



SCHULTZ FAMILY YMCA

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!

Community Participant Program Registration

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

CONNECT WITH US



THE SCHULTZ FAMILY YMCA
674 Johnson Street
Watertown, WI 53094



Phone:
920-262-8555



Website:
www.glcymca.org



Email:
watertownmemberservices@glcymca.org

ADULT SPORTS

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



SPRING

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI
ADULT SPORTS	Mixed Doubles Pickleball Tournament	18+	\$20/\$40	Stay tuned for date and time! Coming soon!				
	Intro to Pickleball	18+	\$40/\$60	11:00am-12:00pm		11:00am-12:00pm		

SPRING/SUMMER OPEN PLAY

CATEGORY	CLASS NAME	AGES	MON	TUES	WED	THURS	FRI	SAT	SUN
OPEN PLAY PICKLEBALL	Beginner	16+	11:00am-1:30pm		11:00am-1:30pm		11:00am-1:30pm	6:00-11:00am (1 Court)	
	Intermediate		9:15-1:00pm	8:00-10:45am	9:15-1:00pm	9:15-10:45am	9:15-1:00pm	6:00-11:00am (1 Court)	10:00am-12:00pm (1 Court)
	Advanced			10:45-1:15pm		10:45-1:15pm	12:00-2:30pm	6:00-11:00am (1 Court)	12:00-2:00pm (1 Court)
	All Levels			5:30-7:00am		5:30-7:00am	5:30-7:00am		

ADULT SPORTS

MIXED DOUBLE PICKLEBALL TOURNAMENT

A single day mixed doubles pickleball tournament. The day will start with pool play, followed by seeding and tournament play where we will crown a winner. Players are to find their own partner for the tournament. Please contact Caleb Gross (cgross@glcymca.org) if you need help finding a partner.

INTRO TO PICKLEBALL

Advance your pickleball skills by learning the basics of pickleball, mastering the short game, or enhancing your serve. Lessons are provided by a pickleball instructor each week in a group setting or private lessons arranged with the instructor.

OPEN PLAY PICKLEBALL

MEMBERSHIP BENEFIT PICKLEBALL: INCLUDED

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

ADULT WELLNESS

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



SPRING/SUMMER

CATEGORY	CLASS NAME	AGE	FEES M/CP	MON	TUES	WED	THUR	FRI
SPECIALTY FITNESS	Empowering Strength	13+	\$80/\$160 Spring \$100/\$200 Summer		Stronger 4:00-5:00pm Basics 5:15-6:15pm		Stronger 4:00-5:00pm Basics 5:15-6:15pm	
	Golf Conditioning		\$50/\$75		April 21 5:30-7:00pm		April 23 5:30-7:00pm	
	MX4 Fit (Members only)		1 class - \$5 5 classes - \$25 10 classes - \$50 Unlimited - \$25	6:00-6:30pm		10:00-10:30am 5:15-5:45pm		10:00- 10:30am
HEALTHY HABITS & NUTRITION	Weight Loss Challenge	13+	\$50/\$100	May 4th - June 1 (no Memorial Day) 11:00am-12:00pm				
	Accountability Club		Price on back side	Mondays • 9:30am				
WELLNESS WORKSHOP	Foam Rolling	13+	Free	May 18th • 10:00am or 5:00pm				
	Goal Setting Workshop		Free	Detail coming soon!				
	Back to School Healthy Meals	8+	Free	August 18th • 6:00pm				

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.

Stronger: (For those who have some experience with weight lifting)

Basics: (For those just getting started with weight lifting)

GOLF CONDITIONING

Hit the ball further, avoid low back pain, improve your overall fitness and take your game to the next level. You will learn a pre-game warm-up and exercises to make you a better golf athlete. Taught by Personal Trainer and Certified Golf Specialist, Dawn Liddicoat.

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 certified nutrition coach and other members working towards their weight loss goals. Attend an information meeting prior to registering to learn more about the program. Offered seasonally.

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.

Spring/Summer: Y Member

\$10/month • \$15/month with a ProCoach

Spring/Summer: CP

\$20/month • \$30/month with a ProCoach

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.

FOAM ROLLING

Foam Rolling can help you recover and increase range of motion and increase blood flow when used as a warm up before exercise. Find out how to foam roll to reduce pain and stiffness or maximize your exercise program.

GOAL SETTING WORKSHOP

Learn how to set and attain goals from 2 ultra runners and Y staff, Julie Visnieski and Jaime Meissner. They will share their experiences and give you inspiration to be successful no matter your fitness goals.

BACK TO SCHOOL HEALTHY MEALS

If feeding your family healthy meals and snacks feels overwhelming, join us to spark some ideas and go away with recipe and meal plans to get the school year started on the right foot.

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.

FOREVERWELL

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



SPRING/SUMMER

CATEGORY	CLASS NAME	FEES M/CP	DATES
CLASSES/WORKSHOPS	Pelvic Floor Workshop	Free	Monday, April 13th • 11:00am
	Yogurt Making Workshop		Friday, April 17th • 1:30pm
	Gold Star Self-Defense		Friday, April 24th • 11:00am
	Photo Peace - Organize Your Digital Memories		Friday, May 15th • 11:00am
	Breathwork for Longevity		Friday, June 19th • 12:00pm
	Financial Scams & Fraud		Friday, July 17th • 11:00am

FOREVERWELL CLASSES/WORKSHOP

PELVIC FLOOR WORKSHOP

Join Pelvic Floor Therapist Angie Hill, OT, on April 13th at 11am to learn how to strengthen your pelvic floor. Whether you have related health issues or not, there are many benefits to having a strong core and pelvic floor.

YOGURT MAKING WORKSHOP

Join Greg David and Angie Jones for a demo and instructions on how to make your own yogurt from scratch.

GOLD STAR SELF-DEFENSE

Sgt. Hoyt and Auxiliary Police Officer Kerry Kneser will take you through a series of verbal and non-verbal tactics to prepare you in a variety of situations. There will also be an opportunity to "practice" these tactics on Mannequin Bob at the end of the program.

PHOTO PEACE - ORGANIZE YOUR DIGITAL MEMORIES

Photo Solutions Consultant Corrine Raupp will present information on how to calm your digital chaos.

BREATHWORK FOR LONGEVITY

Join Greg David in exploring modern and ancient breathwork. Learn what the benefits are, why and how to practice breathing.

FINANCIAL SCAMS & FRAUD

James Kates from the Ixonia Bank Security Team will be here to discuss how to identify and avoid scams targeted at seniors. Learn how to stay safe.

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	Wednesday, April 29th • 10:30-11:30am Tuesday, May 5th • 6:00-7:00pm
	Screen Smart Parenting Workshop	18+	Free	Monday, May 11th • 6:00-7:30pm

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.

YOUTH SPORTS

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



SPRING CLASSES & LEAGUES

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	THURS	FRI
PRESCHOOL & KINDERGARTEN	Bitty Sports of All Sorts	3-6	\$40/\$60	4:30-5:00pm			
	Bitty Soccer	3-6	\$40/\$60	5:00-5:30pm			
SCHOOL AGE SPORTS	Learn to Play Basketball	6-8	\$40/\$60		4:30-5:15pm		
	Track & Field	6-13	\$60/\$80		5:00-6:00pm		
	Practice & Play Basketball	8-10	\$40/\$60		5:15-6:00pm		
	Intro to Pickleball	10-14	\$40/\$60			4:00-5:00pm	
SPRING SPORTS LEAGUES	Flag Football	5K-3rd Grade	\$50/\$70	March 30 - May 16 Practices: Once per week at local park Games: Saturday mornings at Maranatha Baptist Registration Deadline: March 20			

SUMMER CLASSES & CAMPS

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

CATEGORY	CLASS NAME	GRADE	FEES M/CP	DATES	TIMES
CAMPS	Basketball Camp	1-8	\$40/\$60	June 15-18	2:00-4:00pm
	Volleyball Camp	1-8	\$40/\$60	June 22-25	
	Flag Football Camp	1-8	\$40/\$60	July 6-9	
	Baseball Camp	1-8	\$40/\$60	July 13-16	
	Golf Camp	1-8	\$40/\$60	TBD	
	Sports of All Sorts Camp	1-8	\$40/\$60	July 27-30	
	Soccer Camp	1-8	\$40/\$60	August 3-6	

PRESCHOOL & KINDERGARTEN

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 SOCCER (AGES 3-6)

Boys & girls focus on dribbling, shooting, passing, trapping and goalkeeping, 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 BASKETBALL (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 & PLAY BASKETBALL (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. This program is for skill development only, and is a pre-cursor to the basketball league with organized games.

LEARN TO PLAY FOOTBALL (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 of Football!

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!

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 Ys in our end of season meets! Meets will be hosted by the Southwest YMCA. Each participant can sign up for 2 total events at the meet. Running events include 50M Dash, 200M Dash, and the 400M Dash. Field events included 50M hurdles, long jump, and softball throw.

SPRING SPORTS LEAGUES

FLAG FOOTBALL (AGES 5K-3RD GRADE)

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. 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 Maranatha Baptist. Game times are dependent on number of teams in the league and will likely vary from week to week. For boys and girls in 5K through 3rd grade.

CAMPS & CLINICS

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-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.

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-8TH)

Our golf camp emphasizes basic to advanced skills instruction and practice in the areas of putting, chipping, proper technique, and golf 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 (1ST-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.

YOUTH EDUCATION AND ADVENTURE

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



SPRING

CATEGORY	CLASS NAME	AGES	FEES M/CP	DATES	TIMES
EDUCATION CLASSES	Babysitting Training	11-17	\$70/\$90	Saturday, April 18	9:00am-4:00pm
ENRICHMENT CLASSES	Intro to 3D Printing	6-14	\$15/\$30	Thursday, April 23	4:00-5:30pm
	3D Printing & Design Club	8-14	\$75/\$100	Thursdays April 30 - May 21	4:00-5:30pm
	3D Lab Time	8-14	\$5	Tuesdays	4:00-5:30pm
SCHOOL YEAR PROGRAMS	Rooted: Growing in Faith and Community	10-14	\$15/\$30	Wednesdays at Riverside Middle School	2:15-3:15pm
YOUTH NIGHTS AT THE Y	Y After Hours	8-13	\$20/\$40	Saturday, April 18	5:30-8:30pm

SUMMER

CATEGORY	CLASS NAME	AGES	FEES M/CP	DATES	TIMES
EDUCATION CLASSES	Babysitting Training	11-17	\$70/\$90	Saturday, June 20 Saturday, July 18	9:00am-4:00pm
	Home Alone Workshop	8-10	\$45/\$75	Tuesday, June 9 Tuesday July 14	4:30-7:30pm
ENRICHMENT CLASSES	3D Lab Time	8-14	\$5	Mon-Friday	4:00-7:00pm
YOUTH ADVENTURE TRIPS	Action Territory	8-13	\$60/\$80	Tuesday, June 16	9:00am-4:30pm
	Circus World/Devil's Lake			Friday, June 26	8:30am-4:30pm
	Noah's Ark			Monday, June 29	8:30am-4:30pm
	Kenosha Museum/ Siege Gellyball			Tuesday, July 14	9:00am-4:30pm
	Cave of the Mounds/ Blue Mound State Park			Tuesday, July 28	9:00am-4:30pm
	Milwaukee Zoo/ Urban Ecology			Tuesday, August 4	9:00am-4:30pm
	Mt Olympus			Friday, August 14	9:00am-4:30pm
	Discovery World			Tuesday, August 18	9:00am-4:30pm

EDUCATION CLASSES

BABYSITTING TRAINING (AGES 11+)

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

HOME ALONE WORKSHOP (AGES 8-10)

This workshop helps build independence and confidence by teaching how to stay safe when home alone. Participants will learn safety basics, how to handle emergencies, set boundaries, and respond to strangers or unexpected situations. **Bring food/snack/drink needed to get through this class time.

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 beginner-friendly software, kids will learn how to create their own digital models and watch them transform into real-life objects using a 3D printer. Along the way, they'll build skills in creativity, problem-solving, and basic engineering—all while having fun and making something totally unique! No prior experience needed—just imagination and a curiosity to create. 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!

ROOTED: GROWING IN FAITH AND COMMUNITY

Rooted is a weekly, faith-based after-school program designed specifically for middle school students who are looking for a place to belong, grow, and have fun. Hosted in the Riverside Middle School gym every Wednesday from 2:15-3:15 PM, Rooted creates a safe and welcoming space where students can explore their faith, build meaningful friendships, and enjoy a midweek break filled with food, fun, and fellowship. We want to encourage students to engage in their faith journeys with their classmates and friends, learning what it means to be a Christ-like leader and the importance of community.

YOUTH NIGHTS AT THE Y

Y AFTER HOURS

Y After Hours 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.

ADVENTURE TRIPS

ACTION TERRITORY

Action Territory (Kenosha) 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

Circus World & Devil's Lake (Baraboo) 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

Noah's Ark (Wisconsin Dells) 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!

KENOSHA MUSEUM/SIEGE GELLYBALL

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!

CAVE OF THE MOUNDS/BLUE MOUND STATE PARK

Cave of the Mounds & Blue Mound State Park (Blue Mounds) 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 ZOO/URBAN ECOLOGY

Milwaukee County Zoo & Urban Ecology Center (Milwaukee) 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!

MT. OLYMPUS

Mount Olympus (Wisconsin Dells) 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

Discovery World (Milwaukee) 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!

SPECIAL PROGRAMS

TO REGISTER FOR SPECIAL PROGRAMS, [click here](#)



If you have not registered for programs before please contact Kathy Sheridan, Special Programs Director at ksheridan@glcymca.org or (920) 262-8555 ext 1324, 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	TUES	WED	THURS	FRI	DATES
FITNESS PROGRAMS	Fitness Friends	13+	\$48/\$64	\$28/\$32			6:00-7:00pm		April 23 - June 11
SOCIAL PROGRAMS	Fun Fridays	13+	\$20/\$25	\$25/\$30				6:00-8:00pm	April 3 May 1 June 5
	Service without Boundaries	21+	\$60/\$70	\$75/\$85	9:00am-3:00pm	9:00am-3:00pm	9:00am-3:00pm		April 20 - May 28

SUMMER

CATEGORY	CLASS NAME	AGES	FEES M/CP	FUNDED M/CP	TUES	WED	THURS	FRI	DATES
FITNESS PROGRAMS	Fitness Friends	13+	\$60/\$80	\$28/\$32			6:00-7:00pm		June 18 - August 20
SOCIAL PROGRAMS	Service without Boundaries	21+	\$60/\$70	\$75/\$85	9:00am-3:00pm	9:00am-3:00pm	9:00am-3:00pm		June 15 - August 20
TRIPS	Milwaukee Zoo	13+	\$90/\$105					9:00-5:00pm	June 19
	Vitense Mini Golf		\$90/\$105					9:00-5:00pm	July 24
	Fireside Theater		\$140/\$165					9:00-5:00pm	August 7
	Milwaukee Milkmen Game		\$90/\$105					9:00-5:00pm	August 27

FITNESS PROGRAMS

FITNESS FRIENDS

Lift, stretch, move! Teens and adults with intellectual and developmental disabilities learn the benefits of exercise alongside their friends.

Trained staff will create and carry out programs to meet the strength, cardiovascular, and flexibility needs of the participants.

SOCIAL PROGRAMS

FUN FRIDAY

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

TRIPS

MILWAUKEE ZOO

Lions and Tigers and Bears! Oh My! Explore the Milwaukee County Zoo with your friends. Spend time checking out the animals and enjoy a picnic lunch. Bring your own bag lunch or money to purchase lunch at the zoo.

MINI GOLF AND LUNCH

Putt Putt Golf! Spend the day with your friends playing miniature golf at Vitense golf in Madison. Please bring money to purchase lunch.

FIRESIDE THEATER

Let it Go! Join us for a trip to the Fireside Theater in Fort Atkinson for a delicious lunch and Frozen the Musical! A 3 course lunch is included in the experience.

MILWAUKEE MILKMEN BASEBALL GAME

Take me out to the ballgame! Join us to cheer on the Milwaukee Milkmen at Franklin Field. Please bring money to purchase food and drink during the game.

PARTICIPANT TO STAFF RATIO:

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

USING A FUNDING SOURCE:

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

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 Director 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-boundaries-day-program/#division_21152

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

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



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	Abide: A Bible Study for Women	Free	Did you know the YMCA is an organization built on the foundation of Christianity? Our mission is to offer programs that help build not only the body and the mind, but the spirit as well. Abide is a gathering of women in the Watertown area designed to help women strengthen their faith in Christ through Bible study and fellowship with one another. Led by Jill Nelson, a Schultz Family YMCA group exercise instructor, who has a passion and a desire to see women walking confidently in their faith in Christ.	Tuesday, 1st & 3rd of the month 9:30-10:30am Schultz Family YMCA
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