



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ALL TOGETHER BETTER



Revised January 24, 2024  
SHEBOYGAN COUNTY YMCA  
SPRING SESSION: FEBRUARY 5 - MARCH 23, 2024

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

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

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

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

**SPRING I SESSION (7 WEEKS)**  
**FEBRUARY 5 - MARCH 23, 2024**

**REGISTRATION BEGINS AT 5:00AM**

Member ..... Monday, January 22

Participant ..... Thursday, January 25

**YMCA BUILDING HOURS**  
**JANUARY 2 - MAY 31, 2024**

**SHEBOYGAN YMCA**

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

**SHEBOYGAN FALLS YMCA**

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

**CAMP Y-KODA**

Monday - Friday	8:00am - 4:30pm
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**YMCA HOLIDAY HOURS**

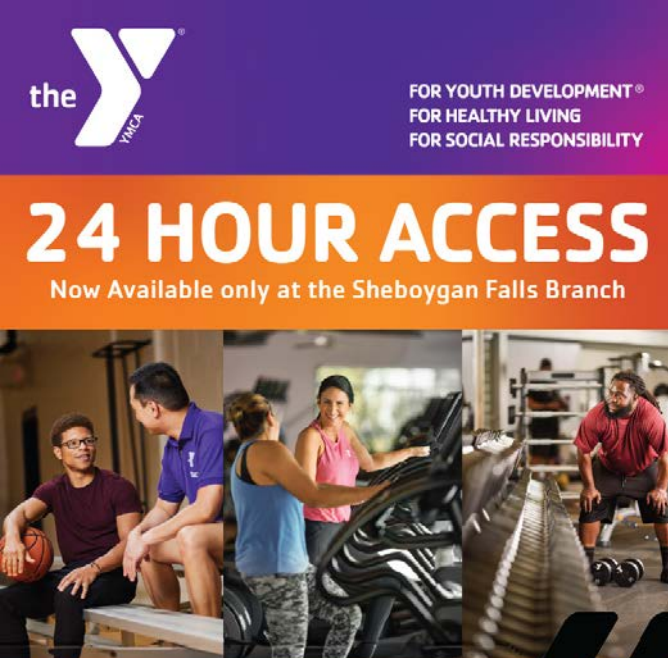
Easter Sunday	March 31	<b>CLOSED</b>
Memorial Day	May 27	<b>CLOSED</b>

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**YMCA MISSION STATEMENT**

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



**the Y**  
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**24 HOUR ACCESS**  
Now Available only at the Sheboygan Falls Branch

- Accessibility ONLY to Riverview Fitness Center & Gymnasium.
- 24-Hour door available after staffed hours.
- Current membership & fob required.

**LEARN MORE & CONTACT US!**  
Sheboygan Falls YMCA • 305 Buffalo St., Sheboygan Falls, WI 53085  
P: (920) 467-2464 • [www.sheboygancountyyymca.org](http://www.sheboygancountyyymca.org)

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

To apply for access, stop at the Sheboygan Y Welcome Desk or the Falls Y Front Desk during business hours.

- Must be 19 years or older
- Sign a 24/7 access waiver
- Participate in a brief orientation (**must be completed at Falls Y**)
- Agree to abide by our policies (signature required)
- Pass a background check
- Upgrade your membership for \$10/month (Individual Membership) or \$15/month (Family or Couples Membership)

## REGISTRATION INFORMATION

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

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

## REGISTRATION OPTIONS

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

Members and participants may register for most programs on-line beginning at 5:00am on the first day of registration. On-line registrations are credit card only.

- **Vouchers are now available to redeem when registering for programs online. Vouchers are valid for one year from the issue date.**

### In Person or Fax

Registration may be done week days from 9:00am - 5:00pm or fax (credit card only) to 920-451-8019 or 920-467-4641. Registration will not be processed without the payment.

- **Phone registration is not accepted.**
- **Class cancellations must be in writing.**

## WEB REGISTRATION

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

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

You can browse and register for classes or pay your program balances on-line.

From the Login screen, you can:

1. Search for programs
2. Create an account if you do not have one\*
3. Log into your account\*

Once you are logged in, you can search for programs and register for classes.

\*To register for programs you will need your email and password. If you do not have an account, you can create one by using your email and creating a unique password (10 characters or less).

To search for programs:

1. From the login screen, click "start over" button
2. On the search screen, there are 3 fields you can use to narrow your search:
  - a. Dates (select month and year)
  - b. Branch
  - c. Search tag (youth, fitness, etc)

**NOTE: Website view is slightly different on a mobile device**

[CLICK HERE FOR REGISTRATION](#)



**SHEBOYGAN COUNTY YMCA**

[SIGN IN](#)

[CREATE AN ACCOUNT](#)

[HELP/CONTACT](#)

Enter your search criteria below and click the Search button.

Select a range of program active dates below to limit the number of programs displayed.

Begin Date FROM:  2022 TO:  2022

Select Branch(es):  Sheboygan Branch  
Sheboygan Falls Branch  
Camp Y-Koda

Search:  swimming ?

Show OPEN programs only: ☐

[SEARCH](#)

## MEMBERSHIP RATES

### Monthly Bank Draft

Preschool .....	\$14.00
Youth.....	\$17.00
High School .....	\$20.00
Young Adult, Ages 18 - 24 .....	\$37.00
Adult .....	\$42.00
Couples Only .....	\$65.00
Single Parent/one child .....	\$65.00
Family.....	\$77.00
Senior Adult 65+ .....	\$37.00
24/7 Access Adult.....	\$10.00
24/7 Access Couples.....	\$15.00

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

## MEMBERSHIP DISCLAIMER

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

## MEMBERSHIP CANCELLATION

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

## NATIONWIDE PROGRAM

This national YMCA program entitles members to visit YMCAs across the country. Some restrictions may apply. More information is available at [www.ymca.net](http://www.ymca.net).

## DAILY MEMBERSHIPS

The YMCA reserves the right to limit daily memberships 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 daily memberships, please call for availability. Daily passes are only sold during business hours and are subject to change.**

Daily Fees	Sheboygan	Sheboygan Falls
Family Swim	\$10.00	N/A
Adult	\$10.00	\$8.00
Young Adult	\$8.00	\$6.00
Senior Adult	\$8.00	\$6.00
High School	\$5.00	\$4.00
Middle School	\$3.00	N/A
Grade School	\$2.00	N/A
Fitness Class Drop-in	\$8.00	\$8.00

## 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.

## 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.

## SOCIAL MEDIA

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



## VOLUNTEERS

There are many volunteer opportunities available at the YMCA. No matter what your special interests and schedules are, you can help change someone's life. If you share our commitment to the continued well-being of our youth and community, please consider becoming a YMCA volunteer. For more information, please call Mike Gustafson at 920-467-2464.

## EMPLOYMENT OPPORTUNITIES

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

## 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.

## YMCA CHILD WATCH

Child Watch is a drop-off child care program for children age 6 weeks - 6 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.

- Your Sheboygan County YMCA family membership includes **up to 2 hours per session (A.M and P.M.)** of free child watch for immediate family only. This benefit is to accommodate Y families that have differing work shifts.
- Adult members and participants 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 participant.

### SHEBOYGAN YMCA CHILD WATCH HOURS

Monday - Friday	8:45am - 1:15pm
Monday - Friday	4:30pm - 7:00pm

### SHEBOYGAN FALLS YMCA CHILD WATCH HOURS

Monday - Friday	8:45am - 11:30am
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*Please call 920-467-2464 between 7:30am - 6:00pm (Monday - Friday) to reserve a spot.*



## YMCA MISSION STATEMENT

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

### SHEBOYGAN COUNTY YMCA CHILD CARE

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

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

**The grade school programs** are open to children in kindergarten - grade 4 (age 13 at the Sheboygan YMCA) who attend school within Sheboygan County. Activities provide each child with age-appropriate experiences. The schedule may include arts and crafts, homework assistance, games or computer use. Children may also play in the gym, playground or park. All areas are supervised by child care staff. We offer before and after school care during the school year and full day care on days when there is no school and during the summer.

For availability at your child's age level and pricing, please call Sarah at 920-451-8000 for Sheboygan or Kelly at 920-467-2464 for Sheboygan Falls.

SHEBOYGAN YMCA CHILD CARE		
	Ages 2 - 6	Ages 5 - 13
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 - 5 Yrs
Mon - Fri		6:00am - 5:30pm
SHEBOYGAN FALLS ELEMENTARY SCHOOL		
		4K - Grade 4
Mon - Fri		6:00am - 7:40am
		after school - 5:30pm
Summer		6:00am - 5:30pm

### 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.



### THE CLUB AT THE Y SCHOOL YEAR PROGRAM

#### Teens in Grades 6 - 12 during 2023-24 school year

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

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

The membership fee is \$20.00 per year. YMCA members receive a complimentary membership to the Club at the Y. Find the application at: [www.thepositiveplace.com](http://www.thepositiveplace.com).

Contact info: [clubaty@thepositiveplace.com](mailto:clubaty@thepositiveplace.com)  
920-395-2834

#### Hours of Operation

Mon, Tues, Thur & Fri..... 3:00pm - 7:00pm  
Wed..... 2:00pm - 6:00pm

#### Scheduled Non-School Days

Mon thru Fri..... 12:00pm - 5:00pm

#### Features

- Safe and positive environment for teens to learn, grow, develop ongoing relationships and engage in life-enhancing programs
- Enrichment activities and programs



## 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**



**12+ years**  
**TEEN & ADULT:**  
**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**

Will the student go underwater voluntarily?

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 yards on his or her front and back?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE  
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE  
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

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 Nitcsch is available at 920-451-8000 x129 or [hnitsch@sheboygancountyyymca.org](mailto:hnitsch@sheboygancountyyymca.org) to answer any questions about the swim lesson program.

## SWIMMING LESSONS AT THE SHEBOYGAN YMCA

## 7-WEEK SPRING I SESSION: FEBRUARY 5 - MARCH 23, 2024

SWIM STARTERS (Parent & Child Classes!)			LOCATION: GARTON POOL			
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Baby A & B	6 Mo - Age 3			10:15-10:45am	9:15-9:45am	8:30-9:00am
Baby B					4:30-5:00pm	9:00-9:30am
PRESCHOOL SWIM BASICS (without parent)*			LOCATION: GARTON POOL			
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Stage 1	3 yrs - 5 yrs		4:00-4:30pm	5:00-5:30pm	5:00-5:30pm	
Stage 2	3 yrs - 5 yrs		4:00-4:30pm	5:00-5:30pm	5:00-5:30pm	
Stages 1 & 2	3 yrs - 5 yrs			9:45-10:15am	9:45-10:15am	9:30-10:00am
						10:00-10:30am
Stages 3 & 4	3 yrs - 5 yrs		4:30-5:00pm	9:45-10:15am	9:45-10:15am	10:00-10:30am
					5:30-6:00pm	
GRADE SCHOOL SWIM BASICS			LOCATION: GARTON POOL			
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Stages 1 & 2	Age 5+ yrs		5:00-5:30pm	5:30-6:00pm	6:00-6:30pm	10:30-11:00am
				6:00-6:30pm		
Stage 3	Age 5+ yrs		4:30-5:00pm	5:30-6:00pm	5:30-6:00pm	9:30-10:00am
			5:00-5:30pm	6:00-6:30pm	6:00-6:30pm	10:30-11:00am
GRADE SCHOOL SWIM STROKES			LOCATION: VERHULST POOL			
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Stage 4	Age 5+ yrs	6:30-7:00pm	5:00-5:30pm	6:30-7:00pm	6:30-7:00pm	10:30-11:00am
				7:00-7:30pm		
Stages 5 & 6	Ages 6+ yrs		5:30-6:00pm	6:30-7:00pm		10:00-10:30am

DONNA CAAN LEGACY  
Y SWIM LESSON SPONSOR

REGISTER NOW - TIMES FILL QUICKLY!

## 7-WEEK SWIMMING LESSON FEES

	Preschool	Grade School
Family Member	Free	Free
Youth Member	\$56.00	\$40.00
Participant	\$112.00	\$80.00

SCAN BELOW FOR POOL SCHEDULES  
OR  
CLICK HERE FOR POOL SCHEDULES



- Members are only permitted to register for one class per session for free.
- Participants who register for a swim class this session and do not attend the first 2 weeks without notifying Aquatic Director, will be removed from the session to make room for our extensive waiting list.
- Please add your child to a wait list ONLY if they are not already registered for a class!
- If your child is unable to attend session they are registered for, please notify the front desk so another child can have the opportunity to join the class.

AQUATIC PROGRAMS

BIRTHDAY POOL PARTIES

Private swims: Saturdays 1:45-2:30pm, Sundays (Members Only) 12:45-1:30pm in the Garton pool and the party room before or after swimming. Or parties can be scheduled during recreation swim times on Saturday and also include 45 minutes in reserved party area. Please contact Heather Nitsch at hnitsch@sheboygancountymca.org or 920-451-8000 x129 for more information and availability.

Fees	Private Swim Party	Recreation Swim Party
Family Member	\$150	\$100
Youth Member	\$170	\$120
Participant	\$200	\$150



NOW SEEKING WATER VOLLEYBALL PLAYERS

**Ages 18+**  
Garton Pool is reserved M-F 12-1:30pm for drop-in water volleyball. There is a core group that plays regularly and they would love for more people to join in on the fun! Some volleyball experience is preferred but not required. If interested, please contact Aquatics Director Heather at hnitsch@sheboygancountymca.org to be connected with the group organizer.

Water volleyball is a fun way to stay active and improve your overall health. Water activities are low-impact making it a great workout for anyone.

- Get your heart rate up
- Burn calories
- Improve coordination & balance
- Tone and strengthen your muscles
- Increase flexibility & range of motion
- Relieve stress and improve mental health

Mon thru Fri.....	12:00pm - 1:30pm
Member	Free
Participant	\$10.00

\*Pre-Registration is not required. Come when you can!

FRIDAY TWEEN NIGHT  
VERHULST POOL

**Ages 9 - 13**  
Are your older kids looking for something fun and safe to do on Friday nights? Drop them off at the Y for Friday "Tween" Night in Verhulst pool 6:30-8:00pm. Youth must pass swim test in order to swim without an adult present. Garton Pool is also open at this time for families with younger children. **No need to pre-register! Stop by and pay at the Welcome Desk.**

Fri.....	6:30pm - 8:00pm
Family Members	Free
Participants	
Family	\$10.00
Middle School	\$3.00
Grade School	\$2.00

ADULT SWIM LESSONS

**Age 18+**  
Come on! You've been putting off learning to swim but now is your opportunity! This class is for adults that may have a fear of the water, have very little to no swimming skills, and are ready to take the first step toward your own personal goals. Participants will work on water adjustment, gaining confidence, floating, basic swimming skills, and basic personal safety skills. You can be scared and still give it a try! **Fee is for 7-week session.**

Sat.....	11:00am - 11:45am
Member	\$80.00
Participant	\$104.00

AI CHI AQUATICS CLASS

**Age 18+**  
If you are feeling stressed, tense or just not ready for a traditional exercise class to get you in shape mentally or physically, Ai Chi may be just what you need. Ai Chi is a simple exercise and relaxation program performed in Garton Pool's shallow, warm water. Participants use a combination of deep breathing and slow, broad movement of the arms, legs and torso. Participants will improve range of motion, balance, promote blood circulation and increase metabolism.

Tues & Thurs.....	10:35am - 11:05am
Member	Free
Participant	\$8.00





**LIFEGUARD TRAINING****Age 15 & Older**

Lifeguard training and certification at the Y will teach you how to effectively prevent and respond to water emergencies with the American Red Cross lifeguard training. Our course is designed to equip you with the skills and knowledge necessary for emergencies in and around the water. You will learn how quick response times and effective preparation are vital to being a lifeguard while also understanding the crucial elements in helping to prevent drownings and injuries.

**Prerequisites**

- Must be at least 15 years of age
- Students must pass a pre-course swimming skills test prior to taking lifeguarding course. This includes a 300-yard (6 lap) swim using front crawl or breast stroke, a 2-minute tread using legs only and the ability to retrieve a 10-lb brick from 7 feet deep, surface and swim 20 yards with brick, using legs only and exit pool without using ladder, within 100 seconds.

Please contact Aquatics Director Heather Nitsch if you are interested in completing the lifeguard course. A minimum of 5 participants are required in order to conduct a class. Class will be scheduled based on participants and instructor availability. Class is approximately 27 hours in length and will be scheduled in Spring.

Member	\$150.00
Participant	\$185.00

***\*\*The Sheboygan County YMCA will be offering a significant discount on Lifeguard Training for those participants who become certified and work for the Y.***

**JOIN OUR AQUATICS TEAM**

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

**Life Guards**

- Early Morning Lifeguard (Shifts available Monday-Friday 4:45am- flexible ending time. Work one shift per week or all five!)
- Evening and Weekend Lifeguard (Flexible Scheduling)

**Swim Instructors**

- Shifts available Monday-Friday, 4-7pm and Saturdays 9-11am (Flexible Scheduling)

**Water Aerobics Instructor**

- During a time that works best for you!



For more information, contact Heather Nitsch, Aquatics Director at 920-451-8000, Ext 129 or [hnitsch@sheboygancountyyymca.org](mailto:hnitsch@sheboygancountyyymca.org) or complete an application by clicking link below:

[Sheboygan County YMCA Employment Application](#)

## GYMNASTICS LESSONS

### FAMILY MOVEMENT FOR BOYS & GIRLS

#### Crawlers - 4 Years with Adult

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

### PRESCHOOL GYMNASTICS FOR BOYS & GIRLS

#### Ages 4 - 5 with or without Adult

Please consult the grid. Class ratios are smaller without parents. Every class begins with fun music and challenging manipulative activities. Children increase strength, balance, coordination and flexibility while exploring gymnastics and tumbling one-on-one with parent assistance. This class will work on gymnastic skills together through play with child and parent interaction. Parents' hands-on spotting and encouragement make this a great learning experience.

### LITTLE SPRINGERS FOR BOYS & GIRLS

#### Ages 4 - 6

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

### NOVICE GYMNASTICS FOR BOYS & GIRLS

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

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.

### GIRLS GYMNASTICS

#### Ages 6 - 14 (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.

### BOYS GYMNASTICS

#### Ages 6 - 11

Boys will work on the 6 Olympics events - vault, high bar, still rings, pommel horse and mushroom, floor and parallel bar. The class consists of strength, flexibility, balance, body positions and a whole lot of swinging!

### 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!

### PARKOUR FOR BOYS & GIRLS

#### Ages 6 - 12 (see grid for age groups)

Parkour is the physical discipline of training to overcome any obstacle within one's path by adapting one's movement to the environment. Participants navigate through their fears and gain physical and emotional confidence. The class focus is on safety, longevity, personal responsibility and improvement. Parkour movements include running, jumping, vaulting, climbing, balancing and quadrupedal movements.

### FAMILY REC GYMNASTICS DROP-IN PROGRAM

#### 6 Months to Age 11

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

Family Member	Free
Youth Member	\$3.00
Participant	\$7.00

### YOUTH GYMNASTICS REC DROP-IN PROGRAM

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

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

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

Family Member	\$6.00
Youth Member	\$7.00
Participant	\$12.00

**CLICK HERE TO REGISTER FOR  
FAMILY AND YOUTH REC GYMNASTICS**

### POP-UP GYMNASTICS OR PRIVATE LESSON (1 TO 5 PEOPLE)

All ages and abilities are welcome! Children age 5 and under must be accompanied by an adult. Do a private lesson 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 are available on the SignUpGenius link on the Y's website under reservations. Sign up for as many lessons as you choose.

Please contact Denice at [dnugent@sheboygancountyyymca.org](mailto:dnugent@sheboygancountyyymca.org) if you need another time or day.

**Payment must be made in full at the desk prior to the lesson, please bring your receipt.**

#### Pop-Up - 45 Minutes

Family Member	\$30.00
Youth Member	\$35.00
Participant	\$60.00

#### Private Lesson - 30 Minutes

Family Member	\$22.00
Youth Member	\$23.00
Participant	\$44.00

## BIRTHDAY PARTIES

Birthday parties are back! Parties can be held on Saturdays. Please contact Taylor Garbe at [tgarbe@sheboygancountyyymca.org](mailto:tgarbe@sheboygancountyyymca.org) or 920-451-8000 x122 for more information and availability.



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

## 7-WEEK SPRING I SESSION: FEBRUARY 5 - MARCH 23, 2024

FAMILY	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Movement	Crawlers - Age 4	6:20-7:05pm	9:15-10:00am	9:15-10:00am	6:20-7:05pm	9:00-9:45am	9:00-9:45am
(1 Child/1 Adult; co-ed)			10:00-10:45am				
* ALL FAMILY MOVEMENT CLASSES ARE IN THE UPSTAIRS GYM *							
PRESCHOOL	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gymnastics	Ages 4 - 5	5:15-6:00pm (without parent)	10:45-11:30am	10:00-10:45am	3:45-4:30pm		10:30-11:15am (without parent)
(1 Child/1 Adult; co-ed)		6:00-6:45pm (without parent)			4:30-5:15pm (without parent)		
Little Springers	Ages 4 - 6	6:45-7:30pm	4:00-4:45pm	4:15-5:00pm			
			5:30-6:15pm				
			6:15-7:00pm				
GRADE/MIDDLE	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Girls Gymnastics	Ages 6 - 8	4:30-5:15pm	5:30-6:15pm	5:00-5:45pm	5:15-6:00pm		
Girls Gymnastics	Ages 9 - 11	3:45-4:30pm		5:45-6:30pm			
Novice Gymnastics (co-ed)	Ages 6 - 11		4:45-5:30pm	6:30-7:15pm			10:30-11:15am
			5:30-6:15pm				
Boys Gymnastics	Ages 6 - 11						9:45-10:30am
Girls Pre-Team	Ages 6 - 14		6:15-7:15pm		6:00-7:00pm		11:15am-12:15pm
Parkour (co-ed)	Ages 6 - 8					6:30-7:15pm	
	Ages 9 - 11					7:15-8:00pm	
DROP-IN PROGRAMS	AGE	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Rec Gymnastics	6 Mo - 11 Yr			10:45-11:30am		10:45-11:30am	
(with Parent)						5:30-6:15pm	
* PRE-REGISTRATION IS REQUIRED EACH WEEK *							
Youth Rec Gymnastics	Age 5+					4:00-5:30pm	
* PRE-REGISTRATION IS REQUIRED EACH WEEK *							
** No Youth or Family Rec Gymnastics Friday, February 2nd due to the Snowflake Invitational							
NOTE: If you are registered for Youth or Family Rec Gymnastics and are unable to attend, please contact the front desk so others are able to sign up.							

## Fee per 7-Week Session

	45 Minutes	One Hour
Family Member	\$48.00	\$68.00
Youth Member	\$62.00	\$82.00
Participant	\$89.00	\$116.00

## 1-Time Drop-in Fee

	45 Minutes	One Hour
Family Member	\$9.00	\$12.00
Youth Member	\$10.00	\$13.00
Participant	\$18.00	\$25.00

Please contact Taylor Garbe for availability at 920-451-8000 x122 or tbovitz@sheboygancountyyymca.org.

BREAK WEEK

MARCH 25 - 30, 2024







### SHEBOYGAN COUNTY YMCA SPRINGERS

#### SNOWFLAKE INVITATIONAL



**FEBRUARY 3-4, 2024**



Come cheer on our team! Over 600 gymnasts will compete throughout the weekend. Pro shop and concessions will be available, along with raffles.



### SPRINGERS GYMNASTICS TRAINING TEAM

**APRIL 8 - JUNE 1, 2024**

**Boys and Girls Ages 4 - 18**

Experience the Springers Gymnastics Team practice along with current team members and coaches in this exclusive program. Acquire the strength, flexibility and skills necessary to join the team. Gymnasts learn entry level routines. Program fee includes a meet to demonstrate the learned routines to the judges and perform in the Memorial Day parade. Once a gymnast has attained 90% of the skills on each event at their respective level, they will be encouraged to join the Sheboygan County YMCA Springers Gymnastics Team. For more information, please contact Denice at 920-451-8000 x123 or [dnugent@sheboygancountyymca.org](mailto:dnugent@sheboygancountyymca.org). **Online flyer and registration available March 1st, 2024.**







**FRIDAY  
APRIL 19TH**

the **YMCA**

**HEALTHY KIDS DAY®**

» **FIND YOUR JOY.  
FIND YOUR Y.**  
ymca.org/hkd

# 태권도

TAE

KWON

DO

## 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

## BRAZILIAN JUI JITSU

**Ages 10 - Adult**

Train with the team from Agōgē Jiu Jitsu, and you'll learn how to build solid jiu jitsu and grappling skills quickly. Our classes will show you how to:

- Calmly work through "No Win" scenarios
- Defeat bigger and stronger opponents using Wedging, Leverage, and Pressure
- Use "secrets" like Diagonal Control, Kuzushi, and Yours, Mine, and Ours to stay in control
- Become an escape artist, slipping through worst-case scenarios and positions with ease
- Keep your opponents trapped in positions they can't escape
- Win more by using cycles to dominate, whether you're on offense or defense

**Call 414-455-4908 for details and registration. Classes are held at the Sheboygan YMCA on Thurs at 5 PM.**



### FINE ARTS DEPARTMENT

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



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

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

### YMCA Dance Dress Code

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

### PRIVATE DANCE AND DRAMA LESSONS

#### Ages 5 - Adult

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

	30 Minutes	45 Minutes
Family Member	\$22.00	\$33.00
Youth Member	\$24.00	\$36.00
Participant	\$44.00	\$66.00





## SPRING I FINE ARTS CLASSES

7-WEEK SPRING I SESSION: FEBRUARY 5 - MARCH 23, 2024

All fine arts classes meet in the Sheboygan Y Multi-Purpose Room

DANCE CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Creative Movement	Ages 2 - 4			5:15-5:45pm	
Dancing with Dolls	Ages 3 - 5			4:00-4:30pm	
Tap & Ballet I	Ages 5 - 7	4:00-4:45pm			
Tap & Ballet II	Ages 7 - 12	4:45-5:30pm			
Musical Theater I - Hamilton	Ages 6 - 12			4:30-5:15pm	
Musical Theater II - Hamilton	Ages 10 - 16			6:00-6:45pm	
Adult Ballet	Ages 18+				6:15-7:00pm

## CREATIVE MOVEMENT

## Ages 2 - 4 with Parent

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.

## DANCING WITH DOLLS

## Ages 3 - 5

With the assistance of your doll, your child will learn and explore the basics of ballet, including leaps, kicks and feet positions. This is a great way for your child to spend time with their best friend!

## TAP &amp; BALLET

## Ages 5 - 7 (Level I)

## Ages 7 - 12 (Level II)

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

## MUSICAL THEATER I &amp; II: HAMILTON

## Ages 6 - 11 (I)

## Ages 10 - 16 (II)

Step into the world of theater with this fun and interactive class! Learn basic to intermediate Broadway style dances and prepare to sing in a welcoming and fun environment featuring a song and scene from Hamilton!

Musical Theater II requires previous participation in Musical Theater I.

## ADULT BALLET

## Ages 18+

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

8-Week Session Fee	30 Minutes	45 Minutes	60 Minutes
Family Member	\$42.00	\$50.00	\$74.00
Youth Member	\$58.00	\$66.00	\$ 90.00
Participant	\$74.00	\$82.00	\$106.00

## BREAK WEEK

MARCH 25 - 30, 2024



PEE WEE & MIGHTY MITE PROGRAMS

PEE WEE AND MIGHTY MITE PROGRAMS						
7-WEEK SPRING I: FEBRUARY 5 - MARCH 23, 2024						
PEE WEE SPORTS	Y	AGE	DAY	TIME	LOCATION	SESSION
Pee Wee T-ball	S	Ages 3 - 5	Wed	5:00 - 5:45pm	Muth Gym	Spring I
Pee Wee Basketball	F	Ages 3 - 5	Wed	4:30 - 5:15pm	Falls Y Lohmann Gym	Spring I
MIGHTY MITE SPORTS	Y	GRADE*	DAY	TIME	LOCATION	SESSION
Mighty Mite Basketball	S	5K - Grade 2	Mon	5:00 - 6:00pm	Muth Gym	Spring I
Mighty Mite Racquet Sports	S	5K - Grade 2	Mon	6:00 - 7:00pm	Muth Gym	Spring I
Mighty Mite Basketball	F	5K - Grade 2	Tues	5:00 - 6:00pm	Falls Y Lohmann Gym	Spring I

PEE WEE SPORTS - PARENT/CHILD CLASS

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

Family Member	\$28.00
Youth Member	\$32.00
Participant	\$52.00

3-POINT & FREE THROW CONTESTS

FRIDAY, MARCH 8, 2024

Grades 2 - 3 with Parent

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



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

Fri..... 6:00pm Start

Family Member	\$10.00
Youth Member	\$12.00
Participant	\$16.00

COED MIGHTY MITE SPORTS

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

Family Member	\$36.00
Youth Member	\$39.00
Participant	\$54.00

MARCH MANIA 3 VS 3 BASKETBALL TOURNAMENT  
SHEBOYGAN FALLS YMCA

SATURDAY, MARCH 16, 2024

Boys and Girls in Grades 2 - 3

End the basketball season with a bang! Get your team into March madness as well and sign up for the March Mania 3 vs 3 Basketball Tournament. Rules and schedules will be emailed to coaches a week before the tournament. **A separate registration form is required. The registration deadline is March 1, 2024.**

Team Fee	\$70.00
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Pee Wee, Mighty Mite  
and Youth Programming

sponsored by the

Henry Jung Memorial





## GIRLS "MINI" VOLLEYBALL CLINIC

SHEBOYGAN YMCA

FEBRUARY 27 - APRIL 16, 2024

Girls in Grades 3 - 4

This clinic introduces basic volleyball skills with an emphasis on ball control, movement to the ball, how the game works, and a focus on having fun while learning this life-long sport. Modified matches will also be played during the clinic. **No clinic on March 26 due to Spring break.**

Tuesday ..... 6:00pm - 7:30pm

Head clinic instructor is Katie Jansen who brings over 20 years of coaching and playing experience from middle school to college. As a player, Jansen played Division 1 volleyball at UW Green Bay, has participated in ten Adult USA Volleyball National Championships and continues to play regularly. Jansen has coached at Lakeland University (2005-2007), Sheboygan North High School Varsity (2008-2012), Go Fish, Lake Effect Select and South Shore Slam USAV programs, and various other camps and clinics. Coach Jansen hopes to instill a lifelong love for the sport in all athletes. She will be joined by other coaches and high school players. Fee includes a t-shirt. **Registration deadline is February 11, 2024.**

Family Member	\$39.00
Youth Member	\$49.00
Participant	\$59.00



## MIDDLE SCHOOL GIRLS VOLLEYBALL LEAGUE

APRIL 18 - MAY 30, 2024

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. **The registration deadline is April 5, 2024.**

Team Fee	\$110.00
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## KIDS YOGA

FEBRUARY 17 & MARCH 16, 2024

Adult / Child

Modified moves appropriate for toddlers to teens will introduce your child to yoga. This child+one class is appropriate for a child accompanied by a parent or other trusted adult (18+ please). **Class held in Falls Y yoga studio.**

Sat ..... 10:30am - 11:00am

Family Member	Free
Adult or Youth Member	\$5.00
Participant (Adult/child dou)	\$10.00

## KIDS YOGA



## SPRING 7 VS 7 FLAG FOOTBALL LEAGUE

SATURDAYS, APRIL 13 - JUNE 1, 2023

Boys and Girls in 5K - Grade 5

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

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

This is an individual registration program. Flyers will be taken to local schools and available at the YMCA by the end of February. **The registration deadline is March 21, 2024.**



# YOUTH DEVELOPMENT Empowering young people to reach their full potential

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

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

	1 Day/Wk	2 Days/Wk
Family Member	\$17.00	\$27.00
Youth Member	\$19.00	\$29.00
Participant	\$29.00	\$39.00

## CLASSIC GYM GAMES

Do you love gym class? This class is for you! We will be playing all of your favorites gym games - including kickball, catch and run, steal the pin and many more!

Family Member	\$8.00
Youth Member	\$12.00
Participant	\$18.00

## GIRLS VOLLEYBALL SKILLS

All skill levels are welcome in this class. The program will cover basic volleyball skills with an emphasis on ball control, movement to the ball and serving. The class will also work on setting, passing and hitting. Game play and fun drills will be incorporated into practices.

Family Member	\$16.00
Youth Member	\$18.00
Participant	\$32.00

## VOLLEYBALL SKILLS AND DRILLS

Work on the basics while having fun! Work on your game with fun drills and in game type play.

Family Member	\$27.00
Youth Member	\$29.00
Participant	\$44.00

## HOME SCHOOL PHYSICAL EDUCATION PROGRAM

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

Family Member	\$29.00
Youth Member	\$33.00
Participant	\$45.00

## GA GA BALL/DODGEBALL

Grab your friends after school and come join us for an hour of fun playing ga ga ball and different dodgeball games. It is a great way to burn off some steam after school!

Family Member	\$5.00
Youth Member	\$7.00
Participant	\$10.00

## GAGA BALL/NERF

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

Family Member	\$10.00
Youth Member	\$13.00
Participant	\$18.00



## SPRING BREAK AT THE SHEBOYGAN Y!

**MARCH 25 - 30, 2024**

Looking for something to do during Spring Break? Look no further than the Y! There will be many opportunities to stay active at the Y during Spring Break, including:

### Youth Sports

Monday, March 25	
Pickleball Clinic .... 2-4pm .....	Lohmann Gym
Tuesday, March 26	
Nerf Battle ..... 2-4pm .....	Lohmann Gym
Wednesday, March 27	
Basketball Clinic ... 2-4pm .....	Lohmann Gym
Thursday, March 28	
Volleyball Clinic .... 2-4pm .....	Lohmann Gym
Friday, March 29	
Kickball..... 2-4pm .....	Lohmann Gym
Kids Night Out ..... 6-8pm .....	Location varies

### Fee is Per Activity

Family Member	\$5.00
Youth Member	\$7.00
Participant	\$10.00

Youth and Family rec gymnastics\*

- See Page 11

**\* To guarantee your spot for Rec Gymnastics, register online or stop at the Welcome Desk.**

## YOUTH PROGRAMS AND SPORTS

## 7-WEEK SPRING I SESSION: FEBRUARY 5 - MARCH 23, 2024

YOUTH PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
<b>S.P.A.R.K.</b>	S	Ages 10 - 12	Tu &/or Th	4:15 - 5:15pm	Lakeview Center	Spring I
<b>Classic Gym Games</b>	F	Grades 1 - 4	Tues	4:00 - 4:45pm	Lohmann Gym	Spring I
<b>Girl's Volleyball Skills</b>	F	Grades 1 - 4	Thurs	4:00 - 5:00pm	Lohmann Gym	Spring I
<b>Volleyball Skills/Drills</b>	S	Ages 8 - 12	Thurs	4:30 - 5:30pm	Muth Gym	Spring I
<b>Home School Phy Ed</b>	S	Ages 5 - 17	Fri	1:30 - 2:30pm	Varies	Spring I
<b>Ga Ga Ball/Nerf</b>	F	Grades 1 - 4	Fri	4:00 - 4:45pm	Lohmann Gym	Spring I
<b>Ga Ga Ball/Dodgeball</b>	S	Grades 1 - 4	Fri	4:00 - 5:00pm	Muth Gym	Spring I
TEEN PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
<b>Teen Strength Training</b>	S	Ages 12 - 15	Mon	4:15 - 5:15pm	Lakeview Center	Spring I
	F	Ages 12 - 15	Wed	2:30 - 3:30pm	Riverview Center	Spring I
<b>Teen Personal Training</b>	S	Ages 14 - 18	By Appt	Personal Trainer	Lakeview Center	Call 920-451-8000
	F	Ages 14 - 18	By Appt	Personal Trainer	Riverview Center	Call 920-467-2464

**TEEN STRENGTH TRAINING**

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

Family Member	\$22.00
Youth Member	\$29.00

**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.

Member Only	½ Hour	\$21.00
	One Hour	\$37.00

**TEEN STRENGTH INDIVIDUAL TRAINING  
SHEBOYGAN YMCA**
**Ages 12 - 15**

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

Member Only	\$89.00
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**ONE-ON-ONE BASKETBALL, FOOTBALL OR VOLLEYBALL TRAINING**
**Grades 1 - 8**

Looking to improve in basketball, football or volleyball? Sign up for a one-on-one session with Youth Sports Director Taylor Zastrow. **By Appointment Only.**

To schedule an appointment, call 920-451-8000, ext 121 or email [tzastrow@sheboygancountymca.org](mailto:tzastrow@sheboygancountymca.org)

Member Only	½ Hour	\$17.00
	One Hour	\$33.00





# SUMMER BETTER THAN OTHERS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA CAMP Y-KODA

W3340 Sunset Road, Sheboygan Falls, WI

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



**REGISTER  
SOON**

### CAMP DATES: JUNE 10 - AUGUST 30, 2024

- Camp is open to children ages 4-16. Child must be age 4 by their first day of camp with us.
- Camp Hours are 8:30am - 4:00pm
- Before & after camp extended Care is available at YMCA Camp Y-Koda and the Sheboygan YMCA. Begins as early as 7:15am and ends as late as 5:30pm.
- Bus Transportation Available for additional fee.
- No Camp on July 4-5, 2024.
- Camp offerings at two locations: Camp Y-Koda & Maywood Environmental Park
- YMCA Camp Y-Koda is a licensed Day Camp with the WI Department of Children & Families

### CAMP REGISTRATION

Follow us on Social Media for the Grand Announcement of our Brochure & Registration Open Date.

- 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 230 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).
- **NEW** - Online Registration will only be available. Paper registrations are no longer available.



**FOLLOW US  
ON FACEBOOK  
@CAMPYKODA**

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



## 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 online registration.

To learn more, please contact Kaitlyn Emmons at 920-467-6882 or kemmons@sheboygancountymca.org.



## CAMP BRAIN REGISTRATION



## WINTER/SPRING SLEEPOVER AT CAMP Y-KODA

**FEBRUARY 1-2, 2024**

**Ages 6 - 12**

After the crazy holiday season and months of school, kids are ready to remember the times of summer once again. Spend a fun filled night at Camp Y-Koda for a winter adventure! Campers will get to explore the frozen shores of Lake Y-Koda and participate in traditional camp activities, with plenty of snow fun in addition! Activities include, snowshoeing (ages 8+), building snow forts, sledding and playing winter games. All meals, snacks and tons of action-packed fun are included. This is a great experience for campers to disconnect from technology and distractions of outside life for a night, offering an unforgettable experience. An email will be sent out the week of with details and a packing list for the event.

Please contact Kaitlyn at kemmons@sheboygancountymca.org for additional information.

Drop Off: 5:00pm Friday

Pick up: 2:00pm Saturday

Fee \$65.00



## SCHOOL'S OUT CAMP

**FEBRUARY 16, 19 & 23, 2024**

**Ages 4 - 12**

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

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

## FEBRUARY 16 - SUPERHERO DAY

Bring out your capes and get ready to participate in your favorite hero inspired activities and crafts. All super heroes and villains are welcome.

## FEBRUARY 19 - SAFARI DAY

Safari Day will be an outdoor experience that features instructions in animal tracking, and more! This is a great camp experience for the outdoor enthusiast.

## FEBRUARY 23 - FIELD TRIP FRIDAY

We're going on a field trip! We will travel to the Sheboygan YMCA to go swimming for a couple hours. Bus will return to camp before checkout. Please pack extra clothes for your child.

Contact Kaitlyn at kemmons@sheboygancountymca.org for more information.

Daily.....8:00am - 4:00pm

## February 16 & 19

Member	\$38.00/day
Non-member	\$48.00/day

## February 23

Member	\$48.00/day
Non-member	\$58.00/day

## YMCA CAMP Y-KODA PROGRAMS

### WILDLAND+CONTROL FIRES

**SATURDAY, MARCH 9, 2024**

#### All Ages and Families

Spring season is coming soon to Wisconsin as the snow melts and that means fire weather is here. Come to Camp Y-Koda to learn about outdoor fire safety and what the WI DNR and local fire departments do to get ready. You will also learn why fire is good for the land.

Last year the DNR responded to 1,069 fires, adding to 4,816 acres of wildfire happening and that's not including what local fire departments responded to.

**This program will be outside so please dress according to the weather.**

Saturday ..... 12:00pm - 3:00pm

Free

**For more information or if you have any questions, please contact:**

**Nick at [nbielski@sheboygancountymca.org](mailto:nbielski@sheboygancountymca.org)**



### AMERICAN SIGNLANGUAGE (ASL)

**SATURDAY, FEBRUARY 17, 2024**

#### All Ages and Families

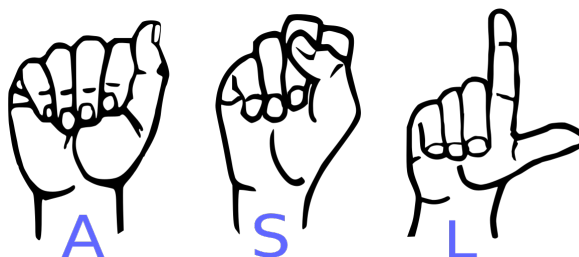
Trying to learn a new language can be difficult at times. Come over to camp and learn some basic sign language skills such as the alphabet, numbers, how to communicate with people within the deaf/hard of hearing community and using everyday items to help. Useful for families, friends, teachers, first responders and everyone when you think about it.

Saturday ..... 12:00pm - 2:00pm

Adults	\$10.00
Children	\$ 5.00
Families	\$25.00

**For more information about this program or if you have any questions, please contact:**

**Nick at [nbielski@sheboygancountymca.org](mailto:nbielski@sheboygancountymca.org)**



### FOREST FRIDAYS

**AT MAYWOOD ENVIRONMENTAL PARK**

**FEBRUARY 16, 2024**

**MARCH 22, 2024**

**APRIL 26, 2024**

**MAY 24, 2024**

**Ages 4 - 7**

Let your child's inner naturalist blossom - join us at Forest Fridays! The monthly programming includes nature-based science lessons, creative play, sensory exploration, stories, games, and crafts specific to each weekly theme. Sign up for a single day, multiple days, or the whole season! We look forward to spending time with your little learner at Forest Fridays!

Dress your child to get wet and messy! Send layers, extras, a bag lunch, snack and water bottle.

**Preregistration is required. Please register by the Monday before each Friday so we can ensure a proper teacher to student ratio.**

Friday ..... 8:00am - 4:30pm

#### Themes:

February 16 - Wear Red Day

March 22 - Forest Madness Day

April 26 - Trees Day

May 24 - Fish River Day

Member	\$40.00
Participant	\$47.00

**For more information, please contact Nick Bielski at [nbielski@sheboygancountymca.org](mailto:nbielski@sheboygancountymca.org).**



One of today's fastest growing activities, Pickleball opportunities are available for all levels this winter! 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

### Lohmann (Big) Gym - Open Play

Monday and Friday (2 Courts)	9:30am - 11:30am
Monday (1 Court)	11:30am - 3:00pm
Friday (1 Court)	11:30am - 12:30pm

### 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 - 12:30pm

### East Gym - Pickball Lite (1 Court)

Monday	11:30am - 1:00pm
Wednesday	8:00am - 9:30am

Member	No Charge
Participant (Under 65)	\$10.00
Participant (Senior 65+)	\$8.00

### Pickleball Court Reservations

January 2 - April 30, 2024

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

### East Gym

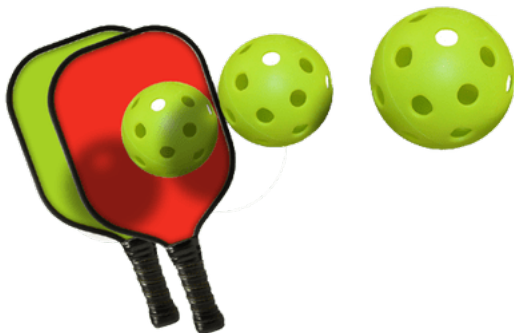
Tuesday	7:30pm - 8:45pm
Friday	6:00pm - 7:30pm
Friday	7:30pm - 8:45pm
Saturday	3:30pm - 4:45pm
Sunday	7:30am - 9:00am
Sunday	9:00am - 10:30am
Sunday	10:30am - 12:00pm
Sunday	12:00pm - 1:30pm
Sunday	1:30pm - 3:00pm

No Courts Available Sunday, March 31, 2024

Member	No Charge
Participant (Under 65)	\$10.00
Participant (Senior 65+)	\$8.00

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

[CLICK HERE FOR UP-TO-DATE SCHEDULE](#)



## SHEBOYGAN FALLS YMCA

305 BUFFALO STREET, SHEBOYGAN FALLS

- 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*

**\* These times may change due to basketball practices from December 2023 - March 2024**

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

#### Lohmann Gym - 3 Courts

Tuesday (Ladies only - 3 courts)	12:00pm - 3:00pm
Thursday (Ladies only 2 courts/Lite 1 ct)	12:00pm - 3:00pm

Member	No Charge
Participant (Under 65)	\$8.00
Participant (Senior 65+)	\$6.00

## BERKSHIRE COMMUNITY GYMNASIUM 101 SCHOOL STREET, SHEBOYGAN FALLS

### 3 COURTS IN ONE GYM

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

**\*Only for players registered for the league\***

Member	No Charge
Participant	\$6.00
Participant Pass (5 sessions)	\$30.00

**Reminder for All YMCA gymnasiums: Remove outdoor shoes and play with dry shoes appropriate for gym floor that have good traction and support.**

**Lessons: Please contact Bruce via email to schedule pickleball lessons at [scpcpickleball@gmail.com](mailto:scpcpickleball@gmail.com)**

**\*\* Times subject to change due to special events, no school days, weather or holiday hours.**

## PICKLEBALL ROUND ROBIN PLAY

FEBRUARY 23 - APRIL 5, 2024

### 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. No games will be played on March 29th. If you have any questions about the round robin play please email Ashley Liermann at [aliermann@sheboygancountyyymca.org](mailto:aliermann@sheboygancountyyymca.org) or 920-467-2464. **Max number of players is 16.**

Friday	11:30am - 3:00pm
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**\*\*No pickleball Friday, March 29 for Good Friday**

Fee \$10.00 per person

ADULT PROGRAMS

SHEBOYGAN YMCA ADULT PROGRAMS

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

Member Free  
Participant (must bring valid photo ID) \$10.00

RACQUETBALL/HANDBALL COURT RESERVATION

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

SINGLES RACQUETBALL LEAGUE

JANUARY 22 - MARCH 22, 2024

A & B Divisions

Join our coed racquetball leagues! You will receive your match list and schedule of games with your opponents. You will play one match a week. Please register at least one week in advance. **A separate registration form is required. Registration deadline is January 16, 2024.**

Member \$30.00  
Participant \$65.00



SHEBOYGAN FALLS YMCA ADULT PROGRAMS

ADULT DROP-IN BASKETBALL

Age 18 & Older

Sheboygan Falls offers pick-up basketball games. Teams formed as you arrive. Must be a member.

Mon, Wed & Fri ..... 5:00am - 7:00am  
or  
Mon, Wed & Fri ..... 12:00pm - 1:00pm

Member Only Free

SHEBOYGAN YMCA VOLLEYBALL

ADULT VOLLEYBALL SPRING LEAGUES

FEBRUARY 29 - MAY 13, 2024

Age 18 & Older

Each league will run for approximately 10 weeks. A separate registration form is required and is available on our website at [www.sheboygancountyyymca.org](http://www.sheboygancountyyymca.org). **The registration deadline is February 18, 2024.**

**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.**

**Cancelled games will be made up on May 6 or May 9**

COED 6 ON 6 "A" VOLLEYBALL LEAGUE

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

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

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

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

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

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

Team Fee \$169.00 > 3 YMCA Members  
\$199.00 < 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 \$169.00 > 3 YMCA Members  
\$199.00 < 3 YMCA Members





# LIVESTRONG<sup>®</sup> AT THE YMCA



This free physical activity and wellness program is designed to help cancer survivors achieve their health goals! Referrals are accepted on an ongoing basis. For more information, please email [dnugent@sheboygancountyyymca.org](mailto:dnugent@sheboygancountyyymca.org) or call Carrie Green at 920-451-8000 x130.



## WORKPLACE WELLNESS PROGRAM

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

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

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

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

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

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

## DIABETES PREVENTION PROGRAM

CLASS MEETS AT THE  
SHEBOYGAN YMCA

NEW CLASS BEGINNING MARCH 14TH

Thursdays  
10:00 - 11:00 am

Participant                      \$429.00  
Includes 6-month Y membership

### MEDICARE ELIGIBLE PARTICIPANTS

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



## DIABETES PREVENTION PROGRAM

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

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

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

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

CDC Eligibility (must meet at least one requirement)

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

Medicare Coverage Eligibility (must meet at least one requirement)

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

Enrollment in the YMCA's Diabetes Prevention Program **includes a 6-month YMCA membership** and a participant workbook/resource binder. The YMCA's Diabetes Prevention Program can also be held at worksites or almost anywhere that has a meeting room and a group motivated to make a positive lifestyle change. Contact Matt Mueller at 920-451-8000 x117 or [mmueller@sheboygancountyyymca.org](mailto:mmueller@sheboygancountyyymca.org) to go over eligibility and to be added to the waiting list for the class.

**REGISTERED DIETICIAN/NUTRITION SERVICE****Age 15 & Older**

Our registered dietician/nutritionist can help you realize your health goals and feel more energetic. Whether your goal is improved nutrition, diabetes management or weight loss, you can benefit meeting with our RDN. YMCA members only.

**PERSONAL TRAINING SERVICE****Age 18 & Older**

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

**Registered Dietician/Personal Training Services**

Sessions		½ Hour		One Hour
1 Session		\$23.00		\$41.00
3 Sessions	save \$4	\$65.00	save \$8	\$115.00
5 Sessions	save \$10	\$105.00	save \$20	\$185.00
10 Sessions	save \$35	\$195.00	save \$70	\$340.00

*An all inclusive package is available for \$335.00 that includes 2 one-hour sessions with a RDN and 8 one-hour sessions with a certified personal trainer.*

**OTHER PERSONAL TRAINING OPTIONS****Virtual Personal Training**

Not comfortable coming to the Y yet? Meet with a trainer in the virtual world, using what you have in the comfort of your home. **See fees listed above.**

**Personalized Workout**

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

Member Only \$47.00

**Sport Specific Workout**

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

Fee \$35.00

**PERSONAL TRAINING YOGA****Age 18 & Older**

New to yoga or want to work on a problem area? Schedule a time with Jenny at the Sheboygan Falls YMCA or Julie or Amy at the Sheboygan YMCA for a one-on-one Yoga training session. Together you will set a goal, and she will help you to work to achieve that goal.

Member Only  
Personal training fees apply

**SMALL GROUP PERSONAL TRAINING****Age 18 & Older**

A certified personal trainer will offer counseling and instruction for a small group of 2 - 4 people to enhance performance, provide sport-specific training, assist with healthy lifestyle habits and provide motivation and support while you exercise. **Fee is per person.**

	½ Hour	One Hour
Member Only	\$12.00	\$21.00

**BODY COMPOSITION & BMI MEASUREMENT****Age 18 & Older**

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

Member	Free
Participant	\$5.00

**NEW MEMBER ORIENTATION****Age 15 & Older**

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

Member Only Free

**GET PAID TO WORK OUT!**

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

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

**Michelle Bustamante, Sheboygan YMCA**

(920) 451-8000 x114  
mbustamante@sheboygancountyyymca.org

**Jen Kovacs, Sheboygan Falls YMCA**

(920) 467-2464 x219  
jkovacs@sheboygancountyyymca.org



MOVING FOR BETTER BALANCE

FEBRUARY 6 - MAY 2, 2024 (12 WEEKS - No class April 9 & 11)

Age 18+

Tues & Thurs..... 10:00am - 10:45am

Member	\$50.00
Participant	\$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<sup>1</sup>, 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 Berkshire Community Gymnasium.

Optum/Renew Active Members: Program cost covered

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



<sup>1</sup>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.

## LAKEVIEW PROGRAMS

**"WOW" - WOMEN ON WEIGHTS****FEBRUARY 6 - MARCH 21, 2024****Age 18 & Older**

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

Sheboygan ..... Tues or Thurs ..... 9:30am - 10:30am

**Member Only**

Two days / week

\$42.00

One day / week

\$27.00

## YMCA FITNESS CHALLENGES

**CALORIE COOKER CHALLENGE****FEBRUARY 22 - MARCH 21, 2024****Age 18 & Older**

Torch those extra calories before spring break whether you're going someplace warm or sticking around. Use any cardio machine in our centers that keeps track of calories to scorch as many as possible to win your weight category! Prizes for top finishers in each weight category include YMCA merchandise, program dollars, coffee shop gift card, and personal training. There will be a log sheet (individual weight will be anonymous to other members) in the centers to track your calories burned. Weight categories include 100-150lbs, 150-175lbs, 175-200lbs, 200-225lbs, 225lbs+

Member Only

\$5.00

**LUCKY CLOVER CHECK-IN CHALLENGE****MARCH 3 - 30, 2024****Age 18 & Older**

Check-in to either YMCA 3 times a week for the four full weeks in March. Each week participants having the correct number of check-ins will receive a leaf for their lucky four-leaf clover. Complete your clover for a chance to win a prize! There will be multiple winners drawn from those who complete the challenge. Register at Welcome Desk or online. **Registration deadline is February 27, 2024.**

Member Only

Free



## SHEBOYGAN SEMINARS

**TRAINING FOR VERTIGO & BALANCE****MONDAY, MARCH 25, 2024****Age 18 & Older**

This seminar is designed to help individuals train their vestibular system through exercise to better cope with issues related to vertigo and balance. Included will be interactive demonstration along with exercise handouts for those in attendance. This program will meet in the East gym at the Sheboygan Y and is presented by Clint Ward, ACE certified personal trainer.

Monday ..... 2:00pm - 3:00pm

Member

\$7.00

Participant

\$11.00

**Q & A WITH THE PERSONAL TRAINERS****MONDAY, MARCH 11, 2024****Age 15 & Older**

This seminar is a great way to "pick the brains" of the personal trainers. Why X amount of reps for desired outcomes? What is the optimal rest period for a particular muscle group? Close grip vs wide grip for back and chest? How to add muscle mass fast, and much much more! Presented by Michelle Bustamante and Clint Ward (ACE certified personal trainers).

Monday ..... 1:00pm - 2:00pm

Family Member

\$7.00

Youth Member

\$9.00

Participant

\$11.00



**7:30am start on  
Thursday, July 4**



More  
information on  
the Y Website



**Register  
Online**

**Registration will  
open Thursday,  
February 1st**

### FITNESS CLASS 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.

**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.

**Aqua Fitness** is a total body workout using resistance of water. Class is in deep water on Thursday.

**Arthritis Aquatics** - participants are led through a series of specially designed exercises which help improve joint flexibility. This class will help add muscular strength and endurance with a minimum of injury.

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

**Basic Cycling** - This is a great class for the novice cyclist. Going over the basics, your instructor will take you through a few flat roads, hills, and sprints, with enough recovery in between - all to some awesome tunes!

**Barre** has elements of pilates, yoga and strength training using your own bodyweight 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.

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

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

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

**Butts 'n Guts** shapes and sculpts your abs, glutes and back.

**Customized Yoga** is a group setting class for all levels. Great for those who have problem areas or weaknesses they want to work on, Jenny will tailor the class to the needs of those attending.

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

**Dance, Kick, Lift** - A fun mix of dance fitness, cardio-kickboxing, and light weight/high rep strength training - all choreographed to some of the hottest music!

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

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

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

**Line Dancing Fun** - Dust off your boots and join us for our new Line Dancing class 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.

**Qigong (Chinese Yoga)** is derived from the Moh Pai Kempo and Pai Hu Shih systems of Shaolin Kung Fu. The system incorporates a series of flowing movements and forms focusing on flexibility, balance and conscious breathing.

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

**Saturday Strength** - It's instructor's choice with this strength workout to hit every muscle group in the body. Formats may include BodyPump™, circuits, intervals and more!

**SilverSneakers®** 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.

**SilverSneakers® 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.



## FITNESS CLASS DESCRIPTIONS &amp; INFORMATION

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

**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.

**TRX Total Body Blast** - Work to strengthen your entire body with the use of the TRX suspension trainer, weights, resistance bands, and body weight training. This class focuses on compound strengthening exercises that include multiple joint, functional movements. Short intervals of cycling will be incorporated in order to drive the heart rate and feel that muscle burn; 45 mins of solid, focused work—are you in?

**TRX 101** - A free intro class for those who have never participated in a TRX class before. This mini session, offered 20 mins before the first regular class of the month, is required before attending the other TRX class options offered at the YMCA.

**Tai Chi** is a deep, meditative, internal Chinese practice. At its original core, it is a martial art, but it is commonly practiced and taught in a manner that strengthens and promotes the mind, body and health of dedicated practitioners. We will focus on the 'Yang style' of Tai Chi Chuan, both the short and long forms. This practice will improve memory, balance, flexibility, stamina and core strength. The motions, one by one, are relatively easy to learn, but will challenge one's mind to string together over time and incorporate into one's "muscle memory." There is also a meditative aspect of the art that will improve one's peace of mind and ability to relieve stress.

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

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



**Adult ballet for fun and fitness! It's a great way to use your brain while you train. Adult dance and drama classes listed on page 15**

## ZOOM FITNESS CLASS OPTIONS

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

## SHEBOYGAN FALLS CLASSES

Jen: jkovacs@sheboygancountymca.org

## FITNESS CLASS INFORMATION

Age 15 & Older

- **Non-members are welcome to participate in Fitness Classes! Drop-in Fee is \$8.00.**
- **Our fitness schedule is subject to change.** It is published separately from the brochure.
- **The fitness schedules are updated about once a month** and are available at the Welcome Desk or on our website at [www.sheboygancountymca.org](http://www.sheboygancountymca.org).
- **Warm-ups are an important part of each class!** Please arrive 5 minutes before the start of each class

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

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

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

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

(920) 451-8000 x114

[mbustamante@sheboygancountymca.org](mailto:mbustamante@sheboygancountymca.org)

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

(920) 467-2464 x219

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

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



## SHEBOYGAN COUNTY YMCA 2024 CLASS REGISTRATION FORM

Family Last Name \_\_\_\_\_ Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Security Password \_\_\_\_\_

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

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

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

Class Description	<input checked="" type="checkbox"/> Location	Day & Time	Spring I	Fee
	SHEB SFY		<input type="checkbox"/> 8 weeks	\$
	SHEB SFY		<input type="checkbox"/> 8 weeks	\$
	SHEB SFY		<input type="checkbox"/> 8 weeks	\$

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

Class Description	<input checked="" type="checkbox"/> Location	Day & Time	Spring I	Fee
	SHEB SFY		<input type="checkbox"/> 8 weeks	\$
	SHEB SFY		<input type="checkbox"/> 8 weeks	\$
	SHEB SFY		<input type="checkbox"/> 8 weeks	\$

**Total Amount of all Program Fees \$** \_\_\_\_\_

**Check # or Cash** \_\_\_\_\_

**Charge Card #** \_\_\_\_\_

**Exp Date** \_\_\_\_\_ **3 Digit Code** \_\_\_\_\_

**Sheboygan YMCA** ..... **FAX 920-451-8019**

**Sheboygan Falls YMCA** ..... **FAX 920-467-4641**

### Office Use Only

Receipt # \_\_\_\_\_ Amount Paid \_\_\_\_\_

Date Received \_\_\_\_\_ Staff Initials \_\_\_\_\_

Checked By \_\_\_\_\_

## REGISTRATION OPTIONS

### In Person or Fax

Registration may be done week days from 9:00am - 5:00pm or fax (credit card only) to 920-451-8019 or 920-467-4641.

- **Phone registration is not accepted.**
- **Class cancellations must be in writing.**

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

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

- **Vouchers are now available to redeem when registering for programs online. Vouchers are valid for one year from the issue date.**

### Drop Off

Drop off registrations (check or credit card) will be accepted in advance, however they do not receive priority. Registrations are held until the appropriate day, then processed in random order. Registration will not be processed without the payment.

## REGISTRATION INFORMATION

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

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

## REGISTRATION CANCELLATION POLICY

If a class is cancelled by the YMCA, you will be refunded in full within two weeks either by check, credit card or a class voucher. Once classes have begun, there are no refunds unless a medical excuse is received in writing. Refunds are charged a \$5.00 administrative fee.

## REGISTRATION CHANGE POLICY

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