



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FALL 2025 PROGRAM GUIDE



Member Registration

Monday, August 4

Community Registration

Monday, August 11





FALL I

7 weeks | September 8–October 26

FALL II

8 weeks | October 27–December 20

Closed:

Labor Day | September 1

Thanksgiving Day | November 27



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FALL 2025 PROGRAMMING

FITNESS



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: \$11/per class | Community: \$20/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 needs assessment prior to attending the first class.



United Way of
Walworth County



FREE SUPPORT GROUP!

Join us the third Thursday of each month.

Caregivers | 10:30-11 am

Boxers & Caregivers | 12-12:45 pm



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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. Suspension training body weight exercise 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





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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



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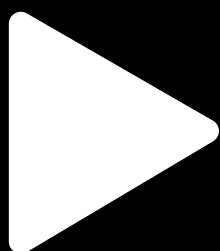
YOUTH FITNESS



STRENGTH & CONDITIONING PROGRAM STOP IN FOR A PREVIEW OF THE NEW STUDIO

Middle & high school students... are you looking to improve your strength, speed, and agility?

Join us for youth conditioning! This program is perfect for all fitness levels. Build a healthy, active lifestyle in a supportive environment. Sessions will include a workout of the day, led by our Youth Conditioning Coaches, focused on overall performance and fundamentals. Stop in for a preview of the new studio and look for online registrations available for weekly or monthly flat rates, as well as daily drop in rates to accommodate flexible schedules. Financial assistance is available for those who qualify!



Middle School & High School Program Days & Times

Register online or Front Desk for 1 hour sessions, 1-4 days per week.

Monday-Thursday | 3:30-4:30 pm & 4:30-5:30 pm

Fees per session: \$12 M | \$15 C

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

QUESTIONS

Contact, Melissa Monge, Fitness Director

262.248.6211 x17 | melissa.monge@glymca.org





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FALL 2025 PROGRAMMING

YOUTH, FAMILY & SENIORS



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MESSY CREATIONS

A Parent & Child Art & Sensory Class

Let your child's imagination run wild in this fun-filled, hands-on class designed to inspire creativity through messy play! In Messy Creations, parents and children will explore paint, glue, dough, and other sensory materials while creating open ended art together. Each week brings a new theme and a chance to squish, splatter, and swirl through engaging activities that support early development and fine motor skills. This class is all about process over perfection-so don't be afraid to get a little messy and make some magical memories!

Ages 1.5-5 (with parent)

What to Bring:

Clothes that can get messy and your creative spirit!

Dates:

Tuesdays | 9:15-10 am | MGR
Fall II | October 28-December 16

Cost Per Session

\$64 M | \$128 C

Register

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

***Max. of 10 per class**

Questions

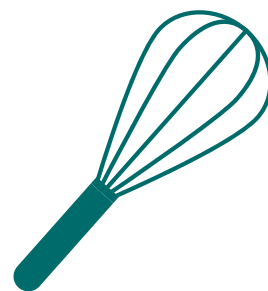
Jami Golz | Sr. Youth & Family Director
jami.golz@glymca.org | 262.248.6211 x 26





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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

September 20 | October 18 | November 15 | December 13

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



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KIDS...

LEAVE YOUR PARENTS AT HOME!

It's your time to shine, play, and have a blast—no grown-ups allowed!

Join us for a Kids Night Out at the Geneva Lakes Family YMCA, where fun takes the lead and parents take the night off. This action-packed evening is designed just for kids to enjoy a safe and exciting night filled with group games, crafts, swimming, snacks, and loads of laughter. So go ahead—leave your parents at home and join us for a night of fun you won't forget!

AGES 5-12 | FRIDAY, OCTOBER 17 | 5:30-7:45PM

COST PER CHILD

MEMBER: \$21 | COMMUNITY: \$33

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 x 26



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STRETCH & STORYTIME

Join us for a playful and calming experience designed just for preschoolers! This class combines gentle stretching, movement, and imagination with interactive read alouds. Children will move their bodies through simple yoga-inspired poses and stretches that connect with each week's story theme. It's the perfect way to support early literacy, motor skills, and mindfulness - all while having fun! Parents are welcome to participate or observe as their little one's wiggle, stretch, and listen.

Ages 2.5-5 (with parent) *Must be potty trained.

What to Bring:

Yoga mat or towel, water bottle,
and an open imagination!

Dates:

Tuesdays | 9:15-10 am
Fall I | September 9-October 21

Cost Per Session

Members: \$56
Community: \$112

Register

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

***Max. of 10 per class**

Questions

Jami Golz
Sr. Youth & Family Director
jami.golz@glymca.org
262.248.6211 x26



GENEVA LAKES FAMILY YMCA
203 S. Wells St. Lake Geneva, WI 53147
262.248.6211 | GenevaLakesYMCA.org



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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/ACT Pool

October 3 & 17, November 7 & 21, December 5 & 19

Fee

Member: Free | Community: \$10 per child
(pay as you come)

Adults: Free

Register

At the Front Desk | Online: [GenevaLakesYMCA.org](https://www.GenevaLakesYMCA.org)

Call: 262.248.6211 | Mobile APP

Questions

Gertrude Suhajda, Aquatics Director

gertrude.suhajda@glymca.org | 262.248.6211 x22





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 | 3:30–5:30 pm | October 6–November 21

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 Sherri Baker

Associate Executive Director

262.248.6211 x14 | sherri.baker@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: _____



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SOCIAL SENIORS

SCHEDULE OF EVENTS



● Presentations ● Engagement Escapes ● Craft & Create

September 2025

● **Thursday, September 4 | 11 am–12 noon**

Dementia 101

Presented by Jake Sawyers

Dementia Care Specialist

Aging & Disability Resource Center of Walworth County

● **Wednesday, September 10 | 11 am–12 noon**

Taxes & Retirement

Presented by Joe DeCiccio

Thrivent | Financial Advisor | Shoreline Group

How taxes affect your income

Social Security & Taxes

RMDs and 401Ks

Tax-Efficient Giving Strategies

Tax-Efficient Investment Options

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

● **Wednesday, September 17 | 10:30 am–12 noon**

“Make It a Life Worth Living | Your Purpose, Health & Legacy” by Barry Moschel.

Barry will discuss the first portion of his book on this date. Copies of his book available for purchase.

Otherwise discussion and Q&A will surround this meeting. All ages welcome. For more information visit: www.makeitalifeworthliving.com.

● **Thursday, September 18 | 11 am–12 noon**

Dementia 202

Presented by Jake Sawyers

Dementia Care Specialist

Aging & Disability Resource Center of Walworth County

● **Tuesday, September 30 | 10:30–11:30 am**

Let's Travel Around the World Series

Topic: Canadian Rockies (Banff & Jasper, Canada)–Scenic Train Journeys

● **Wednesday, October 1 | 11 am–12 noon**

“Make It a Life Worth Living | Your Purpose, Health & Legacy” by Barry Moschel.

Barry will discuss the second portion of his book on this date. See September 17 date for more information.

GenevaLakesYMCA.org/seniors



SOCIAL SENIORS



LET'S TRAVEL AROUND THE WORLD!

Embark on a global adventure without leaving your seat! This immersive monthly workshop series is designed for travel enthusiasts, culture seekers, and aspiring explorers. Each workshop will take you to a new destination, offering insights into its history, traditions, cuisine, and hidden gems. Through expert talks you will gain practical travel tips, cultural appreciation, and inspiration for your next journey. Whether you are a seasoned traveler or dreaming of your first trip, this series of monthly workshops will equip you with the knowledge and confidence to explore the world with curiosity and respect. **Are you ready to travel beyond borders?**

Tuesday, August 26 | 10:30–11:30 am

New England (Vermont & Maine in the Fall) | Autumn Beauty & Coastal Relaxation

- Stunning fall foliage drives in Vermont
- Lighthouses & charming seaside towns in Maine
- Fresh seafood, quaint inns, and relaxing ambiance

Presented by Christene Kamberis

Fora Travel Advisor

Members: Free | Community: Day Pass

Register

In Person: Front Desk

Online: GenevaLakesYMCA.org/seniors

Call 262.248.6211

Questions

Jami Golz | Sr. Youth & Family Director

jami.golz@glymca.org | 262.248.6211 x 26

FUTURE TUESDAY WORKSHOPS

Sept 30 | Canadian Rockies

Oct 28 | The Netherlands

Nov 25 | The Greek Islands

Dec 9 | Missouri





the

YMCA

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FALL 2025 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.



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2025-2026

SCHOOL AGE PROGRAMS

Preschool and Before,
During & After School Care

GENEVA LAKES FAMILY YMCA

REGISTRATION
OPEN

Limited Spots
Available!

GenevaLakesYMCA.org/childcare





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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: Oct. 30 & 31 | Nov. 26 | 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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FALL 2025 PROGRAMMING

AQUATICS



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FALL SWIM LESSONS

Fall I | Sept 2-Oct 26, 2025

Fall II | Oct. 27-Dec 20, 2025

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

No Lessons Fall II | Thanksgiving: November 27 & 29

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 ½ 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 1-2		5:35-6:05 pm			8:30-9:00 am
Level 2		6:10-6:40 pm	6:10-6:40 pm		
Level 2	6:45-7:15 pm	6:45-7:15 pm	5:35-6:05 pm		9:05-9:35 am
Level 3: Beginner	6:45-7:15 pm	5:00-5:30 pm	5:00-5:30 pm		
Level 3: Beginner	6:10-6:40 pm				9:40-10:10 am
Level 3: Advanced	5:35-6:05 pm				
Levels 4-5	5:00-5:30 pm				10:15-10:45 am
Adult Classes					
Adult Beginner			6:45-7:15 pm		
Swim to Work (Begins Oct 1)			6:45-7:30 pm		

Questions? Email: aquatic.coordinator@glymca.org

Visit: GenevaLakesYMCA.org/swimlessons



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ADULT & PEDIATRIC

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

2025 Course Dates for Both Blended Learning & CPR Review

(select one from list below)

attendance for entire time is required

Wednesday, August 20 | 6–9 pm

Monday, September 15 | 6–9 pm

Tuesday, October 21 | 6–9 pm

Sunday, November 16 | 12–3 pm

Tuesday, December 16 | 6–9 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



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LIFEGUARD CERTIFICATION

BECOME LIFEGUARD CERTIFIED

For ages 15+, this course is designed to certify you as a Red Cross Lifeguard in: CPR, First Aid and AED administration. Course includes an in-class pre-test (see below), lecture with video and practical skills both in water and on land.

Blended Learning requires you to complete the online portion, which is about eight hours BEFORE attending the first class. The in-person portion is 21 ½ hours. You will be required to print the certification at the end of the online portion to show you passed and bring that to class.

In Class Pre-test Content

Swim 150 yards, tread water for two minutes with hands in armpits and then swim 50 yards. There will also be a timed brick test.

Blended Learning Fees: \$260 Members | \$310 Community

Blended Learning Meeting Dates & Times:

Next Session:

- Friday, Dec 19 | 5-9 pm
- Saturday, Dec 20 | 9 am-6 pm
- Sunday, Dec 21 | 10 am-6 pm

Must attend all classes in chosen session

LIFEGUARD REVIEW COURSE

Ages 16+ | One day class certification
Member: \$125 | Community: \$150

Please note the online portion is about six hours. That needs to be complete before taking the in-person portion which is about 9 ½ hours.

Course Selection Date

- Saturday, November 23 | 9 am-7 pm

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.

Contact Information

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



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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 (add'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



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SWIM TO WORK PROGRAM

The Geneva Lakes Family YMCA offers a Swim to Work Program! This is a readiness and training program that aims to take high school students and retired-age adults through the process of becoming certified lifeguards. Participants do not have to know how to swim before beginning, but must not be afraid to go underwater.

This Swim to Work program is FREE!*

*Participants will sign a contract stating they will complete the necessary programs to become lifeguard certified and work as a YMCA lifeguard covering at least two shifts/days per week for a minimum of six months.

How does this program work?

The Swim to Work program meets individuals where they are in their swim ability and then focuses on the necessary techniques and skills to ultimately help them pass the lifeguard certification course. Participants can join starting October 1, 2025. The length of time to complete this program will vary by individual's swim ability, how comfortable they are in the water and the time it takes to complete the specialized Lifeguard Certification Training program. This program will meet once a week on Wednesdays.

Join anytime beginning October 1, 2025

Swim to Work Program Meets: Wednesdays | 6:45-7:30 pm



Learn More & Join:

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



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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/ACT Pool

October 3 & 17, November 7 & 21, December 5 & 19

Fee

Member: Free | Community: \$10 per child
(pay as you come)

Adults: Free

Register

At the Front Desk | Online: [GenevaLakesYMCA.org](https://www.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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FALL 2025 PROGRAMMING

YOUTH & ADULT SPORTS



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BECOME A CERTIFIED WIAA BASKETBALL OFFICIAL

There are plenty of opportunities for men and women, as well as high school students, to referee basketball! Becoming certified, is a great way to stay fit, be paid well, and develop leadership among youth basketball players.

Join Mark Braden, a member of the WIAC Hall of Fame, as he provides the necessary instruction to get certified. Mark has over 30 years experience refereeing football and high school and college basketball. He has refereed many NCAA Women's Basketball Tournaments, was selected to be part of the 1998 Women's Basketball Final Four Crew, and refereed several high school WIAA Football State Finals.

Learn the proper positions on the court, how to make the calls, and how to deal with players and fans. There will be classroom instruction along with on-court training working a two and three player crew. Get the certification process with the WIAA started!

Saturday, October 25, 2025 | 9 am – 1 pm | Priebe Gym

Ages

16 years & up, men & women welcome!

Cost

Members & Community: Free

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





2026

EVALUATIONS & 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

Evaluations | Wednesday, August 6 | 6-7:30 pm | Veterans Park, Lake Geneva

Learn more about our program and let us learn more about you! Bring your mitt and come meet some of our baseball and softball coaches. We will conduct a basic evaluation of your skills and answer any questions you have about our YMCA Quad County Baseball/Softball league.

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



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



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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

Fall I: Saturdays | 9/13-10/25

Fees

Fall I:

Members: \$56 | Community: \$112

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, September 6
or until program is full



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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

Fall I: 9/13–10/25

Saturdays | 10–11:30 am

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

Free for Members

Day Pass for Community

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





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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

Fall Sessions

Fall I: 9/11–10/23 | \$56 Member | \$112 Community

Fall II: 10/30–12/18 | \$56 Member | \$112 Community

*No class November 27

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

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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.

Fall Sessions

Fridays | 6-7 pm | Ages 7+

Dates & Fees

Fall I: 9/12-10/24

Member \$56 | Community \$112

Fall II: 10/31-12/19

Member \$56 | Community \$112

***No class 11/28**

Staff & Certifications

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

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





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TAI CHI

FOR ADULT BEGINNERS

An internal martial art practice for health benefits and meditation. Come flow with the Yang style form and enjoy stress relief, improved balance, mental awareness, relaxation, and improved breathing in this low impact program.

Ages

Adults | 18+ years

Fall Dates, Day & Time

Mondays | 6:15–7:15 pm

Fall I: 9/8–10/20

Member: \$56 | Community \$112

Fall II: 10/27–12/15

Member: \$64 | Community \$128

Register

In person: Front Desk | Call: 262.248.6211

Online: GenevaLakesYMCA.org | Mobile APP

Questions

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

Instructor

Jeff Hansen, Yang style Tai Chi



ENJOY SOME HEALTH BENEFITS THROUGH THE ART OF TAI CHI



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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

6-12 years

Dates & Times

Fall II: Thursdays | 10/30-12/18

*No class Nov. 27

Beginners: 5-6 pm | Jaycees Gym

Intermediate: 6-7 pm | Jaycees Gym

Fee

Member: \$56 | Community: \$112

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, Oct. 25



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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

Fall II: Saturdays | 11/1-12/20 | 9-10 am
Jaycees & Priebe Gyms

Cost:

Member: \$56 | Community: \$112

*No class Nov. 29

Questions?

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

2nd-3rd

Fall II: Saturdays | 11/1-12/20 | 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, October 18
or until program is full



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CO-ED, OUTDOOR YOUTH FLAG FOOTBALL

The City of Lake Geneva/YMCA Flag Football program will emphasize skill development, teamwork and good sportsmanship! Teams are overseen by volunteers that coach with positive reinforcement and encouragement.

Volunteer Coaches needed!

Ages

Coed Age Groups: K-2nd | 3rd-4th | 5th-6th

Dates & Times

Sept. 6- Oct. 18 | Saturdays | K-2nd: 10-11 am | 3rd-4th: 10:30am-12 noon | 5th-6th: 10:30am-12 noon

Location

Veterans Park, Lake Geneva

Fees

LG Resident: \$55 | Non-Resident: \$72 (includes NFL team jersey & flags)

Questions

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

Registration

Residents that live in Lake Geneva must call or visit the YMCA to get the program discount.

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

**Register by
Saturday, August 16**



GENEVA LAKES FAMILY YMCA • 203 S. Wells Street • Lake Geneva, WI 53147 • GenevaLakesYMCA.org • 262.248.6211





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OUTDOOR CO-ED YOUTH SOCCER

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

Ages

Co-Ed Age Groups: 3-5 years | 6-8 years | 9-10 years

Dates & Times

Tuesdays & Thursdays | 4:45-5:45 PM
August 26-October 9 | Veterans Park

Fees for Session

Lake Geneva Resident: \$46
Non-Resident: \$76
(Fee includes team shirt and soccer ball)

Register

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

Registration open until Saturday, Aug 9 or until program is full.

Questions

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



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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

Fall I : 9/10-10/22 | Jaycees Gym

Fall II: 10/29-12/17 | Jaycees Gym

*No class Nov. 26

Member: \$56 | Community: \$112

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:
Fall I: Saturday, Sept. 6
Fall II: Saturday, Oct. 25



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FALL 2025

PICKLEBALL LEAGUE

Fall 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

Fall I: Thursdays | 9/11-10/23 | 5:30-8 pm

Fall II: Thursdays | 10/30-12/18 | 5:30-8 pm

No league play on Nov 27

Priebe Gym

Fees

Member: \$35 per person

Community: \$47 per person

Register

In person: Front Desk | Call: 262.248.6211

Online: [GenevaLakesYMCA.org](https://www.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

Fall I: Saturday, September 6

Fall II: Saturday, October 25



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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+



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FALL 2025 PROGRAMMING

DUCKS SWIM TEAM



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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!

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



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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



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FALL 2025 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.
- Discount does not apply to one time Joiner Fee or "add on Additional Adult" fee.

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!

There is NO MINIMUM number of employees required!

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

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!

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FALL 2025 PROGRAMMING COMMUNITY



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CELEBRATE YOUR DAY THE Y WAY!

BIRTHDAY PARTIES AT GENEVA LAKES FAMILY YMCA

Open Gym

Ages 6-12

Kids will have a choice in our own open gym as they play basketball, traditional dodgeball or EXTREME dodgeball, which involves large gym mats set up as walls for an added challenge. Kids will have a blast!

Gym (1-1 ½ hours) and Party Room (1 hour)

Members: \$125 | Community: \$170

LU Interactive Party

Ages 6-12

Get immersed in this interactive playground that transforms our gym space into an environment that projects FUN learning games on the wall, music throughout the gym and/or dancing to a variety of music genres. The birthday child can customize their own experience!

Gym (1-1 ½ hours) and Party Room (1 hour)

Members: \$125 | Community: \$170

Rock Climbing Party

Ages 8+

Add some adventure to your party and try out our Rock Wall! Our trained staff will assist and guide the children as they get harnessed in to climb up over 20 feet of rock wall. No additional guests allowed.

Gym (1 hour) and Party Room (1-1 ½ hours)

Members: \$246 | Community: \$310

Pool Party

Ages 2-12

The party will start out meeting in the Party Room to drop off all belongings and wait for all party participants. Staff will then lead the children to the lockers rooms and pool area. The children and adult supervisors will enjoy 1 to 1 1/2 hours of swimming in our activity pool! Our staff will provide pool toys and flotation devices as needed. Pool party can be scheduled after facility hours.

Pool (1-1/2 hours) and Party Room (1 hour)

Members: \$125 | Community: \$170



Pool Party Guidelines:

- If a child CAN swim, they are allowed to use both pools. A child that "can swim" is based on their ability to pass our YMCA Lap Pool swim test. This swim test consists of swimming 25 yards, treading water for 30-60 seconds in the deep end of the pool, and swimming back 25 yards without stopping or using the wall for assistance.
- If a child CANNOT swim, then a parent or guardian (18+), must stay within arm's reach at all times in the Activity Pool only. 1:3 adult/child ratio. Parental supervision is mandatory in pool and locker rooms.
- Follow all pool policies including no shoes on deck and flotation devices from home are prohibited.
- Depending on party time, there may be other swimmers present.
- Pool party timeslots begin after 11:30 am on weekends.

All parties are personalized and include:

- A private party room
- Birthday party attendant to help you with your party, run games in gym or pool, record gifts, etc.
- Goodie bags for each child

Waivers:

All party attendees must complete a YMCA waiver in order to participate. If you are bringing a child from another family, please be sure to have a parent sign the waiver prior to attending.

Party reservation requests can be made in person or on our website at www.GenevaLakesymca.org/birthdays

Timeslots for parties vary depending on the type of party. Parties include 13 children + the birthday child. Some parties (not all) can take 2 more guests at an additional \$10 per child. We recommend you make a reservation 2-4 weeks in advance to allow us enough time to coordinate staff for your party.

Our Party Coordinator will contact you to confirm the date and discuss all of the details to ensure your party is a success!

GENEVA LAKES FAMILY YMCA • 203 S. Wells Street • Lake Geneva, WI 53147 • GenevaLakesYMCA.org • 262.248.6211



All 5 Things Project was created by Brody Golz, Lake Geneva student. In the winter months, children of all ages require "all five things" (boots, gloves, hats, snow pants, jackets) in order to play off of the blacktop at school. All students cannot afford these items. So...beginning September 2, the YMCA will provide a collection box for these items in the YMCA main foyer.

The YMCA will have a day of free shopping for anyone (both children and adults) in need in our community. Those not able to attend may request items to be set aside for pickup. Watch for the date!

All sizes for kids AND adults are accepted!

Gently used & new winter clothing donations for both children and adults are being accepted beginning September 2. Collection box in YMCA main lobby.

Contact the Front Desk for more information | 262.248.6211

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHERHOOD™

STUFF A BACKPACK

Help us ensure all kids are ready for school in the fall!
Drop off new or gently used backpacks and school supplies during the month of August. The Y will deliver the full backpacks to schools in our community!

**A donation bin will be located in
the YMCA Lobby August 1–31**

SUGGESTED DONATION ITEMS:

- PENS
- #2 PENCILS
- COLORED PENCILS
- 3 PRONG FOLDERS
- FOLDERS
- SCISSORS
- GLUE
- GLUE STICKS
- DRY ERASE MARKERS
- NOTEBOOKS
- BACKPACKS
- HEADPHONES

Questions?

Jami Golz, Senior Youth & Family Director
262.248.6211 x26 | jami.golz@glymca.org





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIMBER RIDGE WATERPARK

21

SEPT.

19

OCT.

16

NOV.

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.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEEN LEADERS CLUB

Lead the Next Generation

Join the YMCA Teen Leaders Program and flex your leadership skills while giving back to your community!

As a Teen Leader, you will serve as a role model, support YMCA youth programs and events, and help shape the next generation—all while building confidence, making friends, and having fun. This is your opportunity to:

- Grow as a leader
- Earn volunteer hours
- Gain hands-on experience
- Make a real impact

The Y provides all Teen Leaders with training, support, and ongoing feedback from dedicated staff to help you succeed and grow—both personally and professionally.

Ready to lead?

Step up, stand out, and start making a difference today.

[Learn more!](#)

Jami Golz, Senior Youth & Family Director

262.248.6211 x26 jami.golz@glymca.org

