



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU CAN'T SPELL CHALLENGE WITHOUT CHANGE



SHEBOYGAN COUNTY YMCA
2024 Fall Brochure

www.sheboygancountyymca.org

SHEBOYGAN YMCA

812 Broughton Drive
Sheboygan WI 53081

P 920-451-8000 • F 920-451-8019

SHEBOYGAN FALLS YMCA

305 Buffalo Street
Sheboygan Falls WI 53085

P 920-467-2464 • F 920-467-4641

CAMP Y-KODA

W3340 Sunset Road
Sheboygan Falls WI 53085

P 920-467-6882 • F 920-467-7240

FALL 1 & 2 SESSIONS

SEPTEMBER 9 - NOVEMBER 2, 2024

NOVEMBER 4 - DECEMBER 21, 2024

REGISTRATION BEGINS AT 5:00AM

Member Monday, August 19, 2024

Participant Thursday, August 22, 2024



Watch our website for the Winter/Spring Brochure coming the first week of December 2024!

SHEBOYGAN YMCA BUILDING HOURS

SEPTEMBER 9 - DECEMBER 31, 2024

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

SHEBOYGAN FALLS YMCA BUILDING HOURS

SEPTEMBER 3 - DECEMBER 31, 2024

Monday - Friday	5:00am - 8:00pm
Saturday	7:00am - 3:00pm
Sunday	12:00pm - 4:00pm
Business Hours: Monday thru Thursday 7:30am - 7:00pm Friday 7:30am - 6:00pm Saturday 7:30am-12:30pm	

CAMP Y-KODA

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

Labor Day	Monday 9/2	CLOSED
Thanksgiving	Thursday 11/28	CLOSED
Christmas Eve	Tuesday 12/24	
	Sheboygan Y	5:00am-Noon
	Falls Y	5:00am-Noon
Christmas Day	Wednesday 12/25	CLOSED
Day After Christmas	Thursday 12/26	
	Sheboygan Y	Open 5:00am
	Falls Y	Open 8:00am
New Year's Eve	Tuesday 12/31	5:00am-4:00pm
New Year's Day	Wednesday 1/1	CLOSED

REGISTRATION INFORMATION

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

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

REGISTRATION OPTIONS

On-line at www.sheboygancountyyymca.org

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

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

In Person or Fax

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

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

WEB REGISTRATION

www.sheboygancountyyymca.org

Click "Register On-line" button at the top

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

From the Login screen, you can:

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

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

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

To search for programs:

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

NOTE: Website view is slightly different on a mobile device

[CLICK HERE FOR REGISTRATION](#)

THE Y ON THE MOVE - MEET OUR BRANCH DIRECTORS



Ashley Liermann
Falls Y Branch Director

Ashley first served as an intern at the Sheboygan Y in 2015 and accepted a position as Program Director in 2016. In 2018 Ashley became the Youth Sports Director at the Falls Y. We are excited to have Ashley as our new Falls Y Branch Director!



Matt Mueller
Sheboygan Y Branch Director

Matt began as a program intern and has been with the Sheboygan Y for 20 years. His first position was that of Program Director, after which he moved to Physical Director and then Senior Physical Director. Matt's goal is to enhance the quality of the Y's programs, community partnerships, customer service and overall YMCA experience for our members, participants and staff. We are excited to have Matt as the new Sheboygan Y Branch Director!



In October, the Sheboygan County YMCA will be launching a new web-based operating system called Daxko to better serve You!

Watch your email and our website for news and updates regarding this exciting change.

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YMCA MISSION STATEMENT

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

24 HOUR ACCESS

Now Available only at the Sheboygan Falls Branch

[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)

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.

YMCA MISSION STATEMENT

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

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 Matt Mueller, Sheboygan Branch Director at 920-451-8000, x117.

EMPLOYMENT OPPORTUNITIES

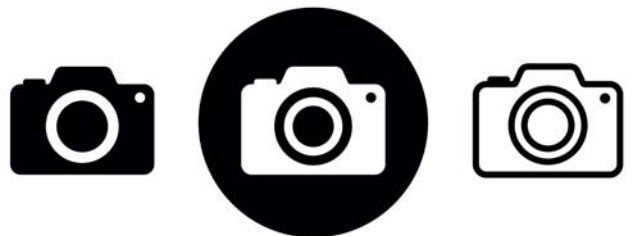
Work where you play, play where you work! The Y is a fun place to be, plus you may qualify for a free membership! Current employment opportunities are listed on our website at www.sheboygancountnymca.org or contact the Sheboygan Y at 920-451-8000 or Falls Y at 920-467-2464

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.

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.



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



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

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.





Y Doug Opel's Run for the Kids

Thanksgiving Day
November 28

9:30am Start

2 Mile Run/Walk | 10K Run

Registration opens
Friday, August 16

Proceeds from this event benefit Y Partner with Youth Program

YOUR DONATION WILL MAKE A DIFFERENCE

The Sheboygan County Y Annual Campaign is a Y initiative that funds our Partner with Youth Program that started in 1939, making a difference for 85 years providing Y scholarships for those at-risk and financially challenged. By supporting the Y, your gift guarantees that everyone - regardless of their circumstances or ability to pay - can belong to a Y, participate in healthy values-based programs, and improve their lives.

Every dollar you donate to the Annual Campaign directly supports financial assistance and program subsidies for your friends, neighbors and members of the Y community.

The Sheboygan County YMCA is a 501(c)3 nonprofit organization and your gift is tax-deductible.

Here are just a few ways your donation can help provide opportunities for everyone who walks through our doors:

- **\$25** - Enroll a child in a summer sports program or swim lessons.
- **\$50** - Helps a child discover themselves and realize their potential through dance, gymnastics or youth training program.
- **\$100** - Provides a child/teen with a Y membership for one year, opening the door to swimming, gym, sports and health.
- **\$200** - Supports a cancer survivor in the LiveSTRONG® at the YMCA program in which they can improve their strength, develop supportive relationships and improve their overall quality of life.
- **\$250** - Supports a family in the YMCA for one year of health and wellness programs and activities.

WAYS TO GIVE

Payments can be made in the following ways:

- **Cash or Check:** Donations can be mailed or dropped off at any of the Sheboygan County Y branches. Please make checks payable to Sheboygan County Y.
- **Credit Card:** A donation may be made via credit card utilizing MasterCard, Discover or VISA.

Members can make a donation on-line by clicking here:

For questions, call Donna at the Y - 920-451-8000

[DONATE TO ANNUAL CAMPAIGN](#)

CHALLENGE YOURSELF TO CHANGE!

The Y has three challenges coming this fall and We challenge You to have fun and get fit at the same time! Pre-registration is required for each challenge. See page 32 for more information.



IRON MAN CHALLENGE SEPTEMBER 23 - OCTOBER 22, 2024



BINGO BLAST OCTOBER 1 - 31, 2024



ROW-VEMBER CHALLENGE NOVEMBER 4 - 30, 2024



the 

the  **YMCA
CAMP
Y-KODA**



SAVE THE DATE
12.04.2024

Contact: Sarah DeZwarte
sdezwarte@sheboygancountyymca

Camp Y-Koda Outdoor Skills & Education Banquet at The Village At 170

5TH ANNUAL SCARECROW FESTIVAL

Hosted by YMCA Camp Y-Koda & The Christopher Farm and Gardens

Saturday - Sunday, October 5 - 6, 2024

9:00am - 4:00pm

For more information, click link below:

[Scarecrow Festival](#)

SWIMMING LESSON SELECTOR

BREAK WEEKS

Fall 1: October 28 - November 2, 2024

Fall 2: December 23, 2024 - January 3, 2025

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



3 years–5 years
PRESCHOOL:
STAGES 1–4



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

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

WHICH STAGE IS THE STUDENT READY FOR?

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

NOT YET

**A / WATER
DISCOVERY**

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

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

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

NOT YET

**2 / WATER
MOVEMENT**

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

NOT YET

**3 / WATER
STAMINA**

Can the student swim 25 yards (1 length) of front crawl without stopping?

NOT YET

**4 / STROKE
INTRODUCTION**

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

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim 150 yards (3 laps) without stopping?

NOT YET

**6 / STROKE
MECHANICS**

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

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

SWIMMING LESSONS AT THE SHEBOYGAN YMCA

7-WEEK FALL 1 SESSION: SEPTEMBER 9 - OCTOBER 26, 2024
7-WEEK FALL 2 SESSION: NOVEMBER 4 - DECEMBER 21, 2024

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

7-WEEK SWIMMING LESSON FEES		
	Preschool	Grade School
Family Member	Free	Free
Youth Member	\$49.00	\$35.00
Participant	\$70.00	\$56.00

*** FALL 2 CLASSES***

No lessons on Thursday 11/28 and Saturday 11/30 due to Thanksgiving holiday. Classes will be prorated for 6 weeks.

- Members are only permitted to register for one class per session for free.
- If a class is full, please get on the wait list! We may open another class, if feasible.
- Fall I registration closes September 5, 2024. Fall II registration closes October 31, 2024. *Late registrations will only be accepted in person after registration closes.*
- If you are unsure which class to register your child for after reviewing the Swim Lessons Selector on page 8, please contact Aquatic Director at 920-451-8000 or hnitsch@sheboygancountyymca.org

SWIM TEAM

INTRO TO SWIM TEAM

SEPTEMBER 9 - OCTOBER 9, 2024

Ages 5 - 8

Are your kids curious about what it means to be on the Y's Swim Team? Are they ready to move on from the 30-minute per week swim lesson program and want to swim 2 hours in the pool each week? This five week program will give your kids a taste of what swim team is all about before the actual season begins October 14th. Swimmers will be introduced to the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Practices start in Garton pool and progress to Verhulst pool. It is recommended that kids are able to swim 25 meters independently or have passed swim lessons stage 3 before joining.

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

SEPTEMBER 10 - OCTOBER 10, 2024

Ages 9 & older

Are your kids curious about what it means to be on the Y's Swim Team? Are they ready to move on from the 30 minute per week swim lesson program and want to swim 2 hours in the pool each week? This five week program will give your kids a taste of what swim team is all about before the actual season begins October 14th. Swimmers will be introduced to the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Practices are held in Verhulst pool. It is recommended that kids are able to swim 25 meters independently or have passed swim lessons Stage 3 before joining.

Tues & Thur 4:00pm - 5:00pm

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

FALL SWIM TEAM TRAINING

SEPTEMBER 9 - OCTOBER 11, 2024

Ages 9 & older

This program is designed for past members of the Y's Chinook Swim Team to start conditioning for five weeks until the winter season begins October 14th, but is open to all experienced youth swimmers. The emphasis will be on improving stroke techniques and building endurance. Practices are 1.5 hours in the pool, 3 times per week!

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

SCAN BELOW FOR POOL SCHEDULES
OR
CLICK HERE FOR POOL SCHEDULES



CHINOOK SWIM TEAM

OCTOBER 14, 2024 - MID-MARCH 2025

Ages 5 - 17

The Y's Chinook Swim Team is a competitive club for youth ages 5-17. Coaching emphasis is on character development, stroke development, building endurance, and providing swimmers with competition experiences. The Chinooks compete in YMCA and USA sanctioned swim meets. Swimmers are divided into different groups based on age and ability, which determine their practice schedule.

- Per national YMCA rules, all swim team members must have an annual YMCA membership in addition to team fees listed below, plus a \$100 deposit.
- An informational swim team packet which includes registration paperwork will be available at the Sheboygan Y Front Desk and on the website in September: sheboygancountymca.org.
- A mandatory parent/guardian informational meeting will be held on Tuesday, October 1 at 6:30pm. Registration packets will be distributed and collected at meeting.
- If you are unsure which group your swimmer should be registered for, please see more specific determinations in swim team packet or email Coach Brayden Schuh at bschuh@sheboygancountymca.org to discuss.

CHINOOK SWIM TEAM AGES/ABILITIES

PRACTICE SCHEDULE AND FEES

GROUPS PRACTICE ALL DAYS AND TIMES LISTED UNDER EACH CATEGORY.

WHITE

Ages 5-8 years

- Able to swim 25 meters freestyle and 25 meters backstroke

Mon 5:00pm-6:00pm
Friday 4:00pm-5:00pm

Fee \$350.00

RED/BLUE

Ages 5-8 years

- 1 year of team experience
- Legal in all four strokes

Mon 4:00pm-5:00pm
Wed 4:00pm-5:00pm
Friday 5:00pm-6:00pm

Fee \$375.00

BRONZE 2

Ages 9 & older

- Able to swim 50 meters freestyle and 50 meters backstroke

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

Fee \$330.00

** All groups also rotate occasional practices on Saturdays from 8:00am-9:30am. Dates TBD

CHINOOK SWIM TEAM AGES/ABILITIES PRACTICE SCHEDULE AND FEES

BRONZE 1

Ages 9 & older

- 1 year of team experience
- Legal in all four strokes

Mon - Wed - Fri..... 5:30pm-6:30pm

Fee \$375.00

SILVER 2

Ages 10 & older

- Endurance to swim 200 meters (4 laps)
- Consistent flip turns

Mon - Wed - Fri.....5:15pm-6:30pm

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

Fee \$455.00

SILVER 1

Ages 10 & older

- Able to swim 200 meters (4 laps)
- Consistent flip turns & can improve pace

Mon - Wed - Fri.....4:00pm-5:15pm

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

Fee \$505.00

GOLD

Ages 12 & older

- Able to swim 300 meters (6 laps) comfortably

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

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

Fee \$555.00

HIGH SCHOOL

- Able to swim 300 meters (6 laps) comfortably

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

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

Girls Fee \$425.00

Boys Fee \$250.00

**** All groups also rotate occasional practices on Saturdays from 8:00am-9:30am. Dates TBD**



SHALLOW WATER AEROBICS

Age 15+

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

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

Wednesday (Instructor Amy)..... 8:30am - 9:30am

Friday (Instructor Amy)..... 10:45 - 11:45am

DEEP WATER AEROBICS

Age 15+

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

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

Instructor: Sue

AI CHI AQUATICS CLASS

Age 15+

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

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

Fee is Per Day

Member	Free
Participant	\$8.00

NOW SEEKING WATER VOLLEYBALL PLAYERS

Ages 15+

Water volleyball is a fun way to stay active and improve your overall health. Water activities are low-impact making it a great workout for anyone. There is a core group that plays regularly and they would love for more people to join in on the fun! Some volleyball experience is preferred but not required.

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

Please see daily pool schedule for volleyball times

Member	Free
Participant	\$10.00

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

GYMNASTICS LESSONS

FAMILY MOVEMENT FOR BOYS & GIRLS

Crawlers - 4 Years with Adult

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

PRESCHOOL GYMNASTICS FOR BOYS & GIRLS

Ages 4 - 5 with or without Adult

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

LITTLE SPRINGERS FOR BOYS & GIRLS

Ages 4 - 6

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

NOVICE GYMNASTICS FOR BOYS & GIRLS

Ages 6 - 11 (see grid for age groups)

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

GIRLS GYMNASTICS

Ages 6 - 14 (see grid for age groups)

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

BOYS GYMNASTICS

Ages 6 - 11

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

PRE-TEAM FOR GIRLS

Ages 6 - 14

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

SHEBOYGAN COUNTY YMCA SPRINGERS GYMNASTICS TEAM

The 2024-2025 Springers Gymnastics Team is full! Watch for the next opportunity to pursue membership in April 2025. Please contact Mariah Bennin with membership questions: mbennin@sheboygancountymca.org.

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 dnugent@sheboygancountymca.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 Minutes

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

Private Lesson - 30

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



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

7-WEEK FALL 1 SESSION: SEPTEMBER 9 - OCTOBER 26, 2024
7-WEEK FALL 2 SESSION: NOVEMBER 4 - DECEMBER 21, 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	6:00-6:45pm	9:15-10:00am	
<i>(1 Child/1 Adult; co-ed)</i>			10:00-10:45am				
* ALL FAMILY MOVEMENT CLASSES ARE IN THE UPSTAIRS GYM *							
PRESCHOOL	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gymnastics	Ages 4 - 5		10:45-11:30am	10:00-10:45am	4:30-5:15pm		
<i>(1 Child/1 Adult; co-ed)</i>			4:00-4:45pm <i>(without parent)</i>		5:15-6:00pm <i>(without parent)</i>		
			4:45-5:30pm				
Little Springers	Ages 4 - 6		5:30-6:15pm	4:00-4:45pm	3:45-4:30pm		
GRADE/MIDDLE	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Girls Gymnastics	Ages 6 - 8	4:00-4:45pm		5:30-6:15pm			
		4:45-5:30pm					
Girls Gymnastics	Ages 9 - 11	5:30-6:15pm		4:45-5:30pm			
Novice Gymnastics <i>(co-ed)</i>	Ages 6 - 11		6:15-7:00pm		6:00-6:45pm		
Boys Gymnastics	Ages 6 - 11			6:15-7:00pm			
Girls Pre-Team	Ages 6 - 14	6:15-7:15pm					11:00am-12:00pm
DROP-IN PROGRAMS	AGE	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Rec Gymnastics	6 Mo - 11 Yr			10:45-11:30am		10:45-11:30am	
<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 *							

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

	45 Minutes	One Hour
Family Member	\$46.00	\$60.00
Youth Member	\$57.00	\$76.00
Participant	\$87.00	\$99.00

1-Time Drop-in Fee

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

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

* NO MORNING FAMILY REC *

Wednesday, October 2nd

Friday, October 4th

BREAK WEEKS

Fall 1: October 28 - November 2, 2024

Fall 2: December 23, 2024 -
January 3, 2025

* FALL 2 CLASSES *

Thursday and Friday classes prorated to 6 weeks
due to Thanksgiving holiday.

BIRTHDAY PARTIES

See Page 17 for more information on
how you can schedule your gymnastics
birthday party now!



FINE ARTS PROGRAMS

FINE ARTS DEPARTMENT

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



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

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

YMCA Dance Dress Code

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

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.

BITTY BALLET

Ages 3 - 5

In our youngest ballet class, our little dancers will learn body awareness and transition from creative movement to ballet, starting with the positions of the feet and basic steps.

BALLET

Ages 3 - 5

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.

TAP & BALLET

Ages 5 - 7

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

HIP HOP & BALLET

Ages 6 - 10

Building on the levels of ballet, posture, technique, body awareness and rhythm, we branch out into the fun, upbeat world of hip-hop.

POMS

Ages 6 - 12

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

BOYS DANCE

Ages 6 - 12

This class is a space for boys to show off their coolest moves! Your child will learn rhythm, body isolations and combinations to showcase their technique.

JAZZ/HIP HOP

Ages 8 - 16

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

MUSICAL THEATER: DESCENDANTS & WICKED

Ages 8 - 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 Disney's Descendants (Fall I) and Wicked (Fall II)**! This is a great class for all levels of music and dance students. No previous dance or singing experience required.

CENTER STAGE

Ages 8 - Adult

This class is for beginners and intermediate acting skills. The class will learn how to memorize lines, project their voice, and use their emotions through storytelling. Open to all acting levels with a part for everyone!

DANCE TEAM PREP

Ages 10 - 18

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

DANCE TEAM

Ages 10 - 18

Classes will focus on ballet, jazz, and poms techniques in an educational and fun environment. The team performs throughout the school year until late-May. **Must have previous dance experience to join.**



FALL FINE ARTS CLASSES

7-WEEK FALL 1 SESSION: SEPTEMBER 9 - OCTOBER 26, 2024
 7-WEEK FALL 2 SESSION: NOVEMBER 4 - DECEMBER 20, 2024

Fine Arts classes meet in the Sheboygan MPR

FINE ARTS CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SESSION
Creative Movement <i>(with Adult/Parent)</i>	Ages 2-4			5:00-5:30pm		Fall 1 & 2
Bitty Ballet	Ages 3-5	5:30-6:00pm				Fall 1
Ballet	Ages 3-5			3:30-4:00pm		Fall 2
Tap/Ballet	Ages 5-7		5:15-6:00pm			Fall 1
Hip-Hop/Ballet	Ages 6-10		6:00-6:45pm			Fall 1
Poms	Ages 6-12	4:45-5:30pm				Fall 1
Boys Dance	Ages 6-12	4:00-4:30pm				Fall 1 & 2
Ballet	Ages 6-12			5:30-6:00pm		Fall 2
Jazz/Hip-Hop	Ages 8-16		4:30-5:15pm			Fall 1
Musical Theater - Descendants	Ages 8-16			4:00-4:45pm		Fall 1
Musical Theater - Wicked	Ages 8-16			4:00-4:45pm		Fall 2
Dance Team Prep	Ages 10-18				4:30-5:30pm	Fall 1

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

BREAK WEEKS

Fall 1: October 28 - November 2, 2024

Fall 2: December 23, 2024 - January 3, 2025



PROGRESSIVE FINE ARTS AND LESSONS

PROGRESSIVE FINE ARTS CLASSES				
24 WEEKS: NOVEMBER 4, 2024 - MID-MAY 2025				
Fine Arts classes meet in the Sheboygan MPR				
FINE ARTS CLASS	AGE	MONDAY	TUESDAY	THURSDAY
Bitty Ballet	Ages 3-5	5:30-6:00pm		
Tap/Ballet	Ages 5-7		5:15-6:00pm	
Hip-Hop/Ballet	Ages 6-10		6:00-6:45pm	
Poms	Ages 6-12	4:45-5:30pm		
Jazz/Hip-Hop	Ages 8-16		4:30-5:15pm	
Dance Team	Ages 10-18			4:30-5:30pm
14 WEEKS: SEPTEMBER 12, 2024 - JANUARY 11, 2025				
Center Stage: Madlibs	Ages 8-Adult			5:30-6:30pm

PROGRESSIVE FINE ARTS CLASSES

Dance classes will perform in the Fine Arts Showcase. Each class will perform at least one dance number in the show. Dance shoes will be available for purchase or special orders will be taken at your first class for ballet, tap, jazz and hip hop. **The recital will be held on Mid-May 2025.**

Fee includes a non-refundable \$30.00 costume deposit for the 2025 Spring Fine Arts Showcase.

	30 Minutes	45 Minutes	60 Minutes
24 Week Fee			
Family Member	\$155.00	\$205.00	\$255.00
Youth Member	\$180.00	\$230.00	\$280.00
Participant	\$255.00	\$305.00	\$355.00

14-Week Session Fee

Member	\$115.00		
Participant	\$170.00		

Fee Includes \$30 costume deposit

PRIVATE DANCE AND DRAMA LESSONS

Ages 5 - Adult

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

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

THURSDAY CLASSES

No classes on 11/28
(closed for Thanksgiving)

Make up day TBD





YMCA BIRTHDAY PARTIES



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

Birthday parties at the Sheboygan YMCA include 45 minutes of dance, gymnastics or swimming (gym parties are 60 minutes) and 60 minutes in a reserved party area. and based on these options, include appropriate staff. Parties are for up to 12 children in dance, up to 12 children in gymnastics, up to 20 children in swimming, and up to 20 children in the gym. A t-shirt is included for all parties for the birthday boy or girl.

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

Dance Party

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



Swimming Party

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



GYM Party

60 minutes of gym activities of your choosing, including basketball, kickball, dodge ball, parachute, football and more!



Gymnastics Party

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

Ultimate Dance or Swimming Party

If you have a very energetic group of kids who want a full afternoon of fun, the Ultimate Party is the way to go. You may choose to combine dance and swimming. Your group will have 45 minutes of fun in each area. The fees below are for swimming during open rec swim times. There is an additional fee for private swim times (if available).

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

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

Revised 3/27/24

PEE WEE & MIGHTY MITE PROGRAMS



PEE WEE AND MIGHTY MITE PROGRAMS

7-WEEK FALL 1 SESSION: SEPTEMBER 9 - OCTOBER 26, 2024

7-WEEK FALL 2 SESSION: NOVEMBER 4 - DECEMBER 20, 2024

PEE WEE SPORTS	Y	AGE	DAY	TIME	LOCATION	SESSION
Pee Wee Football	S	Ages 3 - 5	Wed	4:30 - 5:15pm	Deland Park / Muth Gym	Fall 1
Pee Wee Soccer	S	Ages 3 - 5	Wed	5:15 - 6:00pm	Deland Park / Muth Gym	Fall 2
Pee Wee Football	F	Ages 3 - 5	Wed	4:30 - 5:15pm	Falls Y North side green space or Lohmann Gym	Fall 1
Pee Wee Basketball	F	Ages 3 - 5	Wed	5:15 - 6:00pm	Lohmann Gym	Fall 2
MIGHTY MITE SPORTS	Y	AGE	DAY	TIME	LOCATION	SESSION
Mighty Mite Football	S	5K - Grade 2	Mon	5:00 - 6:00pm	Deland Park	Fall 1 & 2
Mighty Mite Basketball	S	5K - Grade 2	Tues	5:00 - 6:00pm	Muth Gym	Fall 1 & 2
Mighty Mite Tennis	F	Grades 3 - 8	Tues	4:30 - 5:30pm	River Park or Lohmann Gym	Fall 1
Mighty Mite Basketball	F	5K - Grade 2	Tues	5:00 - 6:00pm	Lohmann Gym	Fall 2

BREAK WEEKS

Fall 1: October 28 - November 2, 2024

Fall 2: December 23, 2024 - January 3, 2025

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	\$54.00



NO SCHOOL DAY FUN DAY AT SHEBOYGAN YMCA FRIDAY, SEPTEMBER 27, 2024



Grades 1 - 4

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

Bring the following for a fun-filled day:

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

Snacks will be provided.

Friday 8:30am - 4:30pm

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

FUN DAY



YOUTH BASKETBALL LEAGUES

JANUARY 4 - MARCH 8, 2025

Boys and Girls in 5K - Grade 3

The YMCA Youth basketball program provides an excellent opportunity for youth to participate with others in a healthy activity led by volunteer coaches. The emphasis of this league is on sportsmanship, skill development, teamwork and equal participation.

One hour practices begin in December. Practices are held once a week and are arranged by volunteer coaches. All games are played on Saturday morning or early afternoon. Registration forms will be sent to local schools and available at the YMCA. A separate registration form is required. **The registration deadline is November 8, 2024.**

Kindergarten - 1st Grade

- The format includes 8' rim height, coaches on the court and player substitutions every 4 minutes.
- Boys and girls play in their own leagues, if possible.
- Games will begin in January with a 10-15 minute practice followed by four 8-minute quarters.

Grades 2 - 3

- The format includes lower 9' rim height and coaches on the court.
- Teams are formed by community. Boys and girls play in their own leagues.
- Games will begin in January with a short warm up followed by two 20-minute halves.

MIDDLE SCHOOL GIRLS VOLLEYBALL LEAGUE

NOVEMBER 7 - DECEMBER 19, 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 October 18, 2024.**

Team Fee	\$110.00
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YOUTH DEVELOPMENT Empowering young people to reach their full potential

BASKETBALL CONDITIONING

If you want to get into shape for the upcoming basketball season, come join our conditioning class on Monday nights! You will work on quickness, strength and agility while having fun working out. This class will give you a jump start on your competition for the season.

Family Member	\$15.00
Youth Member	\$19.00
Participant	\$25.00

BASKETBALL SKILLS, DRILLS AND CONDITIONING

Work on the basics while having fun! Drills to help you develop your skills and work on your conditioning to allow you to have fun playing games while also growing as a young hooper!

Family Member	\$15.00
Youth Member	\$21.00
Participant	\$28.00

GAGA BALL/DODGEBALL

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

Family Member	\$7.00
Youth Member	\$9.00
Participant	\$12.00

CATCH 'N RUN/DODGEBALL

Check out the challenge and fun of this class. Learn great throwing, catching and teamwork. We will end class with different dodgeball games.

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

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

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

	1 Day/Wk	2 Days/Wk
Family Member	\$21.00	\$29.00
Youth Member	\$24.00	\$33.00
Participant	\$33.00	\$44.00

BASKETBALL FUNDamentals

Work on the basics while having fun! Drills that you work on your skills intended to allow you to have fun playing games while also growing as a young hooper!

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

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

SPORTS OF ALL SORTS

If you are looking for something fun to do, come join our after school sports program. Each week we will play a different sport for an afternoon of fun!

Family Member	\$7.00
Youth Member	\$9.00
Participant	\$12.00

NERF BATTLE

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

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

KID'S NIGHT OUT

Kid's Night Out includes a variety of activities such as sports, games, crafts and a snack, while encouraging positive character development and social interaction. Swimming is included at the Sheboygan YMCA.

Family Member	\$6.00
Youth Member	\$7.00
Participant	\$9.00



YOUTH PROGRAMS AND SPORTS

7-WEEK FALL 1 SESSION: SEPTEMBER 9 - OCTOBER 26, 2024
7-WEEK FALL 2 SESSION: NOVEMBER 4 - DECEMBER 21, 2024

YOUTH PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Basketball Conditioning	F	Grades 3 - 5	Mon	4:30 - 5:15pm	Lohmann Gym	Fall 1
Basketball Skills/Drills & Conditioning	F	Grades 3 - 6	Mon	4:30 - 5:30pm	Lohmann Gym	Nov 4, 11, 18
Ga Ga Ball/Dodgeball	F	Grades 1 - 5	Tues	4:00 - 4:45pm	Lohmann Gym	Fall 1
Catch 'n Run/Dodgeball	F	Grades 1 - 4	Tues	4:00 - 4:45pm	Lohmann Gym	Fall 2
S.P.A.R.K.	S	Ages 10 - 12	Tu &/or Th	4:15 - 5:15pm	Lakeview Center	Fall 1 & 2
Basketball Fundamentals	S	Grades 2 - 5	Thurs	4:00 - 4:45pm	Muth Gym	Fall 1
Volleyball Skills/Drills	S	Ages 8 - 12	Thurs	4:45 - 5:30pm	Muth Gym	Fall 2
Girl Power	F	Ages 12 - 17	Thurs & Sat	6:30 - 7:30pm 1:00 - 2:00pm	Riverview Center	Fall 1 & 2
Home School Phy Ed	S	Ages 5 - 17	Fri	1:30 - 2:30pm	Varies	Fall 1 & 2
Sports of All Sorts	F	Grades 1 - 4	Fri	4:00 - 4:45pm	Lohmann Gym	Fall 1
Nerf Battle	F	Grades 1 - 4	Fri	4:00 - 5:00pm	Lohmann Gym	Fall 2
Ga Ga Ball/Dodgeball	S	Grades 2 - 5	Fri	4:00 - 4:45pm	Muth Gym	Fall 1 & 2
Kid's Night Out	F	Grades 2 - 4	Fri	6:00 - 8:00pm	Lohmann Gym	11/1
	S	Grades 2 - 4	Fri	6:00 - 8:00pm	Varies	10/18
TEEN PROGRAMS	Y	AGE	DAY	TIME	LOCATION	SESSION OR DATES
Teen Strength Training	S	Ages 12 - 15	Mon	4:15 - 5:15pm	Lakeview Center	Fall 1 & 2
	F	Ages 12 - 15	Wed	3:45 - 4:45pm	Riverview Center	Fall 1 & Fall 2
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

BREAK WEEKS

Fall 1 October 28 - November 2, 2024

Fall 2: December 23, 2024 -
January 3, 2025

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

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 7-week session.**

Family Member \$35.00
Youth Member \$42.00

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





**NO SCHOOL DAY FUN DAY AT SHEBOYGAN YMCA
FRIDAY, SEPTEMBER 27, 2024**



Grades 1 - 4

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

Bring the following for a fun-filled day:

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

Snacks will be provided.

Friday 8:30am - 4:30pm

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



GIRL POWER

**SEPTEMBER 12 - OCTOBER 26, 2024
NOVEMBER 7 - DECEMBER 21, 2024**

Ages 12 - 17

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

KID'S NIGHT OUT

**FRIDAY, OCTOBER 18, 2024 - SHEBOYGAN
FRIDAY, NOVEMBER 1, 2024 - FALLS**

Kid's Night Out includes a variety of activities such as sports, games, crafts and a snack, while encouraging positive character development and social interaction. Swimming is included at the Sheboygan YMCA.

Family Member	\$6.00
Youth Member	\$7.00
Participant	\$9.00





THE CLUB AT THE Y SCHOOL YEAR PROGRAM BEGINS SEPTEMBER 3, 2024

Teens in Grades 6 - 12 during 2024-25 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

Early Release / No-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



YOUR DONATION WILL MAKE A DIFFERENCE

The Sheboygan County Y Annual Campaign is a Y initiative that funds our Partner with Youth Program that started in 1939, making a difference for 85 years providing Y scholarships for those at-risk and financially challenged. By supporting the Y, your gift guarantees that everyone - regardless of their circumstances or ability to pay - can belong to a Y, participate in healthy values-based programs, and improve their lives.

Every dollar you donate to the Annual Campaign directly supports financial assistance and program subsidies for your friends, neighbors and members of the Y community.

The Sheboygan County YMCA is a 501(c)3 nonprofit organization and your gift is tax-deductible.

Here are just a few ways your donation can help provide opportunities for everyone who walks through our doors:

- **\$25** – Enroll a child in a summer sports program or swim lessons.
- **\$50** - Helps a child discover themselves and realize their potential through dance, gymnastics or youth training program.
- **\$100** - Provides a child/teen with a Y membership for one year, opening the door to swimming, gym, sports and health.
- **\$200** - Supports a cancer survivor in the LiveSTRONG® at the YMCA program in which they can improve their strength, develop supportive relationships and improve their overall quality of life.
- **\$250** – Supports a family in the YMCA for one year of health and wellness programs and activities.

WAYS TO GIVE

Payments can be made in the following ways:

- **Cash or Check:** Donations can be mailed or dropped off at any of the Sheboygan County Y branches. Please make checks payable to Sheboygan County Y.
- **Credit Card:** A donation may be made via credit card utilizing MasterCard, Discover or VISA.

Members can make a donation on-line by clicking here:



For questions, call Donna at the Y - 920-451-8000

YMCA CAMP Y-KODA PROGRAMS

REGISTRATION INFORMATION

Welcome to Camp Brain! ALL youth registrations must be completed on-line using the Camp Brain portal. This includes Summer Camp Registration, School's Out Camp, Seasonal Camps, and s'more events! Please scan the QR code or click on the link below to access the on-line registration.

To learn more about Camp Brain have questions, please contact Kaitlyn Emmons at 920-467-6882 or kemmons@sheboygancountymca.org.



CAMP BRAIN REGISTRATION



FALL SLUMBER PARTY

OCTOBER 25-26, 2024

Ages 6 - 12

Celebrate Fall with a slumber party at Camp Y-Koda! Wear your best costume if you wish! On Friday evening, we will have a pizza party and a movie, followed by Trick or Treating around the camp. On Saturday, we will enjoy fall with classic camp activities, crafts and games! All meals, snacks and beverages will be provided.

- Campers should bring a sleeping bag, pillow, pajamas, toiletries.
- Change of clothing for the next day.
- Campers should dress accordingly and bring adequate clothing to spend a lot of time outdoors.

Fridrop off..... 5:00pm
 SatPickup..... 2:00pm

Fee \$65.00/child

SCHOOL'S OUT CAMP

FRIDAY OCTOBER 18, 2024

MONDAY, OCTOBER 28, 2024

FRIDAY, NOVEMBER 8, 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! **Fee is Per Day.**

- 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.
- The registration deadline is each Wednesday before camp date.

OCTOBER 18, 2024

Festive Friday

Explore a beautiful fall day at Camp Y-Koda by participating in favorite fall activities: scavenger hunts, crafts, and traditional camp activities.

Friday 8:00am-4:00pm

OCTOBER 28, 2024

Spooky Monday

Boo! Here's a chance to wear your favorite Halloween costume and go trick-or-treating around camp!

Monday 8:00am-4:00pm

NOVEMBER 8, 2024

Little Farmer

Learn about fall harvesting, farming, and the environment during Little Farmer school's out day! Weather permitting we will also picnic outside and explore camp's garden.

Friday 8:00am-4:00pm

Member	\$40.00/day
Non-Member	\$50.00/day





HOLIDAY CRAFT FAIR & OPEN HOUSE
SATURDAY, NOVEMBER 23, 2024
10:00AM - 3:00PM



Camp Y-Koda will be hosting it's very first Holiday Craft & Vendor Fair! Local artisans and crafters will be available to showcase and offer you different, amazing, hand-crafted items for purchase. Items may include: pottery, ceramics, candles, seasonal decor, jewelry, textiles, woodworking and more!

Camp will also host a Fall Open House for those finished with their shopping. Tour our 80-acre property and learn more about Camp Y-Koda, a hidden gem in Sheboygan County. This is a great opportunity to get the family outdoors while partaking in holiday fun!

Admission \$1/person (cash only please)
Children 3 & under Free.

All proceeds go directly to Camp Y-Koda's mission of promoting responsible stewardship of our environment and enhances participant quality of life with hands-on outdoor education opportunities.


Free parking is available for the fair in our main parking lot.

Click here for more information:


<https://sheboygancountyyymca.org/camp-y-koda/holidaycraftfair.html>

Save the Date

February 8, 2025
6:00pm
at Camp Y-Koda



Father-Daughter Dance




5TH ANNUAL SCARECROW FESTIVAL

Hosted by YMCA Camp Y-Koda & The Christopher Farm and Gardens

Saturday - Sunday, October 5 - 6, 2024

9:00am - 4:00pm

For more information, click link below:

[SCARECROW FESTIVAL](#)

ADULT PROGRAMS - SPORTS

SHEBOYGAN YMCA VOLLEYBALL

ADULT VOLLEYBALL LEAGUES SEPTEMBER 5 - NOVEMBER 21, 2024

Age 18 & Older

Each league will run for approximately 10 weeks. A separate registration form is required and is available on our website at www.sheboygancountyyymca.org. **The registration deadline is September 2, 2024.**

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

COED 6 ON 6 "A" VOLLEYBALL LEAGUE

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

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

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

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

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

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

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

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

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

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

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



SHEBOYGAN YMCA RACQUETBALL & BASKETBALL

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 SEPTEMBER 16 - DECEMBER 16, 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 September 12, 2024.**

Member	\$30.00
Participant	\$65.00



ADULT NOON BASKETBALL

Age 18 & Older

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

Wed 11:00am - 1:00pm

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



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

September 8 - December 31, 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

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

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, weather or holiday hours. **

SHEBOYGAN FALLS YMCA

305 BUFFALO STREET, SHEBOYGAN FALLS

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

Lohmann Gym - North Court

Friday 5:00pm - 6:30pm*

Friday 6:30pm - 8:00pm*

Sunday 12:30pm - 2:00pm

Sunday 2:00pm - 3:30pm

* These times may change due to basketball practices in December 2024.

* These time may change due to special events

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

Beginning Mid-October

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

Beginning Mid-October

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*)

*Must be registered for league play!

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

PICKLEBALL ROUND ROBIN PLAY

NOVEMBER 8 - DECEMBER 20, 2024

Age 18 & Older

Looking for some extra time to play pickleball? Come join our round robin play on Friday afternoons at the Berkshire Gym. Play will be individual play, **not team play**. You will play with a different partner against different opponents every game. Play to 11 points or 15 minutes, whichever comes first. Record your score at the end of each game and be ready to play the next. Can play up to 6 games or more in one day! Total scores for 6 weeks will receive a pickle ball t-shirt. No games will be played on November 29th. If you have any questions about the round robin play please email Ashley Liermann at aliermann@sheboygancountyymca.org or 920-467-2464. **Max number of players is 16.**

Friday 11:30am - 3:00pm

Fee \$10.00 per person

DIABETES PREVENTION PROGRAM

NEW CLASS BEGINNING SOON!

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

mmueller@sheboygancountyyymca.org

Class meets at the Sheboygan YMCA

PARTICIPANT \$429.00
INCLUDES 6-MONTH Y MEMBERSHIP



MEDICARE ELIGIBLE PARTICIPANTS

THE DIABETES PREVENTION PROGRAM MAY BE AVAILABLE TO YOU AT NO COST IF YOU ARE MEDICARE ELIGIBLE OR THROUGH YOUR SUPPLEMENTAL INSURANCE CARRIER!

DIABETES PREVENTION PROGRAM

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

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

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

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

CDC Eligibility (must meet at least one requirement)

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

Medicare Coverage Eligibility (must meet at least one requirement)

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

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

MOVING FOR BETTER BALANCE
SEPTEMBER 10 - DECEMBER 5, 2024 (12 WEEKS)

Age 18+

Mon & Wed 10:55am - 11:55am

Member \$50.00
Participant \$75.00

Optum/Renew Active Members: Program cost covered with good attendance



HELPING PARTICIPANTS FEEL STRONG, STEADY, AND SAFE

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

PROGRAM BACKGROUND AND SUMMARY

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

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

PROGRAM BENEFITS

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

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

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

This program is most successful for those:

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

Program will be held at the Sheboygan YMCA with Diane Ceba.



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

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

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 retainment
- Improved mental health

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

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

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

- Clint at cward@sheboygancountyyymca.org
- Matt at mmueller@sheboygancountyyymca.org



REGISTERED DIETICIAN/NUTRITION SERVICE

Age 15 & Older

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

PERSONAL TRAINING SERVICE

Age 18 & Older

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

Registered Dietician/Personal Training Services

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

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

Cancellation Policy

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



OTHER PERSONAL TRAINING OPTIONS

Personalized Workout

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

Member Only \$49.00

Sport Specific Workout

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

Fee \$37.00

PERSONAL TRAINING YOGA

Age 18 & Older

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

Member Only Personal training fees apply

SMALL GROUP PERSONAL TRAINING

Age 18 & Older

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

Member Only ½ Hour \$12.00 One Hour \$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

LAKEVIEW PROGRAMS

“WOW” - WOMEN ON WEIGHTS

SEPTEMBER 10 - SEPTEMBER 24, 2024

NOVEMBER 5 - DECEMBER 19, 2024

Age 18 & Older

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

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

Member Only
One day / week \$31.00
Two days / week \$47.00

HEALTH, WELL BEING & FITNESS

SHEBOYGAN FITNESS EVENTS

FALL FITNESS TRIO

SUNDAY, SEPTEMBER 22, 2024

Age 18 & Older

Get a well-rounded, full body workout with three, 30-minute back-to-back sessions consisting of strength circuits, cardio, and an extended yogic stretch.

Saturday8:30am - 10:00am

Member	\$7.00
Participant	\$11.00

HALLOWEEN RIDE

FRIDAY, OCTOBER 25, 2024

Age 18 & Older

Ghosts and Ghouls alike are invited to cycle through the night with the sights and sounds of the spooky season to guide us. We'll Monster Mash and Time Warp in our best costumes or Halloween outfits. Costumes are optional, but treats and tricks will be provided. **Registration is limited to 14 people.**

Friday 7:00pm - 8:00pm

Member	\$7.00
Participant	\$11.00

BATTLE OF THE SEXES FITNESS CHALLENGE

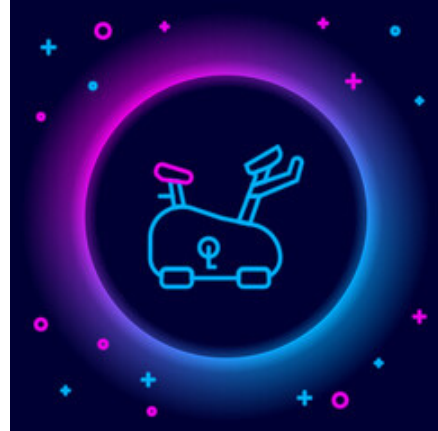
SATURDAY, NOVEMBER 16, 2024

Age 18 & Older

It's guys vs gals as both teams battle each other in a variety of workout challenges! Who will take the Win?!

Saturday 10:00am - 11:00am

Member	\$7.00
Participant	\$11.00



SHEBOYGAN COUNTY Y FITNESS CHALLENGES

IRON MAN CHALLENGE

SEPTEMBER 23 - OCTOBER 22, 2024

Age 15 & Older

Complete an Iron Man in 30 days and receive a cool finisher t-shirt! 2.4 miles swimming, 112 miles on a bike, and a 26.2 mile run/walk. Rowers can be used for those that choose not to swim in the pool. There will be a log sheet in the fitness center to keep track of your progress throughout the 30 days. **Pre-registration required.**

Member Only	\$20.00
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ROW-VENBER CHALLENGE

NOVEMBER 4 - 30, 2024

Age 15 & Older

Row from Sheboygan to Bay City Michigan (243 miles / 377 kilometers) during the month of November using our inside rowers to earn prizes. Top finishers will receive a t-shirt and the rest of the finishers will be entered in a drawing for other prizes including water bottles, towels, bags, t-shirts, and more! **Pre-registration required.**

Member Only	\$10.00
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BINGO BLAST

OCTOBER 1 - 31, 2024

Age 15 & Older

Register for this challenge and receive your Bingo card full of fitness activities, exercises, and wellness goals before October 1st. You have the month of October to achieve a Bingo to win a prize. Each card has two ways to win:

1. Earn a traditional Bingo vertically, horizontally or diagonally and earn a YMCA Water Bottle. Limit one traditional Bingo per card.
2. Earn a blackout Bingo when you clear all the challenges on the card and win a YMCA logo t-shirt.

Some squares need employee stamp/initials in order to be valid. **Pre-registration required.**

Member Only	\$10.00
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FALLS FITNESS EVENTS

POWER PLATE® DEMONSTRATION
TUESDAY, SEPTEMBER 10, 2024
TUESDAY, SEPTEMBER 17, 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.**

Tuesday 9/10 10:30am
 Tuesday 9/17 5:00pm

Member	Free
Participant	\$8.00



FOUNDATIONS OF BODY PUMP™
SEPTEMBER 3, 2024
OCTOBER 1, 2024
NOVEMBER 5, 2024
DECEMBER 3, 2024

Age 18 & Older

If you have ever wanted to try BodyPump but were intimidated by the music, barbell, or even just the name of the class, this is your opportunity to try it! A scaled down version of the real thing, we dissect the moves, tempos and lingo to prepare you for what to expect in a regular class. Set yourself up for success with the best timing, form and moves that a regular BodyPump class has to offer. Also perfect for those who have tried BodyPump but need additional instruction or modifications for specific moves. **Pre-registration required.**

Tuesday 5:30 - 6:30pm

Member	Free
Participant	\$8.00



NEW

Listen and Learn sessions coming soon!

Whether if it mental, physical, nutritional or something else, wellness means something different to everyone.

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@sheboygancountyymca.org

Jen Kovacs, Sheboygan Falls YMCA
 (920)467-2464 x219
 jkovacs@sheboygancountyymca.org

JOIN OUR AQUATICS TEAM

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

Life Guards

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

Swim Instructors

Shifts available: Mornings, evenings and weekends.

For more information, contact:

Heather Nitsch, Aquatics Director:

920-451-8000, Ext 129

hnitsch@sheboygancountyymca.org or complete an application by clicking link below:

[Sheboygan County YMCA Employment Application](#)

FITNESS CLASS DESCRIPTIONS

NEW Session Format for Fitness!

- Register for one session from September 2024 - May 2025
- Watch for new fitness grids Every Month to keep you better informed of class changes!

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

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

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

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

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

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

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

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

BODYPUMP™ Express is a condensed format of BodyPump™ with combined tracks to work more than one muscle group for integrated muscle work. This class is taught by a certified Les Mills BODYPUMP™ instructor.

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

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

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

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 Line Dancing Fun on Fridays! No need to be an experienced dancer. Diane will take you through easy-to-follow moves to various fun music. Get active and have fun! **NEW for the fall! Two levels of Line Dancing Fun--Beginner and Advanced! Whether you've been attending our original class or you are new to the fun, we have a level perfect for you!**

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.

Matrix Ride Express - When you're short on time, but not quality or intensity, don't skip your workout! All the things you love about Matrix Ride—metrics, performance, results—are offered in a condensed, 30-minute class.

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

Power 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.

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

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

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

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

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

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

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

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

Yoga Lift - Fuse your love of yoga with the benefits of weight training in this new class experience! Combine strength and abdominal work with yoga moves that will sculpt and awaken your whole body.

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

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

SHEBOYGAN FALLS CLASSES
Jen: jkovacs@sheboygancountyymca.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.sheboygancountyymca.org.
- **Warm-ups are an important part of each class!** Please arrive 5 minutes before the start of each class

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

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

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

Michelle Bustamante, Sheboygan YMCA
Group Fitness Coordinator
(920) 451-8000 x114
mbustamante@sheboygancountyymca.org

Jen Kovacs, Sheboygan Falls YMCA
Healthy Living Director
(920)467-2464 x219
jkovacs@sheboygancountyymca.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	Fall	Fee
	SHEB SFY		<input type="checkbox"/> 1 <input type="checkbox"/> 2	\$
	SHEB SFY		<input type="checkbox"/> 1 <input type="checkbox"/> 2	\$
	SHEB SFY		<input type="checkbox"/> 1 <input type="checkbox"/> 2	\$

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

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

Office Use Only
 Receipt # _____ Amount Paid _____
 Date Received _____ Staff Initials _____
 Checked By _____

Total Amount of all Program Fees \$ _____
Check # or Cash _____
Charge Card # _____
Exp Date _____ **3 Digit Code** _____

REGISTRATION OPTIONS

In Person or Fax

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

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

On-line at www.sheboygancountyymca.org

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

- **Vouchers are now available to redeem when registering for programs on-line. 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.