



YMCA AT PABST FARMS

2025 FALL I & II PROGRAMS

SESSION DATES:

FALL I: September 2nd - October 25th

FALL II: October 26th - December 20th

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/

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!

Y Member Swim Lesson Registration :

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

Community Participant Registration:

Program Registration

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

Swim Registration

- **Fall I Session:** August 20, 2025
- **Fall II Session:** October 15, 2025

CONNECT WITH US



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YMCA EVENTS

TO REGISTER FOR MEMBER & COMMUNITY EVENTS, [click here](#)

CATEGORY	EVENT NAME	FEES M/CP	DATE
MEMBER EVENTS	Neighborhood Block Party	Free	Friday, August 22 11:00am-1:00pm West End
MEMBER & COMMUNITY EVENT	Touch A Truck	Free	Saturday, September 13 10:00am-2:00pm
COMMUNITY EVENT	Thriving Families Mental Health & Wellness Fair	Free	Saturday, October 4 9:00am-1:00pm

MEMBER EVENTS

NEIGHBORHOOD BLOCK PARTY

Join us for our end of summer member event! Come for the corn roast and stay fun the fun: music, games and kid's activities!

COMMUNITY EVENTS

THRIVING FAMILIES MENTAL HEALTH & WELLNESS FAIR

Join us for a free community event to learn about area mental health and wellness resources! Interact with exhibitors and learn about organizations, businesses and ministries that support mental, physical and spiritual wellness.

Attend mini-workshops and engage in activities that promote mental well-being. The event is open from 9-1. We will also have opportunities to win raffle items from our exhibitors.

MEMBER & COMMUNITY EVENT

TOUCH A TRUCK

Join us at the YMCA at Pabst Farms for an interactive outdoor family adventure that lets you climb, explore and discover your favorite trucks, vehicles and cars.

Our Touch a Truck event offers children a hands-on opportunity to meet the people who build, protect and serve our community. Vehicles on display will include town vehicles, construction trucks, emergency responders and more.

BONUS! Live Music! The Hit Men

Swing to live classic and contemporary rock, blues and soul music provided by The Hit Men. Bring a lawn chair, and wear your dancing shoes.

Enjoy food, music and activities! Free admission!



CATEGORY	CLASS NAME	FEES M/CP	DATES
CLASSES	Beginner and Intermediate Sign Language	\$52/\$74	Thursdays September 25 - November 20 6:00-6:50pm
	Second Half of Life: Writing Class	\$75/\$90	Tuesdays October 14, 21, 28 9:30-11:00am
EVENTS	Christmas Party	Stay tuned!	Monday, December 8
WORKSHOPS	Understanding Medicare	Free	Wednesdays (same class offered on multiple days) Sept. 16 • 3:00-4:30pm or 6:00-7:30pm Oct. 7 • 3:00-4:30pm or 6:00-7:30pm
MONTHLY EVENTS	Advance Directive	Free	Every 3rd Wednesday of the month starting August 20 9:30-11:00am
	Sheepshead	Free/\$2	Fridays • 10:30am-12:00pm August 22, September 26, October 24, November 21, December 19
	Bingo		Fridays • 1:00-2:30pm September 12, October 10, November 14, December 12
	Mended Hearts	Free	Wednesdays • 6:30-8:00pm September 24, October 29

FOREVERWELL CLASSES

BEGINNER AND INTERMEDIATE SIGN LANGUAGE

Join us for our Beginner and Intermediate Sign Language class to learn more of the basics in a combination of American Sign Language and English Sign Language. This class will be taught by instructor Lisa Bent, a State of WI certified teaching assistant, who is legally deaf and has been utilizing and teaching sign language for the past 15 years.

THE SECOND HALF OF LIFE: WRITING CLASS

Join Joanne Nelson, author and university instructor, to explore the transformative possibilities of this new stage of life. The Second Half of Life is not defined by a particular age. Rather, it begins in a moment brought about by all manner of life changing circumstances – a time when we recognize the need to reconsider who we are apart from occupations, daily duties, and our past.

FOREVERWELL WORKSHOPS

UNDERSTANDING MEDICARE

A FREE Community Educational Seminar:

- Medicare Parts A, B, C & D
- Eligibility & Enrolling in Medicare
- Medicare Advantage & Supplement Insurance
- Special Enrollment Periods
- Transitioning from Employee to Retiree

FOREVERWELL MONTHLY EVENTS

ADVANCE DIRECTIVE

Stop by the dedicated table in the front lobby to get information about advance directives from a medical social worker, fill out a State of WI form or ProHealth Care form (your choice) and get it properly signed. This is a convenient drop-in service.

BINGO

Join our Foreverwell Bingo in the Senior Center with snacks and prizes! We play the second Friday of most months, 1-2:30pm.

SHEEPSHEAD

Join us to play Wisconsin's #1 card game, Sheepshead! Beginners will learn the game together. Those proficient at play will get right down to it! Facilitated by Sheepshead enthusiast, Aaron Lang.

MENDED HEARTS

Join us for a peer support group for heart patients, their families and caregivers. FREE TO Y MEMBERS AND THE COMMUNITY! Non-Members please stop by Member Services to register and obtain building access pass prior to first meeting.

SENIOR TRIPS

Join us with the Oconomowoc Area "Travelin' Troupe" for a series of experiences for Seniors and other adventurers (in partnership with the Oconomowoc Area Senior Center.)

To see the most up to date list of trips visit our website at www.glcymca.org/active-older-adults-pabst/adult-trips/



HEALTHY MINDS

TO REGISTER FOR HEALTHY MINDS, [click here](#)

FALL I & II (No classes September 1st for Labor Day or November 27th for Thanksgiving)

CATEGORY	CLASS NAME	AGE	FEES M/CP	DATE
ADULT WORKSHOPS	Expressive Arts Collage	16+	\$10/\$15	Thursday, September 18th • 6:30-8:00pm
	Expressive Arts Mixed Media			Thursday, October 16th • 6:30-8:00pm
	Expressive Arts Painting			Thursday, November 20th • 6:30-8:00pm
WOMEN'S BIBLE STUDY	"Get Out of Your Head"	18+	\$13	Tuesdays • 9:30-11:00am September 2-October 21
PARENTING CLASSES	Parenting the Love & Logic Way	18+	\$45 Individual \$60 Couple	Tuesdays • 6:00-7:30pm September 9-October 14
	YMCA Moms Group	18+	Free/\$15	Thursdays • 9:30-11:00am Sept 11- December 4
CHILDREN'S CLASSES	Emotion Explorers	5-7	\$56/\$76 FI \$49/\$69 FII	Mondays • 4:00-4:45pm
YOUTH EVENT	Created with Confidence: A Paint Night For Girls	10-14	\$10/\$20	Friday, November 14 6:00-7:30pm

ADULT WORKSHOPS

EXPRESSIVE ARTS COLLAGE/MIXED MEDIA/PAINTING

Use your creativity to express emotions and relax! Come express yourself in this fun workshop! Our Healthy Minds Director, Mel Kistner is a former art therapist and an artist. She will lead you through some creative exercises to express emotions, foster self-expression and develop resilience. Each workshop will have a different theme and materials focus. This fall we will be doing collage, mixed media and painting. Create your own unique piece to bring home. Art supplies included but feel free to bring your own as well. No art experience required. Just a desire for creative exploration and connection!

PARENTING CLASSES

PARENTING THE LOVE & LOGIC WAY

This 6 session parenting program is designed to give you practical skills you can apply immediately. Learn how to: Put an end to arguing, back talk and begging. Teach responsibility, set enforceable limits, avoid power struggles, guide kids to solve their own problems and more! This 6 week class is led by Angela Batterman, a trained Independent Facilitator of Parenting the Love and Logic Way. She has extensive experience teaching both children and adults. Come get encouraged and equipped on your parenting journey! Each registration fee includes a workbook. Individual rate available. Kids Corner is open during the time of this class if you need childcare. Limited infant spots.

YMCA MOMS GROUP

Join our YMCA Moms Group -A space for community, support, education and meaningful conversation around parenting, wellness, and life's everyday challenges. Connect with other women in all stages of parenting as you make time to relax and rejuvenate. We will explore relevant topics, engage in fun activities, share ideas and foster meaningful conversation. Help us build this new community at the Y! Coffee, tea and light breakfast items will be served. Women of all ages and stages of parenting welcome! Free to attend but registration required. Childcare is not provided but Kids corner is open during the meeting.

WOMEN'S BIBLE STUDY

"GET OUT OF YOUR HEAD"

Join us as we go through Jenni Allen's Bible study "Get Out of Your Head: A Study in Philippians." Learn how to take every thought captive and have a mind that is content in any situation. This study has companion videos and tools that will help us transform our thoughts and emotions through Christ as we study the book of Philippians. Led by our Healthy Minds Director Mel Kistner who spent years as a clinical therapist and is passionate about helping others with mental health grounded in the truth of scripture. Come find encouragement and community! Fee is for the Bible study workbook which participants will get on the first day.

CHILDREN'S CLASSES

EMOTION EXPLORERS

Come explore feelings with friends! Our Healthy Minds Director Mel Kistner will lead this class helping kids identify, express and respond to emotions through art activities, experiments and engaging games. Kids will have fun while increasing their ability to regulate emotions and respond in healthy ways.

YOUTH EVENT

CREATED WITH CONFIDENCE: A PAINT NIGHT FOR GIRLS

Join us for a special evening of creativity, connection, and confidence! This paint night is designed for middle school girls (ages 10-14) to explore their unique beauty and strength while reflecting on the powerful truth that they are created in God's image. Through guided painting activities, we'll celebrate each girl's individuality and encourage them to embrace their creativity as a reflection of their inner confidence. Together, we'll enjoy a relaxing and inspiring evening, creating beautiful art while discussing the importance of self-worth, empowerment, and the amazing potential each girl holds. Each girl will bring home a canvas creation.



ADULT FITNESS

TO REGISTER FOR ADULT FITNESS, [click here](#)

FALL I (No classes September 1st for Labor Day)

CLASS NAME	FEES M/CP	MON	TUES	WED	THURS	FRI	SAT
Beginner Mat Pilates	\$85/\$170		6:40-7:25pm				
Mat Pilates	\$75/\$150	7:00-7:50am (no class 9/1)					
Empowering Strength	\$85/\$170	8:45-9:45am (no class 9/1)		8:45-9:45am			
Golden Glove Guard Up	\$66/\$132 M \$75/\$150 Th	10:30-11:30am (no class 9/1)			10:15-11:15am		
Guard Up Start Up	\$80/\$160	11:30am-12:30pm (no class 9/1)					
Guard Up	\$90/\$180		5:15-6:15am 5:30-6:30pm	11:00-12:00pm	5:15-6:15am		9:30-10:30am
Parkinson's Exercise Program: Aurora Summit	\$80/\$120		1:00-2:00pm			1:00-2:00pm	

FALL II (No classes November 27th for Thanksgiving)

CLASS NAME	FEES M/CP	MON	TUES	WED	THURS	FRI	SAT
Beginner Mat Pilates	\$85/\$170		6:40-7:25pm				
Mat Pilates	\$75/\$150	7:00-7:50am					
Empowering Strength	\$90/\$180	8:45-9:45am		8:45-9:45am			
Golden Glove Guard Up	\$75/\$150 Mon \$66/\$132 Th	10:30-11:30am			10:15-11:15am (no class 11/27)		
Guard Up Start Up	\$90/\$180	11:30am-12:30pm					
Guard Up	\$90/\$180 \$80/\$160 Th		5:15-6:15am 5:30-6:30pm	11:00-12:00pm	5:15-6:15am (no class 11/27)		9:30-10:30am
Parkinson's Exercise Program: Aurora Summit	\$80/\$120		1:00-2:00pm			1:00-2:00pm	

ADULT FITNESS

EMPOWERING STRENGTH

A small group training program meeting twice a week to educate and supervise women seeking to build greater muscle mass and change their body composition through lifting heavier weights with low repetitions. Barbells, dumbbells and bands will be the equipment used to reach the increase in strength gains as well comparative data through an In-Body test prior to and in conclusion of the program.

GOLDEN GLOVE GUARD UP

Think like a fighter, Move like a fighter, and Hit like a fighter no matter your age! Golden Glove boxing is much like the ever-popular small-group training Guard Up program, but with a niche specific to those who enjoy AOA classes. Reap the many benefits of hitting on the heavy bag (with wraps and boxing gloves, of course) including improved cardiovascular fitness, significant improvement in cognitive functioning as the workout is both physically and mentally challenging, and improved muscle tone, especially for the upper body. Balance and stability drills will be incorporated for a complete workout. Leave feeling a huge sense of accomplishment each and every week while leaving feelings of stress and anxiety on the bag. It's a "golden" opportunity for the Active Older Adult!

GUARD UP START UP

Want to see what it's like to punch on a heavy bag just like a boxer? Guard Up Start Up is ideal for beginners who have never done heavy bag boxing training before. You will burn a lot of calories, peak your heart rate and gain definition in your arms and abs. Guard Up Start Up is the entry-level small group training prior to taking Guard Up.

GUARD UP

Empowering and highly rewarding small group boxing training program that will challenge you mentally and physically. This class will help you achieve more from your fitness than you ever thought possible. Gloves and wraps are needed for class and are not included.

BEGINNER MAT PILATES

The sequence of Pilates exercises will challenge core strength and increase dynamic stability. It's designed to bridge the connection between the mind and the body with a unique system that stretches and strengthens the body, relieves tension, and improves posture.

MAT PILATES

The sequence of Pilates exercises will challenge core strength and increase dynamic stability. It's designed to bridge the connection between the mind and the body with a unique system that stretches and strengthens the body, relieves tension, and improves posture.

PARKINSON'S EXERCISE PROGRAM: Aurora Summit

We are partnering with Aurora Health Care to offer 2 exercise classes a week led by Aurora Physical Therapists to improve mobility and vocal quality. Improve your balance, walking, activity tolerance, vocal quality, loudness, respiratory coordination, social communication, and reduce your fall risk.

Participants must be screened prior to enrollment by making an appointment at Aurora Summit. To schedule your screening or for more information, please call 262-434-2600. Classes held at the YMCA at Pabst Farms.

PERSONAL TRAINING: Exclusive to Members

EXCLUSIVE TO MEMBERS

Our nationally-certified Personal Trainers are excited to help you take your fitness to a brand new level. No matter what your current ability, we'll help you set some challenging, new goals and give you the training prescription, accountability, encouragement and professional guidance to attain them. Please note: Sessions must be used within 6 months of purchase.



ADULT SPORTS & RECREATION

TO REGISTER FOR ADULT SPORTS, click here

FALL I & II

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI	SAT	SUN
OPEN GYM	Pick-Up Basketball	16+	Membership Benefit		11:30-1:30pm		11:30-1:30pm	11:30-1:30pm		
	Pickleball	16+	Membership Benefit	5:30-8:30am 1:30-3:30pm					6:00-7:30am	9:00-11:00am
CLASSES	Log Rolling	6+	Fall I \$72/\$104 Th \$54/\$78 Sun				6:00-6:45pm 6:45-7:30pm			2:30-3:15pm
			Fall II \$63/\$91 Th \$72/\$104 Sun							
	Intro to Belay	13+	\$15M	Saturday, September 20th • 1:00-2:30pm Saturday, November 15th • 1:00-2:30pm						

LEAGUE OFFERINGS	LEAGUE NAME	DIVISION	FEES M/CP	TIME	DAY OF THE WEEK	DATES
FOOTBALL	Flag Football (Ages 18 & up)	Co-ed	\$175 per team	4:00 pm and later	Saturdays	August 30 - October 18
BASKETBALL	3-on-3 Basketball League (Ages 18 & up)	Co-ed	\$175 per team	7:15pm and later	Thursdays	October 2 - December 11

MEMBERSHIP BENEFIT INCLUDED SPORTS

PICK-UP BASKETBALL

Come to the YMCA for your morning or lunch time workout. Schedules for the gym are available at Member Services or online.

PICKLEBALL

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

RACQUETBALL/HANDBALL

YMCA at Pabst Farms has two courts which may be used for racquetball, handball, or Wallyball (court 2 only) by reservation.

RECREATIONAL OPPORTUNITIES FOR ALL AGES

CLIMBING WALL

Check our website for our open climbing hours.

INTRO TO BELAY CLASS (Ages 13+):

Looking to gain a new climbing wall skill? Learn how to top rope climb at the Y (YMCA members only)! Top Rope climbing is a style of climbing where the climber is securely attached to a rope which then passes up, through an anchor system at the top of the climb, and back down to a belayer at the base of the climb.

RECREATIONAL OPPORTUNITIES FOR ALL AGES

LOG ROLLING

Master the log with skills taught in this class from beginner to World Class Competitor! Adult and youth are welcome to participate in this fun and challenging sport. Information for optional competitions is available and open to all levels of experience.

VOLLEYBALL

Bring your own volleyball and enjoy some time playing on a court! Net will be set up at 7' and one court is reserved for volleyball play on Sundays from 1-3pm, August 24-October 19.

ADULT SEASONAL SPORTS

3-ON-3 BASKETBALL LEAGUE

Adult 3 Basketball: Women's and Men's Divisions. Roster limit of 6 per team. End of season tournament. Game times at 7:15pm and later.

FLAG FOOTBALL

Adult Co-ed Football League. Roster limit of 10 per team. End of season tournament. Game times at 4:00pm and later.



CHILDREN'S PROGRAMS

TO REGISTER FOR CHILDREN'S PROGRAMS, [click here](#)

FALL I (No class September 1st for Labor Day)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI
PARENT/ CHILD CLASSES	Kinder Sports	2-3	\$42/\$62	9:15-10:00am				
	Toddler Gym	12 mos- 35mos	\$40/\$60		9:15-9:45am			
	Stretch & Tumble with Me	12 mos- 35mos	\$40/\$60				9:15-9:45am	
	Giggle and Wiggle	6wk- 24mos	\$48/\$68					9:00-9:45am
PARENTING CLASSES	Moms Group	18+	Free/\$15				9:30-11:00am	
	Love and Logic	18+	\$60 couple \$45 Individual		6:00-7:30pm			
ALL BY MYSELF GYM CLASSES	Sports Sampler	3-5	\$42/\$62	10:15-11:00am				
	Super Tots	2-3	\$40/\$60		10:00- 10:30am			
	Tumbling Basics	3-5	\$48/\$68		10:45-11:30am			
	Soccer Tykes	3-5	\$40/\$60				10:00-10:30am	
ALL BY MYSELF ENRICHMENT CLASSES	Pre-School Prep	3-5	\$63/\$83	9:00-10:00am				
	Art & Science	3-6	\$56/\$76	10:15-11:00am				
	Nature Detectives	3-5	\$64/\$84			9:00-9:45am		
	Garden Buddies	2.5-5	\$64/\$84			10:00-10:45am		
	Boys R Us	2-5	\$64/\$84					9:00-9:45am
	Princess Playtime	2-5	\$64/\$84					10:00- 10:45am
	First Friends	2	\$48/\$68					10:00- 10:45am
AFTER SCHOOL CLASSES	Emotion Explorers	5-7	\$56/\$76	4:00-4:45pm				
	Storybook Pottery	4-7	\$56/\$76		4:00-4:30pm			
	Art Explosion	5-8	\$56/\$76		4:45-5:15pm			



CHILDREN'S PROGRAMS

TO REGISTER FOR CHILDREN'S PROGRAMS, [click here](#)

FALL II (No classes November 27-29 for Thanksgiving Holiday)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI
PARENT/ CHILD CLASSES	Kinder Sports	2-3	\$48/\$68	9:15-10:00am				
	Toddler Gym	12 mos- 35mos	\$40/\$60		9:15-9:45am			
	Stretch & Tumble with Me	12 mos- 35mos	\$35/\$55				9:15-9:45am	
	Giggle and Wiggle	6wk- 24mos	\$42/\$62					9:00-9:45am
PARENTING CLASSES	Moms Group	18+	Free/\$15				9:30-11:00am	
ALL BY MYSELF GYM CLASSES	Sports Sampler	3-5	\$48/\$64	10:15-11:00am				
	Super Tots	2-3	\$40/\$60		10:00- 10:30am			
	Tumbling Basics	3-5	\$48/\$68		10:45-11:30am			
	Happy Hoops	3-5	\$35/\$55				10:00-10:30am	
ALL BY MYSELF ENRICHMENT CLASSES	Pre-School Prep	3-5	\$72/\$92	9:00-10:00am				
	Art & Science	3-6	\$64/\$84	10:15-11:00am				
	Weather Watchers	3-5	\$56/\$76			9:00-9:45am		
	Snack Attack	3-5	\$49/\$69			10:00-10:30am		
	Boys R Us	2-5	\$56/\$76					9:00-9:45am
	Princess Playtime	2-5	\$56/\$76					10:00- 10:45am
	First Friends	2	\$42/\$62					10:00- 10:45am
AFTER SCHOOL CLASSES	Emotion Explorers	5-7	\$49/\$69	4:00-4:45pm				
	Storybook Pottery	4-7	\$49/\$69		4:00-4:30pm			
	Art Explosion	5-8	\$49/\$69		4:45-5:15pm			

PARENT/CHILD CLASSES

GIGGLE AND WIGGLE (AGES 6 WEEKS – 24 MONTHS)

In this semi-structured class, the child and their grown up will be making friends while bonding over circle time, music, crafts and free play. This class is a great start to your Y experience with your child.

KINDER SPORTS (AGES 2-3)

Having fun and being active with your child is the focus of this class. We plan activities that help your child learn how to run, jump, hop, balance, catch and kick. A step up from Toddler Gym. This class is designed for one on one activity. No siblings please. Kid's Corner is available for your convenience (ages 6 weeks to 15 mo. need a reservation).

TODDLER GYM (AGES 12-35 MONTHS)

Join in activities that build hand-eye coordination, motor skills and social development. For walking children beginning to discover coordination. This class is designed for one-on-one activity. No siblings please. Kid's Corner is available for your convenience (ages 6 weeks to 15 mo. need a reservation).

STRETCH & TUMBLE WITH ME (AGES 12-35 MONTHS)

A parent/child class with an emphasis on basic tumbling, stretching and moving together! Strong walkers, please. This class is designed for one on one activity. No siblings please. Kid's Corner is available for your convenience (ages 6 weeks to 15 mo. need a reservation).

PARENTING CLASSES

MOMS GROUP (ALL AGES WELCOME)

Join our YMCA Moms Group –A space for community, support, education and meaningful conversation around parenting, wellness, and life's everyday challenges. Connect with other women in all stages of parenting as you make time to relax and rejuvenate. We will explore relevant topics, engage in fun activities, share ideas and foster meaningful conversation. Help us build this new community at the Y! Coffee, tea and light breakfast items will be served. Women of all ages and stages of parenting welcome! Free to attend but registration required. Group will meet Sept 11–December 4th. (no meeting on 11/27 Thanksgiving)

LOVE AND LOGIC (18+)

This 6 session parenting program is designed to give you practical skills you can apply immediately. Learn how to: Put an end to arguing, back talk and begging. Teach responsibility, set enforceable limits, avoid power struggles, guide kids to solve their own problems and more!

Led by Angela Batterman, a trained Independent Facilitator of Parenting the Love and Logic Way, she has extensive experience teaching both children and adults. Come get encouraged and equipped on your parenting journey! Each registration fee includes a workbook.

ALL BY MYSELF GYM CLASSES

HAPPY HOOPS (AGES 3-5)

Introduction to basketball. Builds motor skills, hand-eye coordination, strength and social development.

SOCCER TYKES (AGES 3-5)

Shot and a goal! Fundamentals of the game will be covered while strengthening foot-eye coordination, motor skills, and social development.

SPORTS SAMPLER (AGES 3-5)

Dunking a basket, kicking a football, shooting a goal are only a few of the varied activities your little athlete will experience through the course of this class. We focus on multiple sports and promote teamwork. Activities are designed to encourage a love of sports and movement while learning fundamental sports skills.

SUPER TOTS (AGES 2-3)

Super strength, super speed, super FUN! Movement activities that keep the energy flowing while developing beginner level motor skills. Most importantly, we will play and work on being super friends.

ALL BY MYSELF GYM CLASSES

TUMBLING BASICS (AGES 3-5)

This class will focus on stretching, ways to move your body and basic tumbling skills. We incorporate fun music and movement to exercise the child's mind and body.

ALL BY MYSELF ENRICHMENT

ART & SCIENCE (AGES 3-6)

We will explore concepts of science and art by engaging our senses, making predictions and studying the world around us.

BOYS R US (AGES 2-5)

Trucks, heroes, dinosaurs and more! This class is a mix of various topics geared just for boys. Your little guy will get the chance to play games, listen to stories and make new friends.

FIRST FRIENDS (AGES 2)

A great class for two year olds to leave their grown up for the first time. The children will play together, do crafts, and enjoy music in the quiet and safe place of the Kids Gym.

GARDEN BUDDIES (AGES 2.5-5)

Join us for a hands-on gardening adventure! We'll explore the basics of gardening through fun, interactive activities and playful learning.

NATURE DETECTIVES (AGES 3-5)

Children will become "nature detectives" inside and outside. We'll explore animals, insects, plants and weather. Come dressed to explore outdoors.

PRESCHOOL PREP (AGES 3-5)

The children will be introduced to early concepts of letters, numbers, colors and shapes. We will have fun learning with songs and stories. Each session continues on from the last session. Great stepping stone into preschool or 4K.

PRINCESS PLAYTIME (AGES 2-5)

Sparkling activities create a royal atmosphere for your little princess. Dress like a princess; go to the ball, read stories, and play. We will focus on a new princess in each class.

SNACK ATTACK (AGES 3-5)

Children experiment and try new things as they measure and mix simple ingredients to make snacks that are loved by kids of all ages.

WEATHER WATCHERS (AGES 3-5)

Come explore the weather with us! Each class is filled with imaginative play and hands on activities designed to introduce young learners to the wonders of the weather!

AFTER SCHOOL CLASSES

STORYBOOK POTTERY (AGES 4-7)

Students will be making a variety of hand-built projects out of clay that accompany a weekly story.

ART EXPLOSION (AGES 5-7)

Students will exercise their creativity and discover the fascinating world of art through painting, 2D and 3D projects, weaving, sewing, and a variety of other mediums. Projects will vary each session.

EMOTION EXPLORERS (AGES 5-7)

Come explore feelings with friends! Our Healthy Minds Director Mel Kistner will lead this class helping kids identify, express and respond to emotions through art activities, experiments and engaging games. Kids will have fun while increasing their ability to regulate emotions and respond in healthy ways.



DANCE

TO REGISTER FOR DANCE, click here

FALL SESSION: September 2– December 20 (No class Nov 23–30) Showcase on December 19

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI
DANCE	Lyrical Ballet	8-14	\$139/\$179	4:00-4:45pm				
	Tap	4-7	\$124/\$164	5:00-5:30pm				
	Musical Theatre	6-14	\$139/\$179	5:45-6:30pm				
	Ballet	2.5-4	\$131/\$171					11:00-11:30am
	Ballet	3-4	\$131/\$171			4:15-4:45pm		
	Ballet	4-6	\$131/\$171			5:00-5:30pm	5:00-5:30pm	
	Ballet	5-9	\$147/\$187				5:45-6:30pm	
	Dance Upon a Time	2-5	\$131/\$171				4:15-4:45pm	
	Poms	5-12	\$131/\$171			5:45-6:15pm	5:00-5:30pm	
	Hip Hop Express	6-12	\$147/\$187				5:45-6:30pm	

DANCE

BALLET (AGES 2.5-4, 3-4, 4-6, 5-9)

This fun filled class incorporates the basic techniques of ballet. Instructors will modify class content for each age level, using center combinations, ballet positions, leaps and turns. The class is designed to develop awareness of alignment and basic ballet vocabulary and technique. Watch your child's self-confidence grow as they master fundamentals and meet new friends.

DANCE UPON A TIME (AGES 2-5)

Children are enchanted with a blend of movement, music and books. Bring your big imagination, smiles and wiggles as we go on a new dance adventure each week and explore new stories.

HIP HOP EXPRESS (AGES 6-12)

This class is an introduction to one of the most popular and influential styles of dance. Our goal is to have fun, focus on body awareness and enhance coordination using age appropriate steps and music.

LYRICAL BALLET (AGES 8-14)

Get ready to dance with your heart! Lyrical Ballet combines the grace of ballet with the expressive style of jazz. In this class, dancers will learn storytelling through movement, with the lyrics and emotions of the music guiding the choreography. Through graceful movements and the magic of beloved songs, this class will inspire your dancer to express themselves and truly shine!

MUSICAL THEATRE (AGES 6-14)

This hybrid class will incorporate Broadway style music and choreography. We will focus on performance skills needed on stage in the areas of singing, dancing and acting.

POMS (AGES 5-12)

In Poms, we will introduce proper technique and form. Each week we will work on jumps, arm and leg extensions and performance energy.

TAP (AGES 4-7)

Beginning level class where we will work on tap sounds, steps and combinations.



YOUTH SPORTS & RECREATION CLASSES

TO REGISTER FOR YOUTH SPORTS, [click here](#)

FALL I

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	SAT	SUN
BITTY SPORTS	Bitty Soccer	3-4	\$35/\$55	3:45-4:15pm					
	Bitty Basketball	3-4	\$40/\$60		3:45-4:15pm				
	Bitty Football	3-4	\$40/\$60				3:45-4:15pm		
	Bitty Bouldering	3-4	\$40/\$60		3:45-4:15pm		3:45-4:15pm		
	Bitty Soccer	5-6	\$35/\$55	4:30-5:00pm					
	Bitty Climbing	5-6	\$40/\$60				4:30-5:00pm		
	Bitty Basketball	5-6	\$40/\$60		4:30-5:00pm				
	Bitty Football	5-6	\$40/\$60				4:30-5:00pm		
	Bitty Floor Hockey	5-6	\$40/\$60				5:15-5:45pm		
SCHOOL AGE SPORTS	Intro Log Rolling	4-7	\$54/\$78						1:45-2:15pm
	Log Rolling	6+	\$72/\$104 Th \$54/\$78 Sun				6:00-6:45pm 6:45-7:30pm		2:30-3:15pm
	Y Rockstars	7-8	\$40/\$60		4:30-5:00pm			9:15-9:45am	
	Climbing Club	8+	\$50M	3:45-4:45pm		3:45-4:45pm			
	Intro to Belay	13+	\$15M	Saturday, September 20th • 1:00-2:30pm					
	Cross Country	8-12	\$75/\$125			5:15-6:15pm			
	Speed. Agility. Strength	5th-8th	\$60/\$100		4:00-5:00pm			11:30-12:30pm	

FALL II

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	SAT	SUN
BITTY SPORTS	Bitty Soccer	3-4	\$40/\$60	3:45-4:15pm					
	Bitty Basketball	3-4	\$40/\$60		3:45-4:15pm				
	Bitty Bouldering	3-4	\$40/\$60 Tu \$35/\$55 Th		3:45-4:15pm		3:45-4:15pm		
	Bitty Soccer	5-6	\$40/\$60	4:30-5:00pm					
	Bitty Climbing	5-6	\$40/\$60		4:30-5:00pm			9:15-9:45am	
	Bitty Basketball	5-6	\$40/\$60		4:30-5:00pm				
	Bitty Sports of All Sorts	5-6	\$35/\$55				3:45-4:15pm		
SCHOOL AGE SPORTS	Intro Log Rolling	4-7	\$72/\$104						1:45-2:15pm
	Log Rolling	6+	\$63/\$91 Th \$72/\$104 Sun				6:00-6:45pm 6:45-7:30pm		2:30-3:15pm
	Y Rockstars	7-8	\$35/\$55				4:30-5:00pm		
	Climbing Club	8+	\$50 M	3:45-4:45pm		3:45-4:45pm			
	Intro to Belay	13+	\$15M	Saturday, November 15th • 1:00-2:30pm					
	Speed. Agility. Strength	5th-8th	60/\$100		4:00-5:00pm			11:30-12:30pm	

PRESCHOOL & KINDERGARTEN

BITTY BASKETBALL (AGES 3-4, 5-6)

Learn the fundamentals of dribbling, shooting, passing & defense.

BITTY BOULDERING (AGES 3-4)

We'll focus on the fun-filled basics of climbing through bouldering. Our goal is to help your little one increase coordination and gain confidence on the wall. Parent participation is encouraged.

BITTY CLIMBING (AGES 5-6)

Participants will focus on the building blocks of rock climbing, teamwork and having tons of fun! The goal during each class is that they will continue to challenge themselves and become more comfortable at the climbing wall.

BITTY FLOOR HOCKEY (AGES 5-6)

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

BITTY FOOTBALL (AGES 3-4, 5-6)

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

BITTY SOCCER (AGES 3-4, 5-6)

Learn the fundamentals of dribbling, shooting, passing, trapping and goalkeeping.

BITTY SPORTS OF ALL SORTS (AGES 5-6)

A chance to try a few sports throughout the session, as the instructors will introduce basic fundamentals of each sport.

OPEN CLIMBING HOURS

FALL & WINTER HOURS

SEPTEMBER 2ND - DECEMBER 21ST

Monday - Thursday

5:00-7:00pm • Orientation at 6:00pm

Saturday

10:00am-1:00pm • Orientation at 11:00am

WINTER BREAK HOURS

DECEMBER 22ND - JANUARY 3RD

Monday • 2:00pm-4:00pm

Orientation at 3:00pm

Tuesday • 12:00pm-2:00pm

Orientation at 1:00pm

Wednesday • 2:00pm-4:00pm

Orientation at 3:00pm

Thursday • 12:00pm-2:00pm

Orientation at 1:00pm

Saturday • 10:00am-1:00pm

Orientation at 11:00am

*No open climb on Christmas Eve and Christmas Day

SCHOOL AGE SPORTS

LOG ROLLING (AGES 4 & UP)

Master the log with skills taught in this class from beginner to World Class Competitor! Adult and youth are welcome to participate in this fun and challenging sport. Information for optional competitions is available and open to all levels of experience.

Y ROCKSTARS (AGES 7-8)

Our goal is to help young climbers build confidence, overcome fears, work with others, and have fun! Climbers will continue to grow in technique, skills and strength in rock climbing. .

CLIMBING CLUB (AGES 8+)

You are invited to join our fun, self-paced Climbing Club! Each club level will challenge you or your child to learn more than just going up the wall! Each level will consist of a punch card with various skills taught and practiced. Each individual MUST take levels in order. Club Members should come during CLUB CLIMB hours where instructors will be teaching punch card skills. Once you have completed your Climbing Club punch card, redeem it for a prize!

INTRO TO BELAY CLASS (Ages 13+):

Looking to gain a new climbing wall skill? Learn how to top rope climb at the Y (YMCA members only)! Top Rope climbing is a style of climbing where the climber is securely attached to a rope which then passes up, through an anchor system at the top of the climb, and back down to a belayer at the base of the climb.

CROSS COUNTRY (AGES 9-12)

Youth Cross Country is a program for kids who enjoy running and want to improve their abilities. Participants will learn proper running skills and technique while enjoying group runs on neighborhood park trails. Our program emphasizes building stamina and balance as participants learn about the importance of form and efficiency

SPEED. AGILITY. STRENGTH (AGES 9-12)

Y-S.A.S. is designed for 5th through 8th grade students as a way to boost their overall athletic abilities while building self-confidence. Middle school can be a challenging time of growth and change. As kids begin to explore sports and physical activity, they're also learning how their bodies move and what they're capable of. Y-S.A.S. helps bridge that gap—nurturing their skills, encouraging exploration, and supporting their development every step of the way.

Sign up for one day for \$60 Member/ \$100 CP

or both days for \$100 Member/\$160 CP



YOUTH SPORTS LEAGUES & CLINICS

TO REGISTER FOR YOUTH SPORTS, [click here](#)

LEAGUES

CATEGORY	LEAGUE NAME	GRADES	FEES M/CP	DATES	PRACTICE/GAMES	Registration
FALL LEAGUES	Fall Flag Football	Grades 1-4	\$50/\$100	August 25 - October 18	Practices held once a week and games are held on Saturdays	Registration closes August 1
	Fall Volleyball	Grades 1-6	\$50/\$100	August 25 - October 18	Practices held once a week and games are held on Saturdays	
	Fall Soccer	U6/U8	\$60/\$85	September 2 - October 16	Tuesdays OR Thursdays, 5:15-6:30pm	
	Swim League	8-16	\$100/\$140	September 8 - November 3	Mondays • 4:30-6:00pm	Registration opens July 28
	Fall Basketball	Grades 1-2	\$65/\$125	October 20 - December 13	Practices held once a week and games are held on Saturdays	Registration open through Sept 15
	Mini Volleyball Leagues	Grades 3-6	\$30/\$50	November 2 -23	League will be held once a week on Sundays	Registration opens October 1
WINTER LEAGUES	Winter Basketball	Grades 3-6	\$80/\$140	January 5 - March 7	Practices held once a week and games are held on Saturdays	Registration opens September 1

CLINICS & CAMPS

CATEGORY	CLASS NAME	GRADE	FEES M/CP	DATES	
SPORTS CLINICS	Winter Basketball Clinic	3-8	\$15/\$30	Monday, December 22	9:00-11:00am
	Winter Baseball Clinic	3-8	\$15/\$30	Monday, December 22	11:30am-1:30pm
	Winter Soccer Clinic	5K-2	\$15/\$30	Monday, December 29	9:00-11:00am
	Winter Volleyball Clinic	3-8	\$15/\$30	Tuesday, December 30	9:00-11:00am
	Winter Pickleball Clinic	3-8	\$15/\$30	Friday, January 2	9:00-11:00am
CLIMBING CLINICS	Winter Bouldering Clinic	Ages 3-4	\$10/\$20	Monday, December 22	10:30-11:30am
	Winter Climbing Clinic	Ages 5-13	\$15/\$30	Monday, December 22 (Ages 5-8)	12:00-2:00pm
				Monday, December 29 (Ages 5-8)	10:00am-12:00pm
				Monday, December 29 (Ages 9-13)	12:00-2:00pm

FALL SPORTS LEAGUES

FALL FOOTBALL (1ST-4TH)

Better football is our mission, safety is our goal. The YMCA will oversee flag football for those in grades 1st-4th

FALL VOLLEYBALL (1ST-6TH)

The YMCA youth volleyball leagues are designed to give participants the chance to develop their knowledge and skill in a positive and instructional environment.

FALL SOCCER (U6 & U8)

Games are played with rules designed to support the success of players as they learn about being a part of a team and get a solid grasp of the fundamental skills.

FALL BASKETBALL (1ST-2ND)

Learning the fundamentals of basketball while learn to play on a team. Practice one night a week and games on Saturdays at the Y.

MINI VOLLEYBALL LEAGUE (3RD-6TH)

Our mini volleyball league is a developmental and recreational program that emphasizes participation, skill development, sportsmanship and fun in a safe, supportive environment. League will be held once a week on Sundays with co-ed divisions.

SWIM LEAGUE (AGES 8-16)

Youth Swim League is a program for kids ages 8-16 who enjoy swimming, want to explore the sport of competitive swimming, and hope to improve their technical swimming abilities. Our group will have the opportunity to swim in scheduled meets with other local YMCAs.

YMCA staff coach our league in skill improvement, while leading them in character development using the YMCA's core values. All athletes receive a league swim cap. To enroll in the league, participants must have completed LTS 4/5 or have the equivalent swim skills. Participants must be able to swim 25 yards of front crawl with rotary breathing, 25 yards back crawl. Participants should be able to tread water for a minimum of 1 minute, and swim 15 yards of breaststroke kick and 15 yards of butterfly kick.

WINTER LEAGUES

WINTER BASKETBALL (3RD-6TH)

Our recreational leagues are designed to prepare players for the next level. Practice held one night a week and games on Saturdays at the

WINTER SPORTS CLINICS

BASEBALL CLINIC (3RD-8TH)

Focus on hitting, pitching and team defense.

BASKETBALL CLINIC (3RD-8TH)

Get ready for the season, as we'll focus on the fundamental skills of the game.

PICKLEBALL CLINIC (3RD-8TH)

Learn the basic movements and rules of the fastest growing sport in America.

SOCCER CLINIC (3RD-8TH)

Focus on passing, dribbling and shooting.

VOLLEYBALL CLINIC (3RD-8TH)

Focus on passing, setting, and serving.

WINTER CLIMBING CLINICS

BOULDERING CLINIC (AGES 3-4)

In our Winter Bouldering Clinic, your child will learn the fundamentals of bouldering in a safe and supportive environment. Bouldering is a form of rock climbing that doesn't require ropes or harnesses, making it accessible and fun for young climbers to explore.

CLIMBING CLINIC (AGES 5-13)

In our Winter Climbing Clinics, we will work on harnessing, bouldering, top rope climbing, and more with an emphasis on technique, safety, trust and teamwork! Our goal is to help your child increase coordination and gain confidence on the wall.



YOUTH/TEEN

TO REGISTER FOR YOUTH/TEEN PROGRAMS, [click here](#)

FALL I & II

CATEGORY	CLASS NAME	AGES	FEES M/CP	DATES	TIMES
EDUCATION CLASSES	Babysitting Training	11-17	\$70/\$90	Saturdays September 6 September 20 September 27 November 1 November 8 November 29 December 13	9:00am - 4:00pm
	Home Alone Workshop	8-10	\$45/\$60	Sundays September 7 November 2 November 9 December 14	9:30am-12:30pm
	Teen Advisory Board	14-17	Free	October-May	Wednesdays OHS Pride Hour

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	WED	THURS	SUNDAY
HOME- SCHOOL	Art	6-14	\$62/\$85 FI \$55/\$75 FII		12:30-1:15pm (Ages 10-14) 1:30-2:15pm (Ages 6-9)		
	Gym	6-14	\$51/\$74 FI \$45/\$65 FII		12:30-1:15pm (Ages 6-9) 1:30-2:15pm (Ages 10-14)		
	Climbing Club	6-12	\$30/\$55	Mondays • 1:30-2:30pm Session 1: September 22 - October 13 Session 2: October 27 - November 17			

EDUCATION CLASSES

BABYSITTING TRAINING (AGES 11+)

After taking this class, you will have the knowledge and skills needed to be a safe, responsible, and successful babysitter.

HOME ALONE WORKSHOP (AGES 8-10)

Learn the tools necessary to start staying home alone. We will discuss making good decisions, safety practices, first aid, and more.

TEEN ADVISORY BOARD

The YMCA Teen Advisory Board (TAB) offers high school students a unique leadership opportunity to actively shape YMCA programs and services. Board members collaborate with the Youth Program Department to provide input on teen interests, create projects, and lead community service initiatives. TAB is entirely teen-run, with meetings held during Oconomowoc High School's Pride Hour on the 1st and 3rd Wednesdays of each month. Members will develop leadership and teamwork skills while making a positive impact in their community. Apply today to earn service hours, discover leadership skills, and engage in college and career exploration!

HOMESCHOOL

ART

Grow in art history while focusing on innovative ways to take their creativity to the next level. The session will incorporate a variety of art styles to practice, learn and grow in. The last day will include the participants sharing their artwork and accomplishments with peers and families.

CLIMBING

Are you looking for new ways for your homeschooler to socialize with friends and be active? This four-week club is a great opportunity for your child to do something different! Rock Climbing promotes self-esteem, cooperation, self-reliance, endurance, and strength. Through games, creative challenges and skill building activities, homeschoolers will learn and develop basic climbing skills/technique and increase self-confidence.

GYM

Grow in communication and teamwork as participants learn basic skills of sports while incorporating fun & alternative games together! Sessions will include a variety of activities to focus and grow in knowledge and strength of the sport/activity.



YOUTH/TEEN

TO REGISTER FOR YOUTH/TEEN PROGRAMS, [click here](#)

FALL I & II

CATEGORY	CLASS NAME	AGES	FEES M/CP	DATES	TIMES
SCHOOL YEAR PROGRAMS	PEAK After School Program	8-10	\$8 per day Member	September 2- December 19 Full Days of School	3:45-5:00pm
	Middle School Transport	Grades 5th-8th	\$3 per ride Members only	September 2 - December 19 Full Days of School	2:55-3:30pm
	Jewelry Making	8-14	\$55/\$75	Wednesdays September 17 - October 8	4:00-5:30pm
	3D Printing & Design Club	8-14	\$75/\$100	Wednesdays October 29 - November 19	4:00-5:30pm
	After School Try-It Workshops	6-12	\$15/\$30	September 19 - Intro to 3D Printing October 15 - Intro to 3D Printing November 14 - Slime and Science December 10 - Stitch and Stuff: Mini Plush Toy December 19 - Holiday Photo Gift Making	4:00-5:30pm
YOUTH & TEEN NIGHTS AT THE Y	Parent's Night Out	4-8	\$25/\$40	Fridays September 26 October 10 November 14 December 12	4:00-8:00pm
	Y Kids Nights	4-7	\$25/\$40	Saturdays October 18 December 13	5:30-8:30pm
	Live Y'ers	8-12	\$25/\$40	Saturdays October 18 November 15 December 13	5:30-8:30pm
ADVENTURE TRIPS	Full Day Adventure	8-13	\$60/\$80	Monday, October 6 • Camp Minikani	9:00am-4:30pm
				Wed, November 26 • Timber Ridge Waterpark	9:00am-4:30pm
				Monday, December 22 • Milwaukee Public Museum	9:00am-4:30pm
SPECIAL EVENTS	Created with Confidence: A Paint Night for Girls	10-14	\$10/\$20	Friday, November 14	6:00-7:30pm
	Climb & Celebrate: New Year's Eve Countdown!	4-14	\$10	Wednesday, December 31	10:00am-12:30pm

SCHOOL YEAR PROGRAMS

PEAK AFTER SCHOOL PROGRAM (AGES 8-10)

New for the 2024-2025 school year, PEAK is a flexible after school care option for your child! During PEAK, we will offer opportunities for your child to discover new interests, create friendships, develop problem solving skills, burn endless energy, and engage in a variety of interest-based enrichment programming after school. Transportation is available for Summit Elementary students directly from Summit Elementary to the YMCA by a YMCA program staff. Kid-friendly snack also included! Daily activities may include:

- Enrichment (science, cooking, art, photography, sports)
- Adventure (swimming, indoor rock climbing, hiking, gym & outdoor games)
- Knowledge (homework help, technology time, service projects)

MIDDLE SCHOOL TRANSPORT (GRADES 5TH -8TH)

Looking to do something fun after school instead of going home? Hang out in the Lounge, do homework, shoot hoops, climb the rock wall or swim. The Y provides a safe, welcoming environment where middle schoolers can feel a sense of belonging and build positive relationships all while having fun after school! The Y will pick you up at school (Nature Hill or Silver Lake) and bring you to the Y!

JEWELRY MAKING

Get creative and express your personal style in our hands-on Jewelry Making program! Learn fun and practical techniques like beading, wire wrapping, and crafting paracord bracelets. Perfect for beginners and hobbyists alike, this program offers a supportive space to design and make your own unique accessories.

3D PRINTING & DESIGN CLUB

Get ready to bring your ideas to life! In this hands-on club, participants will explore the exciting world of 3D printing and design. Using beginner-friendly software, kids will learn how to create their own digital models and watch them transform into real-life objects using a 3D printer. Along the way, they'll build skills in creativity, problem-solving, and basic engineering—all while having fun and making something totally unique! No prior experience needed—just imagination and a curiosity to create

AFTER SCHOOL TRY-IT WORKSHOPS

Learn something new during our Try It Workshops! Enjoy creating projects, trying a new activity, or learning a new skill!

September 19 - Intro to 3D Printing

October 15 - Intro to 3D Printing

November 14 - Slime and Science

December 10 - Stitch and Stuff: Mini Plush Toy

December 19 - Holiday Photo Gift Making

ADVENTURE TRIPS

FULL DAY ADVENTURE TRIPS (AGES 8-13)

Join us for a one-day adventure trip to enjoy fun, friends, and different activities! On various school's out days throughout the school year and during summer break, we will be offering trips to various destinations! From waterparks to nature centers, we look forward to adventuring with you!

October 6 • Camp Minikani

November 26 • Timber Ridge Waterpark

December 22 • Milwaukee Public Museum

SPECIAL EVENTS

CLIMB & CELEBRATE: New Year's Eve Countdown!

Ring in the New Year with a kid-friendly twist! Join us for a fun-filled celebration where we'll have our own "midnight" countdown at an earlier time. The party includes a balloon drop, upbeat music, and a mini dance party to get everyone moving and grooving. Kids will receive fun noisemakers and party hats to make the occasion extra special. When the clock strikes "midnight," we'll all cheer together, celebrating the start of a new year full of excitement, joy, and new adventures

CREATED WITH CONFIDENCE: A Paint Night for Girls

Join us for a special evening of creativity, connection, and confidence! This paint night is designed for middle school girls (ages 10-14) to explore their unique beauty and strength while reflecting on the powerful truth that they are created in God's image. Through guided painting activities, we'll celebrate each girl's individuality and encourage them to embrace their creativity as a reflection of their inner confidence. Together, we'll enjoy a relaxing and inspiring evening, creating beautiful art while discussing the importance of self-worth, empowerment, and the amazing potential each girl holds.

YOUTH & TEEN NIGHTS AT THE Y

PARENTS NIGHT OUT (AGES 4-8)

Fun for them! Time for you! Drop your kids off at the Y and enjoy some quality time for yourself! While you run errands or take care of things at home, our staff will ensure your children are safe and having a blast making new friends.

Make sure your kids come prepared: bring a swimsuit, towel, and a packed dinner/drink. After swimming, we'll have a fun activity followed by a PJ party, so don't forget to bring PJs for a comfy change of clothes!

Sept. 26 • Sliding into Fall - Inflatable Slide

Oct. 10 • Falling into Fun - Rock Wall

Nov. 14 • Autumn Adventures - Inflatable Slide

Dec. 12 • Holly Jolly Jamboree - Aerobic Studio

Y KIDS NIGHT (AGES 4-7)

A great chance to hang out at the Y after hours. The night starts with open swim and the Y closes down at 6:00pm just for kids! Each date kids will enjoy the inflatable slide, rock climbing, swimming, and more! Pizza & drinks are included.

October 18 • Pumpkin Palooza

December 13 • Christmas Craziiness

LIVE Y'ERS (AGES 8-12)

Live Y'ers is a great chance to hangout at the Y after hours. The night starts with open swim and the YMCA closes down at 6:00pm just for kids! Each month, there is a different theme along with planned activities, open gym, rock climbing, swimming, and more! Pizza & drinks are included.

October 18 • Pumpkin Palooza

November 15 • Autumn Adventure

December 13 • Christmas Craziiness



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 Missy Kaun, Special Programs Director at mkaun@glcymca.org or (262) 567-7251 ext 1338, prior to registering so we can learn more about the participant and their needs.

FALL

CATEGORY	CLASS NAME	AGES	FEES M/CP	FUNDED M/CP	MON	TUES	WED	THURS	FRI	DATES
SPORTS PROGRAMS	Special Olympics Developmental Swim Team	8+	\$140/\$182	\$200/\$280			6:00-6:40pm			Sept 10 - Dec 17 (No class 11/26)
	Special Olympics General Swim Team	8+	\$112/\$154	\$180/\$240			6:45-7:45pm			
	Special Olympics Volleyball	8+	\$45/\$60	\$55/\$70	6:00-8:00pm					Sept 8 - Nov 3
	Special Olympics Bowling	8+	\$45/\$60	\$55/\$70		5:30-7:00pm				Sept 9 - Dec 7
	Special Olympics Basketball	8+	\$55/\$65	\$60/\$70		5:00pm-7:30pm				Dec 9 - April 7
FITNESS PROGRAMS	Fitness Friends	13+	\$112/\$154	\$180/\$240				5:30-6:30pm		Sept 11 - Dec 18 (No class 11/27)
SOCIAL PROGRAMS	Dinner and a Movie	13+	\$25/\$40						5:00-8:30pm	Sept 19 Oct 17 Nov 21 Dec 19
	Fun Friday	13+	\$15/\$30	\$25/\$40					6:00-8:30pm	Oct 3 Nov 7 Dec 5
	Off to the Theater	13+	\$70/\$80						6:00-10:00pm	Nov 14 - Fiddler on the Roof Dec 5 - Nutcracker
	Theater Class	16+	\$140/\$168	\$154/\$182				3:00-4:00pm		Sept 11 - Dec 18 No class 11/27
	Winter Break Day Trip	13+	\$85/\$100			9:00-4:30pm				Dec 30

SPORTS PROGRAMS

SPECIAL OLYMPICS SWIM TEAM

Freestyle, backstroke, butterfly! Let us help you to learn or fine-tune specific techniques and strokes for future competitions. Swimmers must be able to swim 1 length (25M) unassisted in the competitive pool. We are unable to provide 1:1 assistance during this program. If your participant requires direct assistance/supervision please plan on having someone attend practice with them.

Developmental Swim Team (6:00-6:40pm) for those who are brand new to swim team or need more assistance. Coaches will work with you to assess your skills and develop swim team knowledge and habits. Once athletes are ready they will be transitioned to the larger team.

General Swim Team (6:45-7:45pm) coaches will group swimmers by ability and work with groups on improving strokes they already know, learning new strokes, and developing new skills to improve your swim team performance. This is for those athletes who have previously been part of a swim team.

SPECIAL OLYMPICS VOLLEYBALL

Bump, set, spike! Learn basic volleyball skills including serving, returning and volleying as you participate in this team sport. There will be an option for competition against other local teams. A practice and game schedule will be handed out the first week of practice.

SPECIAL OLYMPICS BOWLING

Split, spare, strike! Held at Watertown Bowl 18 on Cady street in Watertown. Athletes will need to pay an additional fee of \$4 each week to the bowling alley. We are unable to provide 1:1 assistance during this program. If your participant requires direct assistance/supervision please plan on having someone attend practice with them.

SPECIAL OLYMPICS BASKETBALL

Dribble, pass, shoot! Learn basketball skills, strategy and rules and prepare for team competition. Competition is optional. Practice and game schedule will be handed out the first week of practice. We are unable to provide 1:1 assistance during this program. If your participant requires direct assistance/supervision please plan on having someone attend practice with them.

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 Missy Kaun 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.

PARTICIPANT CARE FORM:

All participants must have a participant care form on file with the Special Programs Department. If you have not registered for programs before please contact Missy Kaun, Special Programs Director, prior to registering so we can learn more about the participant and their needs.

FITNESS PROGRAMS

ADAPTIVE AQUATICS

This program registration occurs via a wait list system. At this time our wait list currently exceeds its limit. Please check back in the winter to see if we are accepting new participants to the wait list

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

DINNER AND A MOVIE

Lights, camera, action! Enjoy a night at the Y with your friends! Includes dinner and the viewing of a movie at the YMCA. Movies will be rated PG or PG 13.

FUN FRIDAY

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

OFF TO THE THEATER

Drama, music, fun! Enjoy a play or musical at one of our local theaters with your YMCA friends. The YMCA will provide transportation, tickets to the performance, and staff supervision.

THEATER CLASS

Participants in this program will explore self-expression, build confidence, and improve social skills through performing arts. The program culminates in a performance where everyone's talents are celebrated! Join us for a fun empowering journey through the world of theater, where every voice is heard, every story matters, and everyone shines.

WINTER BREAK DAY TRIP

Join your YMCA friends for a day out and about while school and programs are on a break. We haven't quite figured out the where and what yet, but save the date and we will get you the details soon!

DAY PROGRAM

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 Missy Kaun, Special Programs Director, at mkaun@glcymca.org or 262-354-3248. If you would like to be added to our wait list please contact Missy Kaun.



SPIRITUAL DEVELOPMENT

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

FALL I & II

CATEGORY	CLASS NAME	FEES	DESCRIPTION	DATES
BIBLE STUDIES	"Get Out of Your Head" - Women's Bible Study	\$13	Join us as we go through Jenni Allen's Bible study "Get Out of Your Head: A Study in Philippians." Learn how to take every thought captive and have a mind that is content in any situation. This study has companion videos and tools that will help us transform our thoughts and emotions through Christ as we study the book of Philippians. Led by our Healthy Minds Director Mel Kistner who spent years as a clinical therapist and is passionate about helping others with mental health grounded in the truth of scripture. Come find encouragement and community! Fee is for the Bible study workbook which participants will get on the first day.	Tuesdays 9:30-11:00am Sept 2nd - October 21st
	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
COMMUNITY EVENTS	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.



NOW HIRING!

Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Y, you'll discover more than a job!

OPEN POSITIONS

- Administration
- Custodians
- Child Care Teachers
- Lifeguards, Swim Instructors
- Personal Trainer/Wellness Coach
- Youth Development Staff
- Youth Program Instructor

BENEFITS

- FREE Y membership.
- Flexible scheduling.
- Supportive learning environment and hands on training.
- Program Discounts

Getting started is easy!

Visit our website to complete your application. We'll reach out to you for next steps!

Scan the QR
to see open
positions.



FREE
Y MEMBERSHIP
FOR YOURSELF

*\$22 HOUSEHOLD
UPGRADE/MONTH

GET IN TOUCH

glcymca.org

262-567-7251