



YMCA AT PABST FARMS

2026 SPRING & SUMMER PROGRAMS

SESSION DATES:

SPRING: April 19th - June 13th

SUMMER: June 14th - August 22nd

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.



SPRING SESSION

APRIL 19 - JUNE 13



SUMMER SESSION

JUNE 14 - AUGUST 22

The Y will be closed on May 25th for Memorial Day and July 4th for Fourth of July.

REGISTRATION DATES:

Y Member program registration is going on now for Spring and Summer Sessions!

Y Member Swim Lesson Registration:

- **Spring Session:** March 25, 2026
- **Summer Session:** May 27, 2026

Community Participant Registration:

Program Registration

- **Spring Session:** March 25, 2026
- **Summer Session:** May 27, 2026

Swim Registration

- **Spring Session:** April 8, 2026
- **Summer Session:** June 3, 2026

CONNECT WITH US



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Website:
www.glcymca.org



Email:
pabstfarmsmemberservices@glcymca.org

CATEGORY	EVENT NAME	FEES M/CP	DATE
MEMBER EVENTS	100 Year Celebration	Free	Wednesday, June 17th
	Coffee and Community	Free	Tuesdays • 8:00-10:00am
	Climb Into Spring (Age 4 & up)	Free	Friday, May 1st • Pick a time slot 4:00-4:45pm 4:45-5:30pm 5:30-6:15pm 6:15-7:00pm
MEMBER & COMMUNITY EVENT	Blood Drives	Free	April 3 • 7:30am-1:00pm May 29 • 7:30am -1:00pm July 31 • 7:30am-1:00pm
	Red Cross Adult and Pediatric First Aid, CPR, AED	\$75/\$95	April 28 • 9:00am-1:30pm May 5 • 9:00am-1:30pm May 16 • 8:00am-12:30pm May 20 • 4:00-8:30pm
	Touch A Truck	Free	Saturday, September 12 10:00am-1:00pm

MEMBER EVENTS

100 YEAR CELEBRATION

Celebrate our 100 years of impact and service to our communities with a birthday party at the Y! Celebrate our past, honor our present, and look forward to the next 100 years with us!

COFFEE AND COMMUNITY

Join us in the main lobby to visit with other seniors from 8:00-10:00am on Tuesdays. We offer free coffee, board games and a chance to catch up with old friends or meet someone new!

CLIMB INTO SPRING

Spring is in the air, and it's the perfect time to get climbing! Join us for Climb into Spring, a fun-filled event celebrating the season of longer days, warmer temps, and fresh energy!

Climbers of all ages can take on themed routes, try exciting mini-challenges, and enjoy a bright and cheerful atmosphere inspired by the season. It's the perfect mix of movement, laughter, and seaside-style fun right here at the Y!

Register for the timeslot that best works for you and your family. Please note- the event is for ages 4 & up and is a member only event. Ages 3 & under are allowed to boulder as space allows.

MEMBER & COMMUNITY EVENT

BLOOD DRIVES

Join us at the Y to donate blood at our Red Cross Blood Drives held in the multi-purpose 1 room. Visit our website to register. www.glcymca.org/programs/10053/blood-drive/#division_20791

RED CROSS ADULT AND PEDIATRIC FIRST AID, CPR, AED

This is a Red Cross lay responder class in which you will learn cpr, aed, and first aid skills for adults, infants, and children. Upon successful completion of course, you will receive a certification valid for 2 years.

TOUCH A TRUCK

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.

FOREVERWELL

TO REGISTER FOR FOREVERWELL, [click here](#)



CATEGORY	CLASS NAME	FEES M/CP	DATES
CLASSES/ WORKSHOPS	Tech Help Workshop	Free	Friday, April 10th Sign up for a time slot: 12:00-12:20pm • 12:20-12:40 • 12:40-1:00pm Appts preferred, walk-ins accepted
	Memory Loss: What Could it Mean?	Free	Tuesday, April 14th • 10:00-11:00am
	Maintaining Your Brain Health	Free	Tuesday, April 21st • 10:00-11:00am
	Curb Appeal Gardening/Landscape Class	\$15/\$18	Wednesday, April 22nd • 4:00-5:30pm
	Advance Directives Info/Form Completion	Free	Wednesday, May 13th • 9:30-11:00am
ADULT TRIPS	North Star Casino Trip		April • Details coming soon!
	Madison		May • Details coming soon!
	Brewer's Game American Family Field	\$86	Thursday, June 4th • 1:00am-6:00pm
	Christopher Farm and Gardens	\$60	Wednesday, July 22nd
	Lambeau Field - Green Bay		August • Details coming soon!
	Shedd Aquarium - Chicago		September • Details coming soon!
WEEKLY EVENTS	Coffee and Community	Free	Every Tuesday • 8:00-10:00am
MONTHLY EVENTS	Bingo	Free	Fridays • 1:00pm-2:30pm March 13, April 10, May 8
	Bridge	Free	Fridays • 8:30-10:30am May 1, June 5, July 3, August 7
	Sheepshead	Free	Fridays • 10:30am-12:30pm April 10 & 24, May 8 & 22, June 12 & 26, July 10 & 24, August 14 & 28
	Mended Hearts	Free	Select Wednesdays • 6:30-8:00pm

HEALTHY MINDS

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

CATEGORY	EVENT NAME	AGE	FEES M/CP	DATE
WORKSHOPS	Journaling for Well Being	18+	Free	Thursday, April 23rd • 6:30-7:30pm Monday, April 27 • 10:30-11:30am
	Screen Smart Parenting Workshop	18+	Free	Tuesday, April 28th • 6:00-7:30pm

FOREVERWELL CLASSES/WORKSHOP

TECH HELP WORKSHOP

Are you looking to become more comfortable with your phone, tablet, or computer? Our tech help workshop will connect you with friendly, knowledgeable teens who are eager to help you master your devices. Whether you want to send email, make video calls to family, browse the web, or use apps, these young tech enthusiasts are here to guide you step-by-step.

This FREE workshop is open to Y Members and the Community! Please bring the device you wish to learn on.

MEMORY LOSS: WHAT COULD IT MEAN?

Do you ever wonder if your forgetfulness is normal aging or, perhaps, more? This one hour workshop could be very helpful for you. Explore normal age-related memory changes versus possible disease processes such as Alzheimer's and other forms of dementia. This overview provides information on different types of dementia, symptoms, and options for assessment.

MAINTAINING YOUR BRAIN HEALTH

Discover actionable steps to reduce your risk of cognitive decline. This presentation highlights the connection between overall physical health and brain function, focusing on the impact of making healthy lifestyle choices - such as diet, exercise, and social engagement - and effectively managing chronic health conditions like hypertension and diabetes to help keep your brain healthy.

CURB APPEAL GARDENING/LANDSCAPING CLASS

Are you looking/hoping/wanting to beautify the outside of your residence? This class is for you! Landscape designer, Peggy Morrissey, will instruct you on the steps to take to give your home the curb appeal you desire.

Peggy will look at a photo of your area needing improvement and give you specific tips to achieve positive results.

ADVANCE DIRECTIVES INFO/FORM COMPLETION

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, not a class. Registration not necessary.

ADULT TRIPS

BREWER'S GAME - AMERICAN FAMILY FIELD

Enjoy a summer day at American Family Field, one of the nation's finest stadiums - good seating, and you don't have to worry about a rain out with the fabulous covered facility. Seats are located in the shade on the 1st base side. Box lunch (sub sandwich, chips, cookie) provided!

CHRISTOPHER FARM AND GARDEN TRIP

We have been invited to tour the private gardens of Christopher Farm and Gardens along Lake Michigan in Sheboygan, WI! Join us for a guided tour of 50 acres of maintained botanical gardens connected by winding paths of asphalt, wood chips and grass. The tour requires about 2 miles of leisurely walking.

MORE TRIPS COMING YOUR WAY! STAY TUNED FOR DETAILS.

April • Casino Trip - North Star

May • Madison

August • Lambeau Field in Green bay

September • Shedd Aquarium in Chicago

FOREVERWELL WEEKLY EVENTS

COFFEE AND COMMUNITY

Join us in the main lobby to visit with other seniors from 8:00-10:00am on Tuesdays. We offer free coffee, board games and a chance to catch up with old friends or meet someone new!

FOREVERWELL MONTHLY EVENTS

BINGO

Join in for Bingo! Select Fridays at 1pm! Great fun, friends, and prizes. Bring a snack for yourself or one to share, if you'd like.

BRIDGE

Come on in to engage your brain in a few games of bridge! We have reserved the first Friday of each month for you in the Senior Center Room.

SHEEPSHEAD

Join us to play Wisconsin's #1 card game, Sheephead! Beginners will learn the game together. Those proficient at play will get right down to it!

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.

HEALTHY MINDS WORKSHOPS

JOURNALING FOR WELL BEING

This welcoming, hands-on session will introduce easy, practical ways to use writing as a tool for stress relief and emotional wellness. Participants will try short guided exercises and leave with prompts they can use at home to support mental and emotional health. We will be trying some creative approaches to give you some new ways to use journaling and talking about how it helps our brains.

SCREEN SMART PARENTING WORKSHOP: RAISING HEALTHY KIDS IN A DIGITAL WORLD

Too much screen time? This workshop equips parents with research-based insights and practical next steps to help children and teens develop confidence, independence, and healthy limits with technology. We will talk about resources and ideas to help your child thrive mentally and physically in this digital world.

ADULT FITNESS

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



SPRING (No class May 25th for Memorial Day)

CLASS NAME	FEES M/CP	MON	TUES	WED	THURS	FRI	SAT
AOA Strength and Balance	\$75/\$150		11:15am-12:00pm (T/TH)		11:15am-12:00pm (T/TH)		
Beyond the Barre	\$85/\$150		12:00-1:00pm				
Empowering Strength	\$90/\$180	8:45-9:45am (M/W) 5:00-6:00pm (M/W)		8:45-9:45am (M/W) 5:00-6:00pm (M/W)			
Empowering Strength For Beginners	\$90/\$180	10:00-11:00am (M/W)		10:00-11:00am (M/W)			
"Golden" Glove Guard Up	\$75/\$150	10:30-11:30am 11:30am-12:30pm			10:30-11:30am		
Guard Up	\$90/\$180		5:15-6:15am 5:30-6:30pm	10:15-11:15am	5:15-6:15am		9:30-10:30am
Mat Pilates	\$75/\$150	7:00-7:50am					
Parkinson's Exercise Program	\$80/\$120		1:00-2:00pm (T/F)			1:00-2:00pm (T/F)	
Rise & Run	\$80/\$160						7:00-8:00am

SUMMER (No class July 4th for Fourth of July)

CLASS NAME	FEES M/CP	MON	TUES	WED	THURS	FRI	SAT
Empowering Strength	\$110/\$200	8:45-9:45am (M/W)		8:45-9:45am (M/W)			
Empowering Strength For Beginners	\$110/\$200	10:00-11:00am (M/W)		10:00-11:00am (M/W)			
"Golden" Glove Guard Up	\$90/\$170	10:30-11:30am 11:30am-12:30pm			10:30-11:30am		
Guard Up	\$110/\$220		5:30-6:30pm	10:15-11:15am	5:15-6:15am		
Mat Pilates	\$105/\$180	7:00-7:50am					
Parkinson's Exercise Program	\$80/\$120		1:00-2:00pm (T/F)			1:00-2:00pm (T/F)	
Rise & Run	\$100/\$200						7:00-8:00am

ADULT FITNESS

AOA STRENGTH AND BALANCE

This class is designed to improve your strength and enhance your balance using weights, resistance equipment and body weight while working on functional movements to help you maintain independence and prevent falls.

BEYOND THE BARRE

This advanced-level class blends the strength and control of Pilates with the precision of Ballet and the intensity of athletic Barre training. Designed for experienced participants, each session will focus on deep core activation, refined technique, and progressive movement patterns that will strengthen your endurance, flexibility, and alignment. Props such as light weights, resistance bands, balls, and gliders will be used to enhance muscle activation, intensify the challenge and improve control. With personalized coaching in a small-group setting, you'll push past plateaus, improve posture, and sculpt long, lean muscle definition leaving you feeling strong, centered, and energized.

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.

EMPOWERING STRENGTH FOR BEGINNERS

Whether you're returning to fitness or beginning for the first time, this class time offers a supportive and educational environment to learn proper form for foundational movements of strength training. Feel empowered as you gain confidence to navigate the weight room and develop a stronger, more resilient body.

GOLDEN GLOVE

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 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.

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.

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.

RISE & RUN

Rise & Run is a progressive small-group training program designed to meet you exactly where you are and help you grow from there. Whether brand-new to running, getting back into the groove, or simply craving a supportive group to keep you motivated, this program is built for you. We welcome runners of all levels, ages 13 and up

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.

Personal Training Packages:

(60 minutes)	(30 minutes)
5 sessions: \$310	5 sessions: \$260
10 sessions: \$550	10 sessions: \$450
15 sessions: \$780	15 sessions: \$630

Partner Training: Train with a friend!

(60 minutes)
5 sessions, \$200 per person
10 sessions, \$320 per person
10 sessions, \$450 per person

ADULT SPORTS & RECREATION

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



SPRING

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI	SAT	SUN
OPEN GYM	Pick-Up Basketball	16 & up	Membership Benefit		11:30-1:30pm		11:30-1:30pm	11:30-1:30pm		
	Pickleball	16 & up	Membership Benefit	5:30-8:30am 1:30-3:30pm	5:30-8:30am 1:30-3:30pm	5:30-8:30am 1:30-3:30pm	5:30-8:30am 1:30-3:30pm	5:30-8:30am 1:30-3:30pm	6:00-7:30am	9:00-11:00am

LEAGUE OFFERINGS	LEAGUE NAME	DIVISION	FEES M/CP	TIME	DAY OF THE WEEK	DATES
BASKETBALL	3-on-3 Basketball League (Ages 18 & up)	Women's	\$175 per team	7:15pm and later	Thursdays	March 19 - May 21
		Men's				

SUMMER

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI	SAT	SUN
OPEN GYM	Pick-Up Basketball	16 & up	Membership Benefit		11:30-1:30pm		11:30-1:30pm	11:30-1:30pm		
	Pickleball	16 & up	Membership Benefit	5:30-8:30am	5:30-8:30am	5:30-8:30am	5:30-8:30am	5:30-8:30am	6:00-7:30am	9:00-11:00am

FALL

LEAGUE OFFERINGS	LEAGUE NAME	DIVISION	FEES M/CP	TIME	DAY OF THE WEEK	DATES
FOOTBALL	Adult Flag Football	Co-ed	\$175 per team	4:00pm and later	Saturdays	August 29 - October 17

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 on-line.

PICKLEBALL

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

RECREATIONAL OPPORTUNITIES FOR ALL AGES

RACQUETBALL/HANDBALL

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

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.

ADULT FLAG FOOTBALL

With an emphasis on staying active and having fun, our adult flag football leagues are a great way to enjoy the sport you love. Games take place once a week at the Y on Saturdays, with kickoff times starting at 4:00pm. The league will conclude with an end-of-season tournament. Roster limit of 10 per team. The team captain registers the team and pays the team fee of \$175.00. The league will follow the NFL Flag Football 5v5 rules.

Don't have a team? Free agents are individuals who have not been able to form a team of their own but are looking to participate. If you are an individual looking for a team, contact kalthoff@glcymca.org.

SPRING

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	THURS	SUN
SCHOOL AGE CLASSES	Log Rolling	4-7	\$63/\$91			1:45-2:15pm
		6+	\$72/\$104		6:00-6:45pm 6:45-7:30pm	2:30-3:15pm
SWIM LEAGUE	Swim League	8-16	\$100/\$140	April 6 - June 8 4:30-6:00pm		

SUMMER

CATEGORY	CLASS NAME	AGES	FEES M/CP	DATES
SWIM LEAGUE	Swim League	8-16	\$100/\$140	Mondays June 15 - August 10 4:30-6:00pm
TRY IT WORKSHOP	Log Rolling	6-12	\$15/\$30	Wednesdays July 8 • August 12 1:30-3:00pm

SCHOOL AGE CLASSES

LOG ROLLING (4-7)

Learn the basics of logrolling from our instructors as you prepare to participate in this fun and challenging sport. Classes will take place in the warm water catch pool at the bottom of the slide.

LOG ROLLING (6+)

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.

TRY IT WORKSHOP

LOG ROLLING

Step onto the log and test your balance in this fun and engaging workshop! Whether you're brand new or looking to sharpen your skills, this session will introduce you to the fundamentals of logrolling in a supportive and exciting environment. Open to youth and adults, this workshop is a great way to experience the thrill of this unique sport. No experience necessary—just bring your sense of adventure!

SWIM LEAGUE

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.

SWIM LESSONS

Spring Registration: Y Member • March 25th CP • April 8th
Summer Registration: Y Member • May 27th CP • June 3rd



Scan the QR code to check out all our swim opportunities at the Y. Swim lesson chart will be posted on March 18th.

SCHOOL AGES SUMMER CAMPS

TO REGISTER FOR SCHOOL SUMMER CAMPS, [click here](#)



CATEGORY	LOCATION	AGES	DATES AND TIME
SUMMER DAY CAMP	Park Lawn Elementary	5-13	Offered Monday – Friday June 15th – August 14th 6:30am – 6:00pm
	YMCA at Pabst Farms	8-12	Offered Monday – Friday June 29th – August 14th 8:00am – 4:00pm
	Camp Cool Down at the YMCA at Pabst Farms	5-14	August 17th – 25th 6:30am – 6:00pm
SUMMER SCHOOL CAMP	Dousman PM	Designed for youth enrolled in Summer School	Offered Monday – Friday June 15th – July 24th 12:45pm – 6:00pm
	Meadow View Elementary Nature Hill Intermediate	Designed for youth enrolled in Summer School	June 15th - July 24th Days/Times vary based on the program
	Richmond Charger Academy	Designed for youth enrolled in Summer School	Offered Monday – Friday July 27th – August 7th 11:30am – 6:00pm
SUMMER SCHOOL TRANSPORT	Nature Hill Intermediate to the YMCA at Pabst Farms	4th-8th graders Y Members only	Offered Monday – Thursday June 15th – July 23rd 12:00-12:30pm

SCHOOL AGE SUMMER CAMPS

SUMMER DAY CAMP

The perfect place to fill your summer with excitement! Campers will participate in activities that promote confidence, character and self-esteem. Whether you come to camp for one week or for the entire summer, we're sure the friendships you make and the experiences you have will last a lifetime.

SUMMER SCHOOL CAMP

Want to extend your adventure? Join us in the afternoons for a camp like experience. We have adventures planned from thrilling themes to onsite programming and educational projects to build friends and promote confidence and character.

SUMMER SCHOOL TRANSPORT

Not enrolled in Summer School Camp and need a ride to the Y? Sign up for Summer School Transport for 4th-8th grade YMCA Members from Nature Hill Intermediate to the YMCA. Registration opens March 2nd for Y Member and March 9th for Community Participants.

Scan the QR Code for more information and to register!



CHILDREN'S PROGRAMS

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



SPRING (No class May 25th for Memorial Day)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI
PARENT/ CHILD CLASSES	Toddler Gym	12 mos- 35 mos	\$40/\$60		9:15-9:45am			
	Stretch & Tumble with Me!	12 mos- 35 mos	\$40/\$60				9:15-9:45am	
	Giggle and Wiggle	6 wks - 24 mos	\$48/\$68					9:00-9:45am
ALL BY MYSELF GYM CLASSES	Sports Sampler	3-5	\$35/\$55	11:15-11:45am				
	Super Tots	2-3	\$40/\$60		10:00-10:30am			
	Tumbling Basics	3-5	\$48/\$68				10:00-10:45am	
ALL BY MYSELF ENRICHMENT CLASSES	Preschool Prep	3-5	\$49/\$69	9:00-10:00am				
	Nature Detectives	3-5	\$42/\$62	10:15-11:00am				
	Animal Adventures	2.5-6	\$40/\$60			9:15-9:45am		
	Fairy Garden Friends	3-5	\$56/\$76			10:00-10:45am		
	Busy Bees	2-5	\$48/\$68					9:00-9:45am
	Messy Art	2-5	\$64/\$84					10:00-10:45am
	First Friends	2	\$48/\$68					10:00-10:45am
AFTER SCHOOL CLASSES	Storybook Pottery	4-7	\$56/\$76		4:00-4:30pm			
	Art Explosion	5-8	\$56/\$76		4:45-5:15pm			
YOUTH NIGHTS AT THE Y	Parent's Night Out	4-8	\$25/\$40	Fridays April 24th: Glowing in the Dark May 8th: Spring into Summer			4:00-8:00pm	

CHILDREN'S PROGRAMS

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



SUMMER (No class July 4th for Forth of July)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI
PARENT/CHILD CLASSES	Toddler Gym	12 mos-35 mos	\$50/\$70		9:00-9:30am			
	Stroll and Scribble	18-36 mos	\$60/\$80			9:15-10:00am		
	Giggle Wiggle	6 wks - 24 mos	\$60/\$80					9:00-9:45am
ALL BY MYSELF GYM CLASSES	Super Tots	2-3	\$50/\$70		9:45-10:15am			
	Tumbling Basics	3-5	\$60/\$80		10:30-11:15am			
	Soccer Tykes	3-5	\$50/\$70			10:15-10:45am		
ALL BY MYSELF ENRICHMENT CLASSES	Nature Detectives	3-6	\$60/\$80	9:00-9:45am				
	Art and Science	3-6	\$80/\$100	10:00-10:45am				
	Hola Summer!	4-8	\$60/\$80				9:00-9:45am	
	Kids in the Kitchen	3-6	\$85/\$105				10:00-10:45am	
	Unplug and Play	4-8	\$70/\$90					9:00-10:00am
	Messy Art 1	3-5	\$80/\$100					9:15-9:45am
	Messy Art 2	4-8	\$80/\$100					10:00-10:45am
	First Friends	2	\$60/\$80					10:00-10:45am
DANCE	Tap	4-7	\$76/\$96	4:15-4:45pm				
	Poms Performance	5-12	\$76/\$96	5:00-5:30pm			5:45-6:15pm	
	Musical Theatre	6-14	\$86/\$106	5:45-6:30pm				
	Dance Upon a Time	2-5	\$76/\$96				4:15-4:45pm	
	Ballet	4-8	\$76/\$96				5:00-5:30pm	
	Ballet	2.5-5	\$76/\$96					11:00-11:30am
	Hip Hop	6-12	\$76/\$96				5:00-5:30pm	

PARENT/CHILD CLASSES

GIGGLE 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).

STROLL AND SCRIBBLE (18-36 MONTHS)

Join us for fresh air and fun! Stroll and Scribble combines outdoor exploration, early art experiences, and playful activities for caregivers and their infants or toddlers.

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

A parent/child class with an emphasis on basic tumbling, stretching and moving together. The instructors set up different circuits and facilitate new skills. Strong walkers, please.

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).

ALL BY MYSELF GYM CLASSES

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.

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

ANIMAL ADVENTURES (AGES 2.5-6)

Pack your beach bag and get ready to sail away on an island adventure! In Animal Adventures, your child will "travel" to a new island each week and discover amazing island animals through movement, imagination, hands-on crafts, and creative play.

ART AND SCIENCE (AGES 3-6)

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

BUSY BEES (AGES 2-5)

Trucks, heroes, dinosaurs and more! This class is a mix of various topics geared just for you on the go trailblazer. Your little legend will get the chance to play games, listen to stories and make new friends in a classroom setting.

FAIRY GARDEN FRIENDS (AGES 3-5)

Welcome to a garden full of wonder and imagination! In Fairy Garden Friends, children will plant seeds, nurture tiny plants, and discover how gardens grow—all while using their imagination.

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 a safe, warm environment.

HOLA SUMMER! (AGES 4-8)

This class explores Spanish-speaking countries through games, music, stories, and hands-on activities. Each class builds curiosity, confidence, and a love for language.

KIDS IN THE KITCHEN (AGES 3-6)

Mmmm...What's cooking? Children experience the joy of cooking as they measure and mix simple ingredients to make delicious foods to taste and sometimes share.

MESSY ART 1, MESSY ART 2 (AGES 3-5)

Do you want your child to experience getting messy and creating crafts without having the mess at home? We will get messy by using our hands and sometimes our feet. Dress for a mess and fun!

NATURE DETECTIVES (AGES 3-6)

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

UNPLUG AND PLAY (AGES 4-8)

Through games, outdoor adventures, and imaginative challenges, children will grow their critical thinking and real-world skills. Lets discover the joy of learning through play together!

DANCE

BALLET (AGES 2.5-8)

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, and ends with an in class performance.

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.

INTRO TO MUSICAL THEATER (AGES 4-7)

Journey into Imagination in this Intro to Musical Theater experience! Each week the young actors will become their characters through play, learn about vocal projection, blocking, and memorization while working towards a performance to showcase their hard work on the last day of class.

MUSICAL THEATER (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 PERFORMANCE (AGES 5-12)

In Poms, we will introduce proper technique and form. Each week we will work on jumps, arm and leg extensions, performance energy and more! Including one off-site performance!

TAP (AGES 4-7)

Beginning level class where we will work on tap sounds, steps and combinations. The class is designed to develop awareness of alignment and basic tap vocabulary and technique. Watch your child's self-confidence grow as they master fundamentals and meet new friends.

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!

Time: 4:00pm - 8:00 pm

Dates:

April 24th: Glowing in the Dark

May 8th: Spring into Summer

YOUTH SPORTS CLASSES

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



SPRING (No class May 25th for Memorial Day)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	SAT
PRESCHOOL & KINDERGARTEN	Bitty Basketball	3-4	\$35/\$55	3:45-4:15pm				
	Bitty Bouldering	3-4	\$40/\$60				3:45-4:15pm	
	Bitty Baseball	3-4	\$40/\$60				3:45-4:15pm	
	Bitty Soccer	3-4	\$40/\$60		3:45-4:15pm		4:30-5:00pm	
	Bitty Climbing	5-6	\$40/\$60				4:30-5:00pm	
	Bitty Sports of All Sorts	5-6	\$40/\$60		4:30-5:00pm			
SCHOOL AGE SPORTS	Learn to Play Basketball	5-7	Mon \$40/\$60 Thurs \$45/\$65	4:30-5:15pm			5:15pm-6:00pm	
	Track & Field	6-13	\$80/\$130			5:00-6:15pm		
	Y Rockstars	7-8	\$40/\$60				5:15-5:45pm	
	Climbing Club	8+	\$50M	3:45-4:45pm		3:45-4:45pm		
	Youth. Speed. Agility. Strength	10-14	\$68/\$108		4:30-5:30pm			11:30am-12:30pm

SUMMER

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	SAT
PRESCHOOL & KINDERGARTEN CLASSES	Bitty Basketball	3-4	\$50/\$70	4:15-4:45pm				
	Bitty Soccer	3-4	\$50/\$70		4:15-4:45pm			
	Bitty Football	3-4	\$50/\$70				4:15-4:45pm	
	Bitty Basketball	5-6	\$50/\$70	5:00-5:30pm				
	Bitty Soccer	5-6	\$50/\$70		5:00-5:30pm			
	Bitty Football	5-6	\$50/\$70				5:00-5:30pm	
	Summer Climbing Crew	4-7	\$30/\$50	Session 1: June 18th-July 2nd Session 2: July 9th-July 23rd Session 3: July 30th-August 13th 2:15-3:15pm				
SCHOOL AGE SPORTS	Youth. Speed. Agility. Strength	10-14	\$85/\$150		4:30-5:30pm			11:30am-12:30pm

YOUTH SPORTS CAMPS & CLINICS

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



SUMMER (No class July 4th for Fourth of July)

CATEGORY	CLASS NAME	GRADE	FEES M/CP	DATES	TIMES
SPORTS CAMPS	Golf Camp	1-3	\$30/\$60	June 15-16	9:00-11:00am
		4-8	\$30/\$60	June 17-18	2:00-4:00pm
	Milwaukee Bucks Basketball Camp	2-8	\$215	June 22-June 25	9:00-12:00pm Register through www.bucks.com/camps
	Baseball Camp	1-8	\$60/\$120	June 22-26	2:00-4:00pm
	Pickleball	4-8	\$30/\$60	June 29-30	2:00-4:00pm
	Soccer Camp	1-8	\$60/\$120	July 6-9	9:00-11:00am
	Sports of All Sorts Camp	1-8	\$60/\$120	July 6-9	2:00-4:00pm
	Basketball Camp	1-3	\$60/\$120	July 13-16	9:00-11:00am
		4-8	\$60/\$120	July 13-16	2:00-4:00pm
	Volleyball Camp	1-3	\$60/\$120	July 20-23	9:00-11:00am
		4-8	\$60/\$120	July 20-23	2:00-4:00pm
	Adventure Sports Camp	1-8	\$60/\$120	July 27-30	9:00-11:00am
	Flag Football Camp	1-8	\$60/\$120	July 27-30	2:00-4:00pm
CATEGORY	CLASS NAME	AGES	FEES M/CP	DATES	TIMES
CLIMBING CAMPS AND CLINICS	Climbing Camps	5-8	\$40/\$60	June 15 & June 17 June 29 & July 1 July 13 & July 15 July 27 & July 29 August 10 & August 12	2-Day Camp 1:00-3:00pm Monday & Wednesday
		9-13		June 22 & June 24 July 6 & July 8 July 20 & July 22 August 3 & August 5 August 17 & August 19	2-Day Camp 1:00-3:00pm Monday & Wednesday
	Bouldering Clinic	3-4	\$10/\$20	June 25, July 16, August 6	1-Day Clinic 3:30-4:30pm Thursdays
	Climbing Clinic	5-8	\$15/\$30	June 18, July 9, July 30	1-Day Clinic 3:30-5:00pm Thursdays
		9-13		July 2, July 23, August 13	

PRESCHOOL & KINDERGARTEN

BITTY BASEBALL (AGES 3-4)

Learn the basics of throwing and catching, as well as the fundamentals of fielding and hitting.

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 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.

SCHOOL AGE SPORTS

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!

LEARN TO PLAY BASKETBALL (AGES 5-7)

Our Learn to Play Basketball class introduces young athletes to the fundamentals of basketball in a fun and engaging way. Through a mix of skill-building activities, games, and exercises, kids will learn basic dribbling, shooting, passing, and movement techniques. The focus is on building confidence, coordination, and social skills while fostering a love for the game.

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.

TRACK AND FIELD (AGES 6-13)

A co-ed sports program for boys and girls ages 6-13 years old. This program is designed to teach the basics of correct running techniques in a team environment. Practice together as a team and compete against teams from other Y's in our end of season meets! Practices will be held at the YMCA at Pabst Farms or the Oconomowoc High School track.

YOUTH. SPEED. AGILITY. STRENGTH

This class is designed as a way to boost middle schoolers overall athletic abilities while building self-confidence. As kids begin to explore sports and physical activity, they're also learning how their bodies move and what they're capable of.

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.

SPORTS CAMPS

ADVENTURE SPORTS CAMP (1ST-8TH)

We will adventure both inside and out of the Y experiencing various sports & activities! Each day, we will meet at a different location to try out an adventure filled sport! Activities will include rock climbing/bouldering at the Y, swimming in the pool, hiking at a local park, geocaching and more!

BASEBALL CAMP (1ST-8TH)

Our baseball camp emphasizes basic to advanced skills instruction and practice in the areas of batting, fielding, throwing and base running. Campers will learn the rules of baseball as well as team concepts and sportsmanship. This camp is ideal for any youth baseball player looking to improve their baseball skills, or a player who wants to learn the fundamentals of baseball.

BASKETBALL CAMP (1ST-3RD, 4TH-8TH)

Our basketball camps emphasize basic to advanced skills instruction and practice in the areas of shooting, dribbling, passing, rebounding and defense. Campers will learn the rules of basketball as well as team concepts and sportsmanship. This camp is ideal for any youth basketball player looking to improve their basketball skills, or a player who wants to learn the fundamentals of basketball.

CLIMBING CAMPS (AGES 5-13)

In our summer climbing camps, campers will build confidence, coordination, and strength while exploring bouldering, top rope climbing, and fun climbing games. Each camp week will feature a unique theme- keeping kids engaged and excited to take on new challenges!

Ages 5-8:

June 15th & June 17th (Dinosaur Adventure)
June 29th & July 1st (Superhero Climbers)
July 13th & July 15th (Ninja Training)
July 27th & July 29th (Treasure Hunters)
August 10th & August 12th (Space Expedition)

Ages 9-13:

June 22nd & June 24th (Climb & Quest)
July 6th & July 8th (Escape Room)
July 20th & July 22nd (Ninja Training)
August 3rd & August 5th (Treasure Hunters)
August 17th & August 19th (Strength & Strategy)

FLAG FOOTBALL (1ST-8TH)

Our flag football camp emphasizes basic to advanced skills instruction and practice in the areas of passing, receiving and defense. Campers will learn the rules of football as well as team concepts and sportsmanship. This camp is ideal for any youth flag football player looking to improve their football skills, or a player who wants to learn the fundamentals of flag football.

GOLF CAMP (1ST-3RD, 4TH-8TH)

Our golf camp emphasizes basic to advanced skills instruction and practice in the areas of putting, chipping, proper technique, and golf etiquette.

MILWAUKEE BUCKS BASKETBALL CAMP (2ND-8TH)

Milwaukee Bucks Summer Camps provide a fun and team-oriented environment for boys and girls ages 7 to 14. These camps include instruction on ball handling, passing, shooting, defensive and offensive concepts with 5 on 5 scrimmages. Bucks camp coaches are selected for their basketball knowledge and ability to teach kids of all ages and skill levels. Learn more and register at bucks.com/camps!

SPORTS CAMPS

PICKLEBALL CAMP (1ST-8TH)

Our pickleball camp emphasizes basic to advanced skills instruction and practice in the areas of volleying, techniques, score keeping, rules, and pickleball etiquette

SOCCER CAMP (1ST-8TH)

Our soccer camp emphasizes basic to advanced skills instruction and practice in the areas of shooting, ball control, passing, and defense. Campers will learn the rules of soccer as well as team concepts and sportsmanship. This camp is ideal for any youth soccer player looking to improve their soccer skills, or a player who wants to learn the fundamentals of soccer.

SPORTS OF ALL SORTS CAMP (1ST-8TH)

Our sports of all sorts camp is intended to give participants the opportunity to try out both traditional and non-traditional sports. Sports will include ultimate frisbee, dodgeball, wiffleball, relay races, and more!

VOLLEYBALL CAMP (3RD-8TH)

Our volleyball camps emphasize basic to advanced skills instruction and practice in the areas of passing, serving, and setting. Campers will learn the rules of volleyball as well as team concepts and sportsmanship. This camp is ideal for any youth volleyball player looking to improve their volleyball skills, or a player who wants to learn the fundamentals of volleyball.

CLIMBING CLINICS

BOULDERING CLINIC (AGES 3-4)

In our summer bouldering clinic, participants will build confidence, strength, and agility as they tackle a variety of climbing routes and problem-solving challenges close to the ground. Through fun, skill-building activities, climbers will develop balance, coordination, technique, and perseverance—all while reaching new heights in a supportive and energetic environment.

CLIMBING CLINIC (AGES 5-8)

In our summer climbing clinic, participants will build confidence, strength, and agility as they take on a variety of climbing challenges and obstacle-style courses. Through fun, skill-building activities, climbers will develop balance, coordination, technique, and problem-solving skills—all while reaching new heights in a supportive and energetic environment. In each clinic, we will focus on a different theme or challenge.

CLIMBING CLINIC (AGES 9-13)

Our summer climbing clinic for participants focuses on advancing strength, technique, and mental focus through challenging climbs and performance-based training activities. Participants will work on movement efficiency, endurance, and strategic problem-solving while building confidence and resilience. This program offers a motivating environment for kids to push their limits and elevate their climbing skills. In each clinic, we will focus on a different theme or challenge.

YOUTH SPORTS LEAGUES

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



SUMMER

CATEGORY	LEAGUE NAME	AGES/GRADES	FEES M/CP	DATES	PRACTICE/GAMES	Registration
SUMMER LEAGUES	Development T-Ball & Baseball	Single A Ages 3-4	Prices vary per age division	June 8-July 29	Monday OR Wed 5:15-6:15pm	Registration closes May 1st
		Double A Grades 4K-5K		June 8-July 29	Monday OR Wed 6:30-7:45pm	
		Triple A Grades 1st-2nd		June 9-July 30	Tuesday OR Thursday Rotating Times 5:15-6:30pm or 6:45-8:00pm	
	Recreational Baseball	Grades 3rd-8th		April 20-July 30	2-3 nights per week, which include team practices and games	Registration closes April 1st

FALL

CATEGORY	LEAGUE NAME	GRADES	DATES	PRACTICE/GAMES	Registration
FALL LEAGUES	Volleyball	Grades 1-6	August - October	Practices held once a week and games are held on Sats	Registration opens June 1
	Flag Football	Grades 1-4	August - October	Practices held once a week and games are held on Sats	
	Soccer	5K-2nd	September - October	Tuesdays OR Thursdays 5:15-6:30pm	
	Basketball	Grades 1-4	October - December	Practices held once a week and games are held on Sats	Registration opens July 1

SUMMER LEAGUES

DEVELOPMENTAL LEAGUE (AGES 3-8)

These leagues are all about learning and growing. Building a solid foundation in a supportive environment is the focus, and all games are played with heavily modified 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.

RECREATIONAL LEAGUE (AGES 9-17)

Our recreational leagues are designed to prepare players for the next level. With a focus on expanding players' game play experience, we use slightly modified rules to support players as they develop and grow.

Registration going on now!

FALL LEAGUES

BASKETBALL (1ST-4TH)

Learn the fundamentals of basketball while learn to play on a team.

FLAG FOOTBALL (1ST-4TH)

The Y's Flag Football program helps kids learn football skills such as throwing and catching while receiving the rewards of being part of a team in this non-tackle sport.

SOCCER (U6 & U8)

Learn about being a part of a team and solid fundamental soccer skills.

VOLLEYBALL (1ST-6TH)

Volleyball is a great team sport and it's also an excellent way to build friends, gain confidence, and have fun!

YOUTH/TEEN

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



SPRING

CATEGORY	CLASS NAME	AGES	FEES M/CP	DATES	TIMES
SCHOOL YEAR PROGRAMS	PEAK After School Program	8-10	\$8 per day Member	April 20th - June 9th Full Days of School	3:40-5:00pm
	Middle School Transport (Nature Hill & Silver Lake)	Grades 5th-8th	\$3 per ride Members only	April 20th - June 10th 1/2 & Full Days of School	2:55-3:30pm
EDUCATION CLASSES	Babysitting Training	11-17	\$70/\$90	Saturday, May 30th	9:00am-4:00pm
	Home Alone Workshop	8-10	\$45/\$60	Sunday, May 3rd Sunday, June 7th	10:00am-1:00pm
ENRICHMENT CLASSES	Fiber Arts	8-14	\$50/\$75	Wednesdays April 22nd - May 13th	4:00-5:30pm
TRY-IT WORKSHOPS	Edible Art	6-12	\$15/\$30	Monday, May 4th	4:00-5:30pm
	Intro to 3D Printing	6-12	\$15/\$30	Wednesday, June 3rd	4:00-5:30pm
YOUTH EVENTS	Parent's Night Out	4-8	\$25/\$40	Fridays April 24th: Glowing in the Dark May 8th: Spring into Summer	4:00-8:00pm
	Live Y'ers	8-13	\$25/\$40	Saturday April 18th: Egg-cellent Adventures May 16th: May Mania	5:30-8:30pm
SPECIAL EVENTS	Strong and Confident Workshop for Girls	10-14	\$5/\$10	Monday, April 20th	4:00-6:00pm
	Brush & Bond: A Mom & Me Painting Experience	8 & up	\$15/\$30	Friday, May 8th	6:00-7:30pm
	Family Maker Workshop: 3D Printing	6 & up	\$25M	Friday, May 29th	6:00-7:30pm

SPRING HOMESCHOOL

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	WED
HOME SCHOOL	Climbing & Adventure Club	6-12	\$35/\$60	4-Week Club April 20th - May 11th 1:30-2:30pm	
	No Bake Kitchen Club	8-14	\$35/\$60	4-Week Club April 20th - May 11th 2:45-3:45pm	
	Art	6-14	\$62/\$85		8-Week Classes 12:30-1:15pm (Ages 10-14) 1:30-2:15pm (Ages 6-9)
	Gym	6-14	\$52/\$75		8-Week Classes 12:30-1:15pm (Ages 6-9) 1:30-2:15pm (Ages 10-14)

SCHOOL YEAR PROGRAMS

PEAK AFTER SCHOOL PROGRAM (AGES 8-10)

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!

EDUCATION CLASSES

BABYSITTING TRAINING (11-17)

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

HOME ALONE WORKSHOP (8-10)

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

ENRICHMENT CLASSES

FIBER ARTS

Our fiber arts class invites kids to discover the art of making with yarn, fabric, and thread in a creative environment. Participants will learn foundational fiber art techniques while designing and completing fun, take-home projects. Perfect for beginners and experienced crafters alike, this class builds confidence, creativity, and fine motor skills.

TRY-IT WORKSHOPS

EDIBLE ART

Too fun to eat... almost! Design and build edible art using snacks, sweets, and a little imagination. You'll experiment with colors and shapes, create your own food masterpieces, and then snack on your creations.

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!

SPECIAL EVENTS

BRUSH & BOND: A MOM & ME PAINTING EXPERIENCE

Join us for a special Mom & Me painting event designed for tweens (ages 8-13) and their moms (or mother figures)! This creative session is all about connection, creativity, and quality time together. Whether you're an experienced artist or just trying something new, this guided painting experience will be fun and relaxing for all skill levels.

FAMILY MAKER WORKSHOP: 3D PRINTING

Unleash your family's creativity in this hands-on 3D printing workshop! Together, parents and kids will learn the basics of 3D design and digital modeling, explore how 3D printers work, and watch projects come to life layer by layer. Each family will have the opportunity to customize and take home their own 3D-printed project.

SPECIAL EVENTS

STRONG & CONFIDENT WORKSHOP FOR GIRLS

A fun, confidence-boosting workshop just for girls! We will kick things off with a beginner-friendly group workout (athletic barre and yoga) to get moving and energized. Afterward, we'll gather to talk about friendships and ways to handle conflict, enjoy yogurt parfaits, and create a fun collage craft. This workshop is the perfect mix of movement, mindfulness, and connection — a fun way to feel strong, creative, and confident!

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.

Time: 4:00pm - 8:00 pm

Dates: April 24th: Glowing in the Dark • May 8th: Spring into Summer

YOUTH NIGHTS

LIVE Y'ERS (AGES 8-13)

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, swimming, and more! Snacks & drinks are included.

Time: 5:30 - 8:30pm

Dates:

Saturday, April 18th: Egg-cellent Adventures

Saturday, May 16th: May Mania

HOMESCHOOL

4-WEEK CLUBS

CLIMBING & ADVENTURE CLUB

Join our 4-week Homeschool Climbing & Adventure Club, where climbers go beyond the wall and into a world of challenge, teamwork, and adventure! Kids will build strength, confidence, and coordination while tackling bouldering routes, creative games, and themed challenges. From ninja missions to team quests, each session is packed with energy, exploration, and fun!

NO BAKE COOKING CLUB

This four-week No-Bake Homeschool Cooking Club is a great opportunity for your child to try something new! Through hands-on cooking activities, simple recipes, and creative food projects, homeschoolers will learn basic kitchen skills, teamwork, and healthy food habits—all while having fun and connecting with friends!

8-WEEK CLASSES

ART

From cave paintings to modern masterpieces, art students will explore how art has changed throughout history. Each week, we will create inspired projects from ancient to modern art with a sprinkle of art history to spark our creativity.

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.

The spring session will conclude with a pool party on Wednesday, June 10th, from 12:30 PM-2:15 PM. The therapy pool and water slide will be open for participants to enjoy!

YOUTH/TEEN EDUCATION AND ADVENTURE

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



SUMMER

CATEGORY	CLASS NAME	AGES	FEES M/CP	DATES	TIMES
EDUCATION CLASSES	Babysitting Training	11-17	\$70/\$90	Check back for dates	
	Home Alone Workshop	8-10	\$45/\$60	Check back for dates	
TRANSPORT	Summer School Transport Nature Hill Intermediate	Grades 4th-8th	\$3 per ride (Members only)	June 15th-July 23rd (Monday- Thursday)	12:00-12:30pm
YOUTH ADVENTURE TRIPS	Action Territory	8-13	\$60/\$80	Tuesday, June 16th	9:00-4:30pm
	Circus World & Devil's Lake			Friday, June 26th	8:30-4:30pm
	Noah's Ark			Monday, June 29th	8:30-4:30pm
	Henry Villas Zoo & Little Amerricka			Friday, July 10th	8:30-4:30pm
	Kenosha Museums & Siege Paintball			Tuesday, July 14th	9:00-4:30pm
	Prairie Lanes & Skate Express			Friday, July 24th	8:30-4:30pm
	Cave of the Mounds & Blue Mound State Park			Tuesday, July 28th	9:00-4:30pm
	Milwaukee County Zoo & Urban Ecology Center			Tuesday, August 4th	9:00-4:30pm
	Mount Olympus			Friday, August 14th	9:00-4:30pm
	Discovery World			Tuesday, August 18th	9:00-4:30pm

EDUCATION CLASSES

BABYSITTING TRAINING (11+)

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

HOME ALONE WORKSHOP (8-10)

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

TRANSPORT

SUMMER SCHOOL TRANSPORT (GRADES 4TH-8TH)

Transportation provided from Summer School at Nature Hill to the Y! Hang out in the Lounge, do homework, shoot hoops, climb the rock wall or swim and keep your summer fun at the Y!

YOUTH ADVENTURE TRIPS

Action Territory

Join us for an exciting trip to Action Territory, where you can race go-karts, battle in laser tag, conquer mini-golf, and enjoy arcade games, bumper cars, and more! With a variety of thrilling attractions, this adventure is packed with fun, competition, and nonstop excitement!

Circus World & Devil's Lake

Discover the beauty of Devil's Lake State Park with hiking, swimming, and stunning views, then enjoy exciting shows and circus fun at Circus World. A day packed with nature and entertainment!

Noah's Ark

Get ready for a splashing good time at Noah's Ark Waterpark in Wisconsin Dells! Enjoy thrilling water slides, wave pools, and lazy rivers, along with plenty of attractions for all ages. It's the perfect day of water fun and adventure, making unforgettable memories with friends!

Henry Vilas Zoo & Little Amerricka

Enjoy a fun-filled day at Henry Vilas Zoo and Little Amerricka Adventure Park! Explore amazing animals at the zoo, then ride classic attractions and enjoy adventure rides at the park. A perfect day of adventure and memories!

Kenosha Museums & Siege Paintball

Get ready for an action-packed day at Siege Gellyball & the Kenosha Museums! Participants will test their strategy and teamwork in thrilling gellyball battles, then explore fascinating dinosaur fossils and exhibits. A great day of adrenaline & exploring!

Prairie Lanes & Skate Express

Get ready for an action-packed day at Prairie Lanes and Skate Express! Bowl your way to strikes, challenge friends in laser tag, and enjoy endless fun in the arcade, then glide into excitement with roller skating. It's the perfect mix of games, thrills, and nonstop fun!

YOUTH ADVENTURE TRIPS

Cave of the Mounds & Blue Mound State Park

Step into a whole new world at Cave of the Mounds and Blue Mound State Park! Wander through the stunning underground formations of Cave of the Mounds, then explore scenic trails and enjoy breathtaking views at Blue Mound State Park. A day of natural wonder and adventure awaits!

Milwaukee County Zoo & Urban Ecology Center

Explore the wild side of Milwaukee with a visit to the Milwaukee Zoo and the Urban Ecology Center! Discover fascinating animals at the zoo, then connect with nature through hands-on activities and wildlife spotting at the Urban Ecology Center's city parks. It's a day of animal adventures and outdoor exploration!

Mount Olympus

Join us for an exciting adventure to Mount Olympus Water & Theme Park, where thrill-seekers can enjoy epic roller coasters, water slides, and wave pools! Get ready for a day filled with non-stop fun, adventure, and unforgettable memories!

Discovery World

Dive into a world of science and exploration at Discovery World in Milwaukee! Experience hands-on exhibits, interactive experiments, and fascinating displays that spark curiosity for all ages. It's a day where learning meets adventure and discovery comes alive!

YOUTH/TEEN ENRICHMENT

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



SUMMER

CATEGORY	CLASS NAME	AGES	FEES M/CP	DATES	TIMES
ENRICHMENT CAMPS	Art & Innovation	8-12	\$40/\$60	TUESDAYS/THURSDAYS June 16 & June 18	1:30-3:30pm
	Stitch & Stuff			June 23 & June 25	
	Esports & Coding			June 30 & July 2	
	Photography & Drawing			July 7 & July 9	
	Baking & Decorating			July 14 & July 16	
	Magic & Illusion Camp			July 21 & July 23	
	Gardening & Cooking			July 28 & July 30	
	Stem & Chemistry			August 4 & August 6	
	Fishing & Outdoor Adventure			August 11 & August 13	
	Gems & Geology			August 18 & August 20	
TRY IT WORKSHOPS	Tie-Dye	6-12	\$15/\$30	Monday, June 22nd	1:00-2:30pm
	Log Rolling			Wednesday, July 8th	1:00-3:30pm
	Intro to 3D Printing			Wednesday, July 29th	1:00-2:30pm
	Log Rolling			Wednesday, August 12th	1:00-3:30pm

ENRICHMENT CAMPS

MINI CAMPS (8-12)

Great summers start at the Y! Each week during the summer, we will be offering enrichment mini camps on Tuesdays and Thursdays from 1:30pm-3:30pm. Camps include a wide variety of topics ranging from baking, to photography, to gardening, to science, to esports, and more! Registration is based on the week, so you can choose what works best for your children and family.

**Mini camps may involve off-site explorations! For specific camps, we will use the Y van for transportation and return back to the Y at the end time of camp. Parents will be informed of any off-site explorations planned for the week!

TRY IT WORKSHOPS (AGES 6-12)

Looking for something to do after summer school or during the long days of summer? Learn something new during our Try It Workshops! Enjoy creating projects, trying a new activity or learning a new skill.

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 their designs take shape! Get ready to create, innovate, and take home a 3D printed project!

LOG ROLLING

Step onto the log and test your balance in this fun, hands-on workshop! Participants will learn footwork, strategy, and coordination while making a splash! Challenge yourself, build confidence, and enjoy the thrill of log rolling!

Get ready for a colorful, hands-on adventure! Young artists will learn fun folding techniques, experiment with vibrant dyes, and create their own unique wearable masterpiece to take home.

SPECIAL PROGRAMS: YMCA at Pabst Farms



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.

SPRING

CATEGORY	CLASS NAME	AGES	FEES M/CP	FUNDED M/CP	MON	WED	THURS	FRI	DATES
SPORTS PROGRAMS	Special Olympics Track	8+	\$45/\$60	\$55/\$70	5:15-6:30pm				March 9 - June 1
	Special Olympics Cornhole	8+	\$45/\$60	\$55/\$70	6:00-8:00pm				March 9 - June 1
	Fitness Friends	13+	Will be prorated based on start date				5:30-6:30pm		Session ongoing please contact Missy Kaun if interested in adding this program.
SOCIAL PROGRAMS	Dinner and a Movie IN	13+	\$25/\$40					5:00-8:30pm	April 17 May 15
	Fun Friday	13+	\$15/\$30	\$25/\$40				6:00-8:30pm	April 3 May 1
	Off to the Theater	13+	\$70/\$85					8:30am-12:30pm	April 10
	Spring Break Trip	13+	\$85/\$100			9:00-5:30pm			April 1

SUMMER

CATEGORY	CLASS NAME	AGES	FEES M/CP	FUNDED M/CP	MON	TUES	WED	THURS	FRI	DATES
SPORTS PROGRAMS	Special Olympics Bocce	8+	\$45/\$60	\$55/\$70	5:15-6:15pm					June 15 - Sept 14
	Special Olympics Softball	8+	\$45/\$60	\$55/\$70	6:00-8:00pm					June 15 - Sept 14
	Miracle Field All-Stars	4+	\$50/\$65	\$60/\$75		4-9 • 4:30-5:15pm 10-17 • 5:15-6:00pm 18+ • 6:00-6:45pm				June 9 - July 28
	Developmental Special Olympics Swim Team	8+	\$100/\$130	\$150/\$210			6:00-6:40pm			June 17- August 19
FITNESS PROGRAMS	Adaptive Aquatics Fitness	8+	\$100/\$130	\$150/\$210			6:00-6:30pm			June 17- August 19
	Fitness Friends	13+	\$80/\$110	\$135/\$180				5:30-6:30pm		June 18 - August 20
SOCIAL PROGRAMS	Dinner and a Movie	13+	\$25/\$40						5:00-8:30pm	June 19 July 17 August 21

SPORTS PROGRAMS

SPECIAL OLYMPICS BOCCE BALL

Aim, toss, score. Bocce is a team sport of skill and strategy. This is a fun backyard game that everyone can enjoy. Come join us to learn the rules and test your skills at getting your ball closest to the pallina. There may be an option for Special Olympics Wisconsin competitions. **

SPECIAL OLYMPICS CORNHOLE

Throw, toss, score! Play as a team of two and work to toss your bean bags through the hole on the board! Competition is optional through Special Olympics Wisconsin. Practice and game schedules will be handed out the first week of practice. **

SPECIAL OLYMPICS SOFTBALL

Hit, run, slide. We will develop our softball skills through fun drills and games. All players will need their own glove. If possible, players should also provide their own bat and helmet. There may be an option for Special Olympics Wisconsin competitions. **

SPECIAL OLYMPICS TRACK AND FIELD

Run, throw, jump. There is something for everyone to enjoy! Athletes will fine-tune their individual skills. There may be an option for competition through Special Olympics Wisconsin. Practices will be held outside so please dress accordingly. Competition is optional through Special Olympics Wisconsin. **

MIRACLE FIELD ALL-STARS

Run, catch, throw. Miracle Field All-Stars gives kids ages 4+ the chance to get off the bench and on to the field to enjoy the game of baseball. Athletes will learn the fundamental skills needed and have the opportunity to practice as well as take part in competitive game play. Athletes with intellectual and/or physical disabilities are invited to join us to play on a custom designed field featuring a cushioned, rubberized, flat surface helping to erase barriers to recreation.

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.

Developmental Swim Team: (6:00-6:40) 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.

** The YMCA is unable to provide 1:1 assistance for athletes for Special Olympics sports. If your athlete requires direct assistance/supervision please plan on having someone attend practice with them.

SOCIAL PROGRAMS

DINNER AND A MOVIE IN

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! Join us for an outing to the theater! ACAP PlayMakers present The Legend of William Tell.

SPRING BREAK TRIP

Join your YMCA friends for a day out and about while school and programs are on a break. We will head to AmFam Field to watch the Brewers take on the Tampa Bay Rays!

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 fall 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.

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 Missy Kaun, Special Programs Director, at mkaun@glcymca.org or 262-567-7251 ext 1338. If you would like to be added to our wait list please use this link www.glcymca.org/programs/10051/service-without-boundaries-day-program/#division_20795

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 Carla Torres at 262-567-7251 ext 1302 to learn more about the process.

PARTICIPANT CARE FORM:

All participants must have a participant care form on file with the Special Programs Department. You can fill out that form here: <https://fs22.formsite.com/ymca/spform/index.html>

SPIRITUAL DEVELOPMENT



SPRING & SUMMER

CATEGORY	LOCATION	FEES	DESCRIPTION	DATES
MISSION TRIP	Montenegro	\$2600 per person	Plan now to be a part of our first-ever trip to Europe. We'll be partnering with Thrive in Christ in Montenegro to help in their outreach through fitness and community programming. As part of this team you will be helping with service projects, sports outreach, conversational English, and more. Our missionary host is a former fitness staff member here at the YMCA at Pabst Farms. Registration deadline is June 15 and team trainings begin in July	October 2-10, 2026 Montenegro
BIBLE STUDIES	Midfield Men	Free	This study continues meeting each Wednesday morning through the end of May. Join us as we study real life faith for today from the Scriptures.	Wednesday mornings, 6:30-7:30am YMCA at Pabst Farms
EVENTS	Good Friday Breakfast	\$12	Start your Easter weekend with a time of reflection here at the Y. We'll enjoy a hot breakfast around the table, followed by a challenging and encouraging message from Pastor Matt Morton, lead pastor of Spring Creek Church in Pewaukee. Registration deadline is Monday, March 30.	Friday, April 3 7:30-8:30am YMCA at Pabst Farms
CHRISTIAN EMPHASIS COMMITTEE	Spirit Award	Free	Each year the Christian Emphasis Committee recognizes youth in three age categories for how they represent the YMCA's core values in their everyday lives. Nominations are received in April for youths in grades 3-12, with awards being presented in early June. Any adult can make a nomination. An online form is on our website, or you can contact the Y for a nomination form to complete.	Nominations deadline is April 30 Spirit Award Reception is June 2, 6:30pm