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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.qlcymca.org/interest/

Y MISSION:

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





The Y will be closed on April 5th for Easter.

REGISTRATION DATES:

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

Community Participant Program Registration

- Winter I Session: December 10, 2025
- Winter II Session: February 4, 2026

CONNECT WITH US



THE SCHULTZ FAMILY YMCA 674 Johnson Street Watertown, WI 53094



Phone: 920-262-8555



Website: www.glcymca.org



Emaii: watertownmemberservices@glcymca.org



YMCA EVENTS

TO REGISTER FOR MEMBER & COMMUNITY EVENTS, click here

CATEGORY	EVENT NAME	FEES M/CP	DATE
MEMBER & COMMUNITY EVENT	Tropical Paint Night (Ages 8+, 8-12 with parent)	\$10 individual/\$20 family \$15 individual/\$25 family	Friday, February 20 • 6:00-7:30pm
	American Red Cross CPR/AED/FIRST AID Instructor Course	\$250/\$300	Saturday, December 27 • 8:00am-2:00pm Tom & Mary Schultz Family YMCA in Watertown

MEMBER & COMMUNITY EVENT

TROPICAL PAINT NIGHT

Join us for a tropical themed evening in the middle of winter. Come paint your own tropical beach scene on canvas, led by Mel Kistner. No painting experience needed! Relax, connect and think warm thoughts while we have tropical snacks and listen to island music. A fun night for all ages 8+. Kids 8-12 must be signed up with a parent or guardian.

AMERICAN RED CROSS CPR/AED/FIRST AID **INSTRUCTOR COURSE**

Obtain life-saving knowledge and skills designed to keep you prepared in the event of an emergency, with all the latest health and safety training techniques. This online/in-person combo course will train instructor candidates to teach basic-level American Red Cross First Aid, CPR and AED course.



CATEGORY	CLASS NAME	AGE	FEE	DATES
WORKSHOP	Sign Language			Friday, February 20 11:00am
	Canning		Friday, January 16 11:00am	
	Fire Station Field Trip	18+	FREE	Date? 11:00am
	Gardening Series			February 27, March 20, April 10 & May 1 11:30am

FOREVERWELL CLASSES

SIGN LANGUAGE

This workshop will teach the history of American sign language as well as what the deaf culture looks like today. We will learn about the Americans with Disabilities Act and learn the ABC's of sign language with finger spelling.

CANNING WORKSHOP

Join Chelsea Brucker, canner extraordinaire, to learn about the why, what and how to can your garden's harvest. .

FIRE STATION FIELD TRIP

Take a tour of the new Fire Station and learn about the new features of the campus.

GARDENING SERIES

Presented by Angie Jones, Certified Soil Microbiologist and Wellness

- Gardening Methods Different ways to grow plants from container gardens or raised beds to sustainable eco-systems and how plants work together.
- Site Preparation Improving the soils in the ground or potting soil to promote plant fertility and resilience.
- Seed & Plant Selection Choosing plants for your goals be it pollinators, fresh foods or perennials for long-term, low maintenance.
- Pests & Weeds Understanding why weeds or pests are good or harming your plant and methods to remove and prevent them.



WINTER I & II

CATEGORY	CLASS NAME	AGE	FEES M/CP	DATE
ADULT WORKSHOPS	New Year, New Thoughts Mindset Workshop	18+	FREE	Friday, January 9 • 11:00am-12:00pm
	Anxiety Reset Workshop	18+	FREE	Friday, February 6 • 10:30am-12:00pm
	Creative Connections Art Workshop - Collage	16+	\$10/\$15	Tuesday, March 10 • 6:00-7:30pm

ADULT WORKSHOPS

NEW YEAR, NEW THOUGHTS MINDSET WORKSHOP

Start your year with clarity, confidence, and a fresh perspective! In this interactive workshop, you'll learn practical tools to reset your mindset, release limiting beliefs, and create empowering thoughts that align with your goals for the year ahead. Learn ways to identify automatic thoughts that get you stuck and retrain your brain. Step into the new year with intention and a renewed sense of hope. Lead by our Healthy Minds Director Mel Kistner, an experienced counselor and life coach.

ANXIETY RESET WORKSHOP

If you feel overwhelmed, stuck or experience anxiety, this workshop is for you. Explore ways to rest your spirit, mind and body and get practical tools and tips you can use to "reset" and calm your nervous system. Based on a best selling book called "The Anxiety Reset" by psychiatrist Gregory Jantz who has a whole person approach to getting freedom from Anxiety. Interactive workshop taught by Mel Kister, Healthy Minds Program Director

CREATIVE CONNECTIONS ART WORKSHOP - COLLAGE

Connect with others as you relax and create. We will be using painted papers, magazines, words and other images to create an expressive collage. Come experiment with paper collage! No art experience needed. All art materials provided..

WINTER I & II

CATEGORY	CLASS NAME	AGE	FEES M/CP	MON	TUES	WED	FRI
SPECIALTY FITNESS	Empowering Strength		WI: \$67.50/\$135 WII: \$90/\$180				
	MX4 Fit (Members only)		1 class - \$5 5 classes - \$25 11 classes - \$50 Unlimited monthly - \$25	6:00-6:30pm		10:00-10:30am 5:15-5:45pm	10:00-10:30am
HEALTHY HABITS & NUTRITION	Weight Loss Challenge	13+	\$30/\$60 (4 weeks)		ings: December	n • Mar 2-23 • 11: 1st • 11:00 or 7:00 ebruary 16th • 11:0	pm
	Accountability Club		\$10/\$20 per month	January 5 & 19, February 2 & 16, March 2 & 15 9:30am or 7:00pm		15	
WELLNESS WORKSHOP	EGYM & Beyond		FREE	Jar	nuary 28th • 8:00)am & 5:30pm	

SPECIALTY 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.

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

For members who have attended the Weight Loss Challenge and want to continue to learn and grow. Also for someone who reached their weight loss goal and wants to maintain with focus on well established healthy habits.

1-ON-1 NUTRITION 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: \$180
 3 session: \$90

 6 sessions: \$330
 6 sessions: \$165

 10 sessions: \$500
 10 sessions: \$250

Buddy Sessions: Train with a friend!

(60 minutes) Partner training costs/person

3 sessions: \$90 6 sessions: \$165 10 sessions: \$250

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 in the Express Studio, the Fitness Studio and the Functional Studio has 3 smaller screens with On-Demand options.

For more information, see a Wellness Center Staff or reach out to dliddicoat@glcymca.org.



WINTER I & II

CATEGORY	CLASS NAME	AGES	MON	TUES	WED	THURS	FRI	SAT	SUN
MEMBERSHIP INCLUDED SPORTS	Beginner Pickleball		11:00am- 1:30pm		11:00am- 1:30pm		11:00am- 1:30pm	6:00-8:00am (1 Court)	
	Intermediate Pickleball	18+	9:15- 1:00pm	8:00-10:45am	9:15- 1:00pm	9:15-10:45am	9:15-1:00pm	6:00-8:00am (1 Court)	10:00am- 12:00pm (1 Court)
	Advanced Pickleball			6:00-7:30am 10:45am-1:15pm		6:00-7:30am 10:45am-1:15pm	12:00- 2:30pm	6:00-8:00am (1 Court)	12:00-2:00pm (One Court)

CATEGORY	LEAGUE NAME	AGE	LEVEL	FEES M/CP	MON	THURS	FRIDAY	DATES
LEAGUES			Intermediate					
	Pickleball Mixed Doubles		Advanced Intermediate	\$30/\$50	7:00-9:00pm	5:00-9:00pm		January 12- February 19 March 2- April 16
		18+	Advanced					
	3-on-3 Basketball League			\$140 per team			6:00-8:00pm	January 9 - February 20

MEMBERSHIP BENEFIT INCLUDED SPORTS

PICKLEBALL

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

ADULT LEAGUES

PICKLEBALL MIXED DOUBLES

Join us for our mixed doubles pickleball league that brings together players for a fun and competitive experience! Three levels of play are available: Intermediate, Advanced Intermediate and Advanced.

Details of this league:

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
- League winners will receive a prize
- Please bring your own paddle! If needed, the Y will provide a paddle.

Please register individually and input your partner's name during the registration process. If you do not have a partner, feel free to register individually and we will match you up as best we can with another player!

ADULT LEAGUES

3-ON-3 BASKETBALL LEAGUE

Adult 3 Basketball: Women's and Men's Divisions. Roster limit of 6 per team. End of season tournament.

WINTER I

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS
PRESCHOOL & KINDERGARTEN	Bitty Baseball	3-6	\$40/\$60	4:30-5:00pm			
	Bitty Football	3-6	\$40/\$60			4:30-5:00pm	
SCHOOL AGE	Learn to Play Volleyball	6-8	\$40/\$60		4:30-5:15pm		
	Practice and Play Volleyball	8-10	\$40/\$60		5:15-6:00pm		
	Intro to Pickleball	10-14	\$40/\$60				4:00-5:00pm

WINTER II

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS
PRESCHOOL & KINDERGARTEN	Bitty Sports of All Sorts	3-6	\$40/\$60	4:30-5:00pm			
	Bitty Basketball	3-6	\$40/\$60		4:30-5:00pm		
SCHOOL AGE	Learn to Play Basketball	6-8	\$40/\$60		5:00-5:45pm		

WINTER & SPRING LEAGUES

CATEGORY	LEAGUE NAME	GRADES	FEES M/CP	DATES	PRACTICE/GAMES	Registration
LEAGUES	Winter Basketball	Grades 1st-6th	\$60/\$80	January 5th - March 7th	Practices held once a week and games are held on Sat	Registration open through Dec 20
	Spring Volleyball	Grades 1st-6th	\$50/\$70	March 9th - May 18th	Practices held once a week and games are held on Sat	Registration opens January 1
	Spring Football Grades \$50		\$50/\$70	March 30th - May 16th	Practices: Once per week at local park Games: Saturday mornings Maranatha Quad Field	Registration opens January 15

YOUTH SPORTS

PRESCHOOL & KINDERGARTEN

BITTY BASEBALL (AGES 3-6)

Boys & girls learn the fundamentals of throwing, catching, hitting, and fielding in a low-stakes setting, where having fun is the primary objective.

BITTY BASKETBALL (AGES 3-6)

Boys & girls learn the fundamentals of dribbling, shooting, passing and defense in low-stakes setting, where having fun is the primary objective.

BITTY FOOTBALL (AGES 3-6)

Boys & girls learn the fundamentals of football by playing offense and defense in a low-stakes setting, where having fun is the primary objective.

BITTY SPORTS OF ALL SORTS (AGES 3-6)

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

SCHOOL AGE SPORTS

LEARN TO PLAY VOLLEYBALL (AGES 6-8)

Participants will learn the basic concepts and fundamental skills in the same fun-filled session each week taught by a Y-instructor. A great introductory program to the sport!

PRACTICE AND PLAY VOLLEYBALL (AGES 8-10)

These are Y-instructor led skill development sessions designed to help players learn fundamental concepts of the sport. Players will expand their game play experience by applying those fundamentals in a team setting in the same fun-filled session each week.

INTRO TO PICKLEBALL (AGES 10-14)

Participants will learn the basic concepts and fundamental skills in the same fun-filled session each week taught by a Y-instructor. There will be 30 minutes of instruction and 30 minutes of game play each session. A great introductory program to the sport of Pickleball!

WINTER & SPRING SPORTS LEAGUES

WINTER BASKETBALL (GRADES 1-6)

The YMCA youth basketball leagues are designed to give participants the chance to develop their knowledge and skill in a positive and instructional environment. Practices held one evening per week at the Tom & Mary Schultz Family YMCA. Weeknight practice days and times are determined by the coach. Games held Saturdays at the Tom & Mary Schultz Family YMCA. Game times are dependent on number of teams in the league and will likely vary from week to week

SPRING VOLLEYBALL (GRADES 1-6)

Volleyball is a great team sport and it's also an excellent way to build friends, gain confidence, and have fun! Practices held one evening per week at the Tom & Mary Schultz Family YMCA. Weeknight practice days and times are determined by the coach. Games held Saturdays at the YMCA at Pabst Farms. Game times are dependent on number of teams in the league and will likely vary from week to week.

SPRING FOOTBALL (GRADES 5K-3RD)

The Y's Flag Football program helps kids learn football with skills such as throwing and catching while receiving the rewards of being part of a team in this non-tackle sport! Practices held one evening per week at local parks in Watertown. Weeknight practice days, times, and location are determined by the coach. Games held Saturdays at the Maranatha Quad Field. Game times are dependent on number of teams in the league and will likely vary from week to week.



WINTER I

CATEGORY	CLASS NAME	AGES	FEES M/CP	DATES	TIMES
EDUCATION CLASSES	Babysitting Training	11+	\$70/\$90	Saturday, January 10	9:00am-4:00pm
SCHOOL YEAR PROGRAMS	Intro to 3D Printing	6-14	\$15/\$30	Thursday, January 15	4:00-5:30pm
	3D Printing & Design Club	8-14	\$75/\$100	Thursdays January 22nd - February 12	4:00-5:30pm
	3D Lab Time	8-14	\$5	Tuesdays	4:00-5:30pm
YOUTH NIGHTS AT THE Y	Live Y'ers	8-12	\$25/\$40	Saturday, January 17	5:30-8:30pm

WINTER II

CATEGORY	CLASS NAME	AGES	FEES M/CP	DATES	TIMES
EDUCATION CLASSES	Babysitting Training	11+	\$70/\$90	TBD	9:00am-4:00pm
SCHOOL YEAR PROGRAMS	Intro to 3D Printing	6-14	\$15/\$30	Thursday, February 26	4:00-5:30pm
	3D Printing & Design Club	8-14	\$75/\$100	Thursdays March 5 - March 26	4:00-5:30pm
	3D Lab Time	8-14	\$5	Tuesdays	4:00-5:30pm
YOUTH NIGHTS AT THE Y	Live Y'ers	8-12	\$25/\$40	Saturday, March 14	5:30-8:30pm

HOMESCHOOL

CATEGORY	CLASS NAME	GRADES	FEES M/CP	TUESDAY	THURS	DATE
HOME- SCHOOL	Gym	K-4th	\$45/\$65	1:15-2:00pm	1:15-2:00pm	January 6 21
		5th-8th	\$45/\$65	2:00-2:45pm	2:00-2:45pm	January 6 - 21

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.

SCHOOL YEAR PROGRAMS

INTRO TO 3D PRINTING

Dive into the world of 3D printing in this engaging, hands-on workshop! Young creators will unleash their imagination as they learn the fundamentals of 3D design. Participants will explore how 3D printers work, experiment with digital modeling, and watch the designs take shape! Get ready to create, innovate, and take home a 3D printed project!

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 beginnerfriendly 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. This is a four-week class for boys and girls ages 8-14.

3D LAB TIME

Reserve your spot for Y Makers: 3D Lab Time and bring your project to life! This time is dedicated to loading up your design and getting it started on our 3D printers. Whether you're ready to print your artwork, model, or creation, this is your chance to kick off the printing process with the help of YMCA staff. Simply reserve your time, bring your digital design, and we'll assist you in setting it up for a successful print. It's all about making your ideas come to life, one layer at a time!

Perfect for young creators ready to turn their digital designs into real-world objects. Y Makers: 3D Lab Time makes it easy to reserve time, load your project, and let the printing begin!

YOUTH NIGHTS AT THE Y

LIVE Y'FRS

Live Y'ers is a great chance to hangout at the Y after hours. Each month, there is a different theme along with planned activities, open gym, inflatable slide, video games, crafts, and more! Pizza & drinks are included.

HOMESCHOOL

GYM

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.

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

WINTER I & II

CATEGORY	CLASS NAME	AGES	FEES M/CP	FUNDED M/CP	TUES	WED	THURS	FRI	DATES
FITNESS PROGRAMS	Fitness Friends	13+	\$84/\$112	\$112/\$124			6:00-7:00pm		January 8-April 16 (No program Apr 2)
SOCIAL PROGRAMS	Fun Friday	13+	\$20/\$25	\$25/\$30				5:30-8:00pm	January 9 February 6 March 6 April 3
DAY PROGRAM	Service without Boundaries	21+	\$60/\$70 per day	\$75/\$85 per day	9:00am- 3:00pm	9:00am- 3:00pm	9:00am- 3:00pm		January 6 - May 30 (No program March 29-April 4)

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!

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.

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 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-boundariesday-program/#division 21152

PARTICIPANT CARE FORM:

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

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.



SPIRITUAL DEVELOPMENT TO REGISTER FOR SPIRITUAL DEVELOPMENT, click here

CATEGORY	LOCATION	FEES	DESCRIPTION	DATES
MISSION TRIP	Montenegro	\$2400 per person	Our first-ever mission to the European continent will be to the country of Montenegro, partnering with the ministry of Thrive in Christ. Mark Bojovic is a former Fitness Center staff member and now serves as a missionary in Montenegro. Our trip will include sport clinics, fitness outreach, service projects, English instruction, and cultural experiences in this beautiful country. Watch for more information to come as details are finalized. Registration deadline is June 15, 2026 with a \$450 deposit.	October 9-17, 2026 Montenegro
BIBLE STUDIES	Midfield Men	Free	Join us for a men's Bible study each Wednesday morning. We spend the hour praying together and studying a variety of Bible passages, based on varying themes throughout the year. Open to the community.	Wednesday mornings, 6:30-7:30am YMCA at Pabst Farms
	MFM BIble Studies	Free	(Formerly BSL) Margo serves on the Pabst Branch Board of Directors and leads this study each week. She is passionate about God's truth and teaches from that framework. Growing deeper in your faith is the goal of this weekly study. Class held at Waukesha State Bank, Oconomowoc Lac LaBelle Community Room	Wednesday evenings, 6:30-8:00 PM
	Abide: Bible Study for Women	Free	This is a women's Bible study that meets at our Tom & Mary Schultz Family branch in Watertown. Led by Jill Nelson, each study follows specific themes throughout the year but focuses on Scripture and practical application.	1st & 3rd Tuesday of each month 9:30-10:30am Tom & Mary Schultz Family YMCA
EVENTS	Good Friday Breakfast	\$12	Gather with the community as we share a special time together over a meal while focusing on the deeper meaning of this day. Breakfast is provided and an encouraging message will start your Good Friday in a thoughtful way.	Friday, April 3 YMCA at Pabst Farms