00am-4:00pm

APRIL 6, 2026

Spring Fling!

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

Monday 8:00am-4:00pm

Fee is Per Day

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

REGISTRATION INFORMATION

Register for School's Out Camp using Camp Brain. Use the link or QR code provided below.

Questions regarding this program can be directed to Dani Roscovius by email droscovius@sheboygancountyyymca.org or calling camp 920-467-6882.



CAMP BRAIN REGISTRATION

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

EASTER EGG HUNT & HIKE

SATURDAY, MARCH 28, 2026

START TIME: 10:00AM

ALL Ages

Hop on over to Camp Y-Koda for the 2nd Annual Easter Egg Hunt & Hike! Families can hike around the 80-acre property to search for filled eggs. Special Golden Easter Eggs will be mixed in and will contain a special surprise. This event will happen rain, shine or snow! Don't forget your basket as you'll collect many sweet treats!

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

Preregistration required! Scan QR code or click on link.

Per Family

\$20.00

SPRING BREAK CAMP

FRIDAY, MARCH 20, 2026

MONDAY, MARCH 23 - FRIDAY, MARCH 27, 2026

MONDAY, MARCH 30, 2026

Ages 4 - 13

Details can be found on camp's web page. Register for your spot on Camp Brain!

TIES & Tiaras



A Father-Daughter Dance at YMCA Camp Y-Koda

SATURDAY, FEBRUARY 7, 2026 • 6:00PM - 8:00PM



AGES 4 - 13

Dress to impress, dance the night away, and make it a night you'll both remember forever! Put on your finest tie or sparkle in your favorite dress. Join us for an unforgettable evening of music, laughter, and memories at our Ties & Tiaras Father-Daughter Dance! This special event celebrates the bond between fathers and daughters with a night of fun on the dance floor, light refreshments, and plenty of photo-worthy moments.

Please Note: This is not a dinner dance. While advertised as a Father Daughter event, all family members are welcome to attend.

TICKETS - PURCHASE ONLINE TODAY!

\$45 per Pair (1 Child & 1 Adult) until January 17

\$55 per Pair after January 17

\$5 per each Additional Child

\$10 per each Additional Adult






2026 TRAVEL OPPORTUNITIES PREMIER WORLD DISCOVERY

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

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

NATIONAL PARKS AND CANYONS OF THE SOUTHWEST

6 DAYS AND 5 NIGHTS

Age 18 & Older

Highlights include:

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



PITTSBURGH AND FALLING WATER

5 DAYS AND 4 NIGHTS

Age 18 & Older

Highlights include:

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



SAN ANTONIO HOLIDAY

5 DAYS AND 4 NIGHTS

Age 18 & Older

Highlights include:

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



DR DISH SHOOTING MACHINE RENTAL

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

Rental by appointment only.

Half Hour

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

One Hour

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



SHEBOYGAN YMCA FACILITY RENTALS

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

Phone: 920-451-8000 x118

Email: mmueller@sheboygancountyyymca.org

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

SHEBOYGAN FALLS YMCA FACILITY RENTALS

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

SHEBOYGAN YMCA VOLLEYBALL

ADULT VOLLEYBALL LEAGUES

DECEMBER 1 - FEBRUARY 26, 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. **The registration deadline is November 24, 2025.**

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

COED 6 ON 6 "A" VOLLEYBALL LEAGUE

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

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

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

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

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

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

Team Fee \$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

2025 SPRING ADULT FLAG FOOTBALL LEAGUE

MARCH 7 - APRIL 18, 2026

Age 18 & Older

Come Join our 5x5 Adult Flag Football League. This is a no-blocking league for adults. Standings will be kept. Form your own team or sign up as a free agent and be placed on a team! Games are played at Vollrath Park in Sheboygan. **Registration deadline is February 27, 2026.**

Saturday 8:00am - Noon

Team Fee \$200.00
Free Agent \$30

SHEBOYGAN YMCA RACQUETBALL & BASKETBALL

SINGLES ADULT RACQUETBALL LEAGUE

JANUARY 12 - MARCH 30, 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 January 5, 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



ADULT PROGRAMS - PICKLEBALL

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

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

SHEBOYGAN YMCA

812 BROUGHTON DRIVE, SHEBOYGAN

Through May 14, 2026

Lohmann (Big) Gym - Open Play

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

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

East Gym - Open Play (2 Courts)

Monday 9:00am - 11:30am

Tuesday 12:00pm - 3:00pm

Wednesday 12:30pm - 3:00pm

Thursday 10:30am - 1:00pm

Friday 9:00am - 11:30am

East Gym - Pickleball Lite (1 Court)

Monday 11:30am - 1:00pm

Wednesday 8:00am - 9:30am

Friday 11:30am - 1:30pm

Sheboygan County Y Member No Charge

Non-Member (Under 65) \$10.00

Non-Member (Senior 65+) \$8.00

PICKLEBALL COURT RESERVATIONS

Through May 1, 2026

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



East Gym

Tuesday 7:30pm - 8:45pm

Friday 6:00pm - 7:30pm

Friday 7:30pm - 8:45pm

Saturday 3:30pm - 4:45pm

Sunday 7:30am - 9:00am

Sunday 9:00am - 10:30am

Sunday 10:30am - 12:00pm

Sunday 12:00pm - 1:30pm

Sunday 1:30pm - 3:00pm

Sheboygan County Y Member No Charge

Non-Member (Under 65) \$10.00

Non-Member (Senior 65+) \$8.00



Reminder for All YMCA gymnasiums:

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

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

SHEBOYGAN FALLS YMCA

305 BUFFALO STREET, SHEBOYGAN FALLS

Ladies' Play & Beginners/Pickleball Lite (Co-ed)

Through May 14, 2026

Lohmann Gym - 3 Courts

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

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

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

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

Sheboygan County Y Member No Charge

Non-Member (Under 65) \$8.00

Non-Member (Senior 65+) \$6.00

BERKSHIRE COMMUNITY GYMNASIUM

101 SCHOOL STREET, SHEBOYGAN FALLS

Through May 14, 2026

3 COURTS IN ONE GYM

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

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

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

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

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

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

Friday (League Play*)

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

Sheboygan County Y Member No Charge

Non-Member \$6.00

Non-Member Pass (5 sessions) \$30.00

**** No Pickleball at Berkshire December 22 thru January 2nd due to holidays**

FALLS YMCA - PICKLEBALL COURT RESERVATIONS

Through May 1, 2026

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



Lohmann Gym - North Court

Friday 5:00pm - 6:30pm*

Friday 6:30pm - 8:00pm*

Sunday 12:30pm - 2:00pm

Sunday 2:00pm - 3:30pm

*** These times may change due to basketball practices in December 2025.**

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

PICKLEBALL LESSONS:

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

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



Contact Mya Leverenz to be added to the wait list

mleverenz@sheboygancountyyymca.org

Class meets at the Sheboygan YMCA

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

Sheboygan County Y Members
Sr Adult \$183 Adult \$153
***Membership must be active for duration of program!**

MEDICARE ELIGIBLE PARTICIPANTS

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

DIABETES PREVENTION PROGRAM

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

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

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

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

CDC Eligibility (must meet at least one requirement)

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

Medicare Coverage Eligibility (must meet at least one requirement)

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

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

MOVING FOR BETTER BALANCE

MOVING FOR BETTER BALANCE

JANUARY 12 - APRIL 8, 2026 (12 WEEKS)

Age 18+

Mon & Wed 10:55am - 11:55am

Sheboygan County Y Member \$50.00

Non-Member \$75.00



HELPING PARTICIPANTS FEEL STRONG, STEADY, AND SAFE

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

PROGRAM BACKGROUND AND SUMMARY

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

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

PROGRAM BENEFITS

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

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

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

This program is most successful for those:

- 65 years or older, physically mobile, with impaired stability and/or mobility

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



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

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

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

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.

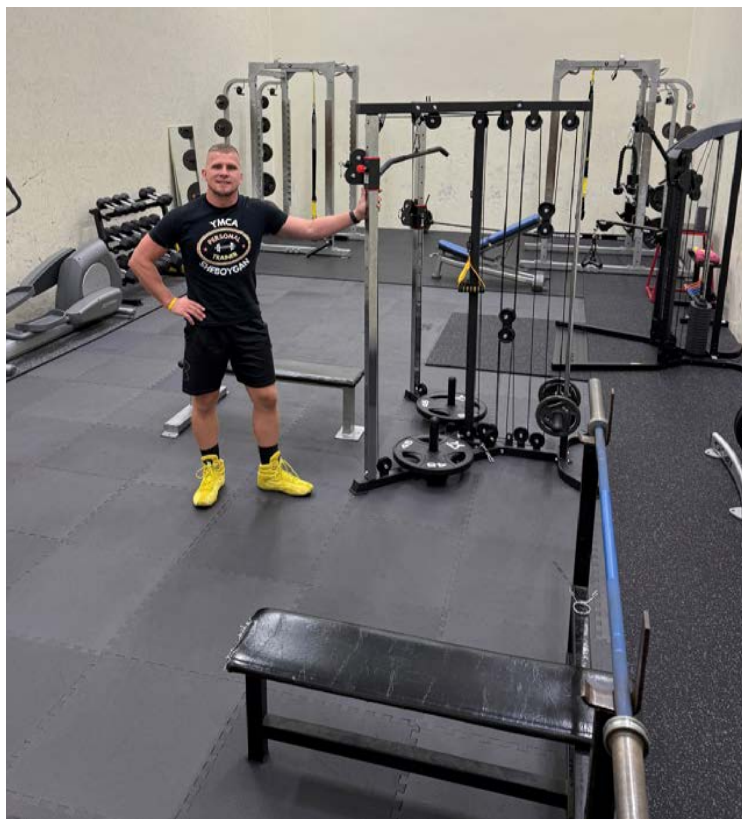
Weight Management/Personal Training Services

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.

*** Price increase effective January 1, 2026.**



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

OTHER PERSONAL TRAINING OPTIONS

Personalized Workout

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

Sheboygan County Y Member Only \$49.00

Sport Specific Workout

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

Sheboygan County Y Member Only \$37.00

**See Page 28 for
Teen Strength Training Options
or
[Click Here](#)**

ADULT WELLNESS PROGRAMS AND FITNESS CHALLENGES

LIVESTRONG[®] AT THE YMCA



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



WORKPLACE WELLNESS PROGRAM

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

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

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

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

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

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

SPRINT 8 FAT LOSS CHALLENGE

JANUARY 9 - FEBRUARY 28, 2026

Age 18 & Older

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

Sheboygan County Y Members Only \$10.00

SUPER BOWL WATCH PARTY CHALLENGE

SUNDAY, FEBRUARY 8, 2026

Age 18 & Older - 5pm until game is over

Super Bowl doesn't have to be filled with unhealthy snacks and beverages. Join us at the Sheboygan Falls YMCA as we transform our lobby into our playing field! Immerse yourself in the action when watching the football game together, participating in football themed activities to keep you moving during the plays, commercials and half-time show. You're welcome to bring a healthy snack to share. Don't regret Monday morning! Join us for our first Super Bowl Watch Party and Challenge! **Pre-registration required.**

Sheboygan County YMCA Member \$5.00
Bring a Friend! Non-members \$10.00

FROZEN 500 CHALLENGE

JANUARY 1 - 31, 2026

Age 18 & Older

Can you handle the heat this winter? Take on the **Frozen 500 Challenge** — your mission is to complete 500 minutes of cardio in one month!

Run, row, ride, climb — any cardio counts: treadmill, elliptical, rowing machine, cycling, group fitness classes, and more. Every minute gets you closer to the goal.

Track your progress on our giant thermometer-style chart and watch your total rise as you push toward 500 minutes of heart-pumping success. Stay motivated, stay moving, and see if you can conquer the **Frozen 500!**

Sheboygan County Y Members Only \$5.00

FIT TOGETHER FEBRUARY CHALLENGE

FEBRUARY 1 - 28, 2026

Age 18 & Older

Fit Together February is all about teamwork, motivation, and shared success. Throughout the month, participants will pair up with a partner to complete workouts, tackle challenges, and keep each other accountable. Whether you're hitting the gym, joining a class, or getting active outdoors, the goal is simple — stay consistent and support your partner every step of the way. This challenge celebrates connection, commitment, and community, reminding us that fitness is more fun (and more rewarding) when you do it together.

Fee is per person.

Sheboygan County Y Members Only \$5.00

Register for programs on-line at www.sheboygancountyyymca.org.

SHEBOYGAN FITNESS EVENTS

AMRAP - GROUP WORKOUT AND REFRESHMENTS
SATURDAY, JANUARY 10, 2026**Age 18 & Older**

Join Michelle for this **As Many Rounds As Possible** total body workout. This is a high-energy class where participants complete a set circuit of exercises within a given time frame. The focus is on community and pushing personal limits through timed rounds of functional movements, which can include a mix of strength and cardio exercises, with everyone working together to complete the circuit and cheer each other on! Stay and recover with refreshments and celebrate with friends. Held in the Sheboygan Aerobic Room.

Saturday10:00am -10:45am

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

COUPLES WORKOUT
SATURDAY, FEBRUARY 14, 2026**Age 18 & Older**

Choose to be 'Better Together' this Valentine's day. Bring your sweetheart and connect on a new level by completing a workout made for two, consisting of partner exercises. You'll sweat, laugh, and come away stronger.

Saturday10:00am-11:00am

Sheboygan County Y Member (per couple)	\$10.00
Non-Member	\$15.00

MIXTAPE RIDE
SATURDAY, MARCH 14, 2026**Age 18 & Older**

Sweat and sing your heart out as you cycle through a mix of popular music hits from every era!

Saturday9:00am - 10:00am

Sheboygan County Y Member	Free
Non-Member	\$8.00

NEW! SHEBOYGAN EXPRESS WORKOUT

PRGSSN X
FRIDAY, JANUARY 16 - FEBRUARY 27, 2026**Age 18 & Older**

This 7-week session will consist of a total body strength program that will be progression-based. A set group of exercises that will progress in either amount of weight, number of reps, or increased time under tension each week for maximum results. This is a 30 minute express class. Get in, put in the work, and get on with your day having started in the best way possible for your health. **Held in Aerobic Room.**

Friday 6:30am - 7:00am

Sheboygan County Y Member	Free
Non-Member	\$35.00

COMING JANUARY 2026!

CARDIO MILE TRACKING WALL

Introducing our brand-new **Cardio Mile Tracking Wall** at the **Lakeview Center**! This free, member-exclusive feature lets you log every mile you complete on our cardio equipment and watch your progress add up over time. Whether you're just getting started or aiming for impressive milestones like 1,000 miles or even 10,000 miles, the wall offers a fun and motivating way to stay committed to your fitness goals. Celebrate your achievements, challenge yourself, and enjoy the journey—one mile at a time!

**MAX WALL**

Check out another addition to our **Lakeview Center—the Max Wall**! This exciting feature showcases the top performers in bench press, squat, and deadlift, proudly displaying 1st, 2nd, and 3rd place rankings for each lift. Whether you're chasing a personal record or competing with friends, the Max Wall brings extra motivation and friendly competition to every training session. Push your limits, celebrate your strength, and see your name rise to the top!

SENIOR STRONG

JANUARY 5 - FEBRUARY 16, 2026
FEBRUARY 23 - APRIL 13, 2026

Age 18 & Older

Senior Strong is a progressive strength training program designed to aid the individual in gaining strength and muscle mass. You will be tracking your progress via the aid of a personal trainer. Each week you will add either weight or reps to your routine. Class meets in the aerobics room. Instructor is Clint Ward, ACE certified Personal Trainer. **Fee is per 7-week session.**

Monday 1:00pm - 2:00pm

Sheboygan County Y Member	\$35.00
Non-Member	\$53.00

"WOW" - WOMEN ON WEIGHTS
JANUARY 7 - FEBRUARY 18, 2026

FEBRUARY 25 - APRIL 15, 2026

Age 18 & Older

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

Sheboygan Wed 9:30am - 10:30am

Sheboygan County YMCA Member Only	\$30.00
-----------------------------------	---------

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

FALLS FITNESS EVENTS

GROUP FITNESS BINGO

JANUARY 1 - 31, 2026

Age 18 & Older

Not only is January a new month, it is a new year. A time for resolutions, a time for change, a time to be better than the year before. Get out of your comfort zone and into a group fitness class, challenge, or event. Our Bingo Challenge will guide your way to new classes. Register at the desk at either location to pick up your Bingo board. Beginner and Advanced cards available to suit wherever you are on your fitness journey. Complete a traditional Bingo (diagonal, horizontal or vertical) and earn \$5 toward new Y merch. (Refunds will not be issued if price of merch is less than \$5.)

Sheboygan County Y Member Only \$5.00

BODYPUMP LAUNCH 135 & 136

SATURDAY, JANUARY 10, 2026

SATURDAY, APRIL 25, 2026

Age 18 & Older

Certified BodyPump trainers come together to present the new moves and new music of most current releases! Space and equipment is limited; **pre-registration is recommended**. Free for members and friends. Arrive at 7:30am if you are new to BodyPump or need a refresher on form and technique.

Saturday8:00 - 9:00am

Free for Members

Free for Non-Members with pre-registration

PEP RALLY RIDE

SUNDAY, FEBRUARY 1, 2026

Age 18 & Older

Relive the Super Bowls of the past with our Pep Rally Ride, featuring a playlist of past Half Time Show performers. **One day only!** Just \$10 per rider will get you the fun playlists with a talented team of instructors for this 90-minute ride. Don't want to ride a full 90 minutes? Hop off and grab a set of weights to make it a full strength and cardio workout. Need to refuel? Snacks and refreshments will be available throughout the ride and afterwards. Don't miss the fun! **Register early - space is limited!**

Sunday12:00-1:30pm

Sheboygan County Y Member \$10.00

Non-Member \$15.00

"SENIOR" PROM

SATURDAY, APRIL 11, 2026

Age 21 & Older

Whether you're with your "main squeeze," in a group, or you come "stag," you will have a great time at our "Senior" Prom. Join us at the Sheboygan Falls YMCA for fun games and activities, dinner, and dancing to the oldies! Geared toward those ages 60+ but welcome all 21 years of age and older. Please let us know of any dietary restrictions. Our kitchen is not an allergy free kitchen but we will take every precaution to try to accommodate needs. **Pre-registration required.**

Saturday 3:00-7:00pm

Sheboygan County Y Member \$10.00

Non-Member \$15.00

40

POWER PLATE® DEMONSTRATION

WEDNESDAY, JANUARY 21, 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

**Don't miss out - space is limited!
Reserve your spot soon for these events:**

**Stop at the Sheboygan Y Welcome Desk
or the Sheboygan Falls Y Front Desk
during regular business hours**

OR

Register on-line by clicking link below

[CLICK HERE FOR REGISTRATION](#)

THE LEAK STOPS HERE: INFLUENCERS OF BLADDER CONTROL IN WOMEN

WEDNESDAY, JANUARY 14, 2026

Age 18 & Older

Maria Kusel, a retired physical therapist with 30+ years' experience, will discuss:

- The 4 parts of the core
- Diaphragmatic breathing
- Proper Kegel execution
- The link between the diaphragm and pelvic floor
- The knack to preventing urinary leakage

This discussion will have you laughing, sneezing and jumping with confidence. (Due to the personal nature of the material covered, attendees limited to females in an effort to encourage open discussion and questions without embarrassment.)

Wednesday6:00-7:00pm

Sheboygan County Y Member

Free

Non-Member

\$8.00

Register for programs on-line at www.sheboygancountymca.org.

DANCE & FITNESS - Y2K ZUMBA EVENT

SATURDAY, JANUARY 3, 2026

Ages 16+

Sheboygan Y Aerobic Room



Start the new year with a bang! Step back into the Y2K era and sweat it out to your favorite throwback jams! This high-energy Zumba class mixes iconic Y2K pop, hip-hop, and dance hits with fun, easy-to-follow choreography. Think metallics, inflatable chairs, and major nostalgia. Grab your flare pants and glitter, it's time to party like it's 1999!

Saturday11:00am - 12:00pm

Fee

Member	Free
Non-Member	\$8.00



GET PAID TO WORK OUT!

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

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

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

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

ZOOM FITNESS CLASS OPTIONS

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

SHEBOYGAN FALLS CLASSES

Jen: jkovacs@sheboygancountyyymca.org

FITNESS CLASS INFORMATION

Age 15 & Older

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

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

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

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

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

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

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

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



FITNESS CLASS DESCRIPTIONS

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

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

S = Sheboygan Y F = Falls Y

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Power 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. **F**

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

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

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

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

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

YMCA MISSION STATEMENT

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

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

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

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

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

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

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

[CLICK HERE FOR REGISTRATION](#)



SHEBOYGAN COUNTY YMCA 2026 CLASS REGISTRATION FORM

Adult/Parent Name _____ Birthday _____ Phone _____
Address _____ City _____ State _____ Zip _____
Email _____

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

Adult Participant/Parent Signature _____ **Date** _____

Participant #1 Name

Birth Date _____

Member ☐ Y ☐ N

Class Description	☒	Location	Day & Time	Winter	Fee
		SHEB	SFY	☐ 1 ☐ 2	\$
		SHEB	SFY	☐ 1 ☐ 2	\$
		SHEB	SFY	☐ 1 ☐ 2	\$

Participant #2 Name

Birth Date _____

Member ☐ Y ☐ N

Class Description	☒	Location	Day & Time	Winter	Fee
		SHEB	SFY	☐ 1 ☐ 2	\$
		SHEB	SFY	☐ 1 ☐ 2	\$
		SHEB	SFY	☐ 1 ☐ 2	\$

Office Use Only

Receipt # _____ Amount Paid _____

Date Received _____ Staff Initials _____

Checked By _____

Total Amount of all Program Fees \$ _____**Check # or Cash** _____**Charge Card #** _____**Exp Date** _____ **3 Digit Code** _____**REGISTRATION OPTIONS****On-line at www.sheboygancountyymca.org****Click "Register On-line" button at the top**

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

In Person

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

Phone registration is not accepted.**Daxko App**

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

REGISTRATION CHANGE POLICY

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

REGISTRATION INFORMATION

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

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

REGISTRATION CANCELLATION POLICY

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

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