



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRING ON SUMMER



Revised: June 7, 2024
SHEBOYGAN COUNTY YMCA
SUMMER SESSION: JUNE 10 - AUGUST 24, 2024
www.sheboygancountyyymca.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

SUMMER SESSION JUNE 10 - AUGUST 24, 2024

REGISTRATION BEGINS AT 5:00AM

Member Monday, May 20
Participant Thursday, May 23

YMCA BUILDING HOURS MAY 28 - SEPTEMBER 1, 2024

SHEBOYGAN YMCA

Monday - Thursday	5:00am - 9:00pm
Friday	5:00am - 8:00pm
Saturday	7:00am - 3:00pm
Sunday (Members Only)	7:00am - 2:00pm

*Business Hours: Monday thru Thursday 5:00am - 8:00pm
Friday 5:00am - 7:00pm
Saturday 9:00am - 1:00pm
Sunday 8:00am - 12:00pm*

SHEBOYGAN FALLS YMCA

Monday - Thursday	5:00am - 8:00pm
Friday	5:00am - 7:00pm
Saturday	7:00am - 12:00pm
Sunday	CLOSED

*Business Hours: Monday thru Thursday 7:30am - 6:00pm
Friday 7:30am - 5:30pm*

CAMP Y-KODA

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

Independence Day	July 4	CLOSED
Sheboygan Y Only*	August 9-11	CLOSED
Labor Day	September 2	CLOSED

***Due to the Mercury Racing Midwest Challenge power boat races at Deland Park**

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REGISTRATION INFORMATION

Start planning your summer, 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

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

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](#)



FOR YOUTH DEVELOPMENT®
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Michael Gustafson Appointed Sheboygan County YMCA's New CEO



The Sheboygan County YMCA Board of Directors announces the appointment of Michael Gustafson as the new YMCA CEO effective June 2, 2024 following the retirement of Donna Wendlandt on June 1st. Mike began his 30-year Y career at the Sheboygan County YMCA in 1992 as the Program Director for the Sheboygan Falls Y. He was promoted to Camp Y-Koda Executive Director in 1998 and has served as the Sheboygan Falls Executive Director from 2001 to the present. During his tenure he served as the corporate Y brand manager, corporate Y IT manager,

social media manager and on the COVID Y leadership team. He has developed strong relationships with our Y board members, Y members, Y Leadership team, staff and the community.

Mike is a graduate of UW Oshkosh with a B.S. degree in Sports Management and a minor in Business. He holds a Y USA Organizational Leadership Certification, has completed the Y USA CEO Institute, is a current High School and NCAA Football Official, and Wisconsin DNR Hunter Safety Instructor.

He is the current Board Chairman of Family Connections, a member of the Sheboygan Falls Chamber Economic Development Committee and a member of the Sheboygan Falls Kiwanis Club. The Sheboygan County Y Board of Directors looks forward to working with Mike as the organization's seventh CEO, ensuring the organization's long term sustainability and success.



SPECIAL SHORT-TERM

SUMMER MEMBERSHIPS

BEAT THE HEAT



SPEND THE SUMMER AT THE Y!

Special 4 Month Membership for the price of 3.

Available for Purchase • June 1–July 31, 2024



Young Adult (18 – 24 YRS) \$125

Adult (25–64 YRS) \$145

Single Parent/Single Child Family \$215

Family \$245

Senior Adult (65+) \$125



Add 24/7 Access at
Sheboygan Falls Y for
only \$45



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 10th 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.

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.sheboygancountymca.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
<i>Hours subject to change without notice if no children present AM - close at 12:30pm; PM - close at 6:30pm (M-TH)/6pm (F)</i>	
SHEBOYGAN FALLS YMCA CHILD WATCH HOURS	
Monday - Friday	8:45am - 11:30am
<i>Please call 920-467-2464 between 7:30am - 6:00pm (Monday - Friday) to reserve a spot.</i>	

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.



Y Freedom Run 40th Anniversary!



7:30am start Thursday, July 4
Start and Finish at the Sheboygan YMCA

2-Mile Run | 5-Mile Run | 2-Mile Walk



More
Information

Your participation benefits the YMCA
Partners with Youth Program, which
provides scholarship Y memberships
and summer camperships to at-risk
and financially challenged children,
teens, adults, and families.



Sign up online

26th Annual Y Golf Fore Kids Outing

Monday, July 22, 2024



Join the YMCA at Town & Country Golf Club for 18 holes of golf,
games, lunch and more!

- Event proceeds benefit the YMCA Partner with Youth Program and Y Endowment. Over the past 25 years, we have raised over a half a million dollars!
- Consider golfing in this event, \$125 per golfer or \$500 for a foursome.
- Donate an auction item.
- Be a hole sponsor for a \$200 donation.
- Be an Eagle sponsor for \$1,000. It includes golf foursome, hole sponsorship and donation to the event.
- Check-in begins at 9:00am, shot gun start at 10:00am.

For further information, please contact Donna Wendlandt at 920-451-8000. Check the Y website at www.sheboygancountyymca.org for event information and registration form.



Falls YMCA Wisconsin Timber Rattlers Fundraiser Event

Friday, July 12th
Game Time: 6:40pm
Fox Cities Stadium • Appleton, WI
Box seats: \$15 • Bleacher seats: \$12



Families of All Ages welcome!

Looking for a fun family night out? Come join the Falls YMCA for a fun night at the Timber Rattlers baseball game! This fundraiser will help the Sheboygan Falls YMCA to continue our mission as the national leading nonprofit committed to helping people and communities learn, grow and thrive. The Y is dedicated to inspiring positive change near and far.

For each ticket purchased the Y will receive \$3 back. The night will included a free t-shirt for the first 1,000 fans, kids get to run the bases after the game, and fireworks! Kids under the age of 2 years will not need to purchase a ticket. Tickets must be purchased through the specialized link below or by using the QR Code. Parking will be \$6 with using the link, \$7 on game day. Come have a fun night at the ball field!



Questions? Please contact Ashley at aliermann@sheboygancountymca.org or 920-467-2464.

<https://fevo-enterprise.com/event/SheboyganYMCA2024>



KIDS VARIETY FUN DAY AT SHEBOYGAN YMCA TUESDAY, JULY 2, 2024



Grades 1 - 4 in Fall 2024

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

Bring the following for a fun-filled day:

- Brown-bag lunch
- Swim suit
- Towel
- Sunscreen (for outdoor activities)
- Water bottle

Snacks will be provided.

Tues8:30am - 4:30pm

Family Member	\$28.00
Youth Member	\$32.00
Participant	\$45.00

FUNDAY



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**

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 25 yards (1 length) of front crawl without stopping?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim 50 yards (1 lap) without stopping?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim 150 yards (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@sheboygancountyyymca.org to answer any questions about the swim lesson program.

SWIMMING LESSONS AT THE SHEBOYGAN YMCA					
5-WEEK SUMMER 1: JUNE 10 - JULY 20, 2024			5-WEEK SUMMER 2: JULY 22 - AUGUST 24, 2024		
BREAK WEEK: NO CLASSES JULY 1 - 6			Lessons meet 1x/week for 5 weeks!		
SWIM STARTERS <i>(Parent & Child Classes!)</i>			LOCATION: GARTON POOL		
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Baby A	6 Mo - Age 3	9:30-10:00am		6:30-7:00pm	
Baby B	1.5 - 3 yrs*	5:00-5:30pm		10:30-11:00am	
	<i>*recommended age (children who can respond to verbal cues and can jump on land)</i>				
PRESCHOOL SWIM BASICS <i>(without parent)*</i>			LOCATION: GARTON POOL		
<i>* New Students: Please see chart on Page 6 to determine which class level is most appropriate for your child</i>					
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Stage 1	3 yrs - 5 yrs	10:00-10:30am	4:00-4:30pm	10:00-10:30am	4:00-4:30pm
		5:30-6:00pm		5:00-5:30pm	
		6:30-7:00pm		6:00-6:30pm	
Stage 2	3 yrs - 5 yrs	10:00-10:30am	4:00-4:30pm	5:00-5:30pm	4:00-4:30pm
		5:30-6:00pm			
		6:30-7:00pm			
Stages 3 & 4	3 yrs - 5 yrs	10:30-11:00am	4:30-5:00pm	9:30-10:00am	4:30-5:00pm
				5:30-6:00pm	
GRADE SCHOOL SWIM BASICS			LOCATION: GARTON POOL		
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Stages 1 & 2	Age 5+ yrs	6:00-6:30pm	5:00-5:30pm	10:00-10:30am	5:00-5:30pm
				6:00-6:30pm	
Stage 3	Age 5+ yrs	10:30-11:00am	4:30-5:00pm	9:30-10:00am	4:30-5:00pm
		6:00-6:30pm	5:00-5:30pm	5:30-6:00pm	5:00-5:30pm
GRADE SCHOOL SWIM STROKES			LOCATION: VERHULST POOL		
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Stage 4	Age 5+ yrs	10:00-10:30am	5:00-5:30pm	9:30-10:00am	5:00-5:30pm
		10:30-11:00am		10:00-10:30am	
		5:30-6:00pm		5:30-6:00pm	
		6:00-6:30pm		6:00-6:30pm	
Stages 5 & 6	Ages 6+ yrs	9:30-10:00am	5:30-6:00pm	10:30-11:00am	5:30-6:00pm
		6:30-7:00pm		6:30-7:00pm	

- Summer Lessons fill quickly! You can register for one or both sessions when registration opens.
- If your child can no longer attend a class they are registered for, please contact the front desk to have them removed from the roster as soon as possible so another child has the opportunity to join the class.
- End of session progress reports will not be issued over summer. If you are unsure what class to register your child for in fall, please contact Aquatic Director.

5-WEEK SWIMMING LESSON FEES		
	Preschool	Grade School
Family Member	Free	Free
Youth Member	\$35.00	\$25.00
Participant	\$70.00	\$50.00

SWIM TEAM

NO SWIM TEAM PRACTICE
JULY 3RD & 4TH

SUMMER JUNIOR SWIM TEAM
JUNE 10 - JULY 24, 2024

Ages 5-8
Swimmers develop the four competitive strokes: free style, back stroke, breast stroke and butterfly. This program is run by Coach Derek Schieble and includes optional competition opportunities. Held in both pools. **Prerequisite: Must be able to swim front crawl 15 yards or have completed swim lessons Grade School Stage 3.**

Mon & Wed	4:00pm - 5:00pm
Family Member	\$130.00
Youth Member	\$143.00
Participant	\$182.00

NOVICE SWIM TEAM
JUNE 11 - JULY 25, 2024

Ages 9 & older
Join this program to learn and develop the four competitive strokes to see what the competitive swimming world is like on the Chinooks team. This program is designed to build endurance in swimmers. Competition opportunities will be available. Held in the Verhulst pool. **Prerequisite: Must be able to swim front crawl 25 yards or have completed swim lessons Grade School 3.**

Tues & Thurs.....	4:00pm - 5:00pm
Family Member	\$130.00
Youth Member	\$143.00
Participant	\$182.00

SENIOR SWIM TEAM
JUNE 10 - JULY 25, 2024

Ages 9 & older
This program is open to all experienced competitive swimmers. The goal of the program is to incorporate dryland training along with in water time to develop endurance and power. The program is run by Head Swim Coach Brayden Schuh and will offer competition opportunities.

Mon & Wed	3:15pm - 5:30pm
Outdoor dry land conditioning (weather permitting)	3:15 - 4:00pm
In Pool	4:00 - 5:30pm
Thurs (in pool)	6:00pm - 7:30pm
Family Member	\$190.00
Youth Member	\$209.00



POOL SHUTDOWN FOR CLEANING


Both the Verhulst and Garton Pool will close Friday, August 23 and re-open on Tuesday, September 3rd at 5am.

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



BIRTHDAY PARTIES

Private parties: swim in the Garton Pool Saturdays from 1:45-2:30pm with the use of the party room before swimming. Parties may also choose to swim during Youth Rec & Family Swim Time periods. For more information, please see page 15.





SHALLOW WATER AEROBICS

Age 15+

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

Monday..... 8:30am - 9:30am

Instructor: Sue

Wednesday..... 8:30am - 9:30am

Instructor: Amy

Member Free

Participant \$8.00

DEEP WATER AEROBICS

Age 15+

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

Thursday..... 8:30am - 9:30am

Instructor: Sue

Member Free

Participant \$8.00



NOW SEEKING WATER VOLLEYBALL PLAYERS

Ages 15+

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. There is a core group that plays regularly and they would love for more people to join in on the fun! Some volleyball experience is preferred but not required.

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

Tues and Thurs 12:15pm - 1:30pm

Member Free

Participant \$10.00

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

AI CHI AQUATICS CLASS

Age 15+

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

Tues & Thurs..... 10:35am - 11:00am

Member Free

Participant \$8.00

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

- Shifts available: Early mornings, day time, evenings and weekends

Swim Instructors

- Shifts available: Mornings, evenings and weekends.

For more information, contact Heather Nitsch, Aquatics Director at 920-451-8000, Ext 129 or 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.

ROCKERS & ROLLERS

Ages 3 Years

Rockers and Rollers is for our 2.5-3.5 year olds who have graduated from our Family Movement class or have surpassed the skill level of our YMCA Family movement class with parent and are looking for a non-parent option to advance skills and continue their passion for gymnastics. This class will be with a smaller child to coach ratio where your child will be honing on a handful of skills each week from the basics of USA-Gymnastics! If interested please register your child today!

TUMBLE TOWN

Families - 8 Years

More than a lesson - a 35-minute level and age appropriate class followed by 10 minute family rec workout all in one class time. The groups will be divided into family, 4-5 year olds, 6-8 year olds for a lesson then the gym opens up for everyone to interact and play with each other. Great for families to have multiple children at once receive a lesson, a time for the kids to show the parents what they learned and to play together.



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!.

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

PARKOUR FOR BOYS & GIRLS

Ages 4 - 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.

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!

CAMP CARTWHEEL

Ages 9 & older

More than a lesson - a 35-minute level and age appropriate class followed by 10 minute youth rec workout all in one class time. The groups will be divided into 9-11 year olds and 12 and older for a lesson, then the gym opens up for everyone to interact and play with each other. Great for families to have multiple children at once receive a lesson, a time for the kids to show the parents what they learned and to play together.



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 tgarbe@sheboygancountyyymca.org.

SHEBOYGAN YMCA FAMILY, PRESCHOOL, GRADE SCHOOL, AND MIDDLE SCHOOL GYMNASTICS							
5-WEEK SUMMER 1: JUNE 10 - JULY 20, 2024				5-WEEK SUMMER 2: JULY 22 - AUGUST 24, 2024			
BREAK WEEK: NO CLASSES JULY 1 - 6				NO CLASSES AUGUST 9 & 10			
FAMILY	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Movement	Crawlers - Age 4	6:00-6:45pm	9:15-10:00am	9:15-10:00am		9:15-10:00am	
(1 Child/1 Adult; co-ed)		6:45-7:30pm		10:00-10:45am			
				6:00-6:45pm			
* ALL FAMILY MOVEMENT CLASSES ARE IN THE UPSTAIRS GYM *							
PRESCHOOL	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rockers & Rollers (without parent)	Ages 3 yrs		10:00-10:30am	2:00-2:30pm			
Gymnastics (1 Child/1 Adult; co-ed)	Ages 4 - 5	5:30-6:15pm	11:30am-12:15pm				9:30-10:15am (without parent)
Tumble Town	Crawlers - Age 8				4:45-5:30pm		
					5:30-6:15pm		
Little Springers	Ages 4 - 6	6:15-7:00pm	9:15-10:00am				
GRADE/MIDDLE	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Girls Gymnastics	Ages 6 - 8	4:00-4:45pm	10:00-10:45am	1:15-2:00pm			
		4:45-5:30pm					
Girls Gymnastics	Ages 9 - 11		10:45-11:30am				
Novice Gymnastics (co-ed)	Ages 6 - 11	5:45-6:30pm		12:30-1:15pm			10:15-11:00am
Boys Gymnastics	Ages 6 - 11	4:00-4:45pm					
Girls Pre-Team	Ages 6 - 14	4:45-5:45pm	12:15-1:15pm				11:00am-12:00pm
Parkour (co-ed)	Ages 4 - 5					12:00-12:45pm	
	Ages 6 - 8					12:45-1:30pm	
	Ages 9 - 11					1:30-2:15pm	
Camp Cartwheel	Ages 9 - 11				4:00-4:45pm		
	Ages 12-17				6:15-7:00pm		
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,							
** No Youth or Family Rec Gymnastics Friday,							
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 5-Week Session

	30 Minutes	45 Minutes	One Hour
Family Member	\$15.00	\$24.00	\$31.00
Youth Member	\$18.00	\$28.00	\$37.00
Participant	\$26.00	\$40.00	\$52.00

[CLICK HERE TO REGISTER FOR FAMILY AND YOUTH REC GYMNASTICS](#)

- SUMMER 1 - Break week July 1-6 - No gymnastics or rec classes
- SUMMER 2 - No classes Friday & Saturday, August 9-10 due to boat races at Deland Park; fees will be prorated

GYMNASTICS & FINE ARTS

SHEBOYGAN COUNTY YMCA SPRINGERS

We will be accepting registration for our 2024-2025 Springers Gymnastics Team as space allows. Team begins July 15, 2024. The website has registration information (www.sheboygancountyymca.org). Please contact Denice Nugent at 920-451-8000 x123 or dnugent@sheboygancountyymca.org.

2024 SPRINGERS GYMNASTICS TRAINING TEAM

AUGUST 6 - 28, 2024

Boys Ages 6 - 18

Girls Ages 4 - 18

Experience the Springers Gymnastics Team workout led by team coaches in this exclusive program. Acquire the strength, flexibility and skills necessary to join the team. 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. Please contact Denice Nugent at dnugent@sheboygancountyymca.org or 920-451-8000 x123 for more information.

Tues & Wed 3:30pm - 5:00pm


Member	\$75.00
Participant	\$120.00

Y Nationals June 2025

[Click here for Summer Gymnastics Clinics](#)

BIRTHDAY PARTIES

See Page 15 for more information on how you can schedule your gymnastics birthday party now!



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@sheboygancountyymca.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	Private Lesson - 30
Minutes	
Family Member \$30.00	Family Member \$22.00
Youth Member \$35.00	Youth Member \$23.00
Participant \$60.00	Participant \$44.00


MAY FINE ARTS EVENTS

FAMILY DANCE PARTY

SATURDAY, MAY 25, 2024

Ages 5 - 12 years w/parent

Spend the afternoon dancing with mom or dad! Learn basic ballet movements, play games, and perform a dance together. It's fun for the whole family!



Saturday	1:30pm - 2:30pm
Member	\$7.00
Participant	\$12.00

DANCE TEAM PREP

MAY 28 & 30, 2024

Ages 10 - 16

Review the basics of jazz, ballet, and poms. This course will review proper technique, musicality, and combinations that will prepare you for the Y's performance dance team!

Tues & Thurs..... 4:30pm - 6:00pm

Member	\$21.00
Participant	\$36.00



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 6th 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





YMCA BIRTHDAY PARTIES



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

Birthday parties at the Sheboygan YMCA include 45 minutes of dance, gymnastics or swimming (gym parties are 60 minutes) and 60 minutes in a reserved party area. and based on these options, include appropriate staff. Parties are for up to 12 children in dance, up to 12 children in gymnastics, up to 20 children in swimming, and up to 20 children in the gym. 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, Taylor Garbe 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 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

60 minutes of 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 Dance or Swimming 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 dance and swimming. Your group will have 45 minutes of fun in each area. The fees below are for swimming during open rec swim times. There is an additional fee for private swim times (if available).

Party	Description	Time	Family Member	Youth Member	Participant
Dance	PRIVATE party	45 Minutes	\$115.00	\$130.00	\$165.00
Gym	PRIVATE party	60 Minutes	\$85.00	\$100.00	\$130.00
Gymnastics	Party during OPEN WORKOUT	45 Minutes	\$100.00	\$115.00	\$145.00
	PRIVATE party	45 Minutes	\$145.00	\$165.00	\$190.00
Swimming	Party during RECREATION SWIM	45 Minutes	\$100.00	\$115.00	\$145.00
	PRIVATE party	45 Minutes	\$145.00	\$165.00	\$190.00
Ultimate	Combination of Any two	45 Minutes x 2	\$220.00	\$245.00	\$290.00

- The fees include a reserved party area for another 60 minutes of birthday celebration after activity.
- Swim parties include a 10 - 15 minute transition time.
- Add 1 hour of Gym time with play equipment to any party for just \$40.

Revised 3/27/24

FINE ARTS PROGRAMS

FINE ARTS DEPARTMENT

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



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

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

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.

SUMMER DANCE PARTIES

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

Friday (Sheboygan YMCA) 10:30am - 11:30am
Friday (Falls YMCA) 2:30pm - 3:30pm

Family Member \$7.00
Participant \$12.00

*** Note time change for these parties only!!**

Sheboygan Falls YMCA		Sheboygan YMCA	
Location: MPR		Location: Studio A	
Ages 4 - 6	Date	Ages 4 - 6	Date
Boom Zaramay	6/28	Let It Go	6/21
House of Mouse	7/19	Pup Pup Boogie	7/12
Dance The Night Away	8/2	Dance Mode	7/26
Mermaids 10:30-11:30	8/9*	Princess 2:30-3:30pm	8/16*
Ages 7 - 12	Date	Ages 7 - 12	Date
Into the Unknown	6/21	Dance Craze	6/28
Band Together	7/12	Video Games	7/19
Heroes & Villains	7/26	Rotten to the Core	8/2
In My Dance Era	8/9	Like The Zombies Do	8/16

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.

BALLET

Ages 4 - 6

Ages 6 - 12

Ages 7 - 16

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

POMS

Ages 6 - 10

Learn the fundamentals of pom, along with kicks, jumps, leaps, and turns.

TAP

Ages 6 - 12

Our tap class teaches rhythm, the differentiation of the parts of the feet and 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.

MUSICAL THEATER

Ages 7 - 16

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.

YOUNG CHOREOGRAPHERS

Ages 8 - 16

Students will learn how to choreograph using the elements of movement to create their own dances. The perfect class for the creative mind wanting to express themselves through movement.

CENTER STAGE

Ages 8 & up

This class is for beginners and intermediate acting skills. Open to all acting levels with a part for everyone!

DANCE TEAM

Ages 10 - 16

Classes will focus on ballet, jazz, and poms techniques in an educational and fun environment. The team performs throughout the summer. Must have previous dance experience to join.

ADULT BALLET/JAZZ

Ages 18+

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

SUMMER DANCE CLASSES

5-WEEK SUMMER 1: JUNE 10 - JULY 20, 2024

5-WEEK SUMMER 2: JULY 22 - AUGUST 24, 2024

BREAK WEEK JULY 1 - 5: NO FINE ARTS CLASSES

Sheboygan Y Dance Classes meet in Studio A

Falls Y Dance Classes meet in the MPR

DANCE CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Creative Movement	Ages 2 - 4			5:00-5:30pm	
Ballet (Falls Y)	Ages 4 - 6	4:30-5:00pm			
Tap (Falls Y)	Ages 6 - 12	4:00-4:30pm			
Ballet (Falls Y)	Ages 7 - 12	3:30-4:00pm			
Jazz/Hip Hop	Ages 7 - 14		1:30-2:15pm		
Adult Ballet/Jazz	Ages 18+				5:30-6:15pm

PROGRESSIVE SUMMER DANCE & DRAMA CLASSES

10-WEEK SUMMER CLASSES: JUNE 10 - AUGUST 24, 2024

BREAK WEEK JULY 1 - 5: NO FINE ARTS CLASSES

Fine Arts Classes meet at the Sheboygan Y in Studio A

DANCE CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Poms	Ages 6 - 10		2:15-3:00pm		
Ballet	Ages 7 - 16		3:15-4:00pm		
Musical Theater	Ages 7 - 16			4:00-4:45pm	
Center Stage	Ages 8+			5:30-7:00pm	
Young Choreographers	Ages 8 - 16			3:00-3:45pm	
Dance Team (meets 2x /wk)	Ages 10 - 16		4:30-5:15pm		4:30-5:15pm

10-Week classes participate in an end of summer recital



FINE ARTS SUMMER FEES

5-Week Session Fee	30 Minutes	45 Minutes
Family Member	\$32.00	\$42.00
Youth Member	\$37.00	\$47.00
Participant	\$52.00	\$72.00

10-Week Session Fee	45 Minutes
Family Member	\$82.00
Youth Member	\$92.00
Participant	\$142.00
10-Week Session Fee	Dance Team (2x per week)
Member	\$165.00
Participant	\$285.00

PEE WEE & MIGHTY MITE PROGRAMS

PEE WEE AND MIGHTY MITE PROGRAMS						
5-WEEK SUMMER 1: JUNE 10 - JULY 19, 2024				5-WEEK SUMMER 2: JULY 22 - AUGUST 23, 2024		
PEE WEE SPORTS	Y	AGE	DAY	TIME	LOCATION	SESSION
Pee Wee T-Ball	S	Ages 3 - 5	Wed	5:00 - 5:45pm	Veteran's Park, North Diamond	Summer 1 & 2
	S	Ages 3 - 5	Tues	4:00 - 4:45pm	Veteran's Park, North Diamond	Summer 1 & 2
	F	Ages 3 - 5	Thur	4:15 - 5:00pm	River Park or Lohmann Gym	Summer 1 & 2
Pee Wee Soccer	F	Ages 3 - 5	Wed	4:15 - 5:00pm	Falls Y north side green space or Lohmann Gym	Summer 2
MIGHTY MITE SPORTS	Y	GRADE	DAY	TIME	LOCATION	SESSION
MM Summer Basketball	S	Grades 1-2	Mon	5:00 - 6:00pm	Muth Gym	Summer 1 & 2
MM Summer Soccer	F	Grades 1-2	Mon	4:00 - 5:00pm	Falls Y North Side Green Space or Lohmann Gym	Summer 1
Tennis 101	S	Ages 5-8	Thur	4:00 - 5:00pm	Deland Park Tennis Courts	Summer 1 & 2
MM Coach Pitch Baseball	S	K - Grade 2	Tues	5:00 - 6:00pm	Veteran's Park, North Diamond	Summer 1 & 2

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	\$22.00
Youth Member	\$25.00
Participant	\$39.00



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

Family Member	\$29.00
Youth Member	\$33.00
Participant	\$47.00

**BREAK WEEK JULY 1 - 5
NO YOUTH CLASSES**



TENNIS 101

Ages 5 - 8

The Sheboygan YMCA is excited to be partnering with the Sheboygan County Tennis Association (SCTA) and the USTA to bring you this exciting new program geared towards the beginner player called Tennis 101!

Tennis 101 provides developmentally appropriate teaching and play methods that follow a clear progression pathway that supports multi-sport/multi-activity in an atmosphere that's fun and athlete centered. **This program will meet at the Deland Park Tennis Courts.**

Family Member	\$29.00
Youth Member	\$33.00
Participant	\$47.00

SUMMER HIGH SCHOOL VOLLEYBALL

HIGH SCHOOL GIRLS VOLLEYBALL LEAGUE
JUNE 11 - AUGUST 6, 2024

Freshman and Junior Varsity Girls in Fall 2024

Get your team rosters together for our annual summer volleyball league. This league is for girls who will be on the freshman or junior varsity volleyball team from the same school district to improve their teamwork and get ready for the Fall 2024 season. Matches will be played on Tuesday evening at the Sheboygan Falls YMCA. For more information, please contact Ashley at 920-467-2464 x207. **Registration deadline is May 31, 2024.**

Team Fee \$158.00

VARSITY GIRLS SUMMER VOLLEYBALL LEAGUE
JUNE 11 - AUGUST 6, 2024

Varsity Girls in Fall 2024

This league is designed for girls who will be on the varsity volleyball team from the same school district to improve their teamwork and get ready for the upcoming Fall 2024 season. Registration is limited to 12 teams. Matches will be played on Tuesday evening at the Sheboygan YMCA. For more information, please contact Taylor at 920-451-8000 x121. **Registration deadline is June 1, 2024.**

Team Fee \$180.00

KIDS SUMMER YOGA SERIES - OUTSIDE!
SATURDAY, JUNE 29, 2024
SATURDAY, JULY 27, 2024
SATURDAY, AUGUST 31, 2024

Adult / Child Ages 1 - 6 years

Outdoor kids yoga on our beautiful patio. We will have music, yoga, and lots of fun. Appropriate for kids ages 1-6 accompanied by an adult. **Class held at the Falls Y. Fee is per class.**

Saturday 10:30am - 11:00am

Members	Free
Participant (Adult + 1 child)	\$10.00
Each additional child	\$ 2.00

Register for all three & receive the third class free!

KIDS YOGA



HIGH SCHOOL BASKETBALL AT FALLS YMCA

CO-ED HIGH SCHOOL BASKETBALL 9FT LEAGUE
JUNE 17 - JULY 22, 2024

Fall 2024 High School Students

Calling all high school basketball players! Grab a group of friends and come join the Sheboygan Falls YMCA 9ft Basketball League. Games will be on Monday nights starting at 5:00pm. Games will consist of two 20-minute halves with the clock stopping for every whistle blow during the last 2 minutes of each half. For questions about the league please contact Ashley at aliermann@sheboycountyyymca.org or 920-467-2464x207. **Games will be played at the Falls YMCA.**

Team Fee \$80.00



FALL FOOTBALL

MIGHTY MITE FLAG FOOTBALL
AUGUST 19 - OCTOBER 12, 2024

Grades 1 - 2 in Fall 20234

This program includes volunteer-led practices, a skills clinic, modified games, teamwork and sportsmanship. Registration forms will be available for the communities of Kohler, Howards Grove, Oostburg, Plymouth, Random Lake, Sheboygan and Sheboygan Falls.

The day and time of this program varies by community. For more information, please contact Taylor at 920-451-8000 x121 or Ashley at 920-467-2464 x207. **A separate registration form is required. Registration deadline is August 2, 2024.**

Family Member	\$32.00
Youth Member	\$36.00
Participant	\$49.00

TACKLE FOOTBALL LEAGUE
AUGUST 12 - OCTOBER 12, 2024

Grades 3 - 4 in Fall 2024

Grade school tackle football is just as safe if not safer than most youth sports with proper training and equipment. Tackle football is also one of the best ways to learn teamwork, dedication, hard work, commitment and many other valuable life skills. The focus of this league is safety, fundamentals and character building. Games will be played on Saturday afternoons.

Practice days and times are determined by the volunteer coaches. All equipment is provided, except mouth guards and football cleats. The fee includes a \$25.00 equipment fee. **A separate registration form is required. The registration deadline is July 19, 2024.**

Family Member	\$77.00
Youth Member	\$87.00
Participant	\$107.00

YOUTH GOLF LESSONS

JUNE 11-JULY 16, 2024 • JULY 23-AUG 20, 2024

Youth interested in improving and/or learning golf skills will enjoy time on the driving range, practice green and golf course at **Sunset Hills**. Rules and etiquette are also a part of this 5-week program. Range balls are included. Please contact Ashley Liermann at aliermann@sheboygancountyyymca.org if clubs are needed or you would like more information. **No class July 2nd.**

Family Member	\$39.00
Youth Member	\$44.00
Participant	\$59.00

YOUTH TENNIS

This program is for youth who want to work on and learn the fundamentals of tennis. The class will help improve your skills as well as assist you in learning the basic rules of this lifelong sport. Class will meet at the River Park tennis courts or in the gymnasium in inclement weather.

Family Member	\$19.00
Youth Member	\$22.00
Participant	\$35.00

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

This class is an introduction to Teen Strength Training. Children will learn proper form on different body weight exercises, begin incorporating some strength movements and learn how to use cardiovascular equipment in the 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

GAGA BALL/DODGEBALL

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

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

YOUTH & TEEN SPEED, QUICKNESS & AGILITY

Dynamic warm-ups followed by drills involving the following: agility ladder, cones, bands, hurdles and more. Great for all athletes looking to better increase speed, running form change of direction and overall quickness.



Family Member	\$22.00
Youth Member	\$25.00
Participant	\$39.00

NERF BATTLE CHALLENGE

Grab your friends and your nerf gear and come to the YMCA for this Nerf Battle Challenge once a week! Each week we will have different nerf battle 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. If you don't have universal ammo, the Y has extra nerf toys. Don't miss out on the nerf challenge of the summer! **Drop-in based on availability.**

	5 Weeks	Drop-in
Family Member	\$10.00	\$5.00
Youth Member	\$14.00	\$7.00
Participant	\$20.00	\$10.00

GYM CLASS CLASSICS

Play some classic gym games during the summer, including dodgeball, kickball and many other favorites!

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

BREAK WEEK JULY 1 - 5
NO YOUTH CLASSES

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



SUMMER YOUTH PROGRAMS

5-WEEK SUMMER 1: JUNE 10 - JULY 19, 2024				5-WEEK SUMMER 2: JULY 22 - AUGUST 23, 2024		
				NO CLASSES IN SHEBOYGAN FRIDAY AUG 9		
YOUTH PROGRAM	Y	GRADE	DAY	TIME	LOCATION	SESSION/DATES
Youth Golf Lessons		Grades 4 - 8	Tues	4:00 - 5:00pm	Sunset Hills	6/11 - 7/16 OR 7/23 - 8/20
Youth & Teen Speed/ Quickness/Agility	S	Ages 11 - 16	Tues	1:00 - 1:45pm	Varies	Summer 1 & 2
Youth Tennis	F	Grades 3 - 8	Wed	4:15 - 5:15pm	River Park	Summer 1
	F	Grades 3 - 8	Mon	4:00 - 5:00pm	River Park	Summer 2
S.P.A.R.K	S	Ages 10 - 12	Tues & Thur	4:00 - 5:00pm	Lakeview Center	Summer 1 & 2
Gaga Ball/Dodgeball	F	Grades 1 - 5	Fri	2:00 - 3:00pm	Falls Lohmann Gym	Summer 1
Nerf Battle Challenge	F	Grades 1 - 5	Fri	2:00 - 3:00pm	Falls Lohmann Gym	Summer 2
Ga Ga Ball/Dodgeball	S	Grades 2 - 6	Fri	2:00 - 3:00pm	Muth Gym	Summer 1 & 2
Gym Class Classics	S	Grades 2 - 6	Fri	3:00 - 4:00pm	Muth Gym	Summer 1 & 2
TEEN PROGRAM	Y	AGE	DAY	TIME	LOCATION	DATES
Teen Strength Training	S	Ages 12 - 15	Mon	4:00 - 5:00pm	Lakeview Center	Summer 1 & 2
	F	Ages 12 - 15	Wed	3:00 - 4:00pm	Riverview Center	Summer 1 & 2
Teen Personal Training	S	Ages 14 - 17		By Appointment	Lakeview Center	P 920-451-8000
	F	Ages 14 - 17		By Appointment	Riverview Center	P 920-467-2464

KIDS VARIETY FUN DAY • SHEBOYGAN YMCA TUESDAY, JULY 2, 2024



Grades 1 - 4 in Fall 2024

Bring the kids down to the Y for fun filled day of activities and new experiences including gymnastics, swimming, sports/gym games, dance and more! Be sure to pack a lunch but snacks will be provided. Don't forget a swim suit and towel as well as sunscreen and a water bottle for outdoor activities.

Tues 8:30am - 4:30pm

Family Member	\$28.00
Youth Member	\$32.00
Participant	\$45.00

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@sheboygancountyyymca.org

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

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. Fee is for 5-week session.**

Family Member	\$28.00
Youth Member	\$34.00

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

SHEBOYGAN FALLS YMCA SUMMER YOUTH CAMPS

NERF BATTLE CAMP

JUNE 10 - 13, 2024

Grades 1 - 4 in Fall 2024

Grab your friends and your nerf gear for a week of fun during this nerf battle camp! Throughout the week youth will have target practice, talk about nerf safety, different strategies and play different nerf battle games against our friends. Please bring your own nerf toys, the Y will provide the universal nerf ammo for the camp (extra nerf toys are also available). Don't miss out on the best nerf camp of the summer!

Mon - Thur 1:30pm - 3:00pm

Family Member	\$19.00
Youth Member	\$23.00
Participant	\$38.00

GIRLS VOLLEYBALL CAMP

JULY 8 - 11, 2024

Girls in Grades 3 - 6 in Fall 2024

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

Mon - Thur9:30am - 11:00am

Family Member	\$19.00
Youth Member	\$23.00
Participant	\$38.00

GOLF CAMP

JULY 22 - 26, 2024

Grades 4 - 8 in Fall 2024

Looking to get better at your golf game? Come meet coach Ashley at Sunset Hills Golf for a fun week of golf. On Friday camp will meet at Evergreen Golf Course in Plymouth to do 9 holes of golf. During the course of the week we will enjoy time on the driving range, practice green and golf course at Sunset Hills. Rules and etiquette are also part of the camp. Range balls are included during the week. Please contact Ashley at aliermann@sheboygancountyyymcar.org if you need golf clubs.

Mon - Fri9:30am - 11:00am

Family Member	\$39.00
Youth Member	\$44.00
Participant	\$59.00

YMCA FOOTBALL TRAINING CAMP

JULY 29 - AUGUST 2, 2024

Grades 3 - 5 in Fall 2024

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

Mon - Fri9:30am - 11:00am

Family Member	\$21.00
Youth Member	\$25.00
Participant	\$42.00

CLASSIC GYM GAMES CAMP

AUGUST 6 - 9, 2024

Grades 1 - 4 in Fall 2024

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

Tue - Fri9:30am - 11:00am

Family Member	\$19.00
Youth Member	\$23.00
Participant	\$38.00



THE CLUB AT THE Y SUMMER PROGRAM

JUNE 10 - AUGUST 8, 2024

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.

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

Hours of Operation

Mon, Tues, Thur & Fri 12:00pm - 5:00pm
Wed 12:00pm - 3:00pm

Closed July 1 - 5, 2024

No programs offered at the Y on park days

Features

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

SHEBOYGAN YMCA SUMMER YOUTH CAMPS

SHOOT FOR THE STARS BASKETBALL CAMP

JUNE 17 - 20, 2024

Kindergarten - Grade 2 in Fall 2024

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

Mon - Thur 1:30pm - 3:00pm

Family Member	\$19.00
Youth Member	\$23.00
Participant	\$38.00

SPORTS OF ALL SORTS CAMP

JUNE 24 - 27, 2024

Grades 1 - 4 in Fall 2024

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

Mon - Thur 1:30pm - 3:00pm

Family Member	\$19.00
Youth Member	\$23.00
Participant	\$38.00

AUTHENTIC HOOPS BASKETBALL CAMP

JULY 15 - 18, 2024

Grades 4 - 6 in Fall 2024

Grades 7 - 9 in Fall 2024

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

Mon - Thur (Gr 4-6) 10:00am - 11:30am
Mon - Thur (Gr 7-9) 12:00pm - 2:00pm

Family Member	\$27.00
Youth Member	\$33.00
Participant	\$45.00

TENNIS & PICKLEBALL LOVERS CAMP

JULY 15 - 18, 2024

Grades 3 - 6 in Fall 2024

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

Mon - Thur 9:30am - 11:00am

Family Member	\$19.00
Youth Member	\$23.00
Participant	\$38.00

YOUTH STRENGTH/SPEED/AGILITY CAMP

JULY 29 - AUGUST 1, 2024

Grades 4 - 8 in Fall 2024

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

Mon - Thur 1:30pm - 3:00pm

Family Member	\$19.00
Youth Member	\$23.00
Participant	\$38.00

DAN CAMPION BASKETBALL CAMP

AUGUST 12 - 15, 2024

Grades 5 - 9 in Fall 2024

The Sheboygan YMCA is excited to offer a summer basketball camp run by Dan Champion assisted by Jacob Ognacevic, Grant Lipscomb, Casey Verhagen, Delvin Barnstable, Miles Barnstable, and Mason Dopirak. Skill development for a well-rounded game will be the focus of the camp to take your game to the next level!

Mon - Thur 1:00pm - 3:30pm

Family Member	\$37.00
Youth Member	\$44.00
Participant	\$57.00

GIRLS VOLLEYBALL CAMP

AUGUST 12 - 15, 2024

Girls in Grades 3 - 6 in Fall 2024

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

Mon - Thur 9:30am - 11:00am

Family Member	\$19.00
Youth Member	\$23.00
Participant	\$38.00

PERFECT YOUR SHOT SHOOTING CAMP

AUGUST 19 - 22, 2024

Grades 5 - 8 in Fall 2024

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

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

Family Member	\$29.00
Youth Member	\$35.00
Participant	\$47.00

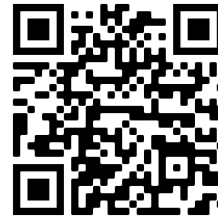




REGISTRATION INFORMATION

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](#)



**SAVE
THE
DATE!**



5th Annual SCARECROW FESTIVAL

October 5 & 6, 2024

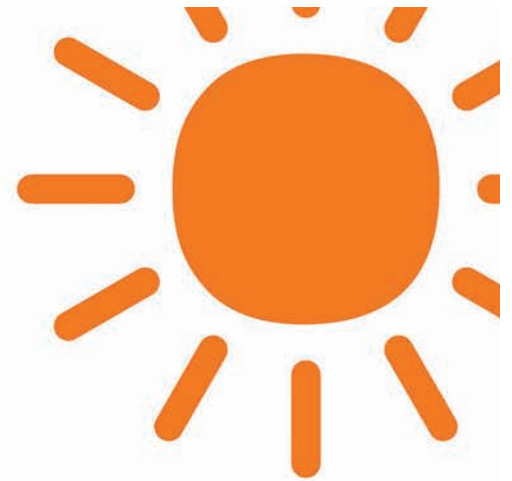
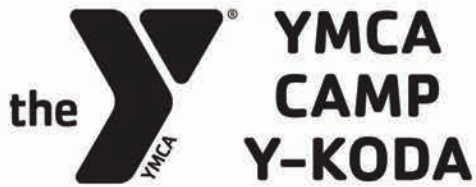
Festival is located in Sheboygan, WI
All proceeds benefit YMCA Camp Y-Koda!



Tickets available in
late August

Scarecrow Building
Contest entry form
coming soon

Stay tuned for more!



YOUR PERFECT SUMMER GIG



**APPLY
NOW**



NOW HIRING FOR 2024

SUMMER CAMP COUNSELORS

**12 WEEKS • \$450 PER WEEK • OUTDOORS
DAY CAMP • 1 WEEKLY SLEEPOVER • JUNE-AUGUST**

(920) 467-6882 • sheboygancountyymca.org/camp-y-koda
kemmons@sheboygancountyymca.org

LIVESTRONG[®] AT THE YMCA



This free physical activity and wellness program is designed to help cancer survivors achieve their health goals! Referrals are accepted on an ongoing basis. For more information, please email dnugent@sheboygancountyymca.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 retention
- 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@sheboygancountyymca.org
- Matt at mmueller@sheboygancountyymca.org



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.

Cancellation Policy

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

**OTHER PERSONAL TRAINING OPTIONS****Personalized Workout**

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

Member Only \$49.00

Sport Specific Workout

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

Fee \$37.00

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

ADULT PROGRAMS & FACILITY INFO

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.

Wed11:00am - 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
JULY 1 - AUGUST 30, 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 June 24, 2024.**

Member	\$30.00
Participant	\$65.00



SHEBOYGAN YMCA FACILITY RENTALS

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

mmueller@sheboygancountyyymca.org

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

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

[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)

SHEBOYGAN YMCA TRAINING WORKOUTS

ADULT FLAG FOOTBALL TRAINING WORKOUTS

SATURDAY, AUGUST 10, 2024

SATURDAY, AUGUST 24, 2024

Age 18 & Older

Get ready or get ahead of the competition by attending one or both of these adult flag football workouts in anticipation of the upcoming season. The workout will consist of football specific drills, agility drills and cover the techniques related to the rules for the upcoming season. **Fee is per workout.**

Instructor/Coach is John Wagner-Personal Trainer, Weight Management Specialist, Sports Performance Coach, and Exercise Rehabilitation Specialist

Saturday 10:00am - 11:00am
 August 10 Meets at Vollrath Park
 August 24 Meets at Deland Park

Family Member	\$9.00
Participant	\$14.00

*** Register for both days and save 20%**



Adult ballet/jazz for fun and fitness!
 Adult dance and drama classes listed on page 15

SUMMER PICKLEBALL

One of today's fastest growing activities, Pickleball opportunities are available for all levels! Below is the summer schedule for both the Sheboygan and Sheboygan Falls YMCA. **Note: Players are responsible for setting up and taking down pickleball nets.**

SHEBOYGAN FALLS YMCA

305 BUFFALO STREET, SHEBOYGAN FALLS

FRIDAYS, JUNE 7 - AUGUST 30, 2024

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

Lohmann Gym - North Court

Friday 4:00pm - 5:30pm*
 Friday 5:30pm - 7:00pm*

***Closed Sundays for summer.**

***These times may change due to gym rentals and other programs.**

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

SHEBOYGAN YMCA

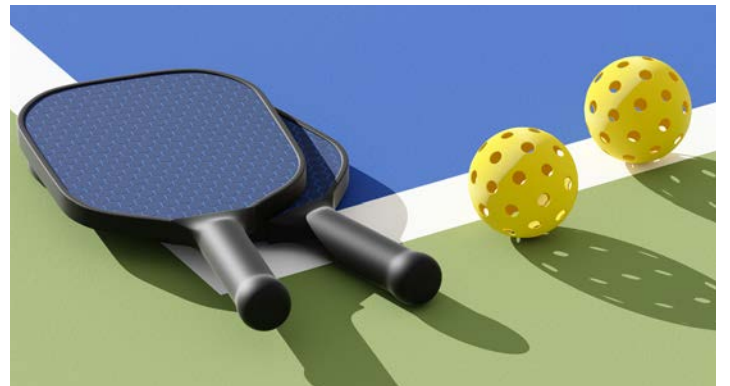
812 BROUGHTON DRIVE, SHEBOYGAN

East Gym - Open Play (2 Courts)

Friday 5:00pm - 7:30pm
 Saturday (members only) 7:00am - 9:00am
 Saturday 9:00am - 1:30pm
 Saturday (members only) 1:00pm - 2:30pm
 Sunday (members only) 7:00am - 1:30pm

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

PICKLE... WHAT?!



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.

Tue & Thur 5:30am - 7:00am
 or
 Mon, Wed & Fri 12:00pm - 1:00pm

Member Only	Free
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DIABETES PREVENTION PROGRAM

NEW CLASS BEGINNING SOON!

Contact **MATT MUELLER** to be added to the wait list

mmueller@sheboygancountyymca.org

Class meets at the Sheboygan YMCA

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

MOVING FOR BETTER BALANCE**JUNE 4 - AUGUST 29, 2024 (12 WEEKS - No class July 2 & 4)****Age 18+**

Tues & Thurs..... 1:00pm - 2:00pm

Member	\$50.00
Participant	\$75.00

Optum/Renew Active Members: Program cost covered with good attendance**HELPING PARTICIPANTS FEEL STRONG, STEADY, AND SAFE**

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

PROGRAM BACKGROUND AND SUMMARY

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

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

PROGRAM BENEFITS

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

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

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

This program is most successful for those:

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

Program will be held at the Sheboygan YMCA with Rita Crook.

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

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

SHEBOYGAN YMCA VOLLEYBALL

ADULT VOLLEYBALL FALL LEAGUES
SEPTEMBER 9 - NOVEMBER 18, 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. The registration deadline is August 16, 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.



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

WOMEN'S 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



4 MILES OF FITNESS

MONDAYS AND WEDNESDAYS 6 - 8PM



4 MILES OF FITNESS AT ROAD AMERICA
MAY - END OF SEPTEMBER 2024

Y Members, enjoy a walk, run or bike ride on the world renowned Road America course. Show your Y membership card at the gate and sign participation waiver to gain access. Pets, scooters, and skateboards are not allowed. **This great opportunity is included with your Y membership!**

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:

mmueller@sheboygancountyyymca.org

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

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

LAKEVIEW PROGRAMS

"WOW" - WOMEN ON WEIGHTS**JUNE 13 - JULY 18, 2024****JULY 25 - AUGUST 22, 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 5-week session.**

SheboyganThursday 9:30am - 10:30am

Member Only**\$27.00**

SHEBOYGAN FITNESS EVENTS

90'S RIDE**SATURDAY, JUNE 29, 2024****Age 18 & Older**

Join Michelle for this all out dance party on your bike while you sing the lyrics to all your favorite music from the 90's! Have fun, torch calories, and reminisce among friends **Registration is limited to 14 people.**

Saturday 9:00am - 9:45am

Member \$7.00

Participant \$11.00

BARRE ON THE BEACH**SATURDAY, JULY 27, 2024****Age 18 & Older**

Bring your mat and a towel, and join Michelle for this total body sculpting and toning class that incorporates high rep, low impact movements.

Saturday 9:00am - 9:45am

Member \$7.00

Participant \$11.00

SHEBOYGAN WORKSHOPS/SEMINARS

LOWER EXTREMITY STRENGTH AND PLYOMETRIC PRINCIPLES FOR BASKETBALL**MONDAY, JUNE 24, 2024****Age 12 & Older**

This interactive seminar will discuss and demonstrate strength training exercises, reps, sets, and proper form to help increase lateral movement, vertical jump, and overall "explosion" on the court. Plyometric exercises to increase acceleration and lower body power will be covered as well.

Instructor is Clint Ward, ACE certified personal trainer, Associates of Physical Therapy

Monday 2:00pm - 3:00pm

Family Member \$7.00

Youth Member \$8.00

Participant \$11.00

ROTATOR CUFF STRENGTH AND CONDITIONING**MONDAY, JULY 22, 2024****Age 15 & Older**

Is your arm not as strong as it used to be? Or are you having a hard time lifting things above your head or reaching behind you? This seminar is designed to educate on the proper exercises to increase rotator cuff strength. We will go over the exercises in class and you will have a full workout program that you can take with you.

Instructor is Clint Ward, ACE certified personal trainer, Associates of Physical Therapy

Monday 2:00pm - 3:00pm

Family Member \$7.00

Youth Member \$8.00

Participant \$11.00



FITNESS CLASS DESCRIPTIONS

40-Minute Shred - Get your heart rate up with a high intensity, high repetitions, total body workout for any level!

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

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

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

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

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

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

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 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.

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

BODYPUMP™ Express is a condensed format of BodyPump™ with combined tracks to work more than one muscle group for integrated muscle work. 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.

Cardio Strength Mix - We use a mix of fitness equipment to get the heart rate up and build strength in this well-rounded, total body strength class.

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.

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

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.

Modified Tai Chi - If you have attended Moving for Better Balance but are having a hard time fitting it into your workout, this is the perfect opportunity for you! Join Jen on Mondays and Thursdays while we continue to practice the 8 moves we learned to keep them fresh in our minds and improve our balance. This modified class will be taught at **Berkshire Community Gymnasium (101 School St, Sheboygan Falls)**.

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!

Senior Circuit - Come join the new class for seniors with low level intensity for beginners. Circuit stations, bosu balls, pilates balls, medicine balls, weights, rebounders, weighted ropes, mats for optional floor work. Builds balance, endurance, flexibility, cardio conditioning and strength. Includes warm-up, cool down, and motivational questions.

FITNESS CLASS DESCRIPTIONS & INFORMATION

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.

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.

Spin RX - 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!

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

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

ZOOM FITNESS CLASS OPTIONS

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

SHEBOYGAN FALLS CLASSES

Jen: jkovacs@sheboygancountyyymca.org

FITNESS CLASS INFORMATION

Age 15 & Older

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

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

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

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

Michelle Bustamante, Sheboygan YMCA
Group Fitness Coordinator

(920) 451-8000 x114

mbustamante@sheboygancountyyymca.org

Jen Kovacs, Sheboygan Falls YMCA
Healthy Living Director

(920) 467-2464 x219

jkovacs@sheboygancountyyymca.org

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



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	Summer	Fee
	SHEB SFY		<input type="checkbox"/> 1 <input type="checkbox"/> 2	\$
	SHEB SFY		<input type="checkbox"/> 1 <input type="checkbox"/> 2	\$
	SHEB SFY		<input type="checkbox"/> 1 <input type="checkbox"/> 2	\$

Participant #2 Name _____ **Birth Date** _____ **Member** ☐ Y ☐ N

Class Description	<input checked="" type="checkbox"/> Location	Day & Time	Summer	Fee
	SHEB SFY		<input type="checkbox"/> 1 <input type="checkbox"/> 2	\$
	SHEB SFY		<input type="checkbox"/> 1 <input type="checkbox"/> 2	\$
	SHEB SFY		<input type="checkbox"/> 1 <input type="checkbox"/> 2	\$

Office Use Only

Receipt # _____ Amount Paid _____

Date Received _____ Staff Initials _____

Checked By _____

Total Amount of all Program Fees \$ _____

Check # or Cash _____

Charge Card # _____

Exp Date _____ **3 Digit Code** _____

REGISTRATION OPTIONS

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

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.