



WINTER 2026

PROGRAMMING

8 Weeks
January 5–March 1

Member Registration

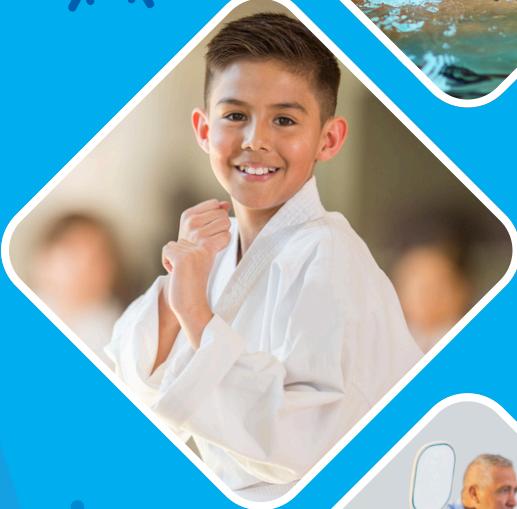
Monday, Dec. 8

Community Registration

Monday, Dec. 15

GENEVA LAKES FAMILY YMCA

203 S. Wells Street • Lake Geneva, WI 53147 • GenevaLakesYMCA.org • 262.248.6211





WINTER 2026 PROGRAMMING

FITNESS





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALPINE VALLEY FRIDAY NIGHT FRIENDS & FAMILY SKI NIGHTS

\$30
Lift Tickets

JOIN US! FRIDAY NIGHT SKI FUN:
December 12 & 19 | January 9 & 23 | February 6 & 20

All are invited to our YMCA Ski Nights at Alpine Valley Ski Resort. Enjoy discounts on all lift passes and rentals:

\$30 Lift Tickets

\$30 board and ski rentals

\$10 helmet rentals

Cash only.

**To reserve discounted lift ticket and rentals,
please contact:**

Melissa Monge

Fitness Director | 262.248.6211 x17

melissa.monge@glymca.org



FOR YOUTH DEVELOPMENT®
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SUPER BOWL KICK-OFF CIRCUIT

Start your Super Bowl Sunday off with a pre-game, circuit-style workout. We will have stations set-up in the gym using a variety of specialty equipment such as tires, TRX, ropes, and some boxing equipment for a total body workout. Join us to burn some calories before we consume them.

Sunday, February 8 | 10:15-11:15 am

Ages 13+ | Min. of 10 participants

Fees

Members: \$5 | Community: Day Pass

In addition, please bring a food pantry donation

Register

In person: Front Desk | Call: 262.248.6211

Online: GenevaLakesYMCA.org | Mobile APP

Questions

Contact Melissa Monge, Fitness Director

262.248.6211 x17 | melissa.monge@glymca.org



FOR YOUTH DEVELOPMENT®
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MAKE THE POOL YOUR GYM

PROGRAM SESSIONS

Aqua HIIT

Aqua HIIT is a high intensity, interval total body workout. This format will include strength exercises and cardio bursts to boost your metabolism and push your body to the next level. Age 16+

Lap Pool | 8-8:45 am | Wednesdays

Per Class Fee: Member \$8 | Community: \$16

Minimum per class: 3 | Maximum per class: 12

Deep Water HIIT

Deep water, high intensity interval training is a workout that will target your whole body. Get the benefits of powerful exercises with high energy without stressing your joints. Using belts and dumbbells you will gain strength and cardiovascular endurance, while gaining an all-over boost to your metabolism! Age 16+

Lap Pool | 9:15-10 am | Fridays

Per Class Fee: Member: \$8 | Community: \$16

Minimum per class: 3 | Maximum per class: 12



Register

In Person: Front Desk | Online: GenevaLakesYMCA.org | Call: 262.248.6211 | Mobile APP

Questions

Melissa Monge, Fitness Director | 262.248.6211 x 17 | melissa.monge@glymca.org



ROCK STEADY BOXING

Fight Back Against Parkinson's

We are learning every day that there are ways in which people with Parkinson's disease can enhance their daily quality of life and even build impressive power, strength, flexibility and speed! By exercising with coaches who know the ropes, participants can fight and start to feel and function better.

This program:

- is an innovative, fitness therapy program.
- moves body in all planes of motion while changing routine throughout workout.
- can lessen symptoms for anyone, at any level of Parkinson's.
- leads to healthier/happier life.

Program Sessions

Classes meet Mondays, Wednesdays, & Thursdays

10:30 am-12 noon

Participants are welcome to attend all classes.

Fees

Members: \$12/per class | Community: \$22/per class

Drop-In Fees

Members: \$15/per class | Community: \$25/per class

Thanks to grants received all participants currently receive 50% off above fees.

Questions & Registration

Contact, Melissa Monge, Fitness Director

262.248.6211 x17 | melissa.monge@glymca.org

Please note that all new boxers starting the program will need to be scheduled for a 45 minute assessment prior to attending the first class.



United Way of
Walworth County



FREE SUPPORT GROUP!

Join us the third Thursday of each month.

Caregivers | 12 noon

Boxers & Caregivers | 12-12:45 pm



Madison
COMMUNITY FOUNDATION



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TRX SUSPENSION

SMALL GROUP TRAINING

This program delivers a fast, effective total-body workout while increasing muscular endurance, building lean muscle and helps with weight loss. This suspension training body weight exercise program, develops strength, balance, flexibility and core stability simultaneously. This training benefits all fitness levels. For ages 16+.

Meeting Dates & Times

Mondays

6:50-7:50 am | Members Only

5:15-6 pm | FREE class for Military/First Responders Only

Fitness Studio

Fridays

5:45-6:45 am | 7-8 am | Members Only

Fitness Studio

Fees

Small Group pricing applies.

Register for two of these sessions and receive 10% off!

Registration

Call: 262.248.6211

Online: GenevaLakesYMCA.org

In Person: Front Desk | Mobile APP

Minimum per class: 3 | Maximum per class: 7

Questions

Contact, Melissa Monge

Fitness Director | 262.248.6211 x17

melissa.monge@glymca.org





YOUR GOALS OUR GUIDANCE

YMCA PERSONAL TRAINING

BENEFITS

- Decreased risk factors for hypertension and diabetes
- Improved mental outlook, more energy, and self-confidence
- Increased health awareness
- Reduced stress levels
- Increased strength for everyday living
- Reduced body fat and increased lean body mass



**FITNESS CRAFTED
JUST FOR YOU**
MUST BE A CURRENT YMCA MEMBER

GENEVA LAKES FAMILY YMCA | 203 S. Well Street | Lake Geneva, WI 53147

262.248.6211 | GenevaLakesYMCA.org/pt



The Geneva Lakes Family YMCA personal trainers are nationally certified professionals who work to empower their clients. Personal training provides assistance for everything from activities of daily living to becoming fit and active. Whether you are just getting started and need support, diagnosed with a health concern, an athlete, or just looking to make your health a priority, personal training at the Y is for you!

1:1 Training	60 Minute	45 Minute	30 Minute
5 Sessions	\$275	\$250	\$205
10 Sessions	\$505	\$415	\$390
20 Sessions	\$900	\$780	\$735



Partner Training (2 People)	
60 Minute - Price per person	
5 Sessions	\$195
10 Sessions	\$360
20 Sessions	\$680



NEW

Train Your Way

Do you feel confident in the gym, but want a nationally certified trainer to create your program? This option is for you! Meet with your trainer to talk about your goals, and they will set you up with a program that will challenge you and work towards your health goals.

Initial Plan: \$125
Continued Plans: \$60

Small Group Training (3-8 People)	
60 Minute - Price per person	
5 Sessions	\$140
10 Sessions	\$250
20 Sessions	\$430



PAYMENT OPTIONS

1. Full payment.
2. Some insurance companies will cover personal training. Check with yours!
3. Payment plans are available to make training more budget-friendly.



Be stronger than your excuses!



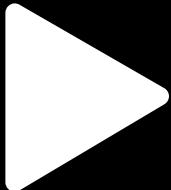
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YOUTH FITNESS



STRENGTH & CONDITIONING PROGRAM

Middle & high school students... are you looking to improve your strength, speed, and agility? Coach Angie will be leading sessions on Mondays and Wednesdays. This program is perfect for all fitness levels. Whether you are a beginner or advanced athlete, this is the place for you to build the fundamentals for a healthy and active lifestyle in a supportive environment. Flexible online registrations available for weekly or monthly flat rates, as well as daily drop in rates to accommodate schedules. Financial assistance is available for those who qualify!



Middle School & High School Youth Conditioning

Monday and/or Wednesday | 4-6 pm

Individuals can sign up for one-hour sessions on either or both days

Fees per one-hour session: \$12 M | \$15 C | Discounts offered for unlimited session package

Convenient busing for Lake Geneva School students!
Contact busing company, Dousman Transport Co., 262-248-3289
to see which bus stops at the YMCA afterschool.

REGISTRATION

Call: 262.248.6211 | Online: GenevaLakesYMCA.org

In Person: Front Desk | Mobile APP | Scan QR Code

QUESTIONS

Contact, Melissa Monge, Fitness Director
262.248.6211 x17 | melissa.monge@glymca.org



NINTH ANNUAL

SPRINT FOR SPRING

5K RUN/WALK



FOR YOUTH DEVELOPMENT®
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SAVE THE DATE!
SATURDAY, APRIL 25, 2026



Join us after the race for Healthy Kids Day!
A free community event held at the YMCA.



WINTER 2026 PROGRAMMING

YOUTH, FAMILY & SENIORS





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WIGGLES & WAVES

Come move, play, and splash with us! Wiggles and Waves is the perfect program for moms, dads, grandparents, and caregivers looking to connect with other families while their little ones burn off energy and make new friends.

Each session begins with an hour of open play in the gym, where kids can run, jump, and of course—wiggle! After that, we'll head to the activity pool for open swim, where the fun continues with water play, laughter, and waves of joy.

Whether you're looking to build community or just need a morning of active fun, Wiggles and Waves is a great way to bond, play, and splash your way through the day!

Ages

Kids of all ages, when accompanied by an adult.

Dates & Times

Fridays | 9-11 am | Jaycees Gym/Activity Pool

Jan 16, Feb 6 & 20, March 6 & 20, April 17, May 1 & 15

Fee

Member: Free | Community: \$10 per child

(pay as you come)

Adults: Free

Register

At the Front Desk | Online: GenevaLakesYMCA.org

Call: 262.248.6211 | Mobile APP

Questions

Gertrude Suhajda, Aquatics Director

gertrude.suhajda@glymca.org | 262.248.6211 x22





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MINI MOVERS

Get ready to climb, jump, and wiggle! Mini Movers Open Gym is a playful space for preschoolers to explore movement, build coordination, and make new friends. Parents and caregivers join in the fun too, because active play is even better together!

Ages

1-5 (with parent)

Days & Times

Tuesdays | 10-10:45 am | Jaycees Gym
Winter: January 6-February 24

Fees for Session

\$64 M | \$128 C

Register

In Person: Front Desk

Online: GenevaLakesYMCA.org

Call 262.248.6211 | Mobile APP

Questions?

Jami Golz, Sr. Youth & Family Director

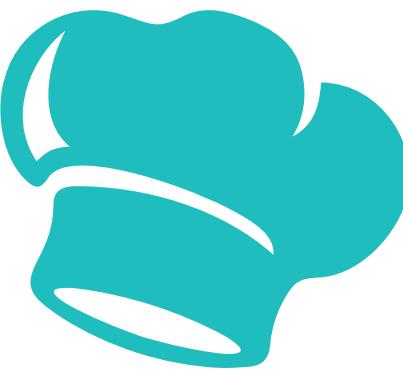
jami.golz@glymca.org

262.248.6211 x26



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LITTLE CHEFS



Stir up some fun in the kitchen! In this hands-on cooking class, kids will learn basic kitchen skills, explore healthy ingredients, and create delicious recipes they can proudly share at home. From mixing and measuring to slicing soft foods and decorating treats, each session offers a new dish and a chance to build confidence in the kitchen.

We focus on safe, age-appropriate techniques while encouraging creativity, teamwork, and a love for cooking. Aprons on—it's time to cook up something fun!

Ages 4-10 | Saturdays | 10-10:45 am

Dates

January 10 & February 7, 2026

Cost

Members: \$16 per class

Community: \$32 per class

*Max. 10 per class

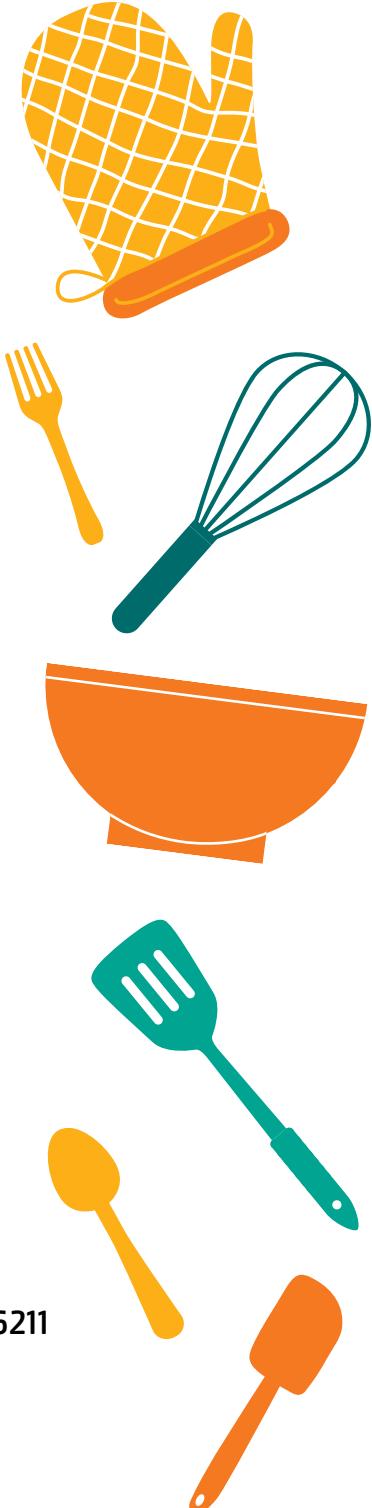
Register

In Person: Front Desk | Online: GenevaLakesYMCA.org | Call 262.248.6211

Questions

Jami Golz | Sr. Youth & Family Director

jami.golz@glymca.org | 262.248.6211 x26





SOCIAL SENIORS

SCHEDULE OF EVENTS



- Presentations
- Engagement Escapes
- Craft & Create

December 2025

● Monday, December 8 | 12:30pm

Lake Geneva Museum | Parade of Trees

Free for all! Join our senior group for a festive visit to the Lake Geneva Museum's Parade of Trees! We will meet at the museum at 12:30 pm and enjoy a relaxed walk through beautifully decorated holiday trees, each with its own unique theme and charm. It's a cozy, cheerful outing perfect for getting into the holiday spirit with friends.



● Tuesday, December 9 | 10:30-11:30 am

Let's Travel Around the World Series

Topic: Kansas City, Missouri
Jazz, BBQ & Hidden Gems

● Thursday, December 18 | 11 am -1 pm

Holiday Movie, Cookie Exchange & White Elephant Gift Swap

Celebrate the season with us at the YMCA! Enjoy a heartwarming holiday movie, followed by a festive cookie exchange—bring a dozen of your favorite homemade or store-bought cookies to share. After the movie, join in on the fun with a White Elephant gift exchange. Bring a wrapped item from home—something funny, unique, or gently used that you're ready to pass along—for a lighthearted and laughter-filled swap.

Please register at the Front Desk or online so we can plan for your arrival.

GenevaLakesYMCA.org/seniors



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TIMBER RIDGE WATERPARK

4
JAN.

1
FEB.

22
MAR.

19
APR.

12 pm - 8 pm

\$15/Swimmer* • Cash Only • \$5/Spectator

***(12 months of age and older)**

Reservations for this activity must be made and paid for at the YMCA. A limited number of spots are available. Reservations end the Thursday before the scheduled event unless it sells out before that time. Offer is open to both members and the community. Please note that tickets are only available for the most current date listed. No refunds.





HEALTHY KIDS DAY

Saturday, April 25, 2026 | 10:30 am - 12 noon

Healthy Kids Day is a national YMCA initiative to improve the health and well-being of kids and families. A variety of vendors, snacks and free activities are planned.

Plan to join us for
our 9th Annual 5K
Run/Walk just before
Healthy Kids Day.

**More details to
come!**



**A FREE
COMMUNITY
EVENT!**

SAVE THE DATE.



WINTER 2026 PROGRAMMING

CHILD CARE



PLAY EVERY DAY



We want your child's time in Child Watch to be a fun, enriching, experience that reflect the core values of the YMCA. We will give your child quality care while you participate in YMCA activities. We will provide a safe experience involving games, stories and free play; and provide a positive role model for your child, personifying the Y's core values of caring, honesty, respect and responsibility.

CHILD WATCH CENTER

TIME LIMIT

Maximum of 1.5 hours per day | Maximum one visit per day

AGES

4 weeks to 9 years

RATES:

Members ONLY: \$5/per hour per child

Member Unlimited Monthly Visits Option:

1 child: \$26/month | 2 children: \$41/month

3+ children: \$47/month

HOURS

Monday-Friday | 8:30 am – 12 noon

Monday-Thursday | 4:30-7:30 pm

Saturday | 9:00 am – 12 noon

QUALIFIED STAFF

Our caring and professional Child Watch staff members are certified in CPR and First Aid to ensure the safety of your child during their visit. Our staff also work hard to develop a variety of age-appropriate activities to keep your child active and engaged while in Child Watch.

"The Child Watch area is a wonderful place that I can fully trust." -Y Member

"This is a wonderful service that allows me to workout, while my child enjoys playing with other kids." -Y Member



Please contact Jami Golz, Senior Youth & Family Director, for additional information at:
262.248.6211 x26 or jami.golz@glymca.org

WELCOME OUR POLICIES

YOUR CHILD'S TIME IN OUR CHILD WATCH CENTER DROP-IN NURSERY WILL BE A FUN, ENRICHING EXPERIENCE WITH ACTIVITIES, GAMES AND CRAFTS THAT REFLECT THE CORE VALUES OF THE YMCA.

Check-In

All children must have a parent/guardian (18+) signed enrollment form on file at the YMCA Child Watch Center. For your child's safety, a parent/guardian is required to check their child in and out of the Child Watch Center. The parent/guardian who checks the child in must also check the child out, unless prior arrangements have been made with Child Watch Center Staff. No one under the age of 18 is allowed to check children in and out of the Child Watch Center.

Checklist: Before you drop off

- My child is wearing socks and is dressed for play, crafts, etc.
- My child is in a clean diaper or has used the restroom
- My child is well fed/nursed
- All personal items are labeled with my child's name
- I have brought all items needed to care for my child (prepared bottles/snacks)

Time Limits

We recommend you limit your child's Child Watch Center visit to the suggested age- appropriate lengths.

4 weeks-9 months | 30 minutes

9 months-2 years | 1 hour

3-9 years | 1.5 hours

One visit per day is allowed.

Clothing

For your child's safety shoes and socks are to be worn at all times. Winter items and shoes may be stored outside the Child Watch Center in a designated area.

Crying

For the comfort of all Child Watch Center participants, we will find a parent/guardian if attempts to calm a crying child are unsuccessful for 10-15 minutes. Once notified, the parent/guardian must check the child out of Child Watch at that time.

Food & Drink

If you provide food and drink for your child, please bring only water or juice (milk allowed ONLY for infants) and healthy dry snacks. Drinks must be in spill-proof cups. **No candy, gum, raisins, peanut products or meals are allowed.**

Leaving the YMCA

The Child Watch Center is not a licensed child care facility; therefore, a parent/guardian MUST remain inside the YMCA facility during the child's stay. Failure to comply will result in revocation of Child Watch services.

Illness

Children showing signs of illness will not be allowed in the Child Watch Center. A child must be symptom-free for 24 hours in order to return. If your child was diagnosed with a communicable illness or head lice and was recently under our care, please notify the Child Watch Center staff immediately so appropriate action can be taken.

Diapers

Please ensure that all children arrive in dry, clean diapers. Staff does not change diapers. We will contact you if we require your assistance in changing your child.

Lost & Found

The YMCA is NOT responsible for items left behind. Items will be placed in our Lost and Found for one week.

Toy Policy

We have many toys, books, and crafts to discover and explore in Child Watch. Please leave personal toys at home; they could get lost or broken and often cause conflict. If the toy is a needed comfort item, please label it and take special care to remember it when you leave.

Medical Incident Procedures

In the event of an accident, injury or medical incident requiring more than basic First Aid, a child's parent/guardian will be located immediately and a Child Watch staff member will call 911 as deemed necessary.

Allergies

Please remind us of any allergies your child might have upon each visit.

Discipline & Behavior Issues

Our goal is to develop self-discipline and respect for others. When necessary, the following age- appropriate discipline will be used: We will use logical consequences and redirect children displaying inappropriate behavior. In some cases, supervised removal (time out) may be used. If a child is having excessive problems (i.e. biting, hitting, etc.) the parent/guardian will be located and the child will be removed from Child Watch. If behavioral issues continue, a child will be asked not to return for a period of time determined by the Child Watch Coordinator.

Evacuation Procedures

In the event of a fire or other evacuation situation, the Child Watch staff will escort all children out the emergency exit to the designated safe area (see Child Watch desk for details). Parents and guardians will be allowed to check out their child once the situation is safe and all children are secured.

Tornado Procedures

In the event of a tornado, Child Watch staff will escort children to the assigned Safe Zone (see Child Watch desk for details). Parents and guardians will be allowed to check out their child once all children are safe.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SCHOOL DAY OUT

2025-2026 SCHOOL YEAR

The Geneva Lakes Family YMCA offers safe, quality care at the Y for your child when school is out. The YMCA follows the school district calendar for Lake Geneva Schools. However, if your child attends a different school district and they are off of school when we offer School Day Out, they are welcome to attend. Join us for games, sports, swimming, arts and crafts, and so much more! Please bring a water bottle, insulated cold lunch, swimsuit and towel.

*A minimum of 10 participants per scheduled date is required in order for this program to run. Please drop off your child by 9 am.

LAKE GENEVA DATES

Ages 4-12 | 7 am-6 pm | Held at the YMCA, 203 S. Wells Street, Lake Geneva

Fall: Dec. 22, 23, 29, 30

Winter: Jan. 2 & 19 | Feb. 20

Spring: Mar. 23-27 | April 3 & 20

REGISTRATION

Registrations must be received NO LATER than 3 business days prior to program date(s) chosen.

*Payments for all registered School Day Out participants will be taken one week prior to date of care.

FEES

Member: \$42/per day | Community: \$52/per day

QUESTIONS & ADDITIONAL INFORMATION

Lyndsay Waymel, School Age Child Care & Camp Director
Geneva Lakes Family YMCA | 262.248.6211 x13

SAMPLE SCHEDULE

7-9 am	Choice Activities
9-9:30 am	Snack Break
9:30am-12 noon	Group Activities
12-12:30pm	Lunch
12:30-1:30pm	Arts & Crafts
1:30-2:30pm	Swimming
2:30-3:30pm	Snack Break
3:30-4:30pm	Group Activity
4:30-6pm	Departure & Choice





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2026 Montessori

Returning Families: Registration Opens February 1
New Families: Registration Opens March 1

GenevaLakesYMCA.org/montessori





2026 Summer Day Camps

YMCA Preschool Camp (3-4 year olds)

Traditional Summer Day Camp (4K-5th Grade)

Trailblazer's Middle School Camp (Entering 6th-8th Grade)

Registration Opens March 1st!

GenevaLakesYMCA.org/camps





2026-2027

SCHOOL AGE PROGRAMS

Preschool and Before,
During & After School Care

GENEVA LAKES FAMILY YMCA

REGISTRATION
OPENS MAY 1st

Limited Spots
Available!

GenevaLakesYMCA.org/childcare



JOIN THE CHILD CARE TEAM!

GENEVA LAKES FAMILY YMCA

Did you know you receive these BENEFITS as a Y employee?

- ▶ Free Y membership for you and your immediate family within your household
- ▶ Paid training so you can help others with confidence
- ▶ 50% discount on many classes & programs for you AND your family
- ▶ Bring your child to work while working at the school sites (Star Center & Central Denison, Lake Geneva)
- ▶ CPR Certification included and paid for by the YMCA
- ▶ YMCA branded apparel provided to show you are part of our YMCA family
- ▶ Closed all major holidays allowing you to spend time with family & friends
- ▶ Team environment where we all help and support one another

Interested in a part-time paid position working with children? We have one!

Have a child which limits your ability to work outside the home? If they are between the ages of 3-12...bring them!!

Immediate Openings!

Applicants can be 17 or 18 years of age depending on time and location

To learn more and apply scan the QR Code or visit GenevaLakesYMCA.org/jobs

For questions email: christopher.lindsley@glymca.org or call 262.248.6211 x28





WINTER 2026 PROGRAMMING

YOUTH &

ADULT SPORTS





FOR YOUTH DEVELOPMENT®
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Blended Martial Arts Self Defense

This is a Martial Arts class that blends Karate, Kick Boxing, Filipino Martial Arts, Hardened Target Self Protection, and other self-defense based styles to create a well rounded and self-defense based program. Class will be run like a modern Martial Arts with rank requirements and testing based on knowledge and skills, where it will be different from traditional schools in that you will not be forced to attend multiple classes a week and there will be no competition requirements for advancement. Instead, we will meet once a week and students will be expected to practice what they learn during the week when it is most convenient for them. More important than advancement, our focus will be on self confidence, personal growth and of course, self-defense.

Self Defense (Ages 7+)

Thursdays | 6:45-7:45 pm

Winter Sessions

1/8-2/26 | \$64 Member | \$128 Community

Staff & Certifications

**Ken Hansen | 3rd Degree Blackbelt, Dragon Kenpo and
Certified Hardened Target Instructor**

Questions

**Contact Mike Coolidge, Sports Operations Director
262.248.6211 x30 | mike.coolidge@glymca.org**

Register

In Person: Front Desk

Online: GenevaLakesYMCA.org

Call: 262.248.6211 | Mobile APP





DRAGON KENPO KARATE

FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

Dragon Kenpo Karate is a well-rounded self-defense martial art that can be tailored to the individual. This program will focus on the fundamentals of both mental and physical skill sets that will last a lifetime. Class is designed for kids, adults, and families; it is a great activity to do together. Information on ordering uniforms and belts (additional fee) will be passed out in class on the first night.

Winter Session

Fridays | 6-7 pm | Ages 7+

Dates & Fees

1/9-2/27

Member \$64 | Community \$128

Staff & Certifications

Jeff Hansen | 4th Degree Blackbelt, Dragon Kenpo and Yang Style Tai Chi
Katelyn James | Blackbelt, Dragon Kenpo



Questions

Contact Mike Coolidge, Sports Operations Director
262.248.6211 x30 | mike.coolidge@glymca.org

Register

In Person: Front Desk

Online: GenevaLakesYMCA.org
Call: 262.248.6211 | Mobile APP



CO-ED LITTLE DRIBBLERS YOUTH BASKETBALL

The Little Dribblers Youth Basketball program is designed for youth to learn the fundamentals of basketball in an environment that encourages fair play, teamwork, good sportsmanship and of course, fun! Drills and in house games will be played to provide the kids with a complete experience.



K-1st

Winter: Saturdays | 1/10-2/14 | 9-10 am
Jaycees & Priebe Gyms

Cost:

Member: \$48 | Community: \$96

Questions?

Mike Coolidge, Sports Operations Director
262.248.6211 x30
mike.coolidge@glymca.org

2nd-3rd

Winter: Saturdays | 1/10-2/14 | 10:15-11:45 am
Jaycees & Priebe Gyms

Registration

GenevaLakesYMCA.org
In Person: Front Desk
Call: 262.248.6211 | Mobile APP

Registration Open Until: Saturday, January 3
or until program is full



FOR YOUTH DEVELOPMENT®
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CO-ED YOUTH INDOOR SOCCER

This YMCA Soccer program is age-appropriate and will emphasize skill development, teamwork and good sportsmanship. Teams are overseen by volunteers that coach with positive reinforcement and encouragement.

Ages

Co-Ed 3-5 years old & 6-9 years old (maximum 24 players per age group)

Dates & Times

3-5 Years: Tuesdays | Jan 6-Feb 24 | 4:30-5:30 pm | Jaycees Gym

6-9 Years: Tuesdays | Jan 6-Feb 24 | 4:30-5:30 pm | Priebe Gym

Fees for Session

Member: \$64 | Community: \$128

*Shirt Included

Register

In person: Front Desk | Call: 262.248.6211

Online: GenevaLakesYMCA.org | Mobile APP

Registration deadline Saturday, January 3



Questions

Contact Mike Coolidge, Sports Operations Director
262.248.6211 x30 | mike.coolidge@glymca.org



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CO-ED TUMBLING

This tumbling class involves the art of tumbling, which includes basic skills and fundamentals with a touch of some gymnastics. This is a great way to get involved with this sport. This class is offered at both the beginner and intermediate levels.

Ages

Beginner: 6-12 years | Intermediate: 7-12 years
Maximum of 12 participants.

Dates & Times

Winter: Thursdays | 1/8-2/26

Beginners: 5-6 pm | Jaycees Gym
Intermediate: 6-7 pm | Jaycees Gym

Fee

Member: \$64 | Community: \$128

Register

In Person: Front Desk
Online: GenevaLakesYMCA.org
Call: 262.248.6211 | Mobile APP

Questions

Mike Coolidge, Sports Operations Director
mike.coolidge@glymca.org
262.248.6211 x30



Registration Deadline:
Saturday, January 3



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CO-ED VOLLEYBALL

Beginner & Intermediate

Develop teamwork, skills and good sportsmanship, while enjoying some physical activity! These programs will work on developing fundamental skills including volleyball serves, setting, bumps, passing, rotation and the rules of the game.

Beginner Volleyball

Ages 9-13

Wednesdays | 5-6 pm

Intermediate Volleyball

Ages 10-14

Wednesdays | 6-7 pm

Dates & Fee Per Session

Winter: 1/7-2/25 | Jaycees Gym

Member: \$64 | Community: \$128

*Maximum 15 per age group.

Register

In Person: Front Desk

Online: GenevaLakesYMCA.org

Call: 262.248.6211 | Mobile APP

Questions

Contact Mike Coolidge, Sports Operations Director

262.248.6211 x30 | mike.coolidge@glymca.org

Registration Deadlines:

Saturday, Jan. 3



Y-TIME

Hang out! Play hard! Be you!

Y-Time offers the perfect mix of fun, friends, and play - all in one spot just for middle schoolers. This is a FREE after-school program at the Geneva Lakes Family YMCA where you can climb the rockwall, shoot some hoops, try pickleball, explore the LU interactive games, jump into our virtual fitness studio for a cool workout, or just chill with free WiFi and snacks. Y-Time has something for everyone.

Monday, Tuesday & Thursday | 3-5:30 pm

December 1-18

January 5-March 19

Open to all schools, free for all 6th-8th graders (do not need to be a YMCA member)

Activities may include: Climbing Wall, Virtual Fitness Studio, Nine Square, LU Interactive Playground, Pickleball, Basketball, Snacks, WIFI

Register

In Person: Complete the information on the next page and bring to the YMCA Front Desk

Online: GenevaLakesYMCA.org

Call: 262.248.6211 | Mobile APP

Questions

Contact Mike Coolidge

Sports Operations Director

262.248.6211 x30 | mike.coolidge@glymca.org

Youth Conditioning

is also available from 4-6 pm on Mondays and Wednesdays for a fee. Scan QR Code for more information.



**AFTER
SCHOOL
JUST GOT
BETTER!**



GENEVA LAKES FAMILY YMCA

If you are not currently a YMCA member, please complete this Y-Time registration form and bring it with you on your first day and give it to our Front Desk staff.

Parent/Guardian			
First Name:	Last Name:	Date of Birth:	
Child			
First Name:	Last Name:	Date of Birth:	
Mailing Address	City	State	Zip
Email	Home Phone	Cell Phone	
Second Emergency Contact	Relationship	Phone	

WAIVER, RELEASE OF LIABILITY, AND CONSENT FORM

Please read carefully and sign at the bottom.

LIABILITY RELEASE

I UNDERSTAND THAT PARTICIPATION IN YMCA ACTIVITIES AND USE OF FACILITIES IS AT MY/OUR OWN RISK. I RELEASE THE YMCA, ITS STAFF, VOLUNTEERS, AND PARTNERS FROM ALL LIABILITY FOR INJURY OR DAMAGES.

ROCK WALL RELEASE

I ACKNOWLEDGE AND ACCEPT THE INHERENT RISKS OF ROCK CLIMBING, INCLUDING FALLS, EQUIPMENT FAILURE, STAFF OR PARTICIPANT ERROR, AND UNFORESEEN ACCIDENTS. I VOLUNTARILY ASSUME ALL RISKS, INCLUDING SERIOUS INJURY, PARALYSIS, OR DEATH, AND RELEASE AND AGREE TO HOLD HARMLESS THE GENEVA LAKES FAMILY YMCA, ITS STAFF, VOLUNTEERS, AND PARTNERS FROM ANY AND ALL LIABILITY.

PHOTO PERMISSION

I GIVE THE YMCA PERMISSION TO TAKE AND USE PHOTOS OF ME/MY CHILD FOR YMCA PURPOSES, INCLUDING PROMOTIONAL AND FUNDRAISING MATERIALS.

CONCUSSION & HEAD INJURY (WIS. STAT. §118.293) Detailed resource available at www.wiaawi.org I UNDERSTAND CONCUSSIONS ARE SERIOUS BRAIN INJURIES. SYMPTOMS MAY APPEAR IMMEDIATELY OR LATER. A CHILD WITH A SUSPECTED CONCUSSION WILL NOT RETURN TO ACTIVITY UNTIL CLEARED BY A QUALIFIED HEALTHCARE PROVIDER.

SUDDEN CARDIAC ARREST (WIS. STAT. §118.2935) Detailed resource available at www.wiaawi.org

I UNDERSTAND THAT SCA IS RARE BUT LIFE-THREATENING. WARNING SIGNS INCLUDE FAINTING, CHEST PAIN, SHORTNESS OF BREATH, DIZZINESS, OR UNUSUAL FATIGUE. MY CHILD WILL STOP ACTIVITY IMMEDIATELY AND SEEK MEDICAL CARE IF SYMPTOMS APPEAR.

PARENT/GUARDIAN AGREEMENT

I HAVE READ, UNDERSTAND, AND AGREE TO THE ABOVE TERMS.

CHILD'S NAME: _____

PARENT/GUARDIAN NAME (PRINT): _____

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____



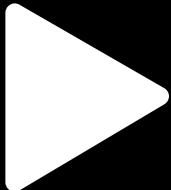
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH FITNESS



STRENGTH & CONDITIONING PROGRAM

Middle & high school students... are you looking to improve your strength, speed, and agility? Coach Angie will be leading sessions on Mondays and Wednesdays. This program is perfect for all fitness levels. Whether you are a beginner or advanced athlete, this is the place for you to build the fundamentals for a healthy and active lifestyle in a supportive environment. Flexible online registrations available for weekly or monthly flat rates, as well as daily drop in rates to accommodate schedules. Financial assistance is available for those who qualify!



Middle School & High School Youth Conditioning

Monday and/or Wednesday | 4-6 pm

Individuals can sign up for one-hour sessions on either or both days

Fees per one-hour session: \$12 M | \$15 C | Discounts offered for unlimited session package

Convenient busing for Lake Geneva School students!
Contact busing company, Dousman Transport Co., 262-248-3289
to see which bus stops at the YMCA afterschool.

REGISTRATION

Call: 262.248.6211 | Online: GenevaLakesYMCA.org

In Person: Front Desk | Mobile APP | Scan QR Code

QUESTIONS

Contact, Melissa Monge, Fitness Director
262.248.6211 x17 | melissa.monge@glymca.org





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCKWALL OPEN CLIMB

Challenge yourself and get fit on our climbing wall that features auto-belay systems and four runs that vary in difficulty.

Youth and Adults are welcome to explore this climbing adventure!

OPEN CLIMB TIMES

Winter: 1/10-2/28

Saturdays | 12 noon-1:30 pm

Jaycee's Gym | Ages 7+ | 40lbs min

Free for Members

Day Pass for Community

**Book the Rock Wall
for your next
Birthday Party!**





FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

CLIMBING CLUB

This active class focuses on the fundamentals of climbing techniques. Participants learn climbing commands, rules, play bouldering games, and climb the wall at their own pace. No experience necessary!

Ages

8-12 (must weigh 40lbs or more)

Date & Time

9-10 am

Spring I: Saturdays | 3/7-4/18

*No class 3/28

Fees

Members: \$48 | Community: \$96

Register

In person: Front Desk | Call: 262.248.6211

Online: GenevaLakesYMCA.org | Mobile APP

Questions

Mike Coolidge | Sports Operations Director

262.248.6211 x 30 | mike.coolidge@glymca.org



Registration Deadline:
Saturday, February 28
or until program is full



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PICKLEBALL HOURS

INDOOR | PRIEBE GYM

Monday-Thursday

11 am - 2 pm

Friday

11 am - 1 pm

Saturday

7 - 8:30 am

**Beginners Only
Open Pickleball**

**Monday-Friday
10:30-11 am**

**No registration needed.
Just show up and play!**

Members: Free | Community: Day Pass

Open to ages 18+



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER | SPRING 2026

PICKLEBALL LEAGUE

The next Pickleball League is now forming! Round Robin "Sign Up With Partner" on Thursday nights. Doubles only, mixed teams or men/women options. Pick your own partner! **Each player must register individually.** Maximum is 12 doubles teams. We will play two round robin matches per night with league tournament at the end.

Ages

18+ | Advanced beginners & Intermediate players only

Dates & Time

Winter: Thursdays | 1/8-2/19 | 5:30-8 pm

Spring: Thursdays | 3/5-4/16 | 5:30-8 pm

Priebe Gym

Fees

Member: \$35 per person

Community: \$47 per person

Register

In person: Front Desk | Call: 262.248.6211

Online: GenevaLakesYMCA.org | Mobile APP

When registering, you will be asked to include the first and last name of your partner

Questions

Mike Coolidge | Sports Operations Director

262.248.6211 x 30

mike.coolidge@glymca.org



HURRY, spots fill up quickly!

REGISTRATION DEADLINES

Winter: Saturday, January 3

Spring: Saturday, February 28



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



DREAM TEAM



This exciting co-ed league is designed for kids and adults who have special needs. This program will introduce and teach the fundamentals of baseball. Practice time and scrimmage games will be on Mondays and Wednesdays at Veterans Park in Lake Geneva!

Days & Times

Monday & Wednesday | 3-4:30 pm
June 22-July 15
Family Day | July 1 | 9:30-11:30 am

Register

In Person: Front Desk | Call: 262.248.6211
Online: GenevaLakesYMCA.org | Mobile APP

Questions

John Swanson | 262.325.3600
Mike Coolidge | Sports Operations Director | 262.248.6211 x 30 | mike.coolidge@glymca.org

Registration Fee

Lake Geneva Resident: \$23
Non-Resident: \$34

REGISTRATION DEADLINE:
Saturday, MAY 30

**VOLUNTEERS
NEEDED**





SWING BATTER BATTER

T-Ball, Non-Travel Baseball & Softball

Co-Ed T-Ball

YMCA T-Ball is designed to teach the basic skills to children ages 4-6 who have never played the game and improve skills of those who have. Focus will be on throwing, catching, hitting and fielding techniques, rules and regulations of the game, teamwork, sportsmanship and fair play for all.

Dates & Times

Tuesdays & Thursdays | 5:30 – 6:30 pm | June 2 – July 9 | Veterans Park

Cost

Lake Geneva Resident: \$35 | Non-Resident: \$50

Non-Travel Baseball & Softball

Dates

Coach Pitch Minor League Baseball (Ages 7-8): Mondays & Wednesdays | June 1-July 15 | Veterans Park

Boys Major League Baseball (Ages 9-11): Tuesdays & Thursdays | June 2-July 16 | Veterans Park

Coach Pitch Junior League Softball (Ages 7-10): Mondays & Wednesdays | June 1-July 15 | Veterans Park

Times are TBD

Cost

Lake Geneva Resident: \$46 | Non-Resident: \$60

Register

In Person: Front Desk | Call: 262.248.6211

Questions

Contact Mike Coolidge, Sports Operations Director
262.248.6211 x30 | mike.coolidge@glymca.org

Registration closes after the dates below or when the program is full:

Baseball
Saturday, April 25

Softball
Saturday, April 25

T-Ball
Saturday, May 9



2026

OPEN REGISTRATION TRAVEL BASEBALL & SOFTBALL

The Geneva Lakes Family YMCA in partnership with the City of Lake Geneva is preparing for the 2026 Girls Softball and Boys Baseball Travel programs for 10U (3rd/4th grade), 12U (5th/6th grade), and 14U (7th/8th grade).

The YMCA enters these teams into a Quad County League, which consists of teams from Elkhorn, Whitewater, Palmyra, East Troy, Burlington, Williams Bay, Waterford, Mukwonago, Lakeland, and more! Game play is May-July. This program offers:

- Affordable fees
- Quad County League tournament
- No weekend season games
- Uniforms included in fee and players can keep at end of season
- Set game schedule (May-July 2026)
- All home games at Veterans Park, Lake Geneva
- Winter workouts at Lake Geneva Athletic Facility and Badger High School
- Financial Assistance available
- More tournaments may be added for an additional team fee

Registration Open!

Lake Geneva Resident: \$300 | Non-Resident: \$345

Boys Travel Baseball | Girls Travel Softball

10U | 12U | 14U

Scan the QR Code or visit bit.ly/44J7jE1

GenevaLakesYMCA.org/youthsports





WINTER 2026 PROGRAMMING

AQUATICS





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER SWIM LESSONS

8 Weeks | January 5–March 1

Group Lessons | Members: \$64/session | Community: \$128/session

Classes	Mon	Tue	Wed	Thur	Sat
Parent & Child					
Combo Class (6-36 months)	9-9:30 am				
6-18 months				5:00-5:30 pm	9:40-10:10 am
19-36 months				5:35-6:05 pm	10:15-10:45 am
Home School					
Levels 1-2			9:15-10:00 am		
Levels 3-5			10:05-10:50 am		
Preschool: 2 1/2 years +					
Combo Class (Level 1-3)			8:40-9:10 am		
Level 1	5:00-5:30 pm	5:00-5:30 pm	5:00-5:30 pm	5:00-5:30 pm	8:30-9:00 am
Level 2	5:35-6:05 pm	5:35-6:05 pm	5:35-6:05 pm	5:35-6:05 pm	9:05-9:35 am
Level 2: Later Time	6:45-7:15 pm	6:45-7:15 pm			10:15-10:45 am
Level 3	6:10-6:40 pm	6:10-6:40 pm	6:10-6:40 pm	6:10-6:40 pm	9:40-10:10 am
Youth: 5 years+					
Level 1		5:35-6:05 pm			
Level 2: Beginner	6:45-7:15 pm	6:10-6:40 pm	6:10-6:40 pm		8:30-9:00 am
Level 2: Advanced		6:45-7:15 pm	6:45-7:15 pm		9:05-9:35 am
Level 3: Beginner	5:00-5:30 pm	5:00-5:30 pm	5:35-6:05 pm		9:40-10:10 am
Level 3: Beginner	5:35-6:05 pm				
Level 3: Advanced	6:10-6:40 pm		5:00-5:30 pm		9:40-10:10 am
Levels 4-5	6:45-7:15 pm				10:15-10:45 am

Questions? Email: aquatic.coordinator@glymca.org

Visit: GenevaLakesYMCA.org/swimlessons



FOR YOUTH DEVELOPMENT®
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WIGGLES & WAVES

Come move, play, and splash with us! Wiggles and Waves is the perfect program for moms, dads, grandparents, and caregivers looking to connect with other families while their little ones burn off energy and make new friends.

Each session begins with an hour of open play in the gym, where kids can run, jump, and of course—wiggle! After that, we'll head to the activity pool for open swim, where the fun continues with water play, laughter, and waves of joy.

Whether you're looking to build community or just need a morning of active fun, Wiggles and Waves is a great way to bond, play, and splash your way through the day!

Ages

Kids of all ages, when accompanied by an adult.

Dates & Times

Fridays | 9-11 am | Jaycees Gym/Activity Pool

Jan 16, Feb 6 & 20, March 6 & 20, April 17, May 1 & 15

Fee

Member: Free | Community: \$10 per child

(pay as you come)

Adults: Free

Register

At the Front Desk | Online: GenevaLakesYMCA.org

Call: 262.248.6211 | Mobile APP

Questions

Gertrude Suhajda, Aquatics Director

gertrude.suhajda@glymca.org | 262.248.6211 x22





ADULT & PEDIATRIC

FIRST AID/CPR/AED BLENDED LEARNING & REVIEW COURSE CERTIFICATION

2026 Course Dates for Both Blended Learning & CPR Review

(select one from list below)

attendance for entire time is required

Sunday, January 11 | 11 am-2 pm

Sunday, February 15 | 11 am-2 pm

Sunday, March 15 | 11 am-2 pm

Fee for Blended Learning CPR & CPR Review:

Member \$57 | Community \$84

For Ages 15+

Registration

Register at the Front Desk | Online at

GenevaLakesYMCA.org | Call 262.248.6211.

*A minimum of three participants must be registered for course to run.

Learn to recognize and care for a variety of first aid emergency situations and how to respond to breathing and cardiac issues to help victims of any age. Both Blended Learning CPR and CPR Review class contain the same six hours of training, which entails three hours of online and three hours of in class instruction. At the end of the online portion, you must print the certification to show you passed and bring it to class to complete the requirements. Certificate valid for 2 years.



Contact Information

Gertrude Suhajda, Aquatics Director

gertrude.suhajda@glymca.org | 262.248.6211 x22

WORKPLACE CPR TRAINING

Do you have a group that needs Adult & Pediatric CPR/First Aid and AED training? We will come to you! We are excited to offer you an American Red Cross CPR Blended Learning training session, which combines online learning with an in-person skills session (3 hours in person and 3 hours online). Whether you are a business, church, school district, healthcare professional, or First Responder we want to help get your staff trained to respond to medical emergencies! Don't have a large enough space to spread out for training? Come to us!

TRAINING OPTIONS

Blended Learning (BL) = 3 hours online | 3 hours in-person

Online training portion will be sent to each participant prior to the in-person class. Participants must fully complete online portion and attend the entire in person training, led by a certified instructor. Includes skills session, activities and practice scenarios. Participants must demonstrate competency and pass a final written exam that is taken online with a minimum grade of 80%.

Full Course, In-Person (FULL) = 5 hours in-person (addt'l, cost of \$130)

All information will be presented in-person by a certified instructor and will have multiple written quizzes to ensure that all participants have retained the information presented. Participants must attend the entire in person training, led by a certified instructor. Includes skills session, activities and practice scenarios. Participants must demonstrate competency and pass a final written exam with a minimum grade of 80%.

CHOOSE ONE:

- BL-Adult & Pediatric First Aid/CPR/AED Training | individuals
- FULL Adult & Pediatric First Aid/CPR/AED Training | individuals
- BL-CPR/AED for Professional Rescuers | No First Aid | Teams of 2-4 EMT, Nurses, Fire, Police
- FULL CPR/AED for Professional Rescuers | No First Aid | Teams of 2-4 EMT, Nurses, Fire, Police

Upon successful completion of the course, each participant will receive an American Red Cross certification via email, which is valid for 2 years.

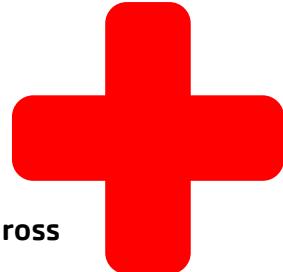
Fees

\$75 per person for the first 5 participants | \$65 per person for each additional participants

Minimum of 5 participants | Maximum of 12

Questions

Gertrude Suhajda, Aquatics Director
gertrude.suhajda@glymca.org | 262.248.6211 x22





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFETY AROUND WATER PROGRAM

We invite the second grade classes of Walworth County schools to learn these life saving skills with the Geneva Lakes Family YMCA.

We work with each school to create a customized four to seven day, once a week program during school lasting 40 minutes in the water per day. This FREE program can be offered at our facility (we provide complimentary bus transportation) or we could bring our program to your school. This is a one or two day presentation at your school that lasts 30-45 minutes each day.

Children will learn the steps to:

- be comfortable around water
- control their breathing in water
- return to safety if they fell into deeper water
- manage buoyancy through swim, float, swim
- follow important topics such as boating safety, understanding limitations, buddy system "reach or throw, don't go" and others

Drowning is the second leading cause of death in children ages 5-14. It is number one for ages 1-4.



"Thank you for such a wonderful Water Safety program. The kids loved the program and learned so much. Thank you for helping to keep our students safe."
~Teacher at Walworth Elementary School

PROUD SPONSOR FOR OVER A DECADE

kikkoman

Contact: Gertrude Suhajda | Aquatics Director | 262.248.6211 x22 | gertrude.suhajda@glymca.org

GENEVA LAKES FAMILY YMCA • 203 S. WELLS STREET • LAKE GENEVA, WI 53147 • GENEVALAKESYMCA.ORG • 262.248.6211



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE'RE HIRING LIFEGUARDS!

Here at the Geneva Lakes Family YMCA, we are looking to expand our team of certified lifeguards.

We are looking for ALL positions. Shifts can be combined or shortened. We can be flexible.

Weekdays:

Opening: 4:30-7 am and 7-9 am

Days: 9 am-12 noon and 12 noon-3:30 or 4 pm

Nights: 3:30 or 4 pm-8 pm

Weekends:

Sat 5:30-8 am and 8 am-2 pm

Sun 9:30 am-2 pm

Interested in getting certified?

Lifeguarding courses are available year-round from certified professionals who will teach the necessary skills to save lives. This class will certify participants in Lifeguarding, CPR for the Professional Rescuer, First Aid and AED. To see when these classes are offered visit: GenevaLakesYMCA.org/safety.

Want us to pay for your certification?

We will pay for your lifeguard certifications (\$310 value) if you commit to working 2-3 shifts a week at the YMCA for six months.

Already certified?

Visit GenevaLakesYMCA.org/jobs to view the job description and to complete the application online. Once completed and submitted the YMCA will contact you.

Why be a Lifeguard at the Geneva Lakes Family YMCA?

- Super flexible with shifts. Our shifts are usually 2-4 hours long.
- FREE membership for you and your immediate family to stay fit.
- 50% off on several programs including swim lessons and swim team.
- Open all year long, not just summer.
- CLOSED for all major holidays.
- Recertification is FREE as long as you are staff.

Interested? Learn more!

Gertrude Suhajda, Aquatics Director

262.248.6211 x22 | gertrude.suhajda@glymca.org

Visit: GenevaLakesYMCA.org





WINTER 2026 PROGRAMMING

DUCKS SWIM

TEAM





DUCKS COMPETITIVE SWIM TEAM



Our Geneva Lakes Family YMCA Ducks Swim Team is a top-ranked, year-round, USA Swimming & YMCA competitive Swim Club in Lake Geneva, WI. Our professional coaches provide expert technique instruction in a positive environment for beginning to national-level competitors from all over southeast Wisconsin & northern Illinois. Serves youth & adults.

Join the YMCA Ducks Swim Team Anytime!
Short course session ends mid-March 2026.
Spring course session begins mid-April 2026.

Contact Michelle Upchurch
Director of Competitive Swimming
michelle.upchurch@glymca.org | 262.248.6211 x23



Spotted Ducks

This group is for ages 8 and under or swimmers who are new to competitive swimming. The focus is on stroke fundamentals and mechanics. Swimmers must complete: 25 yards freestyle with rhythmic breathing, 25 yards backstroke without stopping, 25 yards flutter kick (front and back with a board), and a dive from the poolside. They should be able to endure a one-hour practice. A fun environment with an introduction to competition when ready.

Lake Ducks

This group is for our Spotted group graduates, primarily ages 9-12 or elite 8 year olds who have achieved at least one State Meet qualifying time, who can swim all four competitive strokes legally, do a dive from the racing block and flip turns during practices and races.

Wood Ducks

This group is for our Elite age group swimmers ages 9-13 who have achieved at least one State Meet qualifying time and are ready for advanced training. Focus is on stroke mastery, endurance, goal setting, and preparation for the end-of-the-season competitions and the next training level.

Mallard Ducks

This group is for our experienced swimmers ages 13 and over, who are training for elite competitions. Focus areas include race preparation, goal setting, endurance, stroke technique, starts, turns, and race strategy. Swimmers MUST commit to daily 2-hour practices and at least one competition a month.

Learn More:

GenevaLakesYMCA.org/ducks

GENEVA LAKES FAMILY YMCA | 203 S. Wells Street | Lake Geneva, WI 53147 | 262.248.6211

GenevaLakesYMCA.org



PRIVATE SWIM TEAM COACHING



Our USA-certified swim team coaching staff leads these one-on-one sessions tailored to a swimmer's individual needs and goals. Whether it's improving stroke mechanics, enhancing starts and turns, or building endurance for competition, they have you covered! Great for competitive swimmers and triathletes!

Five - 45 minute sessions

Member: \$155 Community: \$310

**If you are interested in learning more or
scheduling sessions, contact:**

Director of Competitive Swimming, Michelle Upchurch
michelle.upchurch@glymca.org | 262.248.6211 x23



WINTER 2026 PROGRAMMING MEMBERSHIP





MILITARY MEMBERSHIP PROGRAM



PERFECT FOR YOUR PHYSICAL, MENTAL & EMOTIONAL HEALTH

The Geneva Lakes Family YMCA is proud to offer a Military Membership program supported through a generous grant from The Jouris Family DAF.

This program offers a 50% savings off of monthly membership rates for military service members, veterans and family members living in the same household.

- Military personnel needs to be an active member on the membership account.
- The 50% discount does not apply to the "Add on Additional Adult" fee or any services added to the account.

Please call 262.248.6211 or stop by the YMCA Front Desk for more information.

Thank you for your service!



Y CORPORATE MEMBERSHIPS

GENEVA LAKES FAMILY YMCA

Why the Y for a Corporate Membership?

The YMCA is a leader in improving the quality of life and nurturing lifelong development of healthier individuals, families, and communities. When your company becomes a YMCA Corporate Partner, not only will your employees benefit, your company will benefit as well! It's a fact that healthy employees are more productive, have lower stress, and miss less work. Together, we provide your employees with a financial incentive to take care of their health. As an added bonus, your employee pays a \$0 joiner fee!

YOU INVEST

because you care for your team and their productivity improves.

WE INVEST

because it is our mission to strengthen our community.

YOUR EMPLOYEES

pay the reduced remaining portion of the monthly membership fee, so they, too feel invested in their health and community.

QUESTIONS

Contact: Stephanie Leach
Membership Operations Director
steph.leach@glymca.org

There is NO MINIMUM number of employees required!

MEMBERSHIP BENEFITS

The Y matches at 50%
up to \$10/month

- **Onsite FREE Group Exercise Classes**
- **Complimentary FIT START with a Personal Trainer**
- **Aquatic Center | 6 lane, 25 Yard Pool & Warm Water Activity Pool**
- **Onsite Child Care while you work out**
- **Member Discounts and Priority Registration**
- **24/7 Adult Wellness Center Access Option**
- **A positive & supportive environment to help you meet your wellness goals!**



WINTER 2026 PROGRAMMING COMMUNITY





BECAUSE OF YOU

GENEVA LAKES FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPACT HAPPENS HERE

We have an extraordinary opportunity at the YMCA to ensure a brighter future for our community.

Because of YOU, children learn confidence and teamwork, families grow stronger together, and seniors find connection and purpose. Every gift makes a difference—right here, where impact happens. Your support helps us open doors, nurture potential, and strengthen the foundation of community. We all share—one life, one story, one act of giving at a time.

Change makes an impact!
DONATE TODAY!



GenevaLakesYMCA.org/agc
Contact Ann Fulmer
ann.fulmer@glymca.org | 262.248.6211 x27

YOUR GIFT SUPPORTS

\$183,535 
FINANCIAL ASSISTANCE

Available for anyone who wishes to participate regardless of ability to pay for membership or program fees. This year, the Geneva Lakes Family YMCA has provided more than **\$183,535** in scholarship assistance.

450 
SAFETY AROUND WATER
A drowning prevention program that is offered free to Walworth County second graders. Students learn how to be safe in and around water. **450** children have participated in this safety program this year.

5,109 
GRAB N GO LUNCHES
A free summer lunch program to ensure our community has access to food, helping them stay active and strong all summer long. **5,109** lunches were made and distributed by **95** volunteers this summer.

925 
ROCK STEADY BOXING
A fitness therapy program for adults who have Parkinson's disease. By exercising with experienced, trained coaches participants fight and start to feel and function better to lead a healthier, happier life. The Y joins **925** locations worldwide making a difference empowering more than **50** local boxers.

600

DREAM TEAM BASEBALL

A summer sport available for individuals who have special needs that want the opportunity to play baseball. Over **600** volunteer hours are given each season to teach more than **40** players along side their mentors how to play the game of baseball.



6TH-8TH

Y-TIME

A new, free, after-school program offered to **6th-8th graders** to hang out, play hard and meet new friends at the YMCA. Participants do not need to be a member of the Y to enjoy the variety of activities we offer including a Climbing Wall, Nine Square, Virtual Fitness Studio, Pickleball and more!

WHERE YOUR DONATIONS GO

\$100

Provides 30 lunches for the Grab N Go summer program.

\$250

Provides a one week summer camp experience for a child.

\$500

Provides one second grade class access to one month of Safety Around Water classes.

\$1,000

Provides a family with a year long YMCA membership.

BECAUSE OF YOU LIVES ARE CHANGED!

GENEVA LAKES FAMILY YMCA

40TH ANNIVERSARY

Auction

February 14, 2026

*Honoring Our Past. Embracing the Present.
Inspiring the Future.*

YOU'RE INVITED!

What does this Annual Auction Support?

Dream Team Baseball

for individuals who have special needs.

Rock Steady Boxing

for adults who have Parkinson's disease.

Safety Around Water

a free drowning prevention program for Walworth County second graders.

Grab N Go Lunches

available free to the community all summer long.

Y-Time

a free after-school program for 6th-8th graders, no membership required!



GENEVA LAKES FAMILY YMCA

40th ANNIVERSARY



Auction

February 14, 2026



PRESENTED BY:

KUNES
RV | AUTO | TRUCKS | COMMERCIAL



The Geneva Lakes Family YMCA's Annual Auction has been a cherished tradition for four decades, and we are thrilled to invite you and your Valentine on February 14, 2026, to an elegant evening of generosity, community, and celebration. This milestone event will feature exciting auction items, live entertainment, delicious dining, and an opportunity to support the programs that strengthen our community. Together, we have built a legacy of impact—let's continue to shape the future!

Location

THE FORUM AT THE GRAND GENEVA RESORT & SPA

7036 GRAND GENEVA WAY, LAKE GENEVA, WI 53147

February 14th Event Timeline

- 5:30 pm - Early Check-In
- 6-11 pm - Open Bar
- 7 pm - Plated Dinner Service
- 7:40 pm - Welcome & Live Auction
- 9-11 pm - After Party Entertainment



Tickets on Sale Now!

\$150/per person by January 31, 2026

\$175/per person starting February 1, 2026

PURCHASE ONLINE AT: GenevaLakesYMCA.org/auction



Questions?

262.248.6211 X27

ann.fulmer@glymca.org

Unable to attend?

You will still have the opportunity to support the YMCA by bidding on items in our Silent Auction that opens on February 6th. This will be available on our Text2Bid platform from February 6-14th. Stay connected to our website for further details: GenevaLakesYMCA.org/auction.

Auction Gems

Presenting

KUNES RV|AUTO|TRUCKS|COMMERCIAL

Diamond

FORM Wealth Advisors
William Priebe, YMCA Board Member

Platinum

Maxwell Mansion
Royal Basket Trucks

Gold

ADAMS
Community State Bank
Grand Geneva Resort & Spa
Symphony Bay

Silver

Foremost Electric
Scherrer Construction
Tommi's Garden Blooms
Wisconsin Balloon Decor
Zimmerman Architectural Studios, Inc.

Bronze

Balestrieri Environmental & Development, Inc.
Carrico Aquatics Resource, Inc.
Meridian
Midwest IT

Ruby

Gardiner Koch Weisberg & Wrona Attorneys at Law
Happy Ending Premium Vodka Cocktails
JDMK Construction

New gems arrive weekly—make your impact shine
GenevaLakesYMCA.org/auction



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIMBER RIDGE WATERPARK

4
JAN.

1
FEB.

22
MAR.

19
APR.

12 pm - 8 pm

\$15/Swimmer* • Cash Only • \$5/Spectator

***(12 months of age and older)**

Reservations for this activity must be made and paid for at the YMCA. A limited number of spots are available. Reservations end the Thursday before the scheduled event unless it sells out before that time. Offer is open to both members and the community. Please note that tickets are only available for the most current date listed. No refunds.



NINTH ANNUAL

SPRINT FOR SPRING

5K RUN/WALK



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAVE THE DATE!
SATURDAY, APRIL 25, 2026



Join us after the race for Healthy Kids Day!
A free community event held at the YMCA.



HEALTHY KIDS DAY

Saturday, April 25, 2026 | 10:30 am - 12 noon

Healthy Kids Day is a national YMCA initiative to improve the health and well-being of kids and families. A variety of vendors, snacks and free activities are planned.

Plan to join us for
our 9th Annual 5K
Run/Walk just before
Healthy Kids Day.

**More details to
come!**



**A FREE
COMMUNITY
EVENT!**

SAVE THE DATE.