



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



**CELEBRATING
85 YEARS
OF THE SHEBOYGAN
YMCA SERVING
OUR COMMUNITY**

**Revised March 18, 2024
SHEBOYGAN COUNTY YMCA
SPRING II SESSION: APRIL 1 - MAY 25, 2024**

www.sheboygancountnymca.org

SHEBOYGAN Y

CELEBRATING 85 YEARS!

1939 - 2024

In 1937, Homer Denison, then a trustee of the Congregational Church, met with Walter J. Kohler at his office to inquire whether Kohler would welcome the idea of the Church tearing down Mead Hall (connected to the church) & permitting the use of the grounds as a playground for the children in the Friendship House next door.

Kohler was most vigorous in his reply: "The greatest need the City of Sheboygan has is a recreation center for its boys and girls, why don't you do something about it?"

In Denison's mind he always thought this meeting with former Governor Kohler was the beginning of the YMCA in Sheboygan.

Denison continued to work with the Congregational Church leaders and in May 1939, the church deeded the Mead Hall property on 7th and Ontario to the Sheboygan YMCA. At the same time, community members interested in getting the YMCA started received a curious break at this point. They received a 20 page petition signed by 400 teens stating among other things, "We the undersigned are interested in forming a YMCA in the City of Sheboygan, to be located at the James H. Mead Hall." Community leaders then rallied to form the YMCA with a mission statement that stands today, 85 years later, "To put Christian principles into practice through programs that build healthy spirit, mind and body."



- The Sheboygan Young Men's Christian Association was founded
- October 9, 1939 - The first YMCA opened in Mead Hall at 713 Ontario Avenue in Sheboygan



- January 13, 1951 - A lake front site for the new Sheboygan YMCA was assured
- 1954 - The Sheboygan YMCA moved from Mead Hall into new lake front building at 812 Broughton Drive



- July 18, 2012 - Groundbreaking was held at the Sheboygan YMCA for building improvements
- 2013 - The Sheboygan YMCA building additions and improvements were completed

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

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

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

SPRING II SESSION (8 WEEKS)
APRIL 1 - MAY 25, 2024

REGISTRATION BEGINS AT 5:00AM
 MemberMonday, March 18
 Participant Thursday, March 21

YMCA BUILDING HOURS
JANUARY 2 - JUNE 1, 2024

SHEBOYGAN YMCA	
Monday - Friday	5:00am - 9:00pm
Saturday	7:00am - 5:00pm
Sunday (<i>Members Only</i>)	7:00am - 4:00pm
<i>Business Hours: Monday thru Friday 5:00am - 8:00pm</i>	
<i>Saturday 8:00am - 4:00pm</i>	
<i>Sunday 10:00am - 2:00pm</i>	
SHEBOYGAN FALLS YMCA	
Monday - Friday	5:00am - 8:00pm
Saturday	7:00am - 3:00pm
Sunday (Thru 5/19) <i>(Members Only)</i>	12:00pm - 4:00pm
<i>Business Hours: Monday thru Thursday 7:30am - 7:00pm</i>	
<i>Friday 7:30am - 6:00pm</i>	
<i>Saturday 8:00am - 1:00pm</i>	
CAMP Y-KODA	
Monday - Friday	8:00am - 4:30pm

YMCA HOLIDAY HOURS

Easter	March 31	CLOSED
Memorial Day	May 27	CLOSED

Summer Hours begin June 2, 2024

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REGISTRATION INFORMATION

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

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

REGISTRATION OPTIONS

On-line at www.sheboygancountymca.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.sheboygancountymca.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](#)

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.sheboygancountnymca.org or contact the Sheboygan Y at 920-451-8000 or Falls Y at 920-467-2464

CODE OF CONDUCT

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

YMCA CHILD WATCH

Child Watch is a drop-off child care program for children age 6 weeks - 6 years providing an interactive and healthy place for your child to play under the caring, active supervision of trained staff. You can enjoy your visit and work out with peace of mind. For safety reasons, parents must remain at the YMCA when their child is in Child Watch.

- Your Sheboygan County YMCA family membership includes **up to 2 hours per session (A.M and P.M.)** of free child watch for immediate family only. This benefit is to accommodate Y families that have differing work shifts.
- Adult members and participants must stop at the desk and pay for this service prior to dropping their child off. The fee per visit is \$5.00 per child for a YMCA adult member and \$8.00 per child for a participant.

SHEBOYGAN YMCA CHILD WATCH HOURS

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

SHEBOYGAN FALLS YMCA CHILD WATCH HOURS

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

YMCA MISSION STATEMENT

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

SHEBOYGAN COUNTY YMCA CHILD CARE

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

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

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

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

SHEBOYGAN YMCA CHILD CARE		
	Ages 2 - 6	Ages 5 - 13
Mon - Fri	6:30am - 5:30pm	6:30am - 8:00am
		after school - 5:30pm
Summer		6:30am - 5:30pm
SHEBOYGAN FALLS YMCA CHILD CARE		
		6 Wks - 5 Yrs
Mon - Fri		6:00am - 5:30pm
SHEBOYGAN FALLS ELEMENTARY SCHOOL		
		4K - Grade 4
Mon - Fri		6:00am - 7:40am
		after school - 5:30pm
Summer		6:00am - 5:30pm

PHOTOGRAPHY

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



THE CLUB AT THE Y SCHOOL YEAR PROGRAM

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

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

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

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

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

Hours of Operation

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

Scheduled Non-School Days

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

Features

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



SWIMMING LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



3 years–5 years
PRESCHOOL:
STAGES 1–4



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



12+ years
TEEN & ADULT:
STAGES 1–6

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

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER
STAMINA

Can the student swim 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 Nitcsh 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						
8-WEEK SPRING II SESSION: APRIL 1 - MAY 23, 2024						
* SATURDAY CLASSES - 7 WEEKS: APRIL 6 - MAY 18, 2024						
SWIM STARTERS (Parent & Child Classes!)			LOCATION: GARTON POOL			
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY*
Baby A & B	6 Mo - Age 3			10:30-11:00am	9:15-9:45am	9:00-9:30am
Baby B	2 yrs - 3 yrs <i>recommended</i>			5:00-5:30pm		
PRESCHOOL SWIM BASICS (without parent)*			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	SATURDAY*
Stage 1	3 yrs - 5 yrs		4:00-4:30pm		4:00-4:30pm	
					5:00-5:30pm	
Stage 2	3 yrs - 5 yrs		4:00-4:30pm		4:00-4:30pm	
					5:00-5:30pm	
Stages 1 & 2	3 yrs - 5 yrs			10:00-10:30am	9:45-10:15am	9:30-10:00am
				6:00-6:30pm		10:00-10:30am
Stages 3 & 4	3 yrs - 5 yrs		4:30-5:00pm	10:00-10:30am	9:45-10:15am	9:30-10:00am
				6:00-6:30pm	5:30-6:00pm	
GRADE SCHOOL SWIM BASICS			LOCATION: GARTON POOL			
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY*
Stages 1 & 2	Age 5+ yrs		5:00-5:30pm	5:30-6:00pm	4:30-5:00pm	10:30-11:00am
				6:30-7:00pm		
Stage 3	Age 5+ yrs	5:30-6:00pm	4:30-5:00pm	5:30-6:00pm	4:30-5:00pm	10:00-10:30am
			5:00-5:30pm	6:30-7:00pm	5:00-5:30pm	10:30-11:00am
					5:30-6:00pm	
GRADE SCHOOL SWIM STROKES			LOCATION: VERHULST POOL			
	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY*
Stage 4	Age 5+ yrs	6:00-6:30pm	5:00-5:30pm	7:00-7:30pm	6:00-6:30pm	10:30-11:00am
					6:30-7:00pm	
Stages 5 & 6	Ages 6+ yrs	6:30-7:00pm	5:30-6:00pm		5:30-6:00pm	10:00-10:30am

**DONNA CAAN LEGACY
Y SWIM LESSON SPONSOR**

7-WEEK SWIMMING LESSON FEES		
	Preschool	Grade School
Family Member	Free	Free
Youth Member	\$56.00	\$40.00
Participant	\$112.00	\$80.00
* Saturday class fees will be prorated for 7 weeks		

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

AQUATIC PROGRAMS

AMERICAN RED CROSS BLENDED LEARNING LIFEGUARD TRAINING

FRIDAY, MAY 10, 2024 (5:30pm-8:30pm)

SATURDAY MAY 11, 2024 (9:00am-5:00pm)

SUNDAY MAY 12, 2024 (9:00am-5:00pm)

Age 15 & Older

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

To enroll in the course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a prerequisite skills evaluation doing the following:

1. Swim 300 yards (6 laps) continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke, or a combination of both but swimming on the back or side is now allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. You should place your hands under your armpits.
3. Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.

The prerequisite skills evaluation will occur on the first day of the in-person course. Please bring a swimsuit and towel for the skills evaluation and for every class. Class participants are required to complete an online learning component (which takes about 6 hours) before the first day of in-person training.

To successfully complete the course, you must attend the entire course, participate in all skills sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent.

The practice sessions will require some strenuous physical activity. You are encouraged to check with your health care professional before participating in the practice sessions. If you have a medical condition or disability that might prevent you from participating in the activities, or have questions about being able to fully participate in the Lifeguarding course, please contact instructor, Heather Nitsch.

Member	\$150.00
Participant	\$185.00

NOW SEEKING WATER VOLLEYBALL PLAYERS

Ages 18+

Garton Pool is reserved M-F from 12:00-1:30pm for drop-in water volleyball. There is a core group that plays regularly and they would love for more people to join in on the fun! Some volleyball experience is preferred but not required. If interested, please contact Aquatics Director Heather at hnitsch@sheboygancountymca.org to be connected with the group organizer.

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

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

Mon thru Fri..... 12:00pm - 1:30pm

Member	Free
Participant	\$10.00

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

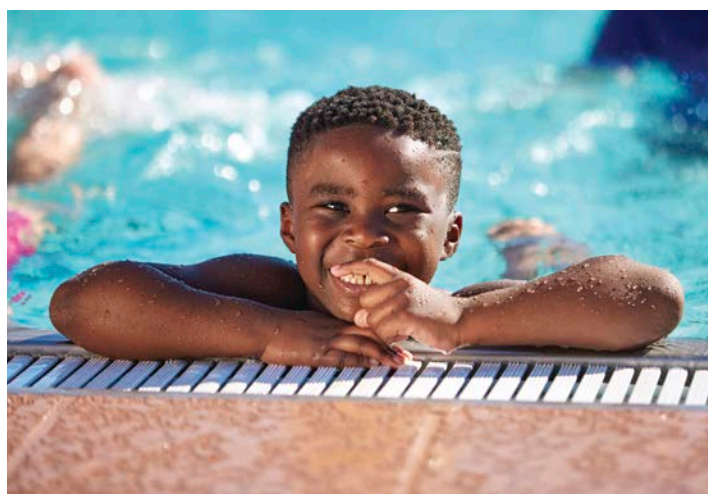
AI CHI AQUATICS CLASS

Age 18+

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

Tues & Thurs..... 10:35am - 11:05am

Member	Free
Participant	\$8.00



INTRO TO SWIM TEAM

APRIL 1 - MAY 23, 2024

Ages 5 - 8

Learn the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Practices are held in the Garton pool for this age group to help them develop their techniques. This is a great program to find out what competitive swimming with the Chinooks is all about!

Prerequisite: Must be able to swim on front 15 yards or have completed swim lessons Grade School Stage 3.

Mon & Wed 4:00pm - 5:00pm

Family Member	\$60.00
Youth Member	\$70.00
Participant	\$90.00

INTRO TO SWIM TEAM

APRIL 1 - MAY 23, 2024

Ages 9 & older

Learn the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. This intro course is for kids ages 9 years and older with practices being held in the Verhulst pool. It's a great way for older kids to get some competitive swimming experience and to see what a Chinook practice looks like! **Prerequisite: Must be able to swim on front 25 yards or have completed swim lessons Grade School Stage 3.**

Tues & Thurs..... 4:00pm - 5:00pm

Family Member	\$60.00
Youth Member	\$70.00
Participant	\$90.00

SPRING TRAINING TEAM

APRIL 1 - MAY 24, 2024

Ages 9 & older

This program is for returning Chinook swimmers from winter season looking to stay fresh in the water and to work on technique. This training is for Silver 2 and above. Bronze swimmers can join with coach's recommendation.

Mon - Wed - Fri 4:00pm - 5:30pm

Family Member	\$100.00
Youth Member	\$115.00

SCAN BELOW FOR POOL SCHEDULES OR CLICK HERE FOR POOL SCHEDULES



BIRTHDAY PARTIES

Please see birthday parties info on page 14



JOIN OUR AQUATICS TEAM

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

Summer Life Guards

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

Summer Swim Instructors

- Shifts available Monday-Friday, 9am-11am and/or 4pm-6pm or create your own schedule by teaching private lessons

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!

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.**

TOTALLY TUMBLING BEGINNER

Ages 6 - 9

Begin to learn the basics of tumbling like rolling, cartwheels and handstands.

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.

TOTALLY TUMBLING INTERMEDIATE/ADVANCED

Ages 10-17

Begin to learn about skills with flight and connecting two skills together.

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

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 dngent@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

PARKOUR FOR BOYS & GIRLS

Ages 6 - 12 (see grid for age groups)

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

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!

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

8-WEEK SPRING II SESSION: APRIL 1 - MAY 25, 2024

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	9:00-9:45am
<i>(1 Child/1 Adult; co-ed)</i>			10:00-10:45am	6:00-6:45pm			9:45-10:30am
* ALL FAMILY MOVEMENT CLASSES ARE IN THE UPSTAIRS GYM *							
PRESCHOOL	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rockers & Rollers <i>(without parent)</i>	Ages 3 yrs	5:30-6:00pm				10:00-10:30am	10:30-11:00am
Gymnastics	Ages 4 - 5		10:45-11:30am	10:00-10:45am	3:45-4:30pm <i>(without parent)</i>		9:45-10:30am
<i>(1 Child/1 Adult; co-ed)</i>				4:15-5:00pm	4:30-5:15pm		
				5:00-5:45pm <i>(without parent)</i>			
				5:45-6:30pm <i>(without parent)</i>			
Little Springers	Ages 4 - 6	4:45-5:30pm	4:00-4:45pm	6:30-7:15pm			
GRADE/MIDDLE	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Girls Gymnastics	Ages 6 - 8	5:30-6:15pm	4:45-5:30pm				10:30-11:15am
Girls Gymnastics	Ages 9 - 11	4:00-4:45pm	5:30-6:15pm		5:15-6:00pm		9:00-9:45am
Novice Gymnastics <i>(co-ed)</i>	Ages 6 - 11	6:15-7:00pm	6:15-7:00pm				
Boys Gymnastics	Ages 6 - 11						11:00-11:45am
Girls Pre-Team	Ages 6 - 14				6:00-7:00pm		11:15am-12:15pm
Parkour <i>(co-ed)</i>	Ages 6 - 8					6:30-7:15pm	
	Ages 9 - 11					7:15-8:00pm	
Tumbling	Ages 6 - 9	7:00-7:45pm					
	Ages 10-17		7:00-7:45pm				
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	
<i>(with Parent)</i>						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, April 19 due to Healthy Kids Day							
** No Youth or Family Rec Gymnastics Friday, May 17 & Saturday May 18 due to our annual Sunshine Meet							
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 8-Week Session

	<i>30 and 45 Minutes</i>	<i>One Hour</i>
Family Member	\$55.00	\$78.00
Youth Member	\$71.00	\$94.00
Participant	\$102.00	\$132.00

1-Time Drop-in Fee

	<i>45 Minutes</i>	<i>One Hour</i>
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@sheboygancountyymca.org.

CLICK HERE TO REGISTER FOR FAMILY AND YOUTH REC GYMNASTICS

BIRTHDAY PARTIES

See Page 14 for more information on how you can schedule your gymnastics birthday party now!





2024 SPRINGERS GYMNASTICS TRAINING TEAM

APRIL 1 - MAY 25, 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. [Click here](#) to fill out the information packet.

Girls Equipment

Select 2 practices per week

Monday 4:15- 5:45

Tuesday 5:30- 7:00

Wednesday 4:15- 5:45

Thursday 5:30- 7:00

Boys Equipment

Select 2 practices per week

Monday 5:15- 7:00

Tuesday 4:15- 6:00

Wednesday 5:15- 7:00

Thursday 4:15- 6:00

- A parent informational meeting will be held from 5:45 – 6:45pm on Monday, June 10 to discuss Springers Gymnastics Team eligibility, requirements and responsibilities.
- The training team registration form and the medical information form included in this packet must be filled out prior to registration. They are fillable forms that can be emailed to Denice Nugent, dnugent@sheboygancountymca.org or printed and returned to her attention at the Sheboygan YMCA.
- Option to participate in the Sunshine Meet, May 18th at the Sheboygan YMCA
- Please contact Denice Nugent at dnugent@sheboygancountymca.org or 920-451-8000 x123 for more information.





HEALTHY KIDS DAY[®]

April 19 Free to the Public

» FIND YOUR JOY.
FIND YOUR Y.
Sheboygan YMCA
812 Broughton Drive
Sheboygan, WI
For Families & Children ages 3-12
* Ages 3-7, parent required
* Ages 8-12, parent recommended

National Sponsor
 PEANUTS

For a better us.[®]

452321
1/24

Friday, April 19th, 5:30pm-8:00pm

Activities for all ages:

- Inflatables
- Arts & crafts
- Sports skills circuit
- Open Swim
- Gym Games
- Healthy Snacks
- Gymnastics/Obstacle Course
- Dance Fitness
- Kids Yoga
- and Much More!

Local Sponsors





YMCA BIRTHDAY PARTIES



Sheboygan YMCA, 812 Broughton Dr, Sheboygan WI 53081 • www.sheboygancountymca.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	Dance & Swim	45 Minutes x 2	\$220.00	\$245.00	\$290.00

- The fees include a reserved party area for another 45 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 3/6/24

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.

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

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

MUSICAL THEATER: THE MUSIC MAN

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 **featuring a song and scene from The Music Man!**

8-Week Session Fee	30 Minutes	60 Minutes
Family Member	\$50.00	\$100.00
Youth Member	\$58.00	\$116.00
Participant	\$82.00	\$164.00

SPRING II FINE ARTS CLASSES

8-WEEK SPRING II SESSION: APRIL 1 - MAY 25, 2024

DANCE CLASS	AGE	WEDNESDAY
Creative Movement <i>(with Adult/Parent)</i>	Ages 2 - 4	5:30-6:00pm
Ballet	Ages 4 - 6	4:00-4:30pm
Ballet	Ages 6 - 12	6:00-6:30pm
Musical Theater - The Music Man	Ages 7 - 16	4:30-5:30pm

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

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

BIRTHDAY PARTIES

Please see previous page for Dance Birthday Party information.



PEE WEE & MIGHTY MITE PROGRAMS

PEE WEE AND MIGHTY MITE PROGRAMS						
8-WEEK SPRING II: APRIL 1 - MAY 25, 2024						
PEE WEE SPORTS	Y	AGE	DAY	TIME	LOCATION	SESSION
Pee Wee Soccer	S	Ages 3 - 5	Wed	5:00 - 5:45pm	Muth Gym	Spring II
Pee Wee Soccer/T-ball	F	Ages 3 - 5	Wed	4:30 - 5:15pm	Falls Y Lohmann Gym	Spring II
MIGHTY MITE SPORTS	Y	GRADE*	DAY	TIME	LOCATION	SESSION
Mighty Mite Basketball	S	5K - Grade 2	Tues	5:00 - 6:00pm	Muth Gym	Spring II
Mighty Mite Tennis	S	5K - Grade 2	Tues	4:00 - 5:00pm	Muth Gym	Spring II
Mighty Mite Soccer	F	5K - Grade 2	Mon	5:00 - 6:00pm	Falls YMCA	Spring II

PEE WEE SPORTS - PARENT/CHILD CLASS

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

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



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	\$36.00
Youth Member	\$39.00
Participant	\$59.00

MIGHTY MITE FLAG FOOTBALL

Grades 1 - 2 in Fall 2024

This program includes volunteer-led practices, a skills clinic, modified games, teamwork and sportsmanship. Registration forms will be available in mid-May for the communities of Kohler, Howards Grove, Oostburg, Plymouth, Random Lake, Sheboygan and Sheboygan Falls. **The registration deadline is August 5, 2024.**



TACKLE FOOTBALL LEAGUE

Grades 3 - 4 in Fall 2024

Registration forms for the Fall 2024 season will be available in mid-May for the communities of Cedar Grove, Kohler, Oostburg, Plymouth, Sheboygan and Sheboygan Falls. **The registration deadline is July 19, 2024.**



**Pee Wee, Mighty Mite
and Youth Programming**

sponsored by the

Henry Jung Memorial

5TH & 6TH GRADE GIRLS VOLLEYBALL LEAGUE
APRIL 9 - MAY 7, 2024

Girls in Grades 5 - 6



Come get your team together for a fundamental volleyball league night for girls in 5th and 6th grade. This new league will help develop your child by getting more touches on the ball, and coaches on the floor to help them. League will be unofficiated, coaches on the floor, net height at the junior level, and using volleylite volleyballs. Teams will play for an hour, 3 game set if time allows, 3rd game will go to 15 points. April 9th will be a skills clinic for all of the girls in the volleyball league. Matches will begin on April 16th. Matches are played on Tuesday evenings starting at 5:00pm in the Sheboygan Falls YMCA Gymnasium. There will be a zoom coaches meeting on April 11th at 6:00pm. For more information, please contact Ashley at aliermann@sheboygancountymca.org or 920-467-2464 x207. **Registration deadline is March 28, 2024.**

Team Fee \$50.00

MIDDLE SCHOOL GIRLS VOLLEYBALL LEAGUE
APRIL 18 - MAY 30, 2024

Girls in Grades 7 - 8

Get your team roster together for this volleyball league, which will help girls develop team play and work on fundamentals. Matches will be played on Thursday evening between 5:00pm - 8:00pm in the Sheboygan Falls YMCA gymnasium. **The registration deadline is April 5, 2024.**

Team Fee \$110.00

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



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



YOUTH DEVELOPMENT Empowering young people to reach their full potential

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

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

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

VOLLEYBALL SKILLS AND DRILLS

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

Family Member	\$36.00
Youth Member	\$39.00
Participant	\$59.00

HOME SCHOOL PHYSICAL EDUCATION PROGRAM

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

Family Member	\$36.00
Youth Member	\$39.00
Participant	\$59.00

GA GA BALL/CATCH AND RUN

Grab your friends after school and come join us for an hour of fun playing ga ga ball and catch and run. Check out the challenge and fun of this class. Learn great throwing, catching and teamwork. It is a great way to burn off some steam after school!

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

KICKBALL/DODGEBALL VARIETY HOUR

Every Friday join us at the Y to play a variety of classic games. From kickball to dodgeball, maybe even ga ga ball and nerf battles. We'll play your favorite games!

Family Member	\$8.00
Youth Member	\$12.00
Participant	\$16.00

THOUGHTS FROM A MEMBER:

Thank you for having such wonderful programs for the kids!

GIRL POWER

APRIL 4 - MAY 25, 2024

Ages 12 - 17

new

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



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

Thursday.....6:30-7:30pm
Saturday.....1:00-2:00pm

Members Only

Family Member	\$32.00
Youth Member	\$49.00



DODGEBALL LEAGUE

APRIL 5 - MAY 24, 2024

Boys and Girls in Grades 2 - 5

new

Get ready to dodge, dip and dive into this Dodgeball League! Athletes will enjoy getting to expand their knowledge of dodgeball in a safe and fun environment along with meeting new kids, developing teamwork skills, and having fun. All sessions are 45 minutes and teams will be divided differently each week with slight game variations throughout the 8 weeks. The very last week we will do a parents vs kids match! All kids in the program will receive a dodgeball t-shirt.

Friday..... 4:00pm - 4:45pm

Family Member	\$15.00
Youth Member	\$17.00
Participant	\$21.00

YOUTH PROGRAMS AND SPORTS

8-WEEK SPRING II SESSION: APRIL 1 - MAY 25, 2024

YOUTH PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION
Ga Ga Ball / Catch & Run	F	Grades 2-5	Mon	4:00-4:45pm	Falls Y Lohmann Gym	Spring II
S.P.A.R.K.	S	Ages 10 - 12	Tu &/or Th	4:15 - 5:15pm	Lakeview Center	Spring II
Volleyball Skills and Drills	S	Ages 8 - 12	Thurs	4:30 - 5:30pm	Muth Gym	Spring II
Girl Power	F	Ages 12 - 17	Thur & Sat	Th 6:30-7:30pm Sat 1:00-2:00pm	Riverview Center	4/4/24-5/25/24
Home School Phy Ed	S	Ages 5 - 17	Fri	1:30 - 2:30pm	Varies	Spring II
Dodgeball League	F	Grades 2 - 5	Fri	4:00 - 4:45pm	Falls Y Lohmann Gym	Spring II
Kickball/Dodgeball Variety Hr	S	Grades 2 - 5	Fri	4:00 - 5:00pm	Muth Gym/Deland Park	Spring II
TEEN PROGRAMS	Y	AGE	DAY	TIME	LOCATION	DATES
Teen Strength Training	S	Ages 12 - 15	Mon	4:15 - 5:15pm	Lakeview Center	4/1/24-4/22/24 OR 4/29/24-5/20/24
	F	Ages 12 - 14	Wed	2:30 - 3:30pm	Riverview Center	4/3/24-4/24/24 OR 5/1/24-5/22/24
Teen Personal Training	S	Ages 14 - 18	By Appt	Personal Trainer	Lakeview Center	Call 920-451-8000
	F	Ages 14 - 18	By Appt	Personal Trainer	Riverview Center	Call 920-467-2464

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 4-week session.**

Family Member	\$22.00
Youth Member	\$29.00

TEEN PERSONAL TRAINING

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

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

TEEN STRENGTH INDIVIDUAL TRAINING SHEBOYGAN YMCA

Ages 12 - 15

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

Member Only	\$89.00
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ONE-ON-ONE BASKETBALL, FOOTBALL OR VOLLEYBALL TRAINING

Grades 1 - 8

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

To schedule an appointment, call 920-451-8000, ext 121 or email tzastrow@sheboygancountyyymca.org

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

YOUTH 24 HOUR EXERCISE CHALLENGE

APRIL 2 - MAY 1, 2024

Ages 5 - 17

The challenge is to record 24 hours of exercise in 30 days! 10-12 year olds that have completed or are currently enrolled in SPARK class may use the cardio center with a parent. Youth aged 12-14 that have completed Teen Strength class may use the Lakeview Center and Riverview Center. Some ideas for youth not eligible for fitness center usage are: YMCA dance, sports, gymnastics, swimming, fitness classes. Bike riding, running, jump rope, brisk walks, dancing, scootering, pedal cars, body weight exercises, Healthy Kids Day April 19th, and much, much more! 18 of the 24 hours may be completed outside of the Y. A log book will be kept at the Lakeview desk and Riverview Desk in Falls. Prizes for completion include: YMCA t-shirts, water bottles, hats, towels, coffee shop card, exercise/sports equipment, and an entry to a bigger prize drawing.

Family Member	\$8.00
Youth Member	\$10.00

YMCA CAMP Y-KODA PROGRAMS

SPRING BREAK DAY CAMP

FRIDAY MARCH 22, 2024

MONDAY MARCH 25 - FRIDAY, MARCH 29, 2024

Ages 4 - 13

Spring is almost in the air and its time to bring on the fun. Come enjoy a bit more camp while school is on break with your favorite games, activities and with your friends. With daily options, you can choose the camp experience for the kids that works for your family. To add onto the fun, we have special themed dress-up days at camp.

- Campers should bring a lunch and afternoon snack.
- Campers should bring adequate clothes for the weather - rain or shine!
- An email will be sent out with details and a packing list for each day.

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

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

Member	\$45.00/day
Non-member	\$55.00/day
Extended Care	\$ 8.00/day

SCHOOL'S OUT CAMP

MONDAY, APRIL 1, 2024

FRIDAY, MAY 24, 2024

Ages 4 - 13

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

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

APRIL 1 - BACKWARDS MONDAY

MAY 24 - SUMMER CAMP SNEAK PEAK

Contact Dani at droscovius@sheboygancountyyymca.org for more information.

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

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

SPRING SLUMBER PARTY AT CAMP Y-KODA

APRIL 19 - 20, 2024

Ages 6 - 12

Celebrate spring with a slumber party at Camp! Friday night we'll have a pizza party, movie, and s'mores by the fire. The real fun begins on Saturday where we'll partake in games, crafts & outdoor activities. All meals, snacks and action-packed fun are included.

For additional information please contact Dani at droscovius@sheboygancountyyymca.org.

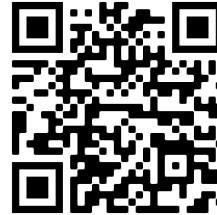
Drop Off: 5:00pm Friday Pick up: 2:00pm Saturday

Fee \$65.00

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@sheboygancountyyymca.org.





**YMCA
CAMP
Y-KODA**



THE CHRISTOPHER FARM AND GARDENS
SHEBOYGAN, WISCONSIN

**SAVE
THE
DATE!**

5th Annual SCARECROW FESTIVAL

October 5 & 6, 2024



Tickets available in
late August

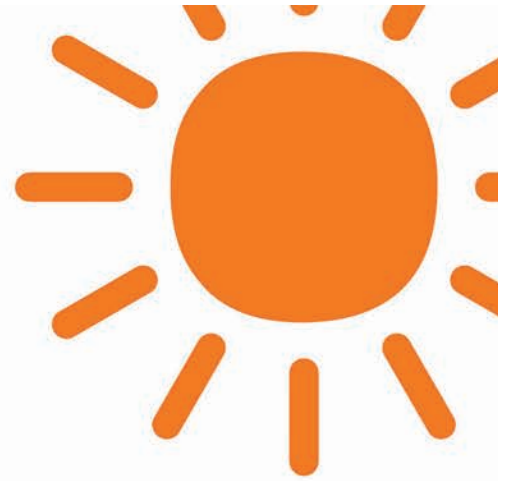
Scarecrow Building
Contest entry form
coming soon

Stay tuned for more!

Festival is located
in Sheboygan, WI

*All proceeds benefit
YMCA Camp Y-Koda!*





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@sheboygancountyyymca.org or call Carrie Green at 920-451-8000 x130.



WORKPLACE WELLNESS PROGRAM

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

- Reduced medical costs for employees and employers
- Decreased employee absenteeism and presenteeism
- Increased productivity
- Employee recruitment and 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@sheboygancountyyymca.org
- Matt at mmueller@sheboygancountyyymca.org

THINGS I LOVE ABOUT THE Y:

Encourages in me an attitude of gratitude.

Instructors motivate me.

Helps me to keep balance in my life.

ADULT PROGRAMS - PICKLEBALL

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

SHEBOYGAN YMCA 812 BROUGHTON DRIVE, SHEBOYGAN

Lohmann (Big) Gym - Open Play

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

East Gym - Open Play (2 Courts)

Monday 9:00am - 11:30am
Tuesday 12:00pm - 3:00pm
Wednesday 12:30pm - 3:00pm
Thursday 10:30am - 1:00pm
Friday 9:00am - 12:30pm

East Gym - Pickball Lite (1 Court)

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

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

Pickleball Court Reservations January 2 - April 30, 2024

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

East Gym

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

No Courts Available Sunday, March 31, 2024

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



SHEBOYGAN FALLS YMCA 305 BUFFALO STREET, SHEBOYGAN FALLS MARCH 1 - MAY 24, 2024

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

Lohmann Gym - North Court

Friday 5:00pm - 6:30pm*
Friday 6:30pm - 8:00pm*
Sunday (through May 19) 12:30pm - 2:00pm*
Sunday (through May 19) 2:00pm - 3:30pm*

***Closed Sunday, March 31 - no courts available.**

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

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

Lohmann Gym - 3 Courts

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

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

BERKSHIRE COMMUNITY GYMNASIUM 101 SCHOOL STREET, SHEBOYGAN FALLS 3 COURTS IN ONE GYM

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

Only for players registered for the league

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

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

Lessons: Please contact Bruce via email to schedule pickleball lessons at scpcpickleball@gmail.com

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

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

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

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 (<i>must bring valid photo ID</i>)	\$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

APRIL 22 - JUNE 24, 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 April 13, 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@sheboygancountyymca.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.sheboygancountyymca.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)

FITNESS CHALLENGES

DOUBLE DOWN WEIGHT LOSS CHALLENGE

APRIL 8 - MAY 7, 2024

Age 18 & Older

Team up with a partner for this 6-week weight loss challenge. Weigh in the first week of the challenge. Weigh out the last week of the challenge. Challenge is per location. Those who sign up in Sheboygan, your winning team will receive a workout session with one of the personal training staff. Sheboygan Falls participants will receive a workout session with trained fitness professional Ashley. Runner up for each location will receive Y gear.

Members Only
Team Fee

\$10.00

YOUTH 24 HOUR EXERCISE CHALLENGE

APRIL 2 - MAY 1, 2024

Ages 5 - 17

The challenge is to record 24 hours of exercise in 30 days! 10-12 year olds that have completed or are currently enrolled in SPARK class may use the cardio center with a parent. Youth aged 12-14 that have completed Teen Strength class may use the Lakeview Center and Riverview Center. Some ideas for youth not eligible for fitness center usage are: YMCA dance, sports, gymnastics, swimming, fitness classes. Bike riding, running, jump rope, brisk walks, dancing, scootering, pedal cars, body weight exercises, Healthy Kids Day April 19th, and much, much more! 18 of the 24 hours may be completed outside of the Y. A log book will be kept at the Lakeview desk and Riverview Desk in Falls. Prizes for completion include: YMCA t-shirts, water bottles, hats, towels, coffee shop card, exercise/sports equipment, and an entry to a bigger prize drawing.

Family Member
Youth Member

\$8.00
\$10.00



THOUGHTS FROM A MEMBER:

Thank you for having such a wonderful program for the kids. I am so grateful our kids are growing up at the Y.

Y Freedom Run
40th Anniversary!



**Registration
is open!**



More
information on
the Y Website

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

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



Register
Online

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.

**CLICK HERE FOR MORE INFORMATION
OR TO REGISTER**

DIABETES PREVENTION PROGRAM

CLASS MEETS AT THE
SHEBOYGAN YMCA

NEW CLASS BEGINNING SOON!

Contact Matt Mueller to be added
to the wait list

mmueller@sheboygancountyymca.org

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.

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

SHEBOYGAN FALLS YMCA ADULT PROGRAMS

POWER PLATE® DEMONSTRATION

MONDAY, MARCH 18, 2024
WEDNESDAY, MARCH 20, 2024

Age 18 & Older

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

Monday9:00am - 10:00am
 Wednesday5:00 - 6:00pm

Member Free
 Participant \$8.00



ROLL WITH IT! FOAM ROLLER WORKSHOP

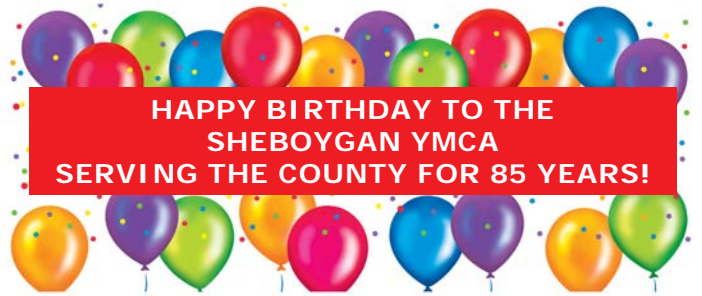
THURSDAY, APRIL 25, 2024

Age 18 & Older

You've seen those white styrofoam tubes throughout the gym. What are they and what do you do with them? Join DiAnne for this foam roller workshop that will stretch deep into those muscles for maximum relief and recovery. Pre-register to reserve your spot. Workshop to be held at the Berkshire Community Gymnasium. **Limit of 8 people.**

Thursday 9:15am - 9:45am

Member Free
 Participant \$8.00



BIRTHDAY CELEBRATION FITNESS EVENT

SATURDAY, MAY 18, 2024

Age 18 & Older

Come celebrate with us at the Falls Y and join a variety of instructors for this round robin style fitness event! Choose from a variety of class formats including BodyPump, Barre, Cycling, Yoga and MORE! For every event you participate in for at least 30 minutes, earn a ticket for a raffle prize drawing to be held at the end of the event (do not need to be present to win). Refreshments and social afterwards. See flyer for details, available on website or at either YMCA location. No fee for members, but donations are encouraged. Proceeds to benefit the Sheboygan Falls fitness department. **Pre-register to save your spot!**

Saturday8:00am - 12:00pm

Member Free
 Participant \$8.00

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

THOUGHTS FROM A MEMBER:

"Coming to the Y here is one of the best decisions I ever made."

"You don't have to work your butt off every day. Just come and use the muscles you have."

LAKEVIEW PROGRAMS

“WOW” - WOMEN ON WEIGHTS

APRIL 2 - MAY 23, 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 8-week session.**

Sheboygan Tues and/or Thurs 9:30am - 10:30am

Member Only

Two days / week	\$45.00
One day / week	\$29.00



SHEBOYGAN FITNESS EVENTS

SPIRITUAL SPIN WITH MICHELLE

SATURDAY, APRIL 13, 2024

SATURDAY, MAY 18, 2024

Age 18 & Older

Join in for this ride that will rejuvenate the spirit, mind and body; cycling through sprints, hills and intervals along to popular contemporary worship music. **Registration is limited to 14 people.**

Sat 9:00am - 9:45am

Member	Donation
Participant	\$8.00



FITNESS CHALLENGES

DOUBLE DOWN WEIGHT LOSS CHALLENGE

APRIL 8 - MAY 7, 2024

Age 18 & Older

Team up with a partner for this 6-week weight loss challenge. Weigh in the first week of the challenge. Weigh out the last week of the challenge. Challenge is per location. Those who sign up in Sheboygan, your winning team will receive a workout session with one of the personal training staff. Sheboygan Falls participants will receive a workout session with trained fitness professional Ashley. Runner up for each location will receive Y gear.

Members Only

Team Fee	\$10.00
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THOUGHTS FROM MEMBERS:

“The Y is a place where I can work to get stronger.”

“I enjoy meeting other people.”

“I am thankful for the YMCA staff for helping me in my quest.”

SHEBOYGAN Y SENIOR PROGRAMS

SENIOR STRONG

APRIL 1 - MAY 20, 2024

Age 65 & Older



Senior Strong is a small group progressive strength training program designed to aid the individual in gaining strength and muscle mass. Participants will be tracking progress with the aid of the trainer. Each week weight or reps will be added to the individual routines, improving overall strength, balance, and everyday tasks. Class instructor is Clint Ward, ACE certified personal trainer.

Monday 10:00am - 11:00am

Member Only	\$29.00
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FITNESS CLASS DESCRIPTIONS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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.

Power Yoyalates - 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.

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.

FITNESS CLASS DESCRIPTIONS & INFORMATION

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.

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

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

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

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

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

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@sheboygancountymmca.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.sheboygancountymmca.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@sheboygancountymmca.org

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

(920)467-2464 x219

jkovacs@sheboygancountymmca.org

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



SHEBOYGAN COUNTY YMCA 2024 CLASS REGISTRATION FORM

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

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

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

Participant #1 Name _____ **Birth Date** _____ **Member** Y N

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

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

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

Total Amount of all Program Fees \$ _____

Check # or Cash _____

Charge Card # _____

Exp Date _____ **3 Digit Code** _____

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

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

Office Use Only

Receipt # _____ Amount Paid _____

Date Received _____ Staff Initials _____

Checked By _____

REGISTRATION OPTIONS

In Person or Fax

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

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

On-line at www.sheboygancountyymca.org

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.