



ROEHL FAMILY YMCA

2026 FALL I & II PROGRAMS

SESSION DATES:

FALL I: August 30th - October 24th

FALL II: October 25th - December 19th

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**
- **Access to Kid's Corner Drop-Off Care**
- **YMCA App:** View schedules, participate in challenges, earn rewards and more! Click [HERE](#) for details
- **Nationwide Membership:** Nationwide Membership enables you to visit any participating YMCA in the United States with your membership at your home YMCA. Please contact the Y you will be visiting in advance to confirm their participation.

For more information visit www.glcymca.org/interest/

Y MISSION:

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



FALL I SESSION

AUGUST 30 – OCTOBER 24



FALL II SESSION

OCTOBER 25 – DECEMBER 19

The Y will be closed on Mon, September 7th for Labor Day and Thurs, November 26th for Thanksgiving

REGISTRATION DATES:

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

Y Member Swim Lesson Registration :

- **Fall I Session:** August 12, 2026
- **Fall II Session:** October 7, 2026

Community Participant Registration:

Program Registration

- **Fall I Session:** August 12, 2026
- **Fall II Session:** October 7, 2026

Swim Registration

- **Fall I Session:** August 19, 2026
- **Fall II Session:** October 14, 2026

CONNECT WITH US



ROEHL FAMILY YMCA
1750 E. Valley Road
Oconomowoc, WI 53066



Phone: 262-567-7251
Fax: 262-244-0088



Website:
www.glcymca.org



Email:
pabstfarmsmemberservices@glcymca.org

YMCA EVENTS

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



CATEGORY	EVENT NAME	FEES M/CP	DATE
MEMBER & COMMUNITY EVENT	Touch A Truck	Free	Saturday, September 13th 10:00am-2:00pm
	Fall Fest	Free	Friday, October 16 5:00-7:30pm
	Breakfast with Santa	\$8/\$10	Saturday, December 12 3 sessions - 8:15am, 9:15am, 10:15am
	Climb & Celebrate	\$10 per family	Thursday, December 31st 10:00-12:30pm

MEMBER & COMMUNITY EVENT

TOUCH A TRUCK

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

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

Enjoy food, music and activities!

FALL FEST

Join us for our Fall Fest full of Halloween fun with costumes, pumpkins, crafts, games and more!

BREAKFAST WITH SANTA

Enjoy a sit down breakfast, arts & crafts, games and a visit with the Man in Red himself, Santa! Choose a seating time that fits your family's schedule. Pictures may be taken with Santa, so be sure to dress festive and bring your camera.

Note: All family members must be registered. Infants are FREE and do not need to be registered for the event. Register by December 4th.

CLIMB & CELEBRATE: New Year's Eve Countdown!

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

CATEGORY	CLASS NAME	FEES M/CP	DATES
CLASSES/ WORKSHOPS	Aging Brilliantly Lecture Series	Free	Tuesdays • 10:30-11:30am October 13, October 20, October 27 Sign up for one, two or all three
	Consequences of Undiagnosed Hearing Loss	Free	11:00-11:45am September 14 or November 10
	Beginner Sign Language	\$55/\$75	Thursdays • 6:00-6:45pm September 24 - November 12
	Landscape Canvas Painting	\$15/\$20	Friday, October 30 • 10:30am-12:00pm
	Thriving through the Holidays	Free	Monday, November 16 • 10:30-11:30am
ADULT TRIPS	Fish Fry Lunch at Ron's Cozy Corner	depends on meal	Friday, September 18 • 11:30am
	Shedd Aquarium - Chicago	\$105	Tuesday, October 13 • 7:30am-4:00pm
	Oneida Casino Green Bay	\$50	Thursday, November 19 • 7:30am-5:00pm
	Bel Canto Christmas	TBD	Sunday, December 6
WEEKLY EVENTS	Coffee and Community	Free	Every Tuesday • 8:00-10:00am
	Sheepshead	Free	Fridays • 10:30am-12:30pm (no class on 12/25)
	Rummikub	Free	Tuesday • 8:00-10:00am & Friday • 8:00-11:00am
MONTHLY EVENTS	Bingo	Free	Fridays • 1:00pm-2:30pm September 11, October 9, November 13, December 11
	Bridge	Free	Fridays • 8:30-10:30am August 7, September 4, October 2, November 6, December 4
	Medicare Information Seminars	Free	Saturdays • 10:00-11:30am September 12, October 10
	Mended Hearts	Free	Select Wednesdays • 6:30-8:00pm September 9, October 14, November 11, December 9
SPECIAL EVENTS	Elvis Christmas Luncheon	\$17/\$25	Monday, December 7 12:00-2:00pm

FOREVERWELL CLASSES/WORKSHOP

AGING BRILLIANTLY: SMALL CHANGES, BIG BENEFITS

Join us for one, two, or all three free hour-long workshops addressing small changes we can make to age beautifully and brilliantly!

CONSEQUENCES OF UNTREATED HEARING LOSS

Hearing loss may be a gradual process and can affect many facets of daily life. Attend one of the information sessions, get answers to your questions, and determine possible next steps to test and/or improve hearing for yourself or a loved one.

Mon, 9/14 or Tue, 11/10

Information and Q&A 11-11:45am.

Free optional 2 minute hearing screening by licensed hearing instrument specialist, Donna Crain, 11:45am-12:30pm. Please register for information session. Screening is a drop-in service.

BEGINNER SIGN LANGUAGE

Learn the basics of sign language from an instructor who has used this form of communication with speech-delayed kids and in customer service roles.

For ages 12+. Kids younger than 12 may register for class with a registered person 16 or older.

LANDSCAPE CANVAS PAINTING

Relax while creating your very own landscape painting on canvas! You will be led through each step of creating an acrylic landscape painting by artist and Healthy Minds Program Director, Mel Kistner.

No art experience needed! Beginners are welcome to this workshop and you will take home an 11x14 canvas.

All supplies are included in your registration fee.

THRIVING THROUGH THE HOLIDAYS

Want to reduce holiday stress? Join us as we talk about ways to reduce stress and anxiety during the holidays, change mindset, and support our bodies so we can thrive during the Holiday season. We will also be talking about coping with loss during this season and learning some simple strategies to maintain mental wellbeing.

ADULT TRIPS

RON'S COZY CORNER FISH FRY LUNCH

Kick off your weekend by dining with friends! Ron's Cozy Corner Restaurant has our table waiting!

SHEDD AQUARIUM

Walk through the many exhibits and variety of sea creatures—fish, marine mammals, birds, snakes, amphibians, and insects. Lunch will be on your own—sit down for a meal or grab a snack at one of the dining options available on every floor. Make your day at Shedd even more memorable by taking home the perfect souvenir from the gift shop!

ONEIDA CASINO GREEN BAY

Take a pre-holiday day for yourself! Relax as you ride to Green Bay in a KB Excursions motorcoach directly to the front doors of Oneida Casino.

ADULT TRIPS

BEL CANTO CHRISTMAS CONCERT

Resounding Joy: Christmas at the Basilica. This concert will sell out! Begin your Christmas season at the Basilica of St. Josphat followed by a holiday feast at the Golden Mast.

FOREVERWELL WEEKLY EVENTS

COFFEE AND COMMUNITY

Join us in the main lobby to visit with other adults 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!

SHEEPSHEAD

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

RUMMIKUB

What is Rummikub? It's a tile-based game that combines the strategy of the card game Rummy with the layout of Mahjong. Some strategy, some luck.

The games will be on the front lobby tables Tuesdays 8-10am and Fridays 8-11am. Grab a couple friends, take 10 minutes to learn the game, and enjoy your new favorite pastime!

Rummikub games will also be available for your use any time. Just ask for the lounge Game Hub cupboard key at the front Welcome Desk.

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.

MEDICARE SEMINAR

Perfect for people turning 65 in the next 6 months, those transitioning from employer coverage, family members helping an aging parent, and anyone looking for a Medicare refresher or updates.

Information covered: Medicare Parts A&B basics, enrollment timelines and key deadlines, Medicare Advantage vs Medicare Supplements, prescription drug coverage, and how to avoid costly mistakes.

MENED 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.

SPECIAL EVENTS

ELVIS CHRISTMAS LUNCHEON

Blue Christmas? Not this year! Elvis will entertain us with live music after we enjoy a catered hot buffet lunch! Phenomenal way to kick off the Christmas season!

FALL I & II (No classes September 7th for Labor Day or November 26th for Thanksgiving)

CATEGORY	CLASS NAME	AGE	FEES M/CP	DATE
ADULT WORKSHOPS	Anxiety Reset	18+	Free	Monday, Sept 28th • 10:30-12:00pm
	Thriving through the Holidays			Monday, November 16th • 10:30-11:30am
PARENTING CLASSES	Parenting the Love & Logic Way	18+	\$60 Individual \$75 Couple	Tuesdays • 6:00-7:30pm September 8th-October 13th
	YMCA Moms Group	18+	Free/\$15	Thursdays • 9:30-11:00am Sept 17th- December 3rd
YOUTH EVENT	Strong & Confident Girls Workshops	10-14	\$10/\$15	Mondays • 4:00-6:00pm September 21st, October 19th or November 2nd
	Strong & Confident Boys Workshops	10-14	\$10/\$15	Wednesdays • 4:00-6:00pm September 23rd, October 21st or November 18th
	Created with Confidence: A Paint Night For Girls	10-14	\$15/\$20	Friday, November 13th 6:00-7:30pm

ADULT WORKSHOPS

ANXIETY RESET

If you feel overwhelmed, stuck or experience anxiety, this workshop is for you. Explore ways to rest your spirit, mind and body and get practical tools and tips you can use to “reset” and calm your nervous system. A whole person approach to getting freedom from Anxiety. Interactive workshop taught by Mel Kistner, Healthy Minds Program Director.

THRIVING THROUGH THE HOLIDAYS

Want to reduce holiday stress? Join us as we talk about ways to reduce stress and anxiety during the holidays, change mindset, and support our bodies so we can thrive during the Holiday season. We will also be talking about coping with loss during this season and learning some simple strategies to maintain mental wellbeing.

PARENTING CLASSES

PARENTING THE LOVE & LOGIC WAY

This 6 session parenting program is designed to give you practical skills you can apply immediately. Learn how to: Put an end to arguing, back talk and begging. Teach responsibility, set enforceable limits, avoid power struggles, guide kids to solve their own problems and more! This 6 week class is led by Dennyse Snyder, LCSW a trained Facilitator of Parenting the Love and Logic Way. Dennyse is a child therapist specializing in trauma informed and faith based therapy. Come get encouraged and equipped on your parenting journey! Each registration fee includes a workbook. Individual rate available. Kids Corner is open during the time of this class if you need childcare. Limited infant spots.

YMCA MOMS GROUP

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

YOUTH EVENT

STRONG & CONFIDENT BOYS WORKSHOPS

A high-energy workshop for boys! Start with an athletic group workout in the studio to boost strength and confidence then refuel with a yogurt parfait bar while learning simple strategies for a strong mind and healthy habits. A perfect mix of movement, nutrition, and mental fitness!

Choose one or register for all 3 workshops! Each workshop will have a different workout, snack and theme

STRONG & CONFIDENT GIRLS WORKSHOPS

A fun, confidence-boosting workshop just for girls! We will kick things off with a beginner-friendly group workout led by one of our group exercise instructors to get moving and energized. Afterward, we’ll gather to talk about mental well being and confidence, enjoy a healthy snack, and engage in a fun activity. This workshop is the perfect mix of movement, mindfulness, and connection — a fun way to feel strong and confident!

Choose one or register for all 3 workshops! Each workshop will have a different workout, snack and theme.

CREATED WITH CONFIDENCE: A PAINT NIGHT FOR GIRLS

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

ADULT FITNESS

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



FALL I (No classes September 7th for Labor Day)

CLASS NAME	FEES M/CP	MON	TUES	WED	THURS	FRI	SAT
AOA Strength and Balance	\$75/\$150		11:00-11:45am (T/TH)		11:00-11:45am (T/TH)		
Empowering Strength	\$85/\$170	8:45-9:45am (M/W) 5:15-6:15pm (M/W)		8:45-9:45am (M/W) 5:15-6:15pm (M/W)			
Empowering Strength For Beginners	\$85/\$170	10:00-11:00am (M/W)		10:00-11:00am (M/W)			
"Golden" Glove Guard Up	\$65/\$130 M \$75/\$150 Th	10:45-11:45am			10:30-11:30am		
Guard Up	\$90/\$180		5:30-6:30pm	10:15-11:15am	5:15-6:15am		9:30-10:30am
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

FALL II (No classes Thursday, November 26th)

CLASS NAME	FEES M/CP	MON	TUES	WED	THURS	FRI	SAT
AOA Strength and Balance	\$70/\$140		11:00-11:45am (T/TH)		11:00-11:45am (T/TH)		
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	\$65/\$130 M \$75/\$150 Th	10:45-11:45am			10:30-11:30am		
Guard Up	\$90/\$180 Tu, W, S \$80/\$160 Th		5:15-6:15am 5:30-6:30pm	10:15-11:15am	5:15-6:15am		9:30-10:30am
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

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.

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.

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 Roehl Family YMCA.

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 11 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
15 sessions, \$450 per person

ADULT SPORTS & RECREATION

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



FALL I & II

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI	SAT	SUN
OPEN GYM	Pick-Up Basketball	16+	Membership Benefit		11:30-1:30pm		11:30-1:30pm	11:30-1:30pm		12:30pm-2:30pm
	Pickleball	16+	Membership Benefit	5:30-8:30am 1:30-3:30pm					6:00-7:30am	9:00-11:00am
CLASSES	Log Rolling	6+	Fall I \$72/\$104				6:00-6:45pm 6:45-7:30pm			2:30-3:15pm
			Fall II \$72/\$104 Th \$63/\$91 Sun							

LEAGUE OFFERINGS	LEAGUE NAME	DIVISION	FEES M/CP	TIME	DAY OF THE WEEK	DATES
FOOTBALL	Flag Football (Ages 18 & up)	Co-ed	\$175 per team	4:00 pm and later	Saturdays	August 29th - October 17th
BASKETBALL	3-on-3 Basketball League (Ages 18 & up)	Co-ed	\$175 per team	7:15pm and later	Thursdays	October 1st - December 10th

MEMBERSHIP BENEFIT INCLUDED SPORTS

PICK-UP BASKETBALL

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

PICKLEBALL

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

RACQUETBALL/HANDBALL

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

RECREATIONAL OPPORTUNITIES FOR ALL AGES

CLIMBING WALL

Check our website for our open climbing hours.

RECREATIONAL OPPORTUNITIES FOR ALL AGES

LOG ROLLING

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

VOLLEYBALL

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

ADULT SEASONAL SPORTS

3-ON-3 BASKETBALL LEAGUE

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

FLAG FOOTBALL

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

FALL I (No classes September 7th for Labor Day)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	THURS	SUN
SCHOOL AGE CLASSES	Log Rolling	4-7	\$72/\$104			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	\$86/\$120	August 31 - October 19 4:30-6:00pm		
SAFETY CERTIFICATES	American Red Cross Lifeguarding	15+	\$200/\$250	Friday, October 9th • 4:00-8:00pm Saturday, October 10th • 8:00am-5:00pm Sunday, October 11 • 9:00-4:00pm Must attend all class times		

FALL II (No classes Thursday, November 26th)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	THURS	SUN
SCHOOL AGE CLASSES	Log Rolling	4-7	\$72/\$104			1:45-2:15pm
		6+	\$63/\$91 Th \$72/\$104 Sun		6:00-6:45pm 6:45-7:30pm	2:30-3:15pm
SWIM LEAGUE	Swim League	8-16	\$100/\$140	October 26 - Dec 14 4:30-6:00pm		

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.

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.

SAFETY CERTIFICATES

AMERICAN RED CROSS LIFEGUARDING (15+)

Includes all certifications listed below:

- American Red Cross Lifeguard
- First Aid
- CPR
- AED

Prerequisite: 150-yard swim leading into a 2 minute tread followed by an additional 50 yard swim, and a timed swim that includes retrieval of a 10-pound brick.

Participants must attend all class times to receive full lifeguard certification. Online portion to be completed before start of class. Participation fee may be waived after 3 months of employment.

SWIM LESSONS

Fall I Registration: Y Member • August 12th CP • August 19th
Fall II Registration: Y Member • October 7th CP • October 14th



Scan the QR code to check out all our swim opportunities at the Y. Swim lesson chart is posted on our website.

CHILDREN'S PROGRAMS

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



FALL I (No class September 7th for Labor Day)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI
PARENT/ CHILD CLASSES	Playful Poses	2-5	\$35/\$55	9:00-9:30am				
	Toddler Gym	12 mos- 35mos	\$40/\$60		9:15-9:45am			
	Stretch & Tumble with Me	12 mos- 35mos	\$40/\$60				9:15-9:45am	
	Giggle and Wiggle	6wk- 24mos	\$64/\$84					9:00-9:45am
PARENTING CLASSES	Moms Group	18+	Free/\$15				9:30-11:00am	
	Love and Logic	18+	\$60 Individual \$75 Couple		6:00-7:30pm			
ALL BY MYSELF GYM CLASSES	Sports Sampler	3-5	\$35/\$55	11:00-11:30am				
	Super Tots	2-3	\$40/\$60		10:00- 10:30am			
	Soccer Tykes	3-5	\$40/\$60				10:00-10:30am	
ALL BY MYSELF ENRICHMENT CLASSES	Pre-School Prep	3-5	\$63/\$83	10:00-10:45am				
	Terrific Toddler	2-3	\$56/\$76			9:15-9:45am		
	Nature Detectives	3-6	\$64/\$84			10:00-10:45am		
	Busy Bee	2-5	\$64/\$84					9:00-9:45am
	First Friends	2	\$64/\$84					10:00- 10:45am
	Crowns and Castles	2-5	\$64/\$84					10:00- 10:45am
AFTER SCHOOL CLASSES	Snack Attack	4-8	\$61/\$81		4:15-4:45pm			
	Art Explosion	4-8	\$56/\$76		5:00-5:30pm			
YOUTH NIGHTS	Parent's Night Out	4-8	\$25/\$40	Fridays • 4:00-8:00pm Sept 11- Back to School Bash • Sept 25 - YMCA Camping Adventure Oct 9 - Color Me Fall • Oct 23 - Boo Bash • Nov 13 - Autumn Adventures Dec 11 - Candy Cane Carnival				
	Y Kids Night	4-7	\$25/\$40	Fridays • 5:30-8:30pm Oct 10 - Pumpkin Palooza • Nov 14 - Thankful for Fun Dec 12 - Holly Jolly Jamboree				

CHILDREN'S PROGRAMS

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



FALL II (No classes November 26th)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI
PARENT/ CHILD CLASSES	Playful Poses	2-5	\$40/\$60	9:00-9:30am				
	Toddler Gym	12 mos- 35mos	\$40/\$60		9:15-9:45am			
	Stretch & Tumble with Me	12 mos- 35mos	\$35/\$55				9:15-9:45am	
	Giggle and Wiggle	6wk- 24mos	\$56/\$76					9:00-9:45am
PARENTING CLASSES	Moms Group	18+	Free/\$15				9:30-11:00am	
	Love and Logic	18+	\$60 Individual \$75 Couple		6:00-7:30pm			
ALL BY MYSELF GYM CLASSES	Sports Sampler	3-5	\$40/\$60	11:00-11:30am				
	Super Tots	2-3	\$40/\$60		10:00- 10:30am			
	Tumbling	3-5	\$35/\$55				10:00-10:45am	
ALL BY MYSELF ENRICHMENT CLASSES	Pre-School Prep	3-5	\$72/\$92	9:45-10:45am				
	Terrific Toddler	2-3	\$49/\$69			9:15-9:45am		
	Messy Art	3-6	\$56/\$76			10:00-10:45am		
	Busy Bees	2-5	\$56/\$76					9:00-9:45am
	First Friends	2	\$56/\$76					10:00- 10:45am
	Crowns and Castles	2-5	\$56/\$76					10:00- 10:45am
AFTER SCHOOL CLASSES	Snack Attack	4-8	\$61/\$81		4:15-4:45pm			
	Art Explosion	4-8	\$56/\$76		5:00-5:30pm			
YOUTH NIGHTS	Parent's Night Out	4-8	\$25/\$40	Fridays • 4:00-8:00pm October 23: Boo Bash November 13th: Autumn Adventures December 11th: Candy Cane Carnival				
	Y Kids Night	4-7	\$25/\$40	Saturdays • 5:30-8:30pm November 14th: Thankful for Fun! December 12th: Holly Jolly Jamboree				

PARENT/CHILD CLASSES

GIGGLE AND WIGGLE (AGES 6 WEEKS – 24 MONTHS)

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

PLAYFUL POSES (AGES 2-5)

This class helps young children develop balance, coordination, body awareness, and confidence while giving parents and caregivers an opportunity to strengthen their bond with their child in a supportive environment. No yoga experience is needed—just come ready to move, laugh, and create memories together.

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

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

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).

PARENTING CLASSES

MOMS GROUP (ALL AGES WELCOME)

Join our YMCA Moms Group –A space for community, support, education and meaningful conversation around parenting, wellness, and life's everyday challenges. Connect with other women in all stages of parenting as you make time to relax and rejuvenate. We will explore relevant topics, engage in fun activities, share ideas and foster meaningful conversation. Help us build this new community at the Y! Coffee, tea and light breakfast items will be served. Women of all ages and stages of parenting welcome! Free to attend but registration required.)

LOVE AND LOGIC (18+)

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

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 (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

BUSY BEES (AGES 2-5)

In our happy hive, every little bee gets to play, read, and create! Each week, our hive will buzz into exciting free play, giggle through silly stories, and create a super-fun craft to take home each week. This happy, high-energy class is full of imagination, creativity, and new friends.... fun for every busy bee!

CROWNS AND CASTLES (AGES 2-5)

Step into a world of imagination where little learners become kings, queens, knights, and brave explorers! In this playful class, children will enjoy stories, music, creative movement, simple crafts, and dramatic play inspired by castles, kingdoms, and magical adventures. Royal attire always welcome!

FIRST FRIENDS (AGES 2)

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

MESSY ART (AGES 3-6)

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

NATURE DETECTIVES (AGES 3-5)

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

PRESCHOOL PREP (AGES 3-5)

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

TERRIFIC TODDLERS (AGES 2-3)

Designed especially for curious and active toddlers, this play-based program provides a fun, nurturing environment where children can learn and grow independently. Through songs, stories, movement activities, sensory exploration, simple crafts, and hands-on learning experiences, children will build confidence while developing social, emotional, and motor skills.

AFTER SCHOOL CLASSES

ART EXPLOSION (AGES 5-7)

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

SNACK ATTACK (AGES 4-8)

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

YOUTH NIGHTS

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.

Y KIDS NIGHT (AGES 4-7)

Y Kids Night is a great chance for kids to enjoy the YMCA after hours! The evening begins with open swim, and once the YMCA closes at 6:00 PM, it's reserved just for kids. Fun activities, plus favorites like open gym, rock wall climbing, the inflatable slide, swimming, and more.

FALL SESSION: August 31 – December 19 (No class Nov 25-27)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI
DANCE	Tap	4-7	\$142/\$182	4:15-4:45pm				
	Ballet	4-6	\$142/\$182	5:00-5:30pm		5:00-5:30pm	5:00-5:30pm	
	Ballet	2.5-4	\$142/\$182			11:00-11:30am		11:00-11:30am
	Ballet	3-4	\$142/\$182			4:15-4:45pm		
	Ballet	5-9	\$157/\$197				5:45-6:30pm	
	Dance Upon a Time	2-5	\$142/\$182				4:15-4:45pm	
	Musical Theatre	6-14	\$157/\$197				5:45-6:30pm	
	Poms	5-10	\$142/\$182			5:00-5:30pm		
	Poms	6-12	\$142/\$182				5:00-5:30pm	
	Hip Hop Express	6-12	\$142/\$182			5:45-6:15pm		

DANCE

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

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

DANCE UPON A TIME (AGES 2-5)

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

HIP HOP EXPRESS (AGES 6-12)

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

MUSICAL THEATRE (AGES 6-14)

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

POMS (AGES 5-12)

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

TAP (AGES 4-7)

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

YOUTH SPORTS CLASSES

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



FALL I (No classes September 7th for Labor Day)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	SAT	SUN
PRESCHOOL & KINDERGARTEN	Bitty Soccer	3-4	\$35/\$55	3:45-4:15pm					
	Bitty Basketball	3-4	\$40/\$60		3:45-4:15pm				
	Bitty Football	3-4	\$40/\$60				3:45-4:15pm		
	Bitty Bouldering	3-4	\$40/\$60		3:45-4:15pm				
	Bitty Soccer	5-6	\$35/\$55	4:30-5:00pm					
	Bitty Climbing	5-6	\$40/\$60		4:30-5:00pm				
	Bitty Basketball	5-6	\$40/\$60		4:30-5:00pm				
	Bitty Football	5-6	\$40/\$60				4:30-5:00pm		
SCHOOL AGE SPORTS	Intro to Log Rolling	4-7	\$72/\$104						1:45-2:15pm
	Log Rolling	6+	\$72/\$104				6:00-6:45pm 6:45-7:30pm		2:30-3:15pm
	Y Rockstars	7-8	\$40/\$60		5:15-5:45pm				
	Climbing Club	8+	\$50M	3:45-4:45pm		3:45-4:45pm			
	Cross Country	8-12	\$75/\$125			5:15-6:15pm			

FALL II (No classes Thursday, November 26th)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	SAT	SUN
PRESCHOOL & KINDERGARTEN	Bitty Soccer	3-4	\$40/\$60	3:45-4:15pm					
	Bitty Basketball	3-4	\$40/\$60		3:45-4:15pm				
	Bitty Bouldering	3-4	\$40/\$60		3:45-4:15pm				
	Bitty Soccer	5-6	\$40/\$60	4:30-5:00pm					
	Bitty Climbing	5-6	\$40/\$60		4:30-5:00pm				
	Bitty Basketball	5-6	\$40/\$60		4:30-5:00pm				
	Bitty Sports of All Sorts	5-6	\$35/\$55				3:45-4:15pm		
	Bitty Floor Hockey	5-6	\$35/\$55				4:30-5:00pm		
SCHOOL AGE SPORTS	Intro to Log Rolling	4-7	\$72/\$104						1:45-2:15pm
	Log Rolling	6+	\$63/\$91 Th \$72/\$104 Sun				6:00-6:45pm 6:45-7:30pm		2:30-3:15pm
	Y Rockstars	7-8	\$40/\$60		5:15-5:45pm				
	Climbing Club	8+	\$50 M	3:45-4:45pm		3:45-4:45pm			
SPECIAL EVENT	Climb & Celebrate	4+	\$10				10:00-12:30pm		

PRESCHOOL & KINDERGARTEN

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

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

BITTY BOULDERING (AGES 3-4)

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

BITTY CLIMBING (AGES 5-6)

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

BITTY FLOOR HOCKEY (AGES 5-6)

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

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

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

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

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

BITTY SPORTS OF ALL SORTS (AGES 5-6)

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

SCHOOL AGE SPORTS

LOG ROLLING (AGES 4 & UP)

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

Y ROCKSTARS (AGES 7-8)

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

CLIMBING CLUB (AGES 8+)

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

CROSS COUNTRY (AGES 9-12)

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

SPECIAL EVENT

CLIMB & CELEBRATE:

NEW YEAR'S EVE COUNTDOWN!

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

OPEN CLIMBING HOURS

FALL HOURS

Thursdays • 5pm to 7pm

September 17th, October 15th, November 19th and December 17th

YOUTH FITNESS, LEAGUES & CLINICS

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



FALL I & II YOUTH FITNESS CLASSES

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	SAT	SUN
YOUTH FITNESS CLASSES	Youth. Speed. Agility. Strength	10-12	\$68/\$108		4:30-5:30pm				
		13-14	\$68/\$108			4:30-5:30pm			

LEAGUES

CATEGORY	LEAGUE NAME	GRADES	FEES M/CP	DATES	PRACTICE/GAMES	Registration
FALL LEAGUES	Fall Flag Football	Grades 1-4	\$50/\$100	August 24th - October 17th	Practices held once a week and games are held on Saturdays	Registration closes August 1
	Fall Volleyball	Grades 1-6	\$50/\$100	August 24th - October 17th	Practices held once a week and games are held on Saturdays	
	Fall Soccer	U6/U8	\$60/\$85	September 1st - October 15th	Tuesdays OR Thursdays, 5:15-6:30pm	
	Swim League	8-16	\$100/\$140	Aug 31st - Oct 19th Oct 26th - Dec 14th	Mondays • 4:30-6:00pm	Registration opens July 28th
	Fall Basketball	Grades 1-4	\$70/\$130	October 19th - December 12th	Practices held once a week and games are held on Saturdays	Registration open through Sept 15th
WINTER LEAGUES	Winter Basketball	Grades 5K-6th		January 4th - March 6th	Practices held once a week and games are held on Saturdays	Registration opens September 1st

CLINICS & CAMPS

CATEGORY	CLASS NAME	GRADE	FEES M/CP	DATES	
SPORTS CLINICS	Winter Volleyball Clinic	3-8	\$20/\$40	Wednesday, December 23rd	9:00-11:00am
	Winter Soccer Clinic	5K-2	\$20/\$40	Monday, December 28th	9:00-11:00am
	Winter Baseball Clinic	3-8	\$20/\$40	Monday, December 28th	11:30am-1:30pm
	Winter Basketball Clinic	3-8	\$20/\$40	Tuesday, December 29th	9:00-11:00am
	Winter Pickleball Clinic	3-8	\$20/\$40	Wednesday, December 30th	9:00-11:00am
CLIMBING CLINICS	Winter Bouldering Clinic	Ages 3-4	\$20/\$40	Tuesday, December 29th	10:00am-11:00pm
	Winter Climbing Clinic	Ages 5-8	\$20/\$40	Monday, December 28th	10:00am-12:00pm
		Ages 9-13	\$20/\$40	Monday, December 28th	12:15-2:15pm

YOUTH FITNESS CLASSES

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.

FALL SPORTS LEAGUES

FALL FOOTBALL (1ST-4TH)

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

FALL VOLLEYBALL (1ST-6TH)

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

FALL SOCCER (U6 & U8)

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

FALL BASKETBALL(1ST-4TH)

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

SWIM LEAGUE (AGES 8-16)

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

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

WINTER LEAGUES

WINTER BASKETBALL (5K-6TH)

Our recreational leagues are designed to prepare players for the next level. Practices held once a week and games are held on Saturdays.

WINTER SPORTS CLINICS

BASEBALL CLINIC (3RD-8TH)

Focus on hitting, pitching and team defense.

BASKETBALL CLINIC (3RD-8TH)

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

PICKLEBALL CLINIC (3RD-8TH)

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

SOCCER CLINIC (3RD-8TH)

Focus on passing, dribbling and shooting.

VOLLEYBALL CLINIC (3RD-8TH)

Focus on passing, setting, and serving.

WINTER CLIMBING CLINICS

BOULDERING CLINIC (AGES 3-4)

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

CLIMBING CLINIC (AGES 5-13)

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

YOUTH/TEEN

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



FALL I & II

CATEGORY	CLASS NAME	AGES	FEES M/CP	DATES	TIMES
SCHOOL YEAR PROGRAMS	Middle School Transport	Grades 5th-8th	\$3 per ride Members only	September 1st – December 23rd Full Days of School	2:55-3:30pm
EDUCATION CLASSES	Babysitting Training	11-17	\$70/\$90	September 5, September 26, October 23, November 9, December 30	9:00am-3:00pm
	Home Alone Workshop	8-10	\$45/\$65	September 20, October 11, November 15, December 6	10:00am-1:00pm
	Teen Advisory Board	14-17	Free	October – May	Weds, OHS Pride Hour
ENRICHMENT CLASSES	Cooking and Baking	8-14	\$55/\$75	Tuesdays September 15th – October 6th	4:00-5:30pm
	3D Printing Club	8-14	\$75/\$100	Thursdays September 17th – October 8th	4:00-5:30pm
	Game On!	8-14	\$45/\$65	Thursdays October 29th – November 19th	4:00-5:30pm
WORKSHOPS	After School Try-It Workshops	6-12	\$15/\$30	September 10th – Intro to 3D Printing October 22nd – Slime and Science November 24th – Baking Fun December 1st – Lego Computer Science & AI December 18th – Intro to 3D Printing	4:00-5:30pm
YOUTH & TEEN NIGHTS AT THE Y	Live Y'ers	8-14	\$25/\$40	Saturday September 12th – September Spectacular October 10th – Pumpkin Palooza November 14th – Thankful for Fun! December 12th – Holly Jolly Jamboree	5:30-8:30pm
ADVENTURE TRIPS	Full Day Adventure	8-13	\$60/\$80	Monday, November 9th • Timber Ridge Waterpark	9:00-4:30am
SPECIAL EVENTS	Strong and Confident Workshops for Girls	10-14	\$5/\$10	September 21st, October 19th November 2nd	4:00-6:00pm
	Strong and Confident Workshops for Boys	10-14	\$5/\$10	September 23rd, October 21st November 18th	4:00-6:00pm
	Created with Confidence Paint Night for Girls	10-14	\$15/\$20	Friday, November 13th	6:00-7:30pm
	Climb & Celebrate: New Year's Eve Countdown!	4+	\$10 per family	Thursday, December 31st	10:00-12:30pm

SCHOOL YEAR PROGRAMS

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.

TEEN ADVISORY BOARD (14-17)

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

ENRICHMENT CLASSES

COOKING AND BAKING

Discover the joy of creating delicious homemade meals and baked treats in this hands-on 4-week cooking and baking class. Designed for beginners and anyone looking to build confidence in the kitchen, each class combines essential cooking techniques with foundational baking skills. Participants will learn kitchen safety, ingredient preparation, measuring and mixing methods, cooking fundamentals, and basic baking principles while preparing a variety of savory dishes and sweet treats. Throughout the course, students will gain practical experience, develop new culinary skills, and take home recipes they can recreate with confidence.

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.

GAME ON!

Join us for a board game adventure! Each week, participants will learn and play a different board game, exploring a variety of styles, strategies, and themes. Whether you're a seasoned gamer or brand new to board games, this program offers a fun and welcoming opportunity to discover new favorites, meet fellow players, and enjoy some friendly competition. No experience is necessary, all game materials and instructions will be provided.

WORKSHOPS

AFTER SCHOOL TRY-IT WORKSHOPS

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

YOUTH & TEEN NIGHTS AT THE Y

LIVE Y'ERS (AGES 8-12)

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

ADVENTURE TRIPS

FULL DAY ADVENTURE TRIPS (AGES 8-13)

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

SPECIAL EVENTS

STRONG AND CONFIDENT WORKSHOPS FOR BOYS

A high-energy workshop for boys! Start with a group workout to boost strength and confidence then refuel with protein snacks while learning simple strategies for a strong mind and healthy habits. A perfect mix of movement, nutrition, and mental fitness!

STRONG AND CONFIDENT WORKSHOPS FOR GIRLS

A fun, confidence-boosting workshop just for girls! We will kick things off with a beginner-friendly group workout led by one of our group exercise instructors to get moving and energized. Afterward, we'll gather to talk about mental well being and confidence, enjoy a healthy snack, and engage in a fun activity. This workshop is the perfect mix of movement, mindfulness, and connection — a fun way to feel strong and confident!

CREATED WITH CONFIDENCE: A Paint Night for Girls

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

CLIMB & CELEBRATE: New Year's Eve Countdown!

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

YOUTH/TEEN

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



FALL I HOMESCHOOL

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	WED
HOME SCHOOL	Climbing Club	6-12	\$23/\$42	4-Week Club August 31st - September 21st 1:30-2:30pm	
	Computer Science & AI	6-12	\$30/\$50	4-Week Club September 28th-October 19th 1:30-2:30pm	
	Art	6-14	\$65/\$85		8-Week Classes 12:00-1:00pm (Ages 10-14) 1:15-2:15pm (Ages 6-9)
	Gym	6-14	\$55/\$75		8-Week Classes 12:00-1:00pm (Ages 6-9) 1:15-2:15pm (Ages 10-14)

FALL II HOMESCHOOL

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	WED
HOME SCHOOL	Climbing Club	6-12	\$30/\$50	4-Week Club October 26th - November 16th 1:30-2:30pm	
	Computer Science & AI	6-12	\$30/\$50	4-Week Club November 23rd - December 14th 1:30-2:30pm	
	Art	6-14	\$65/\$85		8-Week Classes 12:00-1:00pm (Ages 10-14) 1:15-2:15pm (Ages 6-9)
	Gym	6-14	\$55/\$75		8-Week Classes 12:00-1:00pm (Ages 6-9) 1:15-2:15pm (Ages 10-14)

HOMESCHOOL

4-WEEK CLUBS

CLIMBING CLUB

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

COMPUTER SCIENCE & AI

Get ready to build, code, and innovate! In this hands-on class, participants will explore the exciting world of computer science, engineering, and artificial intelligence using LEGO Education Computer Science and AI kits. Kids will take on engaging challenges that combine building and programming, bringing their creations to life through sensors, motors, and simple coding concepts.

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.

SPECIAL PROGRAMS: Roehl Family YMCA

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



If you have not registered for programs before please contact Missy Kaun, Special Programs Director, at mkaun@glcymca.org or 262-567-7251 ext 1338 prior to registering so we can learn more about the participant and their needs.

FALL

CATEGORY	CLASS NAME	AGES	FEES M/CP	FUNDED M/CP	MON	TUES	WED	THURS	FRI	DATES
SPORTS PROGRAMS	Special Olympics Developmental Swim Team	8+	\$140/\$182	\$200/\$280			6:00-6:40pm			Sept 2- Dec 16 No class 11/25
	Special Olympics General Swim Team	8+	\$112/\$154	\$180/\$240			6:45-7:45pm			
	Special Olympics Volleyball	8+	\$45/\$60	\$55/\$70	6:00-8:00pm					Sept 14 - Nov 7
	Special Olympics Bowling	8+	\$45/\$60	\$55/\$70		5:30-7:00pm				Sept 8 - Dec 6
	Special Olympics Basketball	8+	\$55/\$65	\$60/\$70		5:00-7:25pm				Dec 8 - April 13
FITNESS PROGRAMS	Fitness Friends	13+	\$112/\$154	\$180/\$240				5:30-6:30pm		Sept 3 - Dec 17 No class 11/26
	Adaptive Aquatics Fitness Class	8+	\$140/\$182	\$200/\$280			6:00-6:30pm			Sept 2- Dec 16 No class 11/25
SOCIAL PROGRAMS	Dinner and a Movie	13+	\$25/\$40						5:00-8:30pm	Sept 18 Oct 16 Nov 20 Dec 18
	Fun Friday	13+	\$15/\$30	\$25/\$40					6:00-8:30pm	Oct 2 Nov 6 Dec 4
	Off to the Theater	13+	\$70/\$85	6:00-10:00pm						Oct 9 - Dracula the Ballet Nov 13 - Grease
				10:00am-3:00pm						Dec 4 - A Christmas Carol
	Winter Break Day Trip	13+	\$85/\$100			9:00-4:30pm				Dec 22

SPORTS PROGRAMS

SPECIAL OLYMPICS SWIM TEAM

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

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

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

SPECIAL OLYMPICS VOLLEYBALL

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

SPECIAL OLYMPICS BOWLING

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

SPECIAL OLYMPICS BASKETBALL

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

PARTICIPANT TO STAFF RATIO:

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

USING A FUNDING SOURCE:

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

FITNESS PROGRAMS

ADAPTIVE AQUATICS

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

FITNESS FRIENDS

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

SOCIAL PROGRAMS

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

OAC MSAD: Dracula the Ballet

OAC: Grease

Patio Players: A Christmas Carol

WINTER BREAK DAY TRIP

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

DAY PROGRAM

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

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

If you are interested in learning more about this program please contact Missy Kaun, Special Programs Director, at mkaun@glcymca.org or 262-567-7251 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

SPIRITUAL DEVELOPMENT

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



FALL I & II

CATEGORY	CLASS NAME	FEES	DESCRIPTION	DATES
BIBLE STUDIES	Midfield Men	Free	A new format begins this fall in Midfield. Each study will now be divided into six-week sessions and will be facilitated by a variety of leaders. Session one begins September 9 and we'll be studying Spiritual Practices. Each session will feature a different study topic, based in the Scriptures. These studies are discussion-based, but not forced. So, come and join us for a few weeks. We think after one session, you'll come back for more. Fall Session One: Spiritual Practices, September 9- October 14 Fall Session Two: The Twelve Disciples, October 28 – December 9	Wednesday mornings, 7:00-8:00am Starting September 9 Roehl Family YMCA
	MFM Ministries Women's Bible Study	Free	The Y partners with Margo Fieseler to offer Bible studies for women. Margo is a board member of the Roehl Family YMCA branch and has led women's studies through the Y for over 12 years. Studies meet at Whitestone Church in Oconomowoc and are open to the community.	Wednesday mornings 9:00-10:30am Wednesday evenings, 6:30-8:00 PM Whitestone Church
COMMUNITY EVENTS	Love in a Shoebox: Operation Christmas Child	Free	The Y has hosted this community shoebox packing party for Operation Christmas Child for seven years. This is a fun, family event with a silent auction, games and crafts, entertainment and more. Come and pack a shoebox that will be sent around the world to children in impoverished nations, telling them of God's love.	Sunday, November 8th 11:00am – 2:00pm Roehl Family YMCA gym
MISSION TRIPS	Valaparaíso, Chile	\$2,600 per person	The Glacial Community YMCA will send our fourth team led by team leader, Heather Burkle, to serve alongside our YMCA Chile Coalition partner, ACJ of Valparaíso. This trip is a cross-culture exchange, giving our members an opportunity to experience the Y in South America, as well as serving their city and membership while there. Our trip will include a variety of service projects focused on the underprivileged children, youth and adults of Valparaíso and of the Jorge Williams School. The ACJ (YMCA) of Valparaíso will be our host for the week and will serve as our place of lodging, most meals, and our tour guide for sightseeing around the city, and to the capital city of Santiago. Come experience the color, the culture, and the unique vibe of this UNESCO World Heritage City. And as you do, you'll build some incredible relationships with the beautiful people of the Y. Note that this is a service-oriented trip. But in the process, you'll grow in your spirit, mind, and body as you serve others, live in community, and give of yourself to make a difference in the world.	January 22-31, 2027 Registration deadline: August 30th (Non-refundable \$500 deposit due at time of registration)