

**SHEBOYGAN YMCA SEMINARS**

**READING WHITETAIL DEER DURING THE RUT  
SATURDAY, OCTOBER 17, 2020**

**Age 12+ and Adults**

This bow hunting seminar is about reading deer signs and setting up for trophy whitetails during the upcoming pre and main rut phases. Youth age 11 and younger may attend this seminar with an adult. **This seminar will be at Camp Y-Koda, W3340 Sunset Road, Sheboygan Falls.**

You will learn:

- Map reading, breaking down aerial photos and topographic maps
- How to find buck bedding, recognizing it, and why it's so crucial to harvesting the biggest buck on the property
- Finding primary scrapes and how to tell which scrapes to hunt and those to ignore
- How to create and utilize mock scrape.
- How wind thermals work and how to utilize them to your advantage, especially in the Kettle Moraine and hill country
- Finding and prepping the best tree stand locations

Sat.....8:00am - 10:00am

Member	\$12.00
Participant	\$18.00

**CORE STRENGTHENING FOR YOUR BACK  
WEDNESDAY, DECEMBER 2, 2020**

**Age 18 & Older**

This seminar includes discussion and demonstration of proper exercise selection for those who are dealing with lumbar and mid-thoracic issues and instability. Stability balls and stretch out straps will be used. You will also receive an exercise program to take with you to work on your core stability. The seminar is instructed by Clint Ward, Certified Personal Trainer.

Wed.....10:00am - 11:00am

Member	\$7.00
Participant	\$11.00

**SHOULDER DO'S & DON'TS  
WEDNESDAY, DECEMBER 9, 2020**

**Age 18 & Older**

This seminar will focus on 5 shoulder exercises you should be doing to strengthen your shoulders and 5 you should avoid. If you have had or currently have shoulder issues, including surgery or a rotator cuff tear, this program is perfect for you. It is designed around prehabilitation as well as corrective exercises. There will be discussion and demonstration along with class participation. Note: this seminar is not to assess or diagnose issues of the shoulder. The seminar is instructed by Clint Ward, Certified Personal Trainer.

Wed.....10:00am - 11:00am

Member	\$7.00
Participant	\$11.00

**SHEBOYGAN YMCA RACQUETBALL**

**SINGLES RACQUETBALL LEAGUE  
JANUARY 11 - MARCH 27, 2021**

**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. Face masks may be required. **A separate registration form is required.**

Member	\$22.00
Participant	\$56.00

**RACQUETBALL/HANDBALL COURT RESERVATION**

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

**ADULT RACQUETBALL LESSONS**

We offer 45-minute individual or small group lessons to learn the basic skills, strategies and rules of racquetball. For an appointment, please contact Mike at 920-451-8000 x118 or mburns@sheboygancountyyymca.org. Fee is per lesson. Note: a 30 minute orientation is offered at no charge.

Member Only	1 Student	\$10.00
	2 Students	\$16.00
	3 Students	\$20.00