



WATERTOWN AREA YMCA

# 2025 FALL I & II PROGRAMS

**SESSION DATES:**

**FALL I:** September 2nd - October 25th

**FALL II:** October 26th - December 20th

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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### Member Benefits:

At the Y, membership means more than fitness. It means you belong. As a member of the Y, you are part of the transformative work we do to strengthen community. We offer memberships that help you connect with your community and achieve your goals in a supportive environment.

Y Members also enjoy several exclusive benefits:

- **Free Group Exercise Classes and Group Cycling**
- **Preferred Program Pricing and Advanced Registration:** A wide variety of programs are available for every age and every interest.
- **Special Member Events and Activities**
- **YMCA360:** More than 1,000 on-demand exercise classes and programs are accessible 24/7 to provide another way to engage with the Y from home or when your branch isn't nearby.
- **Access to Kid's Corner Drop-Off Care**
- **YMCA App:** View schedules, participate in challenges, earn rewards and more! Click [HERE](#) for details
- **Nationwide Membership:** Nationwide Membership enables you to visit any participating YMCA in the United States with your membership at your home YMCA. Please contact the Y you will be visiting in advance to confirm their participation.

For more information visit [www.glcymca.org/interest/](http://www.glcymca.org/interest/)

### Y MISSION:

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



## FALL I SESSION

SEPTEMBER 2 – OCTOBER 25



## FALL II SESSION

OCTOBER 26 – DECEMBER 20

The Y will be closed on Mon, September 1st for Labor Day and Thurs, November 27th for Thanksgiving

## REGISTRATION DATES:

Y Member program registration is going on now for Fall I & II Sessions!

### Community Participant Program Registration

- **Fall I Session:** August 13, 2025
- **Fall II Session:** October 8, 2025

## CONNECT WITH US



**WATERTOWN AREA YMCA**  
415 S 8th Street  
Watertown, WI 53094



**Phone:**  
920-262-8555



**Website:**  
[www.glcymca.org](http://www.glcymca.org)



**Email:**  
[watertownmemberservices@glcymca.org](mailto:watertownmemberservices@glcymca.org)

WORKSHOP	FEE	DATES
Walking Poles	FREE	Friday, September 19th 11:00am
Long-Term Care Planning		Friday, October 17th 11:00am
Christmas BINGO		Friday, December 19th 11:00am

## FOREVERWELL CLASSES

### WALKING POLES

Boost your walk! Trekking poles enhance your stability, work your arms, shoulders and core and help you burn more calories. Dr. Joy Cochran will teach you what kind of poles you need and how to use them.

### LONG-TERM CARE PLANNING

Briana Smith from Ixonia Bank will share information about planning for your financial health if you become ill or disabled.

### CHRISTMAS BINGO

Join us for BINGO at the Ehlinger Center! We will provide the game materials and snacks, just bring yourself. Fitness staff will be present to share holiday health tips. There will be multiple chances to win a prize!



## FALL

CATEGORY	CLASS NAME	AGE	FEES M/CP	MON	TUES	WED	THURS	FRI
SPECIALTY FITNESS	Boxing	16+	\$40/\$80 (Fall I only)				5:15-6:00am	
	MX4 Fit (Members only)		1 class - \$5 5 classes - \$25 11 classes - \$50 Unlimited monthly - \$25	6:00- 6:30pm		10:00-10:30am 5:30-6:00pm		10:00- 10:30pm
HEALTHY HABITS & NUTRITION	Weight Loss Challenge		\$30/\$60 (4 weeks)		4:00-5:00pm Sept. 9-30 (Info Meeting 8/26)		11:00am-12:00pm Sept. 11-Oct 2 (Info Meeting 8/28)	
	Accountability Club		\$10/\$20 per month	Monday, Sept 8 & 22 • 9:30am Tues, Sept 9 & 23 • 5:15pm				
WELLNESS WORKSHOP	EGYM & Beyond		FREE	October 13, 2025 9:30am & 5:30pm				

### SPECIALTY FITNESS

#### BOXING

Join us for this fat-blasting, empowering and highly rewarding small group boxing training program that is like no other. Gloves and wraps are needed for class. Bring your own gloves, wraps are provided. Located in the Fitness Studio at 8th St. Drop-in class passes can be purchased for \$10.

#### MX4 FIT

This functional training class combines best-in-class training tools with workouts to help you improve cardio, power, strength and endurance, no matter your age or ability. The results-driven programming blends personalized coaching, camaraderie and challenging progressive workouts. Located in the Functional Training Studio at the Ehlinger Center. Purchase 1, 5 or 10 classes at a time or monthly unlimited. Schedule your classes on-line or at member services. FREE "Try-it" classes are offered a couple of times per year.

### HEALTHY HABITS & NUTRITION

#### WEIGHT LOSS CHALLENGE:

Learn and practice nutrition habits to fuel your exercise and lose weight. Meet once a week with a coach and other members working towards their weight loss goals. Attend an information meeting prior to registering to learn more about the program.

#### ACCOUNTABILITY CLUB

Keep accountable, stay on track and meet your goals. For those who attended the Weight Loss Challenge previously. Meet twice a month (30 minutes each) with a Healthy Habits Coach and other members so you continue to learn and practice nutrition habits to fuel your exercise and life goals.

#### 1-ON-1 COACHING

Starting at \$50 member/\$80 community per month

- 1 hour initial consult – in person
- 15 min. Check-in – in person or virtually
- ProCoach habit tracking app

### WELLNESS WORKSHOP

#### EGYM & BEYOND

Learn how to get the most of your EGYM workout and what comes next. You will better understand the EGYM program options, workout phases and how to maximize your results without injury. Bring your questions so you can optimize your health and wellness journey.

### PERSONAL TRAINING: Exclusive to Members

#### Personal Training Packages:

(60 minutes)	(30 minutes)
3 session: \$150	3 session: \$75
6 sessions: \$265	6 sessions: \$135
10 sessions: \$410	10 sessions: \$200

#### Buddy Sessions: Train with a friend!

(60 minutes) Partner training costs/person  
3 sessions: \$75  
6 sessions: \$135  
10 sessions: \$200

### GROUP EXERCISE

The Y has more than 70 live group exercise classes for Y members each week. Check our online schedule here.

Group exercise offerings include, but are not limited to:

Zumba    TRX    Strength Training    Older Adult  
Pound    Cycling    Les Mills    Mind-Body

Scheduled and On-Demand options of Les Mills classes are at 8th Street in the Streaming Studio on the 2nd floor. At the Ehlinger Center, the Express Studio has 1 large screen and the Functional Studio has 3 smaller screens with On-Demand options.

For more information, see a Wellness Center coach at the Ehlinger Center or reach out to [dliddicoat@glcymca.org](mailto:dliddicoat@glcymca.org).

## FALL I & II

CATEGORY	CLASS NAME	AGES	MON	TUES	WED	THURS	FRI	SAT	SUN
OPEN PLAY PICKLEBALL	Beginner	18 & up	11:00am-1:30pm		11:00am-1:30pm		11:00am-1:30pm	6:00-11:00am (1 Court)	
	Intermediate		9:15-1:00pm	8:00-10:45am	9:15-1:00pm		9:15-1:00pm	6:00-11:00am (1 Court)	10:00-12pm (1 Court)
	Advanced			6:00-7:30am 10:45-1:00pm		6:00-7:30am 10:45-1:00pm	12:00-2:30pm	6:00-11:00am (1 Court)	12:00-2:00pm (1 Court)

LEAGUE OFFERINGS	LEAGUE NAME	AGES	FEES M/CP	TIME	DAY OF THE WEEK	DATES
BASKETBALL	3-on-3 Co-ed Basketball League (Ages 18 & up)	18 & up	\$140 per team	6:00-8:00pm	Fridays	September 12 - October 17
PICKLEBALL	Mixed Doubles - Intermediate		\$28/\$35	5:00-9:00pm	Thursdays	October 20 - December 12
	Mixed Doubles - High Intermediate			5:00-9:00pm	Thursdays	
	Mixed Doubles - Advanced			6:00-9:00pm	Mondays	

### ADULT SEASONAL SPORTS

#### 3-ON-3 BASKETBALL LEAGUE

Adult 3 Basketball: Co-ed with a roster limit of 6 per team. End of season tournament.

#### MIXED DOUBLES PICKLEBALL

Join us for our mixed doubles pickleball league that brings together players for a fun and competitive experience!

- Mixed Doubles (1 male and 1 female per team)
- Guaranteed 1-2 matches per week (~45 minutes)
- 6 week season with bracket style tournament at end of season
- All participants will receive a YMCA Pickleball T-shirt
- League winners will receive a special prize
- The Watertown YMCA will provide pickleballs as needed, please bring your own paddle!

### MEMBERSHIP BENEFIT INCLUDED SPORTS

#### OPEN PLAY PICKLEBALL

Played with a paddle that is larger than a ping pong paddle, a wiffle ball and a court smaller than a tennis court.



# YOUTH SPORTS

TO REGISTER FOR YOUTH SPORTS, click here

## FALL I

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS
PRESCHOOL & KINDERGARTEN	Bitty Basketball	3-6	\$32/\$42	4:30-5:00pm			
	Bitty Football	3-6	\$32/\$42		4:30-5:00pm		
SCHOOL AGE SPORTS	Learn to Play Basketball	6-8	\$34/\$48	5:00-5:45pm			

## FALL II

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS
PRESCHOOL & KINDERGARTEN	Bitty Soccer	3-6	\$32/\$42	4:30-5:00pm			
	Bitty Sports of All Sorts	3-6	\$32/\$42		4:30-5:00pm		
SCHOOL AGE SPORTS	Learn to Play Soccer	6-8	\$34/\$48	5:00-5:45pm			

### PRESCHOOL & KINDERGARTEN

#### BITTY BASKETBALL (AGES 3-6)

Boys and girls learn the fundamentals of dribbling, shooting, passing and defense.

#### BITTY FOOTBALL (AGES 3-6)

Learn the basics of offense and defense as well as the fundamentals of running, throwing, catching and kicking.

#### BITTY SPORTS OF ALL SORTS (AGES 3-6)

Participants will have a chance to try a variety of sports throughout the session, as the instructors will introduce basic fundamentals of each sport.

#### BITTY SOCCER (AGES 3-6)

Boys and girls focus on dribbling, shooting, passing, trapping and goalkeeping.

### SCHOOL AGE SPORTS

#### LEARN TO PLAY BASKETBALL (AGES 6-8)

Designed to help players learn fundamental sports skills while expanding their game play experience in a team setting.

#### LEARN TO PLAY SOCCER (AGES 6-8)

Participants will learn fundamental skills and play in the same fun-filled session each week while receiving game play experience! We introduce the concepts of being on a team and learning from an instructor or coach.



# HOMESCHOOL

TO REGISTER FOR HOMESCHOOL, click here

CATEGORY	CLASS NAME	GRADE	FEES M/CP	TUES/THURS
HOMESCHOOL	PE	K-4th	\$45/\$65	1:15-2:00pm
	PE	5th-8th	\$45/\$65	2:00-2:45pm

### HOMESCHOOL (K-4TH, 5TH-8TH)

Homeschooled boys & girls will develop physical skills, build confidence and make new friends. Our classes will feature general fitness, team sports, plenty of games, and learning about bodily health/nutrition.



# SPECIAL PROGRAMS:

Programs designed for individuals with intellectual developmental or physical disabilities.

**TO REGISTER FOR SPECIAL PROGRAMS, click here**

If you have not registered for programs before please contact Kathy Sheridan, Special Programs Coordinator at [ksheridan@glcymca.org](mailto:ksheridan@glcymca.org) or (920) 262-8555 ext 1324, prior to registering so we can learn more about the participant and their needs.

## FALL

CATEGORY	CLASS NAME	AGES	FEES M/CP		TUES	WED	THURS	FRI	SAT	DATES
<b>FITNESS PROGRAMS</b>	Fitness Friends	13+	Private Pay \$75/\$105	Funding Source \$90/\$120			6:00- 7:00pm			Sept 2 - Dec 20 (No Nov 27)
<b>SOCIAL PROGRAMS</b>	Fun Friday	13+	Private Pay \$20/\$25	Funding Source \$25/\$30				5:30- 8:00pm		Sept 5 October 3 November 14 December 5
	Holiday Make and Take	13+	Private Pay \$20/\$25	Funding Source \$25/\$30					10:00am- 12:00pm	Sat, Dec 13
<b>DAY PROGRAM</b>	Service without Boundaries	21+	Private Pay 60/\$75	Funding Source \$70/\$85	9:00am- 3:00pm	9:00am- 3:00pm	9:00am- 3:00pm			Sept 2 - Dec 18 (No Nov 26 or 27)

### FITNESS PROGRAMS

#### FITNESS FRIENDS

Lift, stretch, move! Teens and adults with intellectual and developmental disabilities learn the benefits of exercise alongside their friends. Trained staff will create and carry out programs to meet the strength, cardiovascular, and flexibility needs of the participants.

### SOCIAL PROGRAMS

#### FUN FRIDAY

Play, laugh, dance! A night at the YMCA or pre-determined off-site location designed for individuals with intellectual and developmental disabilities. Activities will include crafts, games, gym activities and lots of fun with friends!

#### HOLIDAY MAKE AND TAKE

Get in the Holiday spirit by joining us for a morning of crafting, baking, and friendship. Each participant will go home with a completed craft, 6 cards, and a holiday baked good. Designed for individuals with intellectual and developmental disabilities.

#### PARTICIPANT TO STAFF RATIO:

We will maintain a 4:1 (participant: staff) ratio for all programs. If your participant requires more care than can be given in a 4:1 ratio you must make arrangements with the Special Programs Director a minimum of 2 weeks prior to the event. We cannot accommodate all 1:1 requests so please request early. Please contact Kathy Sheridan for any other accommodations necessary for participation.

#### USING A FUNDING SOURCE:

We do accept county and state funding (IRIS, Family Care, Children's Long-Term Support Waiver, etc.). If you are new to using a funding source or have questions please contact Jodi Dabrowski to learn more about the process.

### DAY PROGRAM

#### SERVICE WITHOUT BOUNDARIES

The Service without Boundaries Day Program supports adults with disabilities through weekly activities within the Y and within the community. The program provides opportunities to gain independence, make friends and make a difference in the community.

Days will be filled with physical activity, learning activities, social opportunities and daily living skills. We will also be volunteering at some local non-profit agencies and utilizing community businesses, services, and parks.

If you are interested in learning more about this program please contact Kathy Sheridan, Special Programs Coordinator at [ksheridan@glcymca.org](mailto:ksheridan@glcymca.org) or (920) 262-8555 ext 1324. If you would like to receive registration information please use this link [www.glcymca.org/programs/10051/service-without-boundaries-day-program/#division\\_21152](http://www.glcymca.org/programs/10051/service-without-boundaries-day-program/#division_21152)

#### PARTICIPANT CARE FORM:

All participants must have a participant care form on file with the Special Programs Department.

To get on the Special Programs email list, reach out to Jodi Dabrowski at [jdabrowski@glcymca.org](mailto:jdabrowski@glcymca.org)



# SPIRITUAL DEVELOPMENT

TO REGISTER FOR SPIRITUAL DEVELOPMENT, [click here](#)

## FALL I & II

CATEGORY	CLASS NAME	FEES	DESCRIPTION	DATES
<b>BIBLE STUDIES</b>	Abide: Bible Study for Women	Free	This is a Bible study that meets in our Watertown Area YMCA branch, led by group exercise instructor, Jill Nelson. This group has successfully completed its first year of studies and has grown in participation and faith under Jill's leadership. Come and join us as we journey this life of faith together.	1st & 3rd Tuesdays each month starting in Oct.  9:30-10:30am  Watertown Area YMCA
	Midfield Men	Free	A Bible study for men meets each Wednesday morning. Come and join us as we pray, study, and fellowship together. Each week's study challenges us as men to grow deeper in our faith and strengthens our walk with Christ. This group meets in the conference room at the Pabst Farms branch. Bring your coffee and join the study.	Wednesday mornings, 6:30-7:30am Starting September 3  YMCA at Pabst Farms
	MFM Ministries Women's Bible Study	Free	The Y partners with Margo Fieseler to offer Bible studies for women. Margo is a board member of the Pabst Farms branch and has led women's studies through the Y for over 12 years. Studies meet at Whitestone Church in Oconomowoc and are open to the community.	Wednesday mornings 9:00-10:30am Wednesday evenings, 6:30-8:00 PM  Whitestone Church
<b>COMMUNITY EVENTS</b>	Love in a Shoebox:  Operation Christmas Child	Free	The Y has hosted this community shoebox packing party for Operation Christmas Child for six years. This is a fun, family event with a silent auction, games and crafts, entertainment and more. Come and pack a shoebox that will be sent around the world to children in impoverished nations, telling them of God's love.	Sunday, November 9 11:00am - 2:00pm  YMCA at Pabst Farm Gym

### MISSION TRIPS THROUGH THE Y

Did you know that the Glacial Community YMCA provides mission trip experiences each year? Since 2018 we have sent teams to Esperanza Viva in Puebla, Mexico to love, care and serve the 100+ children who live there full-time. We also have sent teams to our coalition partner, the YMCA of Valparaiso, Chile for 8-10 days of service and cultural immersion.

Registration is extended until September 15 for both of our mission teams. We have two teams traveling to two international destinations in early 2026.

- YMCA of Valparaiso, Chile. January 9-18, 2026. Cost is \$2600 pp.
- Esperanza Viva, Puebla, Mexico. February 20-27, 2026. Cost is \$1900 pp.

Join a Y team and experience a new culture, learn a new skill, and make a difference in our world through serving others. Team trainings start in September for both teams.