SHEBOYGAN COUNTY YMCA



HAVING FUN AS A TEAM

Winter 2027 Brochure
January 4 - April 17, 2027

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

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

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

WINTER 1 SESSION
JANUARY 4 - FEBRUARY 20, 2027

WINTER 2 SESSION
FEBRUARY 22 - APRIL 17, 2027

REGISTRATION BEGINS AT 5:00AM

Member
.....Monday, November 9, 2026

Non-Member
..... Thursday, November 12, 2026

YMCA MISSION STATEMENT

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

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SHEBOYGAN YMCA BUILDING HOURS
JANUARY 2 - MAY 20, 2027

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

Business Hours: Monday thru Friday 5:00am - 8:00pm
Saturday 8:00am - 4:00pm
Sunday 10:00am - 2:00pm

SHEBOYGAN FALLS YMCA BUILDING HOURS
JANUARY 2 - MAY 20, 2027

Monday - Friday	5:00am - 8:00pm
Saturday	7:00am - 3:00pm
Sunday (Members Only)	12:00pm - 4:00pm

Business Hours: Monday thru Thursday 7:30am - 5:45pm
Friday 7:30am - 5:30pm
Saturday 8:00am - 1:00pm until March 21

YMCA CAMP Y-KODA

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

YMCA HOLIDAY HOURS

Thanksgiving	Thursday 11/26	**CLOSED**
Christmas Eve	Thursday 12/24	
	Sheboygan Y	5:00am-Noon
	Falls Y	5:00am-Noon
Christmas Day	Friday 12/25	**CLOSED**
Day After Christmas	Saturday 12/26	
	Sheboygan Y	Open 7:00am
	Falls Y	8:00am-1:00pm
New Year's Eve	Thursday 12/31	
	Sheboygan Y	5:00am-4:00pm
	Falls Y	5:00am-4:00pm
New Year's Day	Friday 1/1	**CLOSED**
Easter	Sunday 3/28	**CLOSED**

24/7 Access available at the Falls YMCA during the Holiday closures.



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)**

***** Day Pass Fees effective January 1, 2027***

Daily Fees	Sheboygan	Sheboygan Falls
Family Day Pass	$27.00	N/A
Adult	$12.00	$10.00
Young Adult (18-24)	$9.00	$7.00
Senior Adult (65+)	$9.00	$7.00
High School	$7.00	$5.00 **Riverview workout only-Ages 15 yrs+**
Middle School	$5.00	N/A
Grade School	$4.00	N/A
Fitness Class Drop-in	$12.00	$10.00

YMCA AGE & FACILITY USE POLICY

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

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

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

EMPLOYMENT OPPORTUNITIES

Work where you play, play where you work! The Y is a fun place to be, plus you may qualify for a free membership! Current employment opportunities are listed on our website at www.sheboygancountyymca.org or contact the Sheboygan Y at 920-451-8000, Falls Y at 920-467-2464 or YMCA Camp Y-Koda at 920-467-6882.

VOLUNTEERING

There are many volunteer opportunities available at the YMCA. No matter what your special interests and schedules are, you can help change someone's life. If you share our commitment to the continued well-being of our youth and community, please consider becoming a YMCA volunteer. For more information, please call Matt Mueller, Sheboygan Branch Director at 920-451-8000, x117; Ashley Liermann, Sheboygan Falls Branch Director at 920-467-2464, x202; or Karen Kasprzak, Camp Y-Koda Executive Director at 920-467-6882.

FACILITIES

SHEBOYGAN YMCA FACILITY RENTALS

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

Phone: 920-451-8000 x118
Email: mmueller@sheboygancountyymca.org

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

SHEBOYGAN FALLS YMCA FACILITY RENTALS

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

YMCA CAMP Y-KODA FACILITY RENTALS

For facility rentals at Camp Y-Koda, please contact Dani Roscovius at droscovius@sheboygancountyymca.org or call 920-467-6882.

GET PAID TO WORK OUT!

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

For more information please contact our Healthy Living Director to find out how you can fit into our team!

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

DR DISH SHOOTING MACHINE RENTAL

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

Half Hour	
Sheboygan County Y Member	$15.00
Non-Member	$20.00
One Hour	
Sheboygan County Y Member	$20.00
Non-Member	$35.00



NO PLACE
Like *This Place*

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA BIRTHDAY PARTIES

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

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

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

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



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



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



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

Ultimate Party

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

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

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

Revised 10/22/26

MEMBERSHIP

MEMBERSHIP RATES AND INFO

MONTHLY BANK DRAFT

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

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

MEMBERSHIP DISCLAIMER

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

MEMBERSHIP CANCELLATION

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

FINANCIAL ASSISTANCE

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

CODE OF CONDUCT

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

PHOTOGRAPHY

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

SOCIAL MEDIA

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

Find us on Facebook Instagram

REGISTRATION INFORMATION

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

Your membership ***must be in effect for the entire session*** to receive member pricing on programs. If your membership expires during the session, you are responsible for the price difference.

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

REGISTRATION OPTIONS

On-line at www.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.

In Person

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

Phone registration is not accepted.

Daxko App

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

REMINDER

REGISTRATION CANCELLATION POLICY

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

Program cancellations must be in writing.

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

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

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

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

YMCA CHILD WATCH

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

• Your Sheboygan County YMCA family membership includes up to 1.5 hours per session (A.M. and P.M.) of child watch for immediate family only. This benefit is to accommodate Y families that have differing work schedules.

• Adult members and non-members must stop at the desk and pay for this service prior to dropping their child off. The fee per visit is $5.00 per child for a YMCA adult member and $8.00 per child for a non-member.

• Child Watch staff **do not** change diapers.
• Children may not bring electronic devices to Child Watch.
• **Please expect a wait** if you are bringing a baby and there is already a baby present.

SHEBOYGAN YMCA CHILD WATCH HOURS	
Monday - Friday	8:45am - 1:15pm
Monday - Thursday	4:30pm - 7:00pm
Hours subject to change without notice if no children present AM - close at 12:30pm; PM - close at 6:30pm (M-TH).	
SHEBOYGAN FALLS YMCA CHILD WATCH HOURS	
Monday - Friday	8:45am - 11:30am
Please call 920-467-2464 between 8:00am - 5:00pm (Monday - Friday) to reserve a spot. If no children are signed up by 4pm, program will be closed for the following day. Hours subject to change without notice if no children present.	



FITNESS THAT FITS YOUR SCHEDULE

SHEBOYGAN FALLS RIVERVIEW CENTER

24/7 ACCESS

1. **VISIT** the Falls YMCA welcome desk during business hours.
2. **ADD** monthly 24/7 access for $15 ($20/month couples). ***Price change effective 1/1/2027***
3. **Sign** the agreement forms and PASS a background check.
4. **RECEIVE** an orientation.
5. **WORKOUT** at the Falls YMCA anytime outside of regularly staffed hours.

MUST BE AGE 19 OR OLDER

Click here for 24/7 Information

YOUR DONATION WILL MAKE A DIFFERENCE

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

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

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

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

DONATE TO ANNUAL CAMPAIGN

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

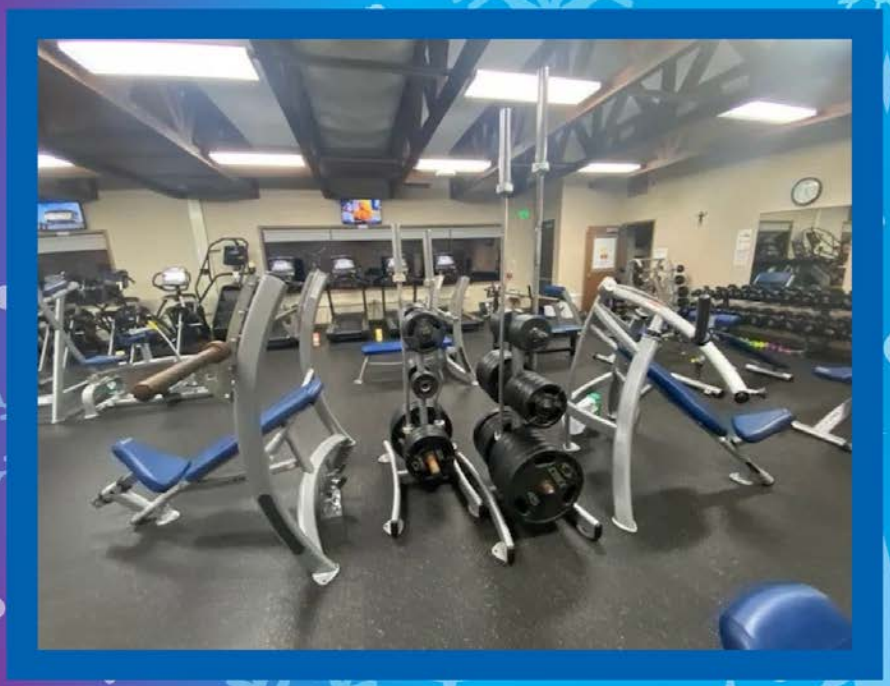
BENEFITS OF MEMBERSHIP

INCLUDED IN MEMBERSHIP -

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



FITNESS THAT FITS YOUR SCHEDULE



24/7 ACCESS

1. **VISIT** the Sheboygan Falls YMCA Welcome Desk during business hours.
2. **ADD** monthly 24/7 access for $15 ($20/month for couples)*
3. **SIGN** the agreement forms and PASS a background check.
4. **RECEIVE** an orientation.
5. **WORKOUT** at the Falls YMCA anytime outside of regularly staffed hours.

MUST BE AGE 19 OR OLDER

***Price change effective 1/1/2027**


the YMCA
15% OFF ANNUAL MEMBERSHIP
*WHEN PAID IN FULL
COMMIT TO YOUR HEALTH THIS HOLIDAY SEASON
$0 JOIN FEE
GET A YMCA MEMBERSHIP!
2 DATES TO JOIN!
SIGN UP
DECEMBER 7TH - 12TH
RENEWING MEMBERS
OR
JANUARY 4TH - 9TH
NEW MEMBERS
ALL SALES FINAL. NO REFUNDS WILL BE ISSUED.

OUTDOOR SKILLS & EDUCATION
FUNDRAISING BANQUET

TO SUPPORT YMCA CAMP Y-KODA

WEDNESDAY, DECEMBER 2, 2026

THE VILLAGE AT 170
170 Rangeline Rd, Kohler, WI 53044

SCHEDULE OF EVENTS
Check-in & Social - 4:45pm
Dinner - 6:15pm
Auctions, Raffles & Prizes to Follow

TICKET OPTIONS
Each ticket includes dinner & door prize entry.

$60 per person (Early Bird through October 20)
$70 per person (October 20-December 2)
$550- Reserved table for 10
$2,000 - All Inclusive Table for 10

RAFFLES
AUCTIONS
DESSERTS
AND MORE!

SPONSORSHIP OPPORTUNITIES
Oak $2,000
Maple $1,500
Tamarack $1,000
Hickory $500
Friends of Camp $150-$499

SPONSORED BY
BankFirst

YMCA CAMP Y-KODA, W3340 Sunset Road, Sheboygan Falls, WI 53085 • (920) 467-6882
sdezwarte@sheboygancountyymca.org • sheboygancountyymca.org/camp-y-koda

SAVE THE DATE

Healthy Kids Day

Friday
April 16, 2027



Y Doug Opel's Run for the Kids

Thanksgiving Day



NOV 26

50th Anniversary

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

Registration & Packet pick-up Wednesday, November 25 | 11am-6pm
Race Day registration & Packet pick-up 7:30 - 9:30am

SAVE THE DATE

Y FREEDOM RUN

4TH OF JULY

7:30AM START AT THE SHEBOYGAN YMCA

2-MILE WALK/RUN | 5-MILE RUN

REGISTRATION WILL OPEN IN FEBRUARY. SIGN UP EARLY FOR BEST PRICING!

PROCEDS FROM EVENT BENEFIT THE ANNUAL SUPPORT CAMPAIGN

SAVE THE DATE

Y GOLF FORE KIDS



JULY | 26TH | 2027

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

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



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

SHEBOYGAN COUNTY YMCA CHILD CARE

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

For availability at your child's age level and pricing, please contact:
Sheboygan: Matt Mueller, Branch Director, 920-457-8000 x118 (mmueller@sheboygancountyymca.org)
Brooklynn Bowen, Asst Child Care Dir at 920-451-8000 x107(bbowen@sheboygancountyymca.org)
Sheboygan Falls: Jessica Dehart at 920-467-2464 x203 (jdehart@sheboygancountyymca.org)



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



YMCA 3K LITTLE LEARNERS

Ages 3-4 (Must be 3 by September 29, 2026)
Session 2: January 21 - May 27
Tuesdays & Thursdays | 9:00am - 11:30am

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



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

Sheboygan Falls YMCA | 920-467-2464



YDC CHILD CARE CENTER
at the Sheboygan YMCA

The YDC plans weekly themes with developmentally appropriate activities.

School Year Programs We Provide:

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

Summer registration opens in February

Enroll Today!

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

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

For More Information
bbowen@sheboygancountyymca.org

FALLS YMCA
NO SCHOOL DAY PROGRAM
CHILDREN IN GRADES 4K - 4TH GRADE

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

For more information, contact:
Jessica DeHart
920-467-2464 x203
jdehart@sheboygancountyymca.org

2026 - 2027 No School Day Program (Sheboygan Falls School District)

Friday, January 15	**Winter Break No School Days**
Monday, January 18	Wednesday, December 23
Monday, February 15	Monday, December 28
Friday, April 23	Tuesday, December 29
Friday, May 7	Wednesday, December 30

Spring Break No School Days
Monday, March 22 - Friday March 26, 2027
Monday, March 29

Daily Rate

Sheboygan County Y Member	$45.00
Non-Member	$50.00

SHEBOYGAN YMCA - NO SCHOOL DAYS
AGES 5 - 12 YEARS

For more information, contact:
Brooklynn Bowen
920-451-8000 x107
bbowen@sheboygancountyymca.org

2026 - 2027 No School Day Program (Sheboygan School District)

Friday, January 15	**Winter Break No School Days**
Monday, January 18	Monday, December 21
Monday, February 15	Tuesday, December 22
Friday, February 26	Wednesday, December 23
Monday, April 19	Monday, December 28
Friday, May 28	Tuesday, December 29
	Wednesday, December 30

Spring Break No School Days
Monday, March 22 - Friday March 26, 2027
Monday, March 29

Daily Rate - Enrolled in Child Care Program

Sheboygan County Y Member	$32.00
Non-Member	$42.00

Daily Rate - Participant for No School Day Only

Sheboygan County Y Member	$45.00
Non-Member	$50.00

NATURE BASED CHILD CARE (NBDC)

YMCA CAMP Y-KODA
MAYWOOD

Extend your child's outdoor adventures with our seamless Nature-Based Child Care (NBDC) wrap-around program. As a State of Wisconsin licensed facility serving children ages 3 to 6, NBDC bridges the gaps in your schedule while continuing the play-centric, outdoor philosophy of our 4K classrooms. Please note that while the 4K programs are tuition-free, NBDC is a fee-based program.

Operating Monday through Friday from 7:30 AM to 4:30 PM, NBDC ensures that children maintain an active connection to the environment, spending 40% of their day outside climbing, building, and exploring. It is the perfect, stress-free solution for busy families seeking a consistent, nature-immersed, and play-heavy full-day experience for their early learners.

Y-KODA NATURE SCHOOL
4K PROGRAMS

DISCOVER THE WONDERS OF EARLY LEARNING

Give your child the gift of a nature based education with the Y-Koda Nature School 4K programs! Grounded in the child-led, nature-based Reggio Emilia approach, our curriculum is deeply rooted in play, inviting children to learn through hands-on discovery, imagination, and active exploration. Led by a passionate team of two early childhood teachers and dedicated naturalists, students spend 40% of their day outside, fostering a deep connection to the environment, building resilience, and developing critical problem-solving skills through meaningful play. Both of our unique locations feature a dedicated, nature-based play area designed specifically for young learners to safely explore. Best of all, both 4K programs are entirely tuition-free!

To be eligible, students must be 4 years old by September 1st. Both locations run Monday through Thursday (no school on Fridays) from September through early June, offering both morning and afternoon sessions. Choose the perfect environment for your budding naturalist:

- Y-Koda Nature School at Maywood Environmental Park: Discover learning trails, diverse habitats, and a specialized tinker lab where children can build and create. Enrollment opens December 1st online via the Sheboygan Area School District (SASD) website.
- Y-Koda Nature School at Camp Y-Koda: Nestled on the Sheboygan River, this location offers endless opportunities for exploration, featuring a scenic fishing lake and an exciting treehouse village. Enrollment opens February 1st by calling the Sheboygan Falls Elementary School office.

SWIMMING LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



3 years–5 years
PRESCHOOL: STAGES 1–4



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

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

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	A / WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	B / WATER EXPLORATION
Can the student hold their breath and submerge confidently?	NOT YET	1 / WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YET	2 / WATER MOVEMENT
Can the student swim 10–15 meters on his or her front and back?	NOT YET	3 / WATER STAMINA
Can the student swim 25 meters (1 length) of front crawl without stopping, in deep water?	NOT YET	4 / STROKE INTRODUCTION
Can the student swim 50 meters (1 lap) without stopping?	NOT YET	5 / STROKE DEVELOPMENT
Can the student swim 150 meters (3 laps) without stopping?	NOT YET	6 / STROKE MECHANICS

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

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

CLICK HERE FOR POOL SCHEDULES

YOUTH GROUP SWIMMING LESSONS AT THE SHEBOYGAN YMCA

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

CLASSES ARE HELD ONCE PER WEEK

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

CLICK HERE FOR REGISTRATION

WINTER 1
January 4 - February 20, 2027
(7 Weeks)

7-WEEK GROUP SWIM LESSON FEES

Sheboygan County Family Member	$22.00
Sheboygan County Youth Member	$52.00
Non-Member	$79.00

WINTER 2
February 22 - April 17, 2027
(7 Weeks)

Break Week: No Lessons March 22 - 27

7-WEEK GROUP SWIM LESSON FEES

Sheboygan County Family Member	$22.00
Sheboygan County Youth Member	$52.00
Non-Member	$79.00

REGISTRATION DATES*

Members: Monday, November 9

Non-Members: Thursday, November 12

***You may register for one or both sessions when Winter registration opens**

- End of session report cards will not be issued at the end of the 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 first day of class in order to receive a refund unless a medial excuse is received in writing. All class cancellations will be charged a $5.00 administrative fee. To cancel, please email hnitsch@sheboygancountyymca.org

AQUATICS

SWIMMING LESSON CLASS DESCRIPTIONS

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

SWIM STARTERS

BABY A&B

Ages 6 months - 3 years with Adult

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

PRESCHOOL SWIM BASICS

PRESCHOOL 1&2

Ages 3 - 5 without Adult

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

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

PRESCHOOL 3&4

Ages 4 - 5 without Adult

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

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

REGISTRATION CANCELLATION POLICY

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

GRADE SCHOOL SWIM BASICS

GRADE SCHOOL 1&2

Ages 5 - 10

Prerequisites: No prior experience necessary

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

GRADE SCHOOL 3

Ages 5 - 10

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

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

GRADE SCHOOL SWIM STROKES

GRADE SCHOOL 4

Ages 6 - 10

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

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

GRADE SCHOOL 5&6

Ages 6 - 12

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

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

AQUATICS FITNESS CLASSES

AI CHI AQUATICS CLASS

Age 15+
Find calm, balance, and strength in this gentle, flowing water class performed in shallow, warm water. Set to quiet, relaxing music, Ai Chi combines slow, controlled movements with deep breathing to promote relaxation, flexibility, and improved balance.
The soothing warmth of the water supports the body while reducing joint stress, making this class ideal for all ages and abilities. Ai Chi helps decrease stress, enhance mind-body awareness, and improve overall well-being in a peaceful, supportive environment.

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

Fee is Per Day

Sheboygan County YMCA Member	Free
Non-Member	$12.00

ARTHRITIS AQUATICS CLASS

Age 15+
Move with greater comfort and confidence in our Arthritis Aquatics class, held in shallow, warm water during the late morning. The soothing warmth helps relax muscles and ease joint stiffness, while the buoyancy of the water reduces pressure on hips, knees, and backs.
This gentle, low-impact class focuses on improving range of motion, flexibility, and light strength to support everyday activities. It's ideal for individuals managing arthritis, joint discomfort, or those recovering from knee or hip surgeries who are looking to rebuild strength safely.
Enjoy the benefits of warm water exercise and start your day feeling looser, stronger, and refreshed

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

Fee is Per Day

Sheboygan County YMCA Member	Free
Non-Member	$12.00



POOL BIRTHDAY PARTY

The Garton Pool is available to rent, giving you the perfect place to gather friends and family for an unforgettable celebration. Please see Birthday Party info on Page 5 for rates. Contact Heather Nitsch at hnitsch@sheboygancountyymca.org or call 920-451-8000 x129 to make your reservation.

HAVE MORE QUESTIONS?

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

SHALLOW WATER AEROBICS

Age 15+
Use the natural resistance of water to build strength, improve cardiovascular endurance, and increase flexibility, all while minimizing impact on knees, hips, and backs. Exercising in the water provides 360° resistance, meaning every movement works multiple muscle groups at once. The buoyancy of the water supports your body weight, reducing stress on joints and lowering the risk of injury. At the same time, the water's resistance helps tone muscles, improve balance, and enhance coordination. You'll also benefit from improved circulation and a refreshing workout that keeps you cool while you move.
This class is truly for all ages and fitness levels. Whether you're new to exercise, returning after an injury, cross-training, or simply looking for a low-impact way to stay active, water aerobics offers modifications and intensity options for everyone. Participants can work at their own pace. This class is taught in chest deep water in Verhulst Pool. Participants should be comfortable in the water but do not need to have swimming skills

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

Fee is Per Day

Sheboygan County YMCA Member	Free
Non-Member	$12.00

DEEP WATER AEROBICS

Age 15+
This zero-impact class is performed in deep water using flotation belts to keep you suspended safely and comfortably. Without touching the pool floor, you'll engage your core, improve balance, and strengthen your entire body.
Deep water provides constant resistance while eliminating stress on joints, making it ideal for all ages, cross-training, injury recovery, or anyone looking for a challenging yet joint-friendly workout. Participants can adjust intensity to match their fitness level while enjoying a supportive, energizing environment.

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

Fee is Per Day

Sheboygan County YMCA Member	Free
Non-Member	$12.00

AQUATICS

CHINOOK SWIM TEAM

It's Not Too Late to Join the Chinooks Swim Team!

Our season began in late September and runs through March, and new swimmers are still welcome! Swim team helps kids improve their swimming skills, build confidence and endurance, make friends, and experience the fun of being part of a team. To register, review the swim team registration packet and contact Head Coach Cortney Biddle at cbiddle@sheboygancountyymca.org to get started.



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	$9.00
Non-Member Adult	$12.00

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 Senior Adult	$ 9.00
Non-Member Adult	$12.00

FAMILY SWIM - 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	$27.00

REC SWIM - 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 (see Daily fees below)	

Family Swim & Rec Swim

Bringing Summer Indoors!

Family Swim and Rec Swim times are open to members and non-members. Come on over to the Sheboygan Y to have some fun and shake off those winter blues! Check the Y website for up-to-date pool schedules: sheboygancountyymca.org

Fee is Per Day

Sheboygan County YMCA Member	Free

Non-Member Day Pass Rates:

Family Day Pass	$27.00
Adult	$12.00
Young Adult	$ 9.00
High School	$ 7.00
Middle School	$ 5.00
Grade School	$ 4.00

Click here for Pool Schedule

Scan QR Code for Pool Schedule



THE PLACE

Make a Splash *and a Difference*

Now Hiring All Aquatics Positions

• Swim Instructors • Aquatic Fitness Instructors
• Lifeguards • Swim Team Coaches

As a Y Aquatic Team Member, you'll help people stay build confidence, stay active, and be safe in the water. Make a difference where it matters most—right at the water's edge.

Why you'll love being part of the team:

- Supportive team environment
- Flexible hours
- Opportunities for training
- Free Y membership

Sheboygan County YMCA
920-451-8000 ▶ sheboygancountyymca.org

APPLY NOW





GYMNASTICS

SHEBOYGAN YMCA GYMNASTICS CLASSES

WINTER 1 (7 WEEKS)
January 4 - February 20, 2027

Friday and Saturday classes prorated to 6 weeks due to Snowflake meet

WINTER 2 (7 WEEKS)
February 22 - April 17, 2027

Break Week: March 22 - 27, 2027

7-Week Class Fees

30 Minutes

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

45 Minutes

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

60 MinuteS

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

6-Week Class Fees

30 Minutes

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

45 Minutes

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

60 Minutes

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

Please contact Sandra Garcia for availability at sgarcia@sheboygancountyymca.org

WINTER 1

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

GYMNASTICS POLICIES

To ensure that all students receive the full benefit of their training sessions, we kindly ask that students arrive on time for each class. If a student arrives more than 5 minutes after the start of their class, the coach reserves the right to deny entry for that class and participant will not receive refund for that class time missed. This policy helps maintain the structure and flow of the class for all participants.

For any class involving a parent or caregiver, only the child registered for the class is permitted in the gymnastics center area.

Siblings are not allowed in the class area unless they are young enough to be worn in a carrier—and must remain worn for the entire class.

If not worn, parents must either:

- Utilize our Child Watch services **or**
- Have the child sit in the mezzanine area, where they must be able to remain seated and self-entertained

REMINDER

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

CLICK HERE FOR REGISTRATION

WINTER 2

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

GYMNASTICS

FAMIY MOVEMENT FOR BOYS & GIRLS

Crawlers - 4 Years with Adult
Play with a purpose! Your child will develop overall body coordination, balance, strength, flexibility and poise while enjoying musical games and obstacle courses. Encourage your child while helping them meet new challenges, practice skills and experience success.

ROCKERS & ROLLERS

Ages 3 - 4 without Adult
Rockers & Rollers is designed for 3–4 year olds who have graduated from our Family Movement class or have progressed beyond the parent-participation level and are ready for a more independent and challenging experience. This small-group class (4:1 child-to-coach ratio) allows each gymnast to receive individualized attention while building confidence and independence. Each week, we focus on one key skill from the USA Gymnastics Basic Curriculum, helping children develop strength, coordination, and proper technique in a structured and supportive environment. Classes begin with a fun movement warm-up and song to get everyone engaged and ready to learn. **Prerequisites: child Must be potty trained; Parent/Guardian must remain in the facility during class.**

PRESCHOOL GYMNASTICS FOR BOYS AND GIRLS

Ages 4 - 5 without Adult
Every class begins with and challenging manipulative activities. Children increase strength, balance, coordination and flexibility while exploring gymnastics and tumbling.

LITTE SPRINGERS FOR BOYS AND GIRLS

Ages 4 - 6
Boys and girls must be able to do a skin the cat, basic handstand, backward roll, and climb 1/4 way up a rope. This is an advanced preschool class. **Teacher recommendation is required.**

GIRLS GYMNASTICS

GIRLS GYMNASTICS

Ages 6 - 11 (see grid for age groups)
This is a great class that builds confidence while utilizing age-appropriate equipment in the gymnastics center to enhance skill level. Girls will work to improve tumbling, strength, coordination, jumping, balance and flexibility. They will also work on USAG compulsory skills.

NOVICE GYMNASTICS FOR BOYS & GIRLS

Ages 6 - 11
People who do gymnastics make it look easy, but it is not. This gymnastic beginner class will work on height and upside down confidence, plus basic positions and skills.

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

PRE-TEAM FOR GIRLS

Ages 6 - 14
This is the same structured class as our age group grade school class, but more advanced. Children must be able to do a hip pullover on bars, cartwheel and bridge on floor, be comfortable going for handstands on beam **or have teacher recommendation**. This is a great preparation for training team and Springers team!

BOYS GYMNASTICS

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

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

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

PARKOUR

Ages 5 - 12 (see grid for age groups)
Our Parkour class teaches students how to move through their environment with speed, efficiency, and creativity. Through a mix of jumping, climbing, vaulting, and balancing, students will build strength, agility, coordination, and confidence. Taught by an experienced instructor in a safe, supportive environment, this class introduces foundational techniques and gradually builds toward more complex movements. Whether you're a beginner or looking to refine your skills, parkour training encourages personal growth, discipline, and body awareness.

GYMNASTICS

YOUTH REC GYMNASTICS DROP-IN PROGRAM

Age 5 Years (with Adult) - Age 17
The Gymnastics Center is supervised by our coaches! It is a time to gain strength, endurance, learn a new skill or practice to perfect your gymnastics skills and routines. Children age 5 must be with a parent. **Pre-registration is required.**

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

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

CLICK HERE FOR REGISTRATION

FAMILY REC GYMNASTICS DROP-IN PROGRAM

6 Months to Age 12
These are fun, family gymnastics times to explore the gym, roll, swing, crawl, climb and flip upside down together! The gym is supervised by gymnastic coaches and all children must be with a parent. **Pre-registration is required.**

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

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

POP-UP GYMNASTICS OR PRIVATE LESSONS

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

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

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

Pop-Up - 45 Minutes
Family Member $31.00*
Youth Member..... $35.00*
Non-Member..... $53.00

Private Lesson - 30 Minutes
Family Member $24.00*
Youth Member $27.00*
Non-Member $41.00

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

BIRTHDAY PARTIES



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

Contact Sandra Garcia at sgarcia@sheboygancountyymca.org



FINE ARTS

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

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

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

DANCE PARTIES

Dance Parties held in Sheboygan MPR

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

Sheboygan County Y Member $8.00
Non-Member $13.00

FRIDAY - 10:30-11:30am	Pup Pup Boogie	Super Kitties
February 26 (Ages 4-6)	•	
March 5 (Ages 4-6)		•

ART PARTIES

Art Parties held in Sheboygan MPR

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

Paint & Sip:
Parents can attend but do not need to pay.
Participants are encouraged to bring their own mugs/cups!

Sheboygan County Y Member $8.00
Non-Member $13.00

Paint & Sip	Hot Chocolate (6-14)	Valentines (4-6)	Keychains (6-12)
Wednesday, December 30 5:00-6:00pm	•		
Art Party			
Thursday, February 4 4:30-5:30pm		•	
Thursday, April 1 4:30-5:30pm			•

CLICK HERE FOR REGISTRATION



SPIN & SPLASH

Spin & Splash held in Sheboygan MPR

Enjoy all of the activities included in a dance party, followed by open swim in the Garton Pool. Make a craft, learn a dance, and play games. **Students must bring their own swimsuit and towel.**

Sheboygan County Y Member $20.00
Non-Member $30.00

FRIDAY - 1:00-4:00pm	
January 15 (Ages 7-12)	•

WINTER 1 AND 2 DANCE CLASSES - SHEBOYGAN YMCA

WINTER 1 (7 WEEKS)
January 4 - February 20, 2027

7-Week Class Fees

30 Minutes

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

45 Minutes

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

WINTER 2 (6 WEEKS)
February 22 - April 17, 2027

Break Week: March 22 - 31, 2027
(Fine Arts Dept only!)

6-Week Class Fees

30 Minutes

Sheboygan County Family Member	$30.00
Sheboygan County Youth Member	$36.00
Non-Member	$54.00

45 Minutes

Sheboygan County Family Member	$36.00
Sheboygan County Youth Member	$42.00
Non-Member	$60.00

Classes held in the Sheboygan Y MPR

IMPROV THEATRE

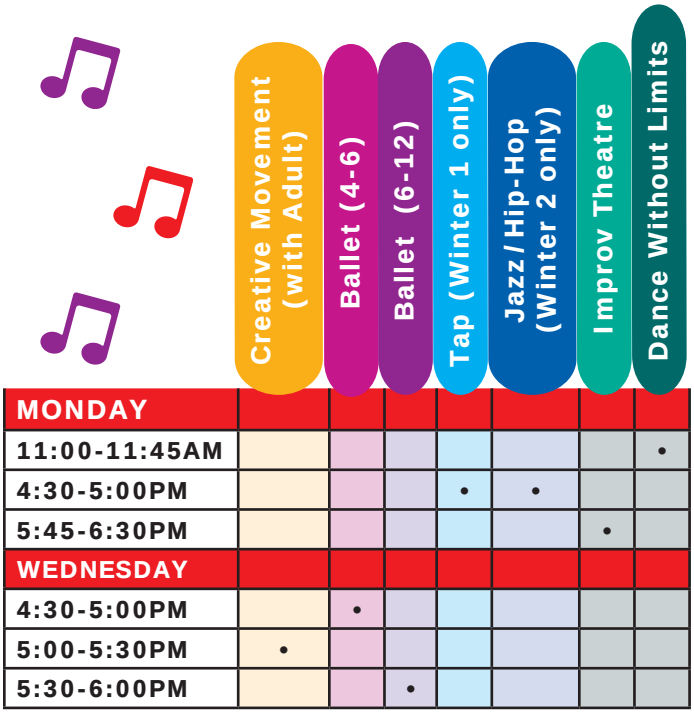
new

Ages 8 - Adult
This fun, interactive class builds confidence, creativity, and teamwork through theatre games, spontaneous storytelling, and imaginative scene work. Students will learn to think on their feet, embrace the unexpected, and collaborate with others.

DANCE WITHOUT LIMITS
January 4 - February 8, 2027

new

Ages 18+
Dancers of all abilities can explore movement and express themselves through music. Dances can be adapted to meet each participant's needs, included seated and standing options. **Class is 6 weeks.**



CREATIVE MOVEMENT

Ages 2 - 4 with Adult
Introduce your child to the world of dance while ensuring their comfort and security your presence brings during class. It is a perfect way to stay invested in your child as they begin to explore. It is also an introduction to rhythm, movement, counting, and body awareness for our young dancers.

BALLET

Ages 4 - 6
Ages 6 - 12
This class will focus on the foundations of ballet including proper body placement, technique, balance, and strength.

TAP

Ages 6 - 12
Our tap class teaches rhythm, the differentiation of the feet, and the basic steps leading into combinations.

JAZZ/HIP-HOP

Ages 7 - 14
Fun and upbeat, our dancers will learn to jump, kick, leap, and isolate parts of their body to build combinations to contemporary music.

CLICK HERE FOR REGISTRATION

FINE ARTS

DANCE BIRTHDAY PARTIES

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

Contact Diane Cepa at dcepa@sheboygancountyymca.org



PRIVATE DANCE AND DRAMA LESSONS

Ages 5 - Adult

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

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

CRAFTING CLUB

THURSDAYS - 10:00-11:00AM
Ages 12+

Crafting Club will meet in the Sheboygan Y Conference Room

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

Crafting themes & dates:
January 21, 28, February 4: Intermediate Crochet
February 11: Valentine's Card
February 25, March 4, 11: Cross Stitch
April 1, 8: Keychains

1 Day Fee

Sheboygan County Y Member	$5.00
Non-Member	$8.00

2 Day Fee

Sheboygan County Y Member	$10.00
Non-Member	$16.00

3 Day Fee

Sheboygan County Y Member	$15.00
Non-Member	$24.00



FAMILY FITNESS NIGHT

Friday, March 5, 2027
6:00 - 7:30pm
Sheboygan YMCA

Join us at the Sheboygan YMCA for Family Fitness Night. Enjoy a fun night of group fitness followed by healthy snacks. **Pre-registration required by Thursday, March 4th.**

Sheboygan County Y Family Member	$10.00/family
Sheboygan County Y Youth Member	$15.00/family
Non-Member	$25.00/family

*Family defined as immediate family. Extended family members welcome with additional drop-in fee.

CLICK HERE FOR REGISTRATION

All Star Weekend
Sheboygan Y
Saturday, March 27, 2027

Grades 2-3

Wrap up the basketball season with some fun competition! Come to the Sheboygan YMCA to compete in a variety of different basketball competitions. Boys and girls in grades 2 and 3 will compete in a 3-point shooting contest, free throw contest, hot shot contest, and skills challenge designed by program director Taylor Zastrow. Hoops will be set at 9 feet for shooting games.

Prizes will be awarded to each individual event champion and overall champion.

For more information please contact Taylor at tzastrow@sheboygancountyymca.org or 920-451-8000 x121

Sheboygan County Y Family Member	$15.00
Sheboygan County Y Youth Member	$18.00
Non-Member	$25.00

Sports Variety (Ages 10-14 yrs)
Sheboygan YMCA
Fridays 3:30-4:30pm

Each week, we'll explore a different sport for one hour every Friday afternoon! If your child loves games, sports, and a variety of physical activities, this drop-in program is for them. It's also perfect for kids who enjoy trying new things, learning new skills, and discovering fun games. Every week brings a new adventure, new challenges, and plenty of opportunities to move, play, and have fun!

This is a drop-in class. Register weekly on-line or at the welcome desk. Youth pricing applies.

COED Church Volleyball League
January 10 - February 21, 2027

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 Liz at lschmit@sheboygancountyymca.org or 920-467-2464 x207. **A separate registration form is required. Registration deadline is December 29, 2026.**

Team Fee $100.00

CLICK HERE FOR REGISTRATION

SPRING BREAK - SHEBOYGAN Y
MARCH 22 - MARCH 25
Ages 7 - 13
12:00 - 1:30pm

Keep active during spring break at the YMCA. As we will be offering a different activity and sport every day. Sign up for 1 day or sign up for them all!

Members- $5 (each day)
Non Member- $10 (each day)

Members- $15 (all 4 days)
Non Member- $30 (all 4 days)

March 22nd: Basketball
March 23rd: Volleyball
March 24th: Indoor Soccer
March 25th: Tennis

7th & 8th Grade Girls Volleyball League
Thursdays, April 22 - June 3, 2027

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 Liz at lschmit@sheboygancountyymca.org or 920-467-2464 x207. **The registration deadline is April 10, 2027.**

Team Fee $120.00

5th & 6th Grade Girls Volleyball League
Tuesdays, April 20 - June 1, 2027

Girls in Grades 5 - 6

Come get your team together for a fundamental volleyball league night for girls in 5th and 6th grade. This new league will help develop your child by getting more touches on the ball, and coaches on the floor to help them. League will be unofficiated, coaches on the floor, net height at the junior level, and using volleylite volleyballs. Teams will play for an hour, 3 game set if time allows, 3rd game will go to 15 points. Matches will begin on April 20th. Matches are played on Tuesday evenings starting at 5:00pm in the Sheboygan Falls YMCA Gymnasium. For more information, please contact Liz at lschmit@sheboygancountyymca.org or 920-467-2464 x207. **Registration deadline is April 10, 2027.**

Team Fee $75.00

YOUTH

NEW SPORTS MODEL AND FORMAT TO ACCOMMODATE YOU!

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

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

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

WINTER 2027 CLASS FEES

Adult + Child - 30 Minutes

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

Pee Wee - 30 Minutes

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

Mighty Mite - 45 Minutes

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

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

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

**** 8-Week class**

Youth

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

Falls Y Fitness Friends

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

Sheboygan Y & Falls Y - Homeschool Phy Ed

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

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 **(Sheboygan only)**, gym activities and team sports. For more information, contact Taylor at 920-451-8000 x121 or Liz at 920-467-2464 x 207.

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





Spring 7 vs 7 Flag Football League
Saturdays, April 3 - May 22, 2027

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 *(an extra weekend is added in the schedule in case a makeup date would be needed)*. 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. **The registration deadline is March 13, 2027.**

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

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

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

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

Adult + Child (Ages 2-4 yrs)

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

This class is the perfect first step into youth sports!

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

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

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

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

Youth (Ages 7-10 yrs)

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

Mighty Mite (Ages 5-7 yrs)

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

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

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

Sports Academy (Ages 7-10 yrs)

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

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

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

FALLS YMCA - WINTER 2027 SPORTS
JANUARY

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

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

See Page 28 & 29 for age descriptions and fees.

	Adult + Child - Tiny Tumblers	Pee Wee - Tiny Tumblers	Mighty Mite - Tiny Titans	Homeschool Gym	Academy - Speed & Agility (8 weeks)	Mighty Mite - Team Challenges	Fitness Friends
MONDAY							
3:00-4:00PM							•
4:00-4:30PM		•					
TUESDAY							
4:00-4:45PM			•				
WEDNESDAY							
4:45-5:15PM	•						
THURSDAY							
3:00-4:00PM				•			
4:00-5:00PM					•		
FRIDAY							
4:00-4:45PM						•	

CLICK HERE FOR REGISTRATION

Adult+Child - Tiny Tumblers
Tiny Tumblers is a fun, parent & child class to help your little one learn the basics of tumbling, balance & coordination in a safe & playful environment. Parents will help guide their child through age-appropriate activities, games, and obstacle courses. Little ones will learn how to move their body, gain spatial awareness, balance, strength, coordination, and confidence. Your child will have fun working on gross and fine motor skills that will develop through this social and physical play!

PeeWee - Tiny Tumblers
This exciting introductory to gymnastics will give your child a fun & safe space to explore, move, & build confidence. Through fun obstacles, games & activities your little one will gain confidence as they develop body awareness, spatial recognition, coordination, balance & strength. Gross & fine motor skills will develop while the child is playing & learning during this social & physical program!

Mighty Mites - Tiny Titians
This program will help put your child's energy into conquering obstacles! Your child will run, jump, and spin in this action-packed course! This course will challenge your child to navigate fun obstacles while developing strength, agility, balance, coordination, & confidence. The age-appropriate course will challenge them both physically and mentally while in a fun and safe environment.

Mighty Mite - Team Challenges
This class is the perfect blend of movement, friendship, and fun. This class is ideal for kids who love to play, work together, and rise to new challenges as a team. Each week will have new challenges such as obstacle courses, relay races, and games with balls.

Homeschool Gym
Children develop movement, coordination, flexibility, strength and agility as well as socialization in a fun environment. Lessons include fitness, gymnastics, gym activities and team sports.

Academy - Speed & Agility
Take your athletic performance to the next level with our speed & agility clinic. This **8-week course** will take your athlete through drills & workouts that are appropriate to build speed, stamina, endurance & explosive power. The quickness and coordination developed in this program will be a positive contribution to any sport. Athletes can expect to improve footwork, acceleration, reaction timing & overall athleticism while building up their confidence for their upcoming sport.

Fitness Friends
This group is designed for children with adaptive learning styles, additional support members, adaptive equipment, or needs a more individualized setting. This group will be taken through activities that help them explore movement in a fun and safe environment. They will engage in a variety of activities, obstacles, games, and sensory friendly activities that will encourage physical and social development while they gain confidence, self-awareness, and success! Our welcoming atmosphere celebrates each child & promotes independence & a love for movement!

FALLS YMCA - WINTER 2027 SPORTS
FEBRUARY

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

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

See Page 28 & 29 for age descriptions and fees.

	Adult + Child - Dance	Pee Wee - Dance	Mighty Mite - Dance	Homeschool Gym	Youth - Friday Fun	Fitness Friends
MONDAY						
3:00-4:00PM						•
4:00-4:30PM		•				
TUESDAY						
4:00-4:45PM			•			
WEDNESDAY						
4:45-5:15PM	•					
THURSDAY						
3:00-4:00PM				•		
FRIDAY						
4:00-5:00PM					•	

Adult+Child - Dance
Get ready to move and groove and have fun! This dance class uses sing-song music to get your little one moving to the beat! See the joy on their face as they creatively express themselves as they develop skills, coordination, and movement! Each class will incorporate imaginative movement, rhythm activities, and dance routines that are age appropriate!

PeeWee - Dance
Get ready to move and groove and have fun! This dance class uses sing-song music to get your little one moving to the beat! See the joy on their face as they creatively express themselves as they develop skills, coordination, and movement! Each class will incorporate imaginative movement, rhythm activities, and dance routines that are age appropriate!

Mighty Mites - Dance
Get ready to move and groove and have fun! This dance class uses age appropriate, energetic music to get child moving to the beat! Your child will creatively express themselves as they develop skills, coordination, and movement! They will make friends as they learn dance routines to showcase their skills and rhythm. Have a blast learning new skills that get you moving to some of your favorite songs!

Homeschool Gym
Children develop movement, coordination, flexibility, strength and agility as well as socialization in a fun environment. Lessons include fitness, gymnastics, gym activities and team sports.

Youth - Friday Fun
Start the weekend with active play, laughter, and new friendships! This class is going to be a variety of age-appropriate games, obstacle courses and relay races that get your child moving, engaged and building friends through teamwork! They will develop motor skills, coordination, listening skills, and confidence as they focus on having fun in a safe and positive environment! Whether your child loves to run, jump, or simply play with friends, this class offers something for everyone!

Fitness Friends
This group is designed for children with adaptive learning styles, additional support members, adaptive equipment, or needs a more individualized setting. This group will be taken through activities that help them explore movement in a fun and safe environment. They will engage in a variety of activities, obstacles, games, and sensory friendly activities that will encourage physical and social development while they gain confidence, self-awareness, and success! Our welcoming atmosphere celebrates each child & promotes independence & a love for movement!

CLICK HERE FOR REGISTRATION



FALLS YMCA - WINTER 2027 SPORTS
MARCH

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

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

See Page 28 & 29 for age descriptions and fees.

	Adult + Child - Little Movers	Pee Wee - Little Movers	Mighty Mite - Movers	Youth - Friday Fun	Homeschool Gym	Academy Ball (8 weeks)
MONDAY						
4:00-4:30PM		•				
TUESDAY						
4:00-4:45PM			•			
WEDNESDAY						
4:45-5:15PM	•					
THURSDAY						
3:00-4:00PM					•	
4:00-5:00PM						•
FRIDAY						
4:00-5:00PM				•		

Adult+Child - Little Movers
Little Movers is a class for movement development. These fun activities focus on building fundamental motor skills, body awareness, coordination, balance, and confidence. Children will explore a variety of movements while creating friends, learning to listen and problem solve! Each week promises fun games and activities to keep your child wanting more!

CLICK HERE FOR REGISTRATION

PeeWee - Little Movers
Little Movers is a class for movement development. These fun activities focus on building fundamental motor skills, body awareness, coordination, balance, and confidence. Children will explore a variety of movements while creating friends, learning to listen and problem solve! Each week promises fun games and activities to keep your child wanting more!

Mighty Mites - Movers
Movers is a class for movement development. These fun activities focus on body awareness, coordination, balance, and confidence. Children will explore a variety of movements while creating friends, learning to listen and problem-solving skills! Each week promises fun games and activities to keep your child wanting more!

Homeschool Gym
Children develop movement, coordination, flexibility, strength and agility as well as socialization in a fun environment. Lessons include fitness, gymnastics, gym activities and team sports.

Youth - Friday Fun
Start the weekend with active play, laughter, and new friendships! This class is going to be a variety of age-appropriate games, obstacle courses and relay races that get your child moving, engaged and building friends through teamwork! They will develop motor skills, coordination, listening skills, and confidence as they focus on having fun in a safe and positive environment! Whether your child loves to run, jump, or simply play with friends, this class offers something for everyone!

Academy Ball
Batter up! Step up to the plate and build your baseball/softball skills! We are going to learn fundamental skills used to improve your game. Focusing on throwing, catching, fielding, hitting and base running your child will have fun working as a team through engaging drills and game-like activities. Come and have a ball with this fun course! **This is an 8-week course!**

MARCH MANIA
3 vs 3 Basketball Tournament
3-Point Contest and Free Throw Contest
Saturday, March 20, 2027 - Falls Y

Boys and Girls in 2nd and 3rd Grade

Get ready for a fun & action-packed day of hoops designed to be enjoyed by the whole family! Get your team of 3 ready for some March Madness to showcase your basketball skills! But the fun doesn't stop there, grab a parent to participate in the 3-point contest with you or sign-up yourself for the free-throw shooting contest! This is a great way to get the family involved to create fun, lifelong memories! Tournament rules and schedules will be emailed to coaches the week before the tournament. For information about this event, contact Liz at lschmit@sheboygancountyymca.org or 920-467-2464 x207.

Team Fee	$70.00
Parent & Child 3-point contest	$10.00
Child Free Throw Contest	$ 5.00

FALLS YMCA - WINTER 2027 SPORTS
APRIL

Adult+Child - Games
Jump, toss, ride, and play! This action-packed class is designed to keep your child active while building confidence in gross and fine motor skills. These games will have your child not only working physically but will teach them listening skills, teamwork, and creativity. Let the games begin!

PeeWee - Games
Jump, toss, ride, and play! This action-packed class is designed to keep your child active while building confidence in gross and fine motor skills. These games will have your child not only working physically but will teach them listening skills, teamwork, and creativity. Let the games begin!

Mighty Mites - Games
Jump, toss, ride, and play! This action-packed class is designed to keep your child active while building confidence in balance, coordination, and agility. These games will have your child not only working physically but will teach them listening skills, teamwork, and creativity. Let the games begin!

Homeschool Gym
Children develop movement, coordination, flexibility, strength and agility as well as socialization in a fun environment. Lessons include fitness, gymnastics, gym activities and team sports.

Mighty Mite - Friday Fun
Start the weekend with active play, laughter, and new friendships! This class is going to be a variety of age-appropriate games, obstacle courses and relay races that get your child moving, engaged and building friends through teamwork! They will develop motor skills, coordination, listening skills, and confidence as they focus on having fun in a safe and positive environment! Whether your child loves to run, jump, or simply play with friends, this class offers something for everyone!



FAMILY FITNESS NIGHT
Friday, March 5, 2027
6:00 - 7:30pm
Sheboygan YMCA

Join us at the Sheboygan YMCA for Family Fitness Night. Enjoy a fun night of group fitness followed by healthy snacks. **Pre-registration required by Thursday, March 4th.**

Sheboygan County Y Family Member	$10.00/family
Sheboygan County Y Youth Member	$15.00/family
Non-Member	$25.00/family

*Family defined as immediate family. Extended family members welcome with additional drop-in fee.

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

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

See Page 28 & 29 for age descriptions and fees.

	Adult + Child - Games	Pee Wee - Games	Mighty Mite - Games	Homeschool Gym	Mighty Mite - Friday Fun
MONDAY					
4:00-4:30PM		•			
TUESDAY					
4:00-4:45PM			•		
WEDNESDAY					
4:45-5:15PM	•				
THURSDAY					
3:00-4:00PM				•	
FRIDAY					
4:00-4:45PM					•

CLICK HERE FOR REGISTRATION

YOUTH

SHEBOYGAN YMCA - WINTER 2027 SPORTS
JANUARY & FEBRUARY

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

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

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

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

See Page 28 & 29 for age descriptions and fees.

	Adult + Child - Basketball	Pee Wee - Basketball	Mighty Mite - Basketball	Youth - Open Basketball (10-14)	Homeschool Phy Ed	Academy - Basketball (8 weeks)
MONDAY						
4:00-4:30PM	•					
5:00-5:45PM			•			
TUESDAY						
5:00-5:30PM		•				
WEDNESDAY						
5:00-6:00PM						•
THURSDAY						
4:30-5:30PM				•		
FRIDAY						
1:30-2:30PM					•	
3:30-4:30PM				•		

See Page 28 & 29 for age descriptions and fees.

	Adult + Child - Indoor Soccer	Pee Wee - Indoor Soccer	Mighty Mite - Indoor Soccer	Youth - Open Soccer (10-14)	Homeschool Phy Ed
MONDAY					
4:00-4:30PM	•				
5:00-5:45PM			•		
TUESDAY					
5:00-5:30PM		•			
WEDNESDAY					
THURSDAY					
4:30-5:30PM				•	
FRIDAY					
1:30-2:30PM					•
3:30-4:30PM				•	

CLICK HERE FOR REGISTRATION

SHEBOYGAN YMCA - WINTER 2027 SPORTS
MARCH & APRIL

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

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

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

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

See Page 28 & 29 for age descriptions and fees.

	Adult + Child - Flag Football	Pee Wee - Flag Football	Mighty Mite - Flag Football	Youth - Open Football (10-14)	Homeschool Phy Ed	Academy - Soccer (8 weeks)
MONDAY						
4:00-4:30PM	•					
5:00-5:45PM			•			
TUESDAY						
5:00-5:30PM		•				
WEDNESDAY						
5:00-6:00PM						•
THURSDAY						
4:30-5:30PM				•		
FRIDAY						
1:30-2:30PM					•	
3:30-4:30PM				•		

See Page 28 & 29 for age descriptions and fees.

	Adult + Child - T-ball	Pee Wee - T-ball	Mighty Mite - Coach Pitch	Youth - Open Volleyball (10-14)	Homeschool Phy Ed
MONDAY					
4:00-4:30PM	•				
5:00-5:45PM			•		
TUESDAY					
5:00-5:30PM		•			
WEDNESDAY					
THURSDAY					
4:30-5:30PM				•	
FRIDAY					
1:30-2:30PM					•
3:30-4:30PM				•	

CLICK HERE FOR REGISTRATION

YOUTH

WEIGHT TRAINING FOR YOUTH

S.P.A.R.K.
Strength, Play and Resistance for Kids
January 5 - February 18, 2027
February 23 - April 15, 2027

Ages 10 - 12
Get ready to get stronger, build confidence, and have FUN! This introductory strength training class is the perfect place to start your fitness journey. Kids will learn proper form for bodyweight exercises, try new strength-training movements, and explore how to use cardiovascular equipment in the Lakeview Center. Every week is a chance to learn something new, challenge yourself, and see what you're capable of!

We'll kick things off with a fitness assessment and finish with another to celebrate progress, track improvements, and see just how far you've come! Fitness isn't just about getting stronger — it's about building healthy habits, gaining confidence, and having fun along the way. Upon completion, participants will earn access to cardio equipment in the Lakeview and Riverview Centers alongside a parent or guardian. Registration fee covers the full 7-week session.

Questions? Contact Mya Leverenz at mleverenz@sheboygancountyymca.org or 920-451-8000 x114. Let's get moving!

Tuesday and/or Thursday 4:15-5:00pm

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



Teen Personal Training

A certified personal trainer will offer one-on-one instruction to enhance performance, provide sport-specific training or gain tools to lead a healthy/active lifestyle. Please reach out to jwagner@sheboygancountyymca.org or call John (920)451-8000 x117 with questions.

Sheboygan County Y Member Only	½ Hour	$23.00
	One Hour	$39.00

TEEN STRENGTH TRAINING
January 4 - February 17, 2027
February 22 - April 14, 2027

Ages 12 - 15
This Teen Strength Training program helps young teens build strength, confidence, and healthy habits with guidance from a trainer. Participants will learn the fundamentals of weight training, including proper form and technique, weight room safety, and how to use cardiovascular equipment. It's a great opportunity to learn new skills, challenge yourself, and feel more comfortable in the fitness center!

Once the class is completed, participants will earn access to both the Lakeview and Riverview fitness centers, giving them the confidence and knowledge to continue their fitness journey independently.

Let's build strength, confidence and lifelong healthy habits!

Sheboygan YMCA:
Youth age 12 must complete S.P.A.R.K. first.
Mya at mleverenz@sheboygancountyymca.org
(920)451-8000 x114

Monday 4:30-5:15pm
OR
Wednesday 4:15-5:00pm

Falls YMCA:
Liz at lschmit@sheboygancountyymca.org
(920)467-2464x207

Wednesday 3:30-4:15pm

Fee is for 7-week session.

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

Sheboygan YMCA - Teen Strength Individual Training

Ages 12 - 15
If you are unable to attend the teen strength class, or want to get in the weight room sooner, this option is catered around your schedule and can be completed in days rather than multiple weeks. Teens will work one on one with a trainer to complete teen strength in three hours (scheduled one hour at a time at a mutually agreed upon time). After completion, teens have full access to the fitness center. **Youth age 12 must complete S.P.A.R.K. first.**
Please reach out to mleverenz@sheboygancountyymca.org or call Mya (920)451-8000 x114 with questions.

Sheboygan County Y Member Only $89.00

CLICK HERE FOR REGISTRATION

KID'S NIGHT OUT - SHEBOYGAN Y
Friday, January 23, 2027

Grades 1 - 4
Parents will enjoy a night to themselves while the kids will enjoy a night at the YMCA! Join us at Kids Night Out where the kids will play gym games, watch a movie, and have plenty of great snacks! **Movie: Frozen**

Friday ..... 6:00pm - 8:30pm

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

TAE KWON DO

Ages 7 - Adult
Learn the traditional Korean martial art of Tae Kwon Do in an innovative, supportive, and energetic environment! Using a blend of curriculums, this program improves self-confidence, self-discipline and self-defense skills while developing cardiovascular fitness, strength and flexibility. The overall results are children and adults that become better versions of themselves physically, mentally, emotionally, and socially! We encourage anyone ages 7 and up to participate; families are welcome. Tuition, uniform and testing fees apply.

Call 920-207-8087 for details and registration. Classes held at the Sheboygan Falls YMCA.

Wed..... 6:30pm
Sat..... 9:30am

YOUTH BOXING FUNDAMENTALS
January 6 - February 17, 2027
February 24 - April 14, 2027

Grades 3 - 8
Learn the fundamentals of boxing, from proper stance and footwork to basic punches and defensive techniques. Designed for beginners looking for an excellent workout with shadow boxing and punching bags, without sparring with others. Boost your fitness and gain self confidence in a fun and safe way. **Meets in Sheboygan Aerobic Studio.**

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

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

Sheboygan County Y Family Member	$24.00
Sheboygan County Y Youth Member	$28.00
Non-Member	$38.00

TEEN FITNESS CLASSES
FALLS Y

FUN AND FITNESS FOR TEENS!

Whether you are an athlete or a casual exerciser, these classes are great for teens of all fitness levels! Through these teen fitness classes, you will get opportunities to take class formats available in our current adult fitness programming Classes like Matrix Ride, Zumba, Yoga.

Sprint 8 Teen Cycle Class
January 6 - February 17, 2027
Falls Y Cycle / Yoga Studio

Ages 15-18
Ages 12-14 (with completion of Teen Strength)
Sprint 8 is a 20-minute high-intensity interval training (HIIT) program designed to burn fat, build lean muscle, and stimulate natural human growth hormone (HGH) release. Best when completed 3 times per week. Meet on Wednesdays at 4:00pm in the Cycle/Yoga Studio, where we will complete the Sprint 8 program as a group on the Matrix CXP bikes. You complete Sprint 8 self-paced 2 times on your own using your choice of Matrix cardio equipment. Complete Sprint 8 three times per week for 7 weeks.

Wednesday 4:00-4:30pm

Sheboygan County YMCA Family Member	$45.00
Sheboygan County YMCA Youth Member	$52.00
Non Member	$60.00

Matrix Ride Teen
February 23 - April 13, 2027
Sheboygan Y Cycling Studio

Ages 15-18
Ages 12-14 (with completion of Teen Strength)
Matrix Ride is an indoor cycling class on our Matrix CXP bikes. We've taken all the things that make our Matrix Ride adult fitness classes successful and tailored them to a teen. Precise metrics that including RPM, distance, and calories plus exhilarating rides to include today's music, making an exclusive program that blends the energy of classic group cycling with precision performance training.

Tuesday 4:00-4:45pm

Sheboygan County YMCA Family Member	$45.00
Sheboygan County YMCA Youth Member	$52.00
Non Member	$60.00

CLICK HERE FOR REGISTRATION

SUMMER BETTER THAN OTHERS

the YMCA

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 7 - AUGUST 27, 2027

- 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

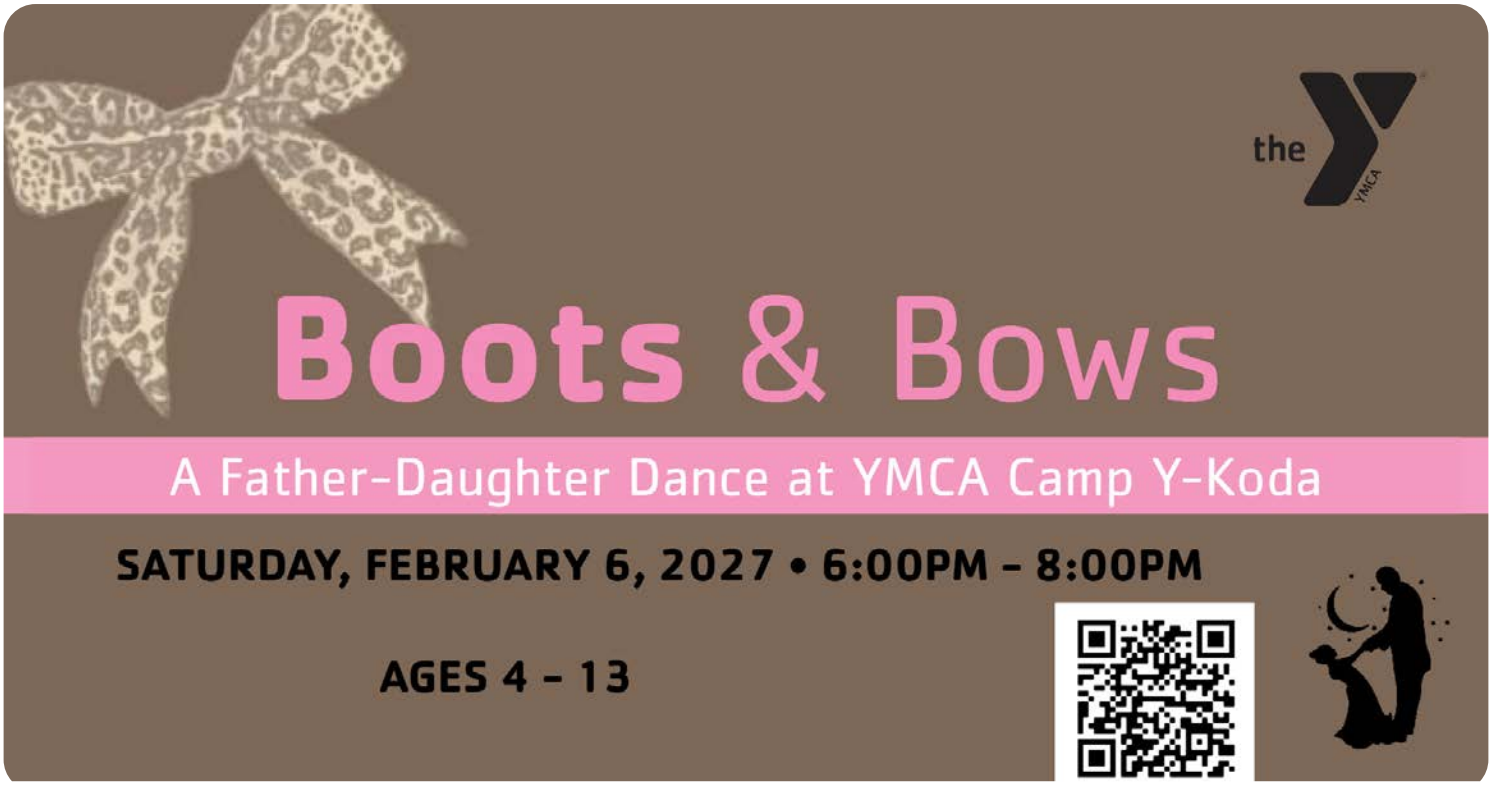
Please visit our website for brochure & program offerings. Registration Information will be out mid-January 2027.

- 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

YMCA CAMP Y-KODA

QUESTIONS? Contact us at (920) 467-6882 or droscovius@sheboygancountyymca.org.


the YMCA
Boots & Bows
A Father-Daughter Dance at YMCA Camp Y-Koda
SATURDAY, FEBRUARY 6, 2027 • 6:00PM - 8:00PM
AGES 4 - 13


the YMCA
EASTER EGG
HUNT & HIKE
Saturday, March 20, 2027
$20 PER FAMILY
(up to 5 people)
$5 for each additional person
All Ages Welcome
*more info to come

YMCA CAMP Y-KODA

Time: 8:00am-4:00pm
Ages 4 - 13
No School? No Problem! When school is out, camp is here for parents with a full day of care in our School's Out program. Campers will enjoy an action-packed day of adventure and fun. We will get the kids outside to enjoy the fresh air and partake in favorite camp activities. Your camper will make new friends, gain confidence and expand their horizons.

SCHOOL'S OUT CAMP

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

Contact Dani Roscovius with questions: droscovius@sheboygancountyymca.org

Friday January 15, 2027
Pajama Day
Wear your coziest Pajamas to School's Out Camp for a day of comfy fun!

Monday January 18, 2027
Winter Wonderland
Get ready to capture to magic and wonder of winter! We will build snowmen and have a snowball fight! No Snow? No problem! We will still experience all the typical winter activities with a hike and hot cocoa and s'mores around the campfire!

Monday February 19, 2027
Hibernation Station
Bundle up and get ready for a wild winter adventure! On this Schools Out Day, young explorers will journey into the chilly world of Arctic animals and winter sleepers as they discover how animals survive, adapt, and thrive in some of the coldest places on Earth.

Friday, February 26, 2027
Passport to Adventure
We'll create our own passport and get ready for an adventure around the world—all in one day! Campers will set off on an exciting journey to explore different countries, cultures, animals, foods, games, and traditions from around the globe.

Monday, April 19, 2027
Earth Day Celebration!
We will celebrate Earth Day by bringing out our inner naturalist. We will participate in a big nature hike, learn about camps habitats and the animals that live in them, and enjoy other favorite camp activities.

Friday, May 28, 2027
Springtime on the Wild Side
Spring has sprung, summer is coming, and the wild side is buzzing with life! Join us for a day of springtime exploration, nature discovery, and hands-on fun as we uncover the important roles that pollinators and rainfall play in bringing the world back to life.

Fee is Per Day, Per Child

Sheboygan County YMCA Member	$45.00
Non Member	$55.00









CAMP Y-KODA

CLICK HERE FOR CAMP'S WEB PAGE!

WINTER BREAK CAMP

December 21-23, 28-31, 2026
8:00AM - 4:00PM • Ages: 4 - 13
YMCA Member: $48 • Non-Member: $58

All Costs are per child per day. All fees are non-refundable.
Sibling Discount excludes Extended Care Fees.

EXTENDED CARE - $8 per day per child
Morning: 7:15AM- 8:00AM
Afternoon: - 4:00PM-5:00PM

- ARTS & CRAFTS
- SPORTS & GAMES
- OUTSIDE PLAY
- FRIENDSHIPS
- SWIMMING FIELD TRIPS

SWIMMING: All of camp will be visiting the Sheboygan Falls Aquatic Center for free swimming December 22, 28, and 30.

- Children are required to bring a lunch from home and a snack for the afternoon each day.
- Please pack a swimsuit, towel, and extra clothes for field trip days.
- Children will be outdoors each day rain, snow or shine.
- Transportation to/from camp is not offered.
- Extended Care is excluded from sibling discount.

Questions? Email droscovius@sheboygancountyymca.org

Friday, March 19, 2027
Monday, March 22 - Friday, March 26, 2027
Monday, March 29, 2027
Ages 4 - 13

SPRING BREAK CAMP

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

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.

Please contact Dani Roscovius at 920-467-6882 or droscovius@sheboygancountyymca.org to learn more about Camp Brain or if you have questions.

CAMP BRAIN REGISTRATION

YMCA CAMP Y-KODA

NATURE BASED CHILD CARE (NBDC)

YMCA CAMP Y-KODA MAYWOOD

Extend your child's outdoor adventures with our seamless Nature-Based Child Care (NBDC) wrap-around program. As a State of Wisconsin licensed facility serving children ages 3 to 6, NBDC bridges the gaps in your schedule while continuing the play-centric, outdoor philosophy of our 4K classrooms. Please note that while the 4K programs are tuition-free, NBDC is a fee-based program.

Operating Monday through Friday from 7:30 AM to 4:30 PM, NBDC ensures that children maintain an active connection to the environment, spending 40% of their day outside climbing, building, and exploring. It is the perfect, stress-free solution for busy families seeking a consistent, nature-immersed, and play-heavy full-day experience for their early learners.



BRING HISTORY AND ADVENTURE TO LIFE: BOOK YOUR SCHOOL FIELD TRIP TODAY!

Ignite your students' curiosity with unforgettable, hands-on outdoor learning experiences at Y-Koda! We are now booking our popular environmental education programs, including ***Sappin' and Sawin'*** at Maywood tailored specifically for 4th-grade classrooms. In this immersive, part-time program, your students will step back in time to explore Wisconsin's rich history, experiencing firsthand the rugged lives of early lumberjacks and the fascinating traditions of historic sugar camps. It's the perfect way to connect social studies and science concepts directly to the real world. (***This program is offered in March only.***)

Ready to book or want to learn more? For booking information, please review our website or contact Sarah Dezwarte, Director of Education, at sdezwarte@sheboygancountyymca.org.

Y-KODA NATURE SCHOOL 4K PROGRAMS

DISCOVER THE WONDERS OF EARLY LEARNING

Give your child the gift of a nature based education with the Y-Koda Nature School 4K programs! Grounded in the child-led, nature-based Reggio Emilia approach, our curriculum is deeply rooted in play, inviting children to learn through hands-on discovery, imagination, and active exploration. Led by a passionate team of two early childhood teachers and dedicated naturalists, students spend 40% of their day outside, fostering a deep connection to the environment, building resilience, and developing critical problem-solving skills through meaningful play. Both of our unique locations feature a dedicated, nature-based play area designed specifically for young learners to safely explore. Best of all, both 4K programs are entirely tuition-free!

To be eligible, students must be 4 years old by September 1st. Both locations run Monday through Thursday (no school on Fridays) from September through early June, offering both morning and afternoon sessions. Choose the perfect environment for your budding naturalist:

- Y-Koda Nature School at Maywood Environmental Park: Discover learning trails, diverse habitats, and a specialized tinker lab where children can build and create. Enrollment opens December 1st online via the Sheboygan Area School District (SASD) website.
- Y-Koda Nature School at Camp Y-Koda: Nestled on the Sheboygan River, this location offers endless opportunities for exploration, featuring a scenic fishing lake and an exciting treehouse village. Enrollment opens February 1st by calling the Sheboygan Falls Elementary School office.



MAKE AN IMPACT IN NATURE
BECOME AN ENVIRONMENTAL EDUCATOR AT Y-KODA!

Are you a self-proclaimed nature nerd who loves being outdoors? Do you want a rewarding job where your "office" is filled with trails, woodlands, prairies, water and eager young explorers? We are looking for passionate Environmental Educators to join our close-knit, fun-loving team for the upcoming season!

This seasonal, Monday through Friday role offers a competitive wage of $16 to $18 per hour, depending on experience. It is the perfect opportunity to spend your days sharing the wonders of the natural world with kids while working alongside teammates who share your love for the environment.

Why You'll Love This Role:

- Ultimate Flexibility: With steady weekday hours, this is a fantastic position for parents looking to balance family life with a meaningful job, or anyone wanting to earn some extra money without giving up their weekends.
- Give Back and Teach: Ideal for retired teachers who miss the spark of standard student discovery but want to bypass the traditional classroom setting.
- Never Stop Learning: No advanced science background required—if you have a curious mind and a passion for the outdoors, this is a wonderful place to learn, grow, and expand your own naturalist skills.

If you are ready to swap the indoor desk for the great outdoors and make a lasting difference in a child's life, we want to hear from you!

For more details or to apply, please visit our website or contact Sarah Dezwarte, Director of Education, at sdezwarte@sheboygancountyymca.org.

NEW ROPES COURSE ADVENTURE!

Take your school field trip to the next level with our brand-new Ropes Course adventure! This highly immersive experience features four dynamic parts: team building, the climbing wall, high elements, and an exhilarating zip line. More than just an adventure, this program is designed to build real-world skills. Every student will step into a leadership role, rotating through a dedicated "leadership team" to help run the course and directly support their peers. To ensure long-term student growth and maximize the impact of your trip, the program includes short, ready-to-use pre- and post-activities for your classroom.

This field trip runs April-November, 9:00-2:00pm

Ready to book or want to learn more? For booking information, please review our website or contact Sarah Dezwarte, Director of Education, at sdezwarte@sheboygancountyymca.org.



ADULT PROGRAMMING

PICKLEBALL

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

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

SHEBOYGAN YMCA
812 BROUGHTON DRIVE, SHEBOYGAN
JANUARY 2 - JUNE 6, 2027

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)	$12.00
Non-Member (Senior 65+)	$9.00

PICKLEBALL COURT RESERVATIONS
THROUGH MAY 1, 2027

- **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)	$12.00
Non-Member (Senior 65+)	$9.00

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 13, 2027

Lohmann Gym - 3 Courts

Tuesday (Ladies only - 3 courts)..... 12:00pm - 3:00pm
Thursday (Ladies only 2 courts)..... 12:00pm - 2:00pm
Thursday (Beginners/LITE 1 court) . 12:00pm - 2:00pm
Thursday (Lady's Only - 3 courts)..... 2:00pm - 3:00pm

Sheboygan Count Y Member	No Charge
Non-Member (Under 65)	$10.00
Non-Member (Senior 65+)	$7.00

BERKSHIRE COMMUNITY GYMNASIUM
101 SCHOOL STREET, SHEBOYGAN FALLS
THROUGH MAY 13, 2027
3 COURTS IN ONE GYM

Monday (Open Play) ..... 12:00pm - 3:00pm
Tuesday (Open Play)..... 11:00pm - 3:00pm
Wednesday (Open Play-3 courts).... 11:00am - 1:30pm
Wednesday (Lessons-1 court) ..... 1:30pm - 3:00pm
Wednesday (Open Play-2 courts)..... 1:30pm - 3:00pm
Thursday (Open Play) ..... 11:00am - 3:00pm
Friday (League Play*) .....Round Robin

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

Sheboygan County Y Member	No Charge
Non-Member	$7.00
Non-Member Pass (5 sessions)	$35.00

FALLS YMCA - PICKLEBALL COURT RESERVATIONS
THROUGH MAY 1, 2027

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

Lohmann Gym - North Court

Friday ..... 5:00pm - 6:30pm*
Friday ..... 6:30pm - 8:00pm*
Sunday ..... 12:30pm - 2:00pm
Sunday ..... 2:00pm - 3:30pm

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

PICKLEBALL LESSONS:

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

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

ADULT LEAGUES

Singles Adult Racquetball Winter League

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

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

Sheboygan County Y Member	$30.00
Non-Member	$65.00

2027 SPRING ADULT FLAG FOOTBALL LEAGUE

MARCH 6 - APRIL 17, 2027
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 26, 2027.**

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

Team Fee	$250.00
Free Agent	$ 30.00

Round Robin Pickleball League

MARCH 12 - APRIL 16, 2027
FRIDAY NOON-3PM
Age 18 & Older

Looking for some extra time to play pickleball? Come join our round robin play on Friday afternoons at the Berkshire Gym. Play will be individual play, **not team play**. You will play with a different partner against different opponents every game. Play to 11 points or 15 minutes, whichever comes first. Record your score at the end of each game and be ready to play the next. Can play up to 6 games or more in one day! Total scores for 6 weeks will receive a pickle ball t-shirt. If you have questions regarding this league, please email Ashley Liermann at aliermann@sheboygancountyymca.org or 920-467-2464 x207. **Max number of players is 16. Deadline to register is February 26, 2027.**

Friday ..... Noon - 3:00pm

Fee $15.00 per person

Adult Volleyball - Spring Leagues

MARCH 8 - MAY 22, 2027
Age 18 & Older

Each league will run for approximately 10 weeks. A separate registration form is required and is available on our website at www.sheboygancountyymca.org. **The registration deadline is March 4, 2027.**

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

COED 6 ON 6 "A" VOLLEYBALL LEAGUE

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

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

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

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

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

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

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

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

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

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

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



ADULT PROGRAMMING

DIABETES PREVENTION PROGRAM

Contact Mya Leverenz to be added to the wait list

mleverenz@sheboygancountyymca.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!**

Program scholarships may be available if qualified individual's insurance will not cover program.

MEDICARE ELIGIBLE PARTICIPANTS

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

What participants are saying.....
"I weighed in at our first session at 266 pounds... our last session, I was at 211 - a drop of 55 pounds and 20.6 percent of my starting body weight!! Three weeks after our last Class and I'm down another 3 pounds - what we learned will stay with me - a fantastic perk of the Class!! My family keeps telling me how much better I look - I can't argue; it feels good to fit into clothes I haven't worn for longer than I care to admit!!" -T.S

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@sheboygancountyymca.org to go over eligibility and to be added to the waiting list for the class.

MOVING FOR BETTER BALANCE

FEBRUARY 15 - MAY 19, 2027 (12 WEEKS)
Break Week March 21 - 31, 2027
Age 18+

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

Sheboygan County Y Member	$50.00
Non-Member	$75.00





HELPING PARTICIPANTS FEEL STRONG, STEADY, AND SAFE

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

PROGRAM BACKGROUND AND SUMMARY

Moving For Better Balance is an evidence-based program developed by researchers at the Oregon Research Institute. Based on the principles of Tai Chi[1], 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 Cepa 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 Cepa at (920)451-8000, x116 or email Diane at dcepa@sheboygancountyymca.org

[1]*Tai 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.*

LIVESTRONG AT THE YMCA



Regain your strength, rebuild your energy, and connect with a supportive community through Live Strong at the YMCA! This free physical activity and wellness program is designed specifically for cancer survivors, helping participants improve strength, endurance, balance, and overall well-being in a welcoming and encouraging environment. Work toward your personal health goals at your own pace while connecting with others who understand your journey. No matter where you are in your recovery, we're here to support you every step of the way.

Referrals are accepted on an ongoing basis.

For more information, please contact Mya Leverenz at mleverenz@sheboygancountyymca.org or call her at 920-451-8000 x114



Free Injury Evaluations

About our program:
If you're tired of missing out on sports or other activities due to pain, contact Aurora Sports Health to schedule a free injury evaluation. Performed by a licensed athletic trainer, physical therapist or occupational therapist, the free screening includes a pain assessment and recommendations for treatment or physician referral if needed.

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

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

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

2nd & 4th Tuesdays
10:30 AM – 12 PM
Sign-up for 15-minute visit at desk.

Sheboygan YMCA



Adam Brill, LAT, ATC, PES

Aurora Health Care Sports Health

PERSONAL TRAINING SERVICES
Your Goals. Our Guidance.

Whether you're new to exercise or looking to take your fitness to the next level, our certified trainers provide personalized coaching, expert instruction, and accountability to help you succeed. All fitness levels welcome! YMCA Members Only.

Sheboygan Y:
John Wagner at jwagner@sheboygancountyymca.org or call John at (920)451-8000 x117

Sheboygan Falls Y:
Contact the Welcome Desk at (920)467-2464

Consistency Builds Results! Save with our multi-session training packages.

Weight Management / Personal Training Services				
Sessions	**½ Hour**		**One Hour**	
1 Session		$27.00		$45.00
3 Sessions	*save $4*	$77.00	*save $7*	$128.00
5 Sessions	*save $16*	$119.00	*save $20*	$205.00
10 Sessions	*save $50*	$220.00	*save $70*	$380.00

Weight Management Program

Age 15 & Older
Work with Weight Management Specialist John Wagner, CPT, for personalized coaching focused on nutrition, exercise, and sustainable lifestyle habits to help you achieve and maintain your weight goals. Contact John at jwagner@sheboygancountyymca.org or call (920)451-8000 x117.

One-on-One Personal Training

Age 18 & Older
Work with a certified personal trainer to build strength, improve mobility, enhance performance, and achieve your fitness goals through a program designed specifically for you.

Small Group Personal Training

Age 18 & Older
Train with 2–6 participants in a supportive, motivating environment. Enjoy personalized coaching, accountability, and an affordable way to improve overall fitness. Contact John Wagner at jwagner@sheboygancountyymca.org or call (920)451-8000 x117. Fee is per person.

Sheboygan County Y Member Only ½ Hour $14.00

Teen Strength Training Options
Click Here

CANCELLATION POLICY

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

New Member Orientation

Age 15 & Older
Start with confidence! Learn how to safely use our cardio and strength equipment while receiving guidance to help you begin your fitness journey.

Sheboygan County Y Member Only Free

Body Composition & BMI Measurement

Age 18 & Older
Learn more about your body composition with an Omron Fat Analyzer. Receive an estimated body fat percentage and BMI measurement in just minutes.

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

Sheboygan County Y Member Free
Non-Member $5.00

Sport-Specific Workout

Ages 15 & Older
Receive a customized training program designed to improve performance in your sport, with workouts tailored to your goals and athletic needs.

Sheboygan County Y Member Only $37.00

Adult One-on-One Boxing

Age 18 & Older
Build strength, confidence, and conditioning through personalized boxing instruction focused on technique, speed, power, footwork, and endurance. Schedule a time to meet with Coach Joshua! Contact mleverenz@sheboygancountyymca.org to schedule.

Sheboygan County Y Member Only
Personal Training Fees Apply

ADULT PROGRAMMING

SHEBOYGAN - LAKEVIEW

"WOW" - WOMEN ON WEIGHTS
JANUARY 6 - FEBRUARY 17, 2027
FEBRUARY 24 - APRIL 14, 2027

Age 18 & Older
Get stronger, feel more confident, and have fun doing it! Join Charity Wolf in this group strength training program designed for women of all ages and fitness levels. Build muscle, tone up, and improve endurance in a fun, welcoming, and supportive environment where you can challenge yourself at your own pace. Each session brings a fresh training program to keep things exciting, help you keep progressing, and make every workout count. Come for the strength, stay for the support, and leave feeling stronger than ever! **Fee is per 7-week session.**

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

Sheboygan County YMCA Member Only $35.00

Racquetball / Handball Court Reservations

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



Sheboygan Y - Adult Noon Basketball

Age 18 & Older
Come to the **Sheboygan YMCA** for pick-up basketball games. Teams will be formed as you arrive. Two or three courts will be available for games. A high level of sportsmanship is required from all players.

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

Sheboygan County YMCA Member Free
Non-Member *(must bring valid photo ID)* $12.00

ADULT BOXING FUNDAMENTALS
Monday 8:00 - 8:45am
January 4 - February 15, 2027
February 22 - April 12, 2027

Age 16 & Older
Learn the fundamentals of boxing, from proper stance and footwork to basic punches and defensive techniques. Designed for beginners looking for an excellent workout with shadow boxing and punching bags, without sparring with others. Boost your fitness and gain self-confidence in a fun and safe way.

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

Class meets in Sheboygan Y Aerobic Studio.

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



ADULT BOXING SKILLS AND CONDITIONING
Monday 4:15 - 5:15pm
January 4 - February 15, 2027
February 22 - April 12, 2027

Age 16 & Older
Build on your boxing skills while improving your strength, speed, endurance, and overall fitness. This class focuses on refining technique, sharpening combinations, and pushing your cardio through shadow boxing, bag work, and skill-based drills. Designed for those looking to take their boxing to the next level and get an excellent workout, without sparring with others. Challenge yourself, build confidence, and have fun in a supportive and safe environment.

Instructor Joshua Richardson Savanh has loved boxing for 25 years and has been properly training for the last 5 years. He looks forward to helping participants develop their skills, improve their conditioning, and grow their confidence through boxing.

Class meets in Sheboygan Y Aerobic Studio.

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

CLICK HERE FOR REGISTRATION

SHEBOYGAN FALLS RIVERVIEW/ENRICHMENT CLASSES

StrongHer at the Falls Y

TUESDAY
JANUARY 5 - FEBRUARY 16, 2027
FEBRUARY 23 - APRIL 13, 2027
9:30-10:30AM

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

Sheboygan County YMCA Member Only	$35.00



CLICK HERE FOR REGISTRATION

SPRINT 8 Fitness Class

FALLS Y - CYCLING STUDIO/RIVERVIEW
Winter 2: February 22 - April 17, 2027

Age 18 & Older
Sprint 8 is a 20-minute high-intensity interval training (HIIT) program designed to burn fat, build lean muscle, and stimulate natural human growth hormone (HGH) release. Meet on the first day of the Winter 2 session, February 17th at 10:30am or 7:00pm in the Cycle Yoga Studio, where we will learn more about the Sprint 8 program and measure fat % and BMI using the Omron Fat Analyzer. **You will then take the Sprint 8 program as a self-paced program on the Matrix cardio equipment.** Complete Sprint 8 three times per week for 8 weeks. After the 8-week period, get your finishing measurement by signing up for a time the last week of Winter 2 session (week ending April 17th)

Sheboygan County YMCA Member Only	$5.00



Senior Strong

WEDNESDAY
JANUARY 6 - FEBRUARY 17, 2027
FEBRUARY 24 - APRIL 14, 2027
9:00-10:00AM

Age 18 & Older
As we age, our workout priority shifts from cardiovascular to strength training and toning. Muscular strength and endurance aids in maintaining or improving bone density, balance, and functional strength for everyday living. Senior Strong is a progressive strength training program designed to aid the individual in gaining strength and muscle mass. You will be tracking your progress via the aid of a personal trainer. Each week you will add either weight or reps to your routine. Class meets in the Cycle/Yoga Studio in Falls. Instructor is Clint Ward, ACE certified Personal Trainer. **Fee is per 7-week session.**

Sheboygan County YMCA Member	$35.00
Non Member	$53.00

Line Dancing Workshop

FRIDAYS
WATCH FOR DATES - COMING SOON!!
6:00-6:45PM - FALLS Y LOHMANN GYM

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

Sheboygan County YMCA Member	$10.00
Non Member	$25.00

ADULT PROGRAMMING

SHEBOYGAN Y FITNESS EVENTS

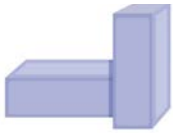
BACK TO THE 80'S ZUMBA EVENT

SATURDAY, JANUARY 2, 2027
11:00-11:45 AM

Age 18 & Older
Get ready to sweat, smile, and dance your way back to the '80s! This high-energy dance party features retro hits and fun choreography. Grab your leg warmers and have a totally rad workout! **Aerobic Studio.**

Sheboygan County YMCA Member	Free
Non-Member *(must bring valid photo ID)*	$12.00





SLOW FLOW YOGA/SPECIAL MEDITATION

WEDNESDAY, JANUARY 6, 2027
9:00-10:00 AM

Age 18 & Older
This special edition of our Wednesday Slow Flow Yoga in Sheboygan will feature an additional 15 minutes. This will allow for a special meditation intention to say farewell to 2026 and welcome 2027 with a fresh start. No need for a separate event registration; it is included when you sign up for the regularly scheduled Slow Flow Yoga class 9-9:45am on Wednesdays. **Sheboygan Y Studio A.**

Sheboygan County YMCA Member	Free
Non-Member *(must bring valid photo ID)*	$12.00

Fall in Love with Fitness

FALLS Y - Saturday, January 30, 2027
SHEBOYGAN Y - Saturday, February 13, 2027
8:00 - 11:00AM

Age 18 & Older
This "sampler" event will feature just a small section of several different fitness classes. Learn more about classes like Zumba, BodyPump, Yoga, etc. Whether you are new to the Sheboygan County YMCA and all its branches, or you've been working out at the Y for a while, step out of your comfort zone and find a new class to get excited about! Attend one location or experience both! **Pre-registration is required** by Friday, January 29th for Falls; Friday, February 5th for Sheboygan.

Sheboygan County YMCA Member	Free
Non-Member	$12.00

ADULT FINE ARTS CLASSES

See Page 25



MATRIX RIDE OF THE PAST: MADONNA VS MICHAEL JACKSON

SUNDAY, FEBRUARY 21, 2027
8:00-9:00 AM

Age 18 & Older
Back to the 80s and 90s with this indoor cycling event showcasing music from timeless icon Madonna and King of Pop Michael. **Cycle Studio.**

Sheboygan County YMCA Member	$ 5.00
Non-Member *(must bring valid photo ID)*	$12.00



CLICK HERE FOR REGISTRATION

FALLS Y FITNESS EVENTS

Fall in Love with Fitness

FALLS Y - SATURDAY, JANUARY 30, 2027
SHEBOYGAN Y - SATURDAY, FEBRUARY 13, 2027
8:00 - 11:00AM

Age 18 & Older
This "sampler" event will feature just a small section of several different fitness classes. Learn more about classes like Zumba, BodyPump, Yoga, etc. Whether you are new to the Sheboygan County YMCA and all its branches, or you've been working out at the Y for a while, step out of your comfort zone and find a new class to get excited about! Attend one location or experience both! **Pre-registration is required** by Friday, January 29th for Falls; Friday, February 5th for Sheboygan.

Sheboygan County YMCA Member	Free
Non-Member	$10.00

Flex Appeal

FRIDAY, FEBRUARY 12, 2027
6:00-7:00PM - FALLS Y MPR

Age 18 & Older
Join us for a Friday evening strength class working every muscle group. Combine isolation exercises with compound exercises, and pulses with time under tension for a dynamic workout. Celebrate your strength with a healthy Valentine's treat when done

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

Matrix Ride Eras of Women

FRIDAY, FEBRUARY 19, 2027
6:00-7:00PM - FALLS Y MPR

Age 18 & Older
Enjoy powerful women pop stars as you ride through the eras of talent from stars like Britney, Taylor, Christina, and others with this indoor cycle event sure to get your heart rate up!

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

CLICK HERE FOR REGISTRATION

POWER PLATE® DEMONSTRATION

THURSDAY, FEBRUARY 25, 2027
MONDAY, APRIL 19, 2027
11:00AM

Age 18 & Older
How can Power Plate® enhance your workout? Independent studies provide evidence on the benefits of the Power Plate®, including increased speed of fat burn, tighter skin, increased strength, increased circulation, improved core strength, increased muscle activation, improved bone strength through increased bone density, improved balance and flexibility. Join personal trainer Emma at the Sheboygan Falls YMCA while she demonstrates all the powerful benefits of this vibrating platform. **Space is limited, Pre-Registration recommended.**

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

Watch for other pop-up events that may get added as instructor schedules allow!



BAR(RE) HOPPING

FRIDAY, FEBRUARY 26, 2027
5:30-6:30PM - FALLS Y MPR

Age 18 & Older
Bar(re) Hopping is a dynamic barre workout that quick transitions between two of your favorite strength formats--barre and your favorite barbell workout! Jen and Amber will keep your muscles engaged and your heart rate elevated. Using small, controlled movements, you'll target the legs, glutes, arms and core, while improving balance and stability.

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

ADULT PROGRAMMING

FITNESS CHALLENGES

NEW YEAR, NEW YOU
January 4 - 31, 2027

Sheboygan and Falls YMCA

New and current members have a chance to earn punches for taking different fitness formats of fitness classes. Take 2 strength classes, 2 cardio classes, and 2 mindful classes. Eligible classes listed on card. Get class instructors to sign off and date your card. Earn 6 punches in the month of January and get entered to win a fitness prize package including a water bottle and fitness towel. Attendance will be verified by membership scans so be sure you are scanning upon entry to the Y. Minimum of 10 participants required. **Registration required by December 31st** to ensure challenge will run.

Sheboygan County YMCA Member Only $5.00 **CLICK HERE FOR REGISTRATION**



YMCA IRONMAN
February 1 - 28, 2027

Can you go the distance?

Take on the ultimate fitness challenge at the YMCA! Our IRONMAN Fitness Challenge is inspired by the legendary IRONMAN triathlon, but with a twist — you have the full month of February to complete the entire distance at your own pace. If you complete all three you will receive a tshirt! Work toward completing all three events by swimming, biking, and running your way to the finish line!



Your Challenge:

- Swim: 2.4 miles (May row if more comfortable)
- Bike: 112 miles
- Run/Walk: 26.2 miles

Total Distance: 140.6 miles

Whether you're swimming laps, riding the stationary bike, running on the treadmill, or logging miles outdoors, every mile counts! Break up the distances throughout the month, track your progress, and keep moving toward your goal. This challenge is about more than just miles — it's about building healthy habits, pushing your limits, and celebrating what you can accomplish one workout at a time. Think you have what it takes to go the distance? Join the YMCA IRONMAN Fitness Challenge and see if you can cross the finish line before the month is over!

One month. Three events. 140.6 miles. Let's go!

CLICK HERE FOR REGISTRATION

Sheboygan County YMCA Member Only $15.00

FITNESS CHALLENGES

MARCH (FITNESS) MADNESS
March 16 - April 5, 2027

Sheboygan or Falls YMCA

Age 18 & Older
Let the madness of March begin! You've spent hours penciling in and erasing your bracket. Your TV is set to watch all the games of your favorite teams. Don't let the games turn you into a couch potato! Combine your interest in college basketball brackets with our fun fitness bracket!



How It Works
- Exercises for each division focus on a different muscle group
- Each team paired with a different exercise
- The bracket round determines the duration for each exercise, as the rounds advance, the duration increases, gradually, from 30 seconds to 60 seconds.

EXAMPLE: Lets say Team A is playing Team B. If you picked Team B to win, and it is assigned the exercise Single Leg Deadlifts. Before the game is played, you do single leg deadlifts for 30 seconds (round 1 is 30 seconds of each exercise). Watch the game and let's say Team B wins. Guess correctly and do nothing. But a wrong guess will earn you another 30 seconds of that exercise before the start of their second-round game.

We supply the bracket and assigned exercises, you supply the effort and sweat equity! OH! And if you have the most guesses correct, you win a Chamber Gift Certificate!

10 members needed to register in order for challenge to run.

CLICK HERE FOR REGISTRATION

Sheboygan County Y Members Only $5.00

WELLNESS WITHIN
7 Weeks, 7 Steps for Mental Clarity
A Mind Body Health Initiative
April 1 through May 31, 2027

Sheboygan YMCA, Falls YMCA and Camp Y-Koda

Ages 15 & older

April is Stress Awareness Month, followed by May with Mental Health Awareness. We have teamed with local resources, devoting 2 months to support a healthy mind and body. Join us this April and May as we focus on stress awareness, mental health, and the powerful connection between physical activity and emotional well-being. Throughout these two months, we'll encourage you to move more, make time for yourself, try something new, and discover healthy ways to manage everyday stress.

APRIL: The Stress Stops Here
Each week we will offer a different activity acknowledging stress and its triggers, and tips and tools to manage stress. Our community connections will focus on relaxation and education, as well as physical health to manage stressors in everyday life.

MAY: Mental Mindfulness
Physical activity boosts levels of key brain chemicals that stabilize mood and reduce anxiety, including serotonin, dopamine, and norepinephrine (American Psychological Association). This month we build upon what we practiced in April, focusing on physical and mindful means to boost mental health. Those who sign up for all events receive a free gratitude journal.

Watch for more details coming in January!

ADULT PROGRAMMING - Fitness

Fitness Class Information

Age 15 & Older

Non-members are welcome to participate in Fitness Classes! *(Drop-in Fees effective January 1, 2027)*

Sheboygan Drop in Fee: $12.00
Falls Drop In Fee: $10.00

• **Our fitness schedule is subject to change.** It is published monthly, separately from the brochure, and is available at the Welcome Desk or on our website at www.sheboygancountyymca.org.

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

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

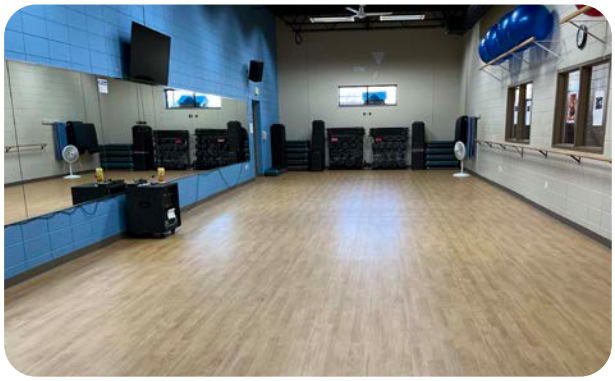
All fitness classes will run continuously with the exception of holidays. The schedule will be adjusted during holiday weeks.

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

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

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

Jen: jkovacs@sheboygancountyymca.org



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

CLICK HERE FOR CURRENT FITNESS SCHEDULE OR SCAN BELOW

ADULT PROGRAMMING - Fitness

AQUATICS FITNESS

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

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

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

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

YMCA MISSION STATEMENT

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

GET PAID TO WORK OUT!

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

For more information please contact our Healthy Living Director to find out how you can fit into our team!

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

FITNESS DESCRIPTIONS

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

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

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

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

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

Boot Camp is a full-body strength, conditioning, power and agility training presented in multiple formats. Timed intervals in a circuit, team drills or group exercise - anything goes! Try it one day and it will change the next - very little class repetition. Typical moves include lunges, crunches, squats and push ups. Modifications are available for every fitness level. If you are used to working out 30 minutes, this class will push you to the next level. *5:30am class OUTDOOR policy: if it is 48 degrees or warmer, we will first meet in the Aerobic Room, grab any equipment we might need, then head outside. Bring a long sleeve shirt to start the workout!

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

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

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

CLICK HERE FOR REGISTRATION

ADULT PROGRAMMING - Fitness

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

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

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

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

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

FitFlow - A 45-minute workout that includes yoga, strength exercises and short cardio intervals. This class is a total body workout designed to lengthen and strengthen muscles, improve balance, and challenge the cardiovascular system. Ideal for all levels and guaranteed to make you sweat.

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

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

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



CLICK HERE FOR REGISTRATION

YOGA CLASSES

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

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

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

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

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

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

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

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

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

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

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

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

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

Travel - ADULT PROGRAMMING

TRAVEL OPPORTUNITIES

2027 TRAVEL OPPORTUNITIES
PREMIER WORLD DISCOVERY

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

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

Treasures of Ireland
March 9, 2027 - 9 days

Age 18 & Older
Highlights include:

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





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

Age 18 & Older
Highlights include:

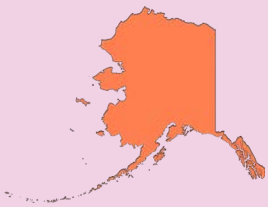
- 5 Nights - Cape Code
- 1 Night - Boston
- Boston City Tour
- Faneuil Hall Marketplace
- Martha's Vineyard Tour
- Nantucket Island Visit
- Nantucket Whaling Museum
- New England Lobster Dinner
- Newport, RI
- Mayflower II
- Plymouth Rock
- Provincetown
- Cranberry Bog
- Cape Cod Nat'l Seashore
- Breakers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



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

Age 18 & Older
Highlights include:

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



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

Age 18 & Older
Highlights include:

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





Sheboygan Y

Mike Gustafson, CEO

Matt Mueller, Sheboygan Branch Director

Liz Gorell, Member Engagement Director

Mariah Bennin, Gymnastics Director

Sandra Garcia, Gymnastics Coordinator

Heather Nitsch, Aquatics Director

Diane Cepa, Fine Arts Coordinator

Mya Leverenz, Wellness Coordinator

John Wagner, Lead Trainer

Taylor Zastrow, Program Director

Brooklynn Bowen, Asst Child Care Director

YMCA MISSION STATEMENT

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

Camp Y-Koda

Karen Kasprzak, Executive Director

Sarah DeZwarte, Director of Education

Dani Roscovius, Summer Camp Director

Terese Koene Carroll, Administrative Asst.

Sheboygan Falls Y

Ashley Liermann, Falls Branch Director

Jen Kovacs, Healthy Living Director

Jessica DeHart, Child Care Director

Elizabeth Schmit, Youth Sports Director

Ann Ertman, Office Manager