



SPRING 2025 PROGRAMMING

SPRING I

7 weeks | March 3–April 20

Spring Break: 3/24–3/28

SPRING II

7 weeks | April 21–June 8

Memorial Day 5/26



Member Registration
February 10

Community Registration
February 17



SPRING 2025 PROGRAMMING MEMBERSHIP



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!



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 Foundation.

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!



SPRING 2025 PROGRAMMING FITNESS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FINISH A 5K!

On Saturday, April 26, the YMCA will be hosting their Annual Sprint for Spring 5K Run/Walk. Would you like to participate in the run? Do you need help training for this event? Then this eight week program is for you! There will be weekly Saturday coached runs and a training plan provided by certified running coach, Gena Albanese. Meet your personal wellness goals and make friends in this supportive environment!

Meeting Dates & Times

Saturdays | February 22–April 19 | 7–8 am

No meeting on Saturday, March 29

Flex Training Studio

Fees

Members: \$99 | Community: \$159

***Includes 5K program t-shirt and entry fee**

Registration

Call: 262.248.6211

Online: GenevaLakesYMCA.org

In Person: Front Desk | Mobile APP

Minimum of 8 participants to run the program



Questions

Contact, Melissa Monge

Fitness Director | 262.248.6211 x17

melissa.monge@glymca.org



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

YOUTH FITNESS



STRENGTH & CONDITIONING PROGRAM WITH FREE OPEN HOUSE

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 through Thursday.

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.

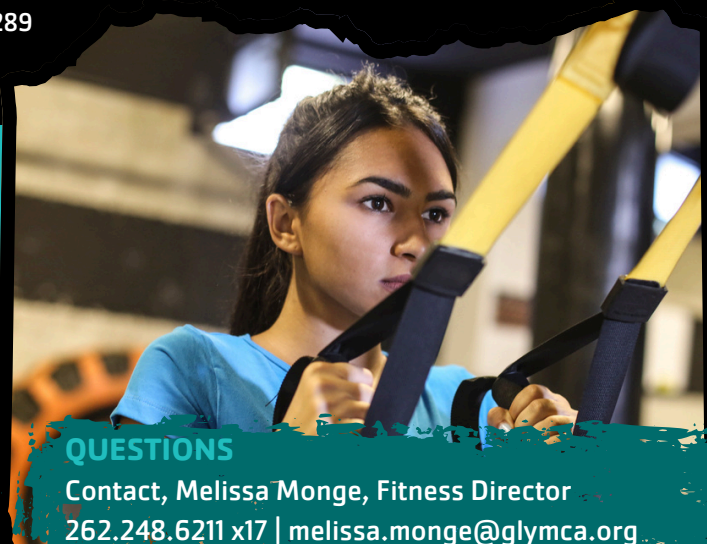
Open House Dates: Sundays 12-2pm March 9 | April 6 | May 4

Want to see what youth conditioning is all about, meet the coaches and see the spaces where conditioning will be held at the Y? Join us for one of the above open house dates and get the information you need before enrolling.

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

READY FOR A LES MILLS LAUNCH PARTY?



**WHO
YOU!**

WHAT

Join us for a Les Mills Spring
Launch Party featuring all 3 formats:
Grit Strength, Body Pump & Core

WHERE

Geneva Lakes Family YMCA | Jaycees Gym

WHEN

Saturday, April 19

Grit Strength 8 – 8:30am

Body Pump 8:45 – 9:30am

Core 9:45 – 10:15am

LES MILLS
BODYPUMP



LES MILLS
CORE



LES MILLS
GRIT



Cost

Member: Free | Community: \$12

Register Many Ways

In Person: Front Desk

Online: GenevaLakesYMCA.org

Call: 262.248.6211 | Mobile APP

Scan QR Code

Don't delay...only 30 spots available!

Questions

Melissa Monge, Fitness Director

melissa.monge@glymca.org | 262.248.6211 x17





IT'S HERE

LES MILLS **VIRTUAL** ...AND ON DEMAND

IF...

- you are unable to attend LesMills programming during peak class times
- you are looking to participate in LesMills at your own pace
- you are wanting to do the LesMills workout on your own time
- you want to have access to more LesMills formats beyond what is offered in group exercise classes

THEN...

LesMills Virtual and/or On Demand is for you!

Virtual (Scheduled)

- **At certain times throughout the day, virtual classes will be scheduled to accommodate up to eight people per session**

On Demand

- **Simply reserve your time (friends can join you).**
- **Select your own fitness program on our video monitor.**
- **Start your workout on YOUR time, at YOUR pace, all included in YOUR membership!!**



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



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

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

7-8 am | Members Only

5:30-6:30 pm | FREE class for Military/First Responders Only

YMCA Conference Room

Fridays

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

YMCA Conference Room

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





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: \$14

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: \$14

Minimum per class: 3 | Maximum per class: 12



Register

In Person: Front Desk | Online: [GenevaLakesYMCA.org](https://www.GenevaLakesYMCA.org) | Call: 262.248.6211 | Mobile APP

Questions

Melissa Monge, Fitness Director | 262.248.6211 x 17 | 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	\$260	\$240	\$195
10 Sessions	\$480	\$395	\$370
20 Sessions	\$850	\$740	\$700



 Partner Training (2 People) 60 Minute - Price per person	
5 Sessions	\$185
10 Sessions	\$345
20 Sessions	\$640

**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	\$135
10 Sessions	\$240
20 Sessions	\$425



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!



SPRING 2025 PROGRAMMING YOUTH, FAMILY & SENIORS



FOR YOUTH DEVELOPMENT®
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WIGGLE & GIGGLE

Wiggle & Giggle has become the "place to be" for toddlers and preschoolers! Bring your toddler or preschooler for a couple hours of fun playing with balls, blocks, dancing to music, and enjoying push or ride on toys. Your child will have a blast and meet other kids... and you will meet other parents!

Ages

1-4 (with parent)

Days & Times

Mondays | 9:15-10 am | Jaycees Gym

Spring I: March 3-April 14

*No class 3/24

Spring II: April 21-June 2

*No class 5/26

Fees for Each Spring Session

\$48 M | \$84 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



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

SILLY SCIENTISTS

Calling all Jr. Scientists to the YMCA Laboratory! We will discover and explore the world around us in a fun and exciting way with hands-on experiments and sensory explorations.

Ages 2-4 (with parent)

Dates & Time:

Thursdays | 9:15-10 am | MGR

Spring I: March 6-April 17

***No class March 27**

Spring II: April 24-June 5

Cost

Spring I: \$48 M | \$84 C

Spring II: \$56 M | \$98 C

Register

In Person: Front Desk

Online: GenevaLakesYMCA.org

Call 262.248.6211

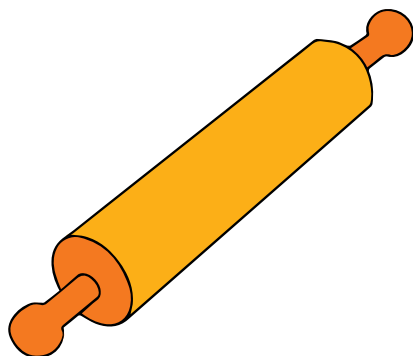
Questions

Jami Golz | Sr. Youth & Family Director

jami.golz@glymca.org

262.248.6211 x 26





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NEW! SNACK ATTACK

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



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

Dates

March 8 | April 12 | May 10

Cost

Members: \$15 per class

Community: \$30 per class

Register

In Person: Front Desk

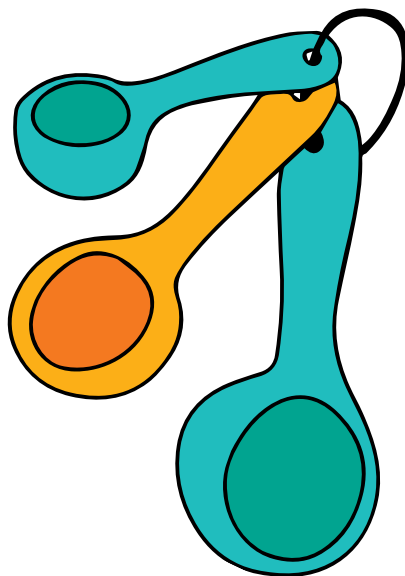
Online: GenevaLakesYMCA.org

Call 262.248.6211

Questions

Jami Golz | Sr. Youth & Family Director

jami.golz@glymca.org | 262.248.6211 x26





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NEW!

MESSY CREATIONS

Come create! Messy Creations is an art class for kids that just like to be creative and get messy. During this class we will be making different projects using all types of stuff while exploring the world of art. So, let's get a little messy!

Ages 6-12

Dates:

March 15 | April 19 | May 17
Saturdays | 10-10:45 am | MGR

Cost Per Session

Spring: \$15 M | \$30 C

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





NEW! SOCIAL SENIORS



Social Seniors (55+) provides occasional guest speakers, games and refreshments throughout the year and the opportunity to make new friends!

Registration will be required.

Members: Free
Community: Day Pass

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

Bladder Brilliance: Insights for a Leak-Proof Life

Leaking while coughing, sneezing, or laughing? Weakened or slow stream? These symptoms are common, however, not normal.

Join Calli Prindle, Occupational Therapist Registered and Pelvic Floor Trained Therapist as we learn about the pelvic floor, where it is, and how it functions with the bladder while performing daily movement. Learn about pelvic floor physical therapy and how it can help with your symptoms.

Wednesday, March 5 | 10:30–11:30 am





SPRING 2025 PROGRAMMING CHILD CARE



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2025 Summer Day Camp

YMCA Preschool Camp (3–4 year olds)

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

New! Trailblazer's Middle School Camp (Entering 6th–8th Grade)

Details Coming Soon! Be sure to watch our website and Facebook pages

2025–26 Early Explorers Preschool & Y BASE

Registration Opens May 1

Montessori

Returning Families: Registration Open Now

New Families: Registration Opens March 1

GenevaLakesYMCA.org/childcare





FOR YOUTH DEVELOPMENT®
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SCHOOL DAY OUT

2024-2025 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.

LAKE GENEVA DATES

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

Spring: Mar 24-28 Apr 18, 21

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 at the time of registration.

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



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.



SPRING 2025 PROGRAMMING AQUATICS

SPRING SWIM LESSONS 2025

Spring I: March 3-April 20 | No Lessons Spring Break 3/24-3/29

Spring II: April 21-June 8 | No Lessons Memorial Weekend 5/24-5/26

Spring I Group Lesson Fees: Member: \$48 | Community \$84

Spring II Group Lesson Fees: Member: \$56 | Community \$98

	Mon	Tue	Wed	Thur	Sat
Parent & Child					
6-18 months	9-9:30am			5:00-5:30pm	9:40-10:10am
19-36 months				5:35-6:05pm	10:15-10:45am
Homeschool					
Level 1-2			9:15-10:00am		
Level 3-5			10:05-10:50am		
Preschool: 2 ½ years+					
Combo class (Level 1-3)			8:40-9:10am		
Level 1:	5:00-5:30pm	5:00-5:30pm	5:00-5:30pm		8:30-9:00am
Level 2:	5:35-6:05pm	5:35-6:05pm	5:35-6:05pm		9:05-9:35am
Level 2: Later	6:45-7:15 pm	6:45-7:15 pm			10:15-10:45 am
Level 3:	6:10-6:40pm	6:10-6:40pm	6:10-6:40pm		9:40-10:10am
Youth: 5+					
Level 1 & 2		5:35-6:05pm			8:30-9:00am
Level 2:		6:10-6:40pm	6:10-6:40pm		
Level 2:		6:45-7:15 pm	5:35-6:05pm		9:05-9:35am
Level 3: Beg	6:45-7:15 pm	5:00-5:30pm	5:00-5:30 pm		
Level 3: Beg	6:10-6:40pm				9:40-10:10am
Level 3: Adv.	5:35-6:05pm				
Level 4/5:	5:00-5:30pm				10:15-10:45am
Adults					
Adult Beginner			6:45-7:15pm		
Swim to Work			6:45-7:30pm		



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

MOTHERS & MUNCHKINS

This program is perfect for moms to meet other moms and kids to meet other kids! The first hour we will be in the gym for open play. The second hour we will be in the activity pool for open swim to splash around and have fun in the water.

Ages

0-5 (School Age)

Dates & Times

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

Feb 21 | March 7 | April 18 | May 2 & 16

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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WIBIT

Bounce on in and try out our YMCA WIBIT inflatable obstacle course! Tackle the WIBIT as a family or reserve it for a birthday party or group event. Participant must pass a swim test with a lifeguard, and parents must sign a waiver.

Learn More:
GenevaLakesYMCA.org/wibit

Saturday,
MAY 3
12-1:30 PM

Member: FREE

Community:
Day Pass Fee

Contact:

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



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 BEFORE attending the first class. 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:

Session 1

- Fri, March 28 | 5-9 pm
- Sat, March 29 | 8 am-6 pm
- Sun, March 30 | 10 am-6 pm

Session 2

- Fri, May 16 | 5-9 pm
- Sun, May 18 | 8 am-6 pm
- Mon, May 19 | 5-9 pm
- Tue, May 20 | 5-9 pm

Must attend all classes in chosen session

LIFEGUARD REVIEW COURSE

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

Course Selection Dates

- Saturday, April 26 | 8:30 am-6 pm
- Saturday, May 17 | 8:30 am-6 pm
- Sunday, June 8 | 9 am-6:30 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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Saturday, April 12 | 9 am-12 noon

Tuesday, May 13 | 6-9 pm

Wednesday, June 11 | 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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM TO WORK PROGRAM

The Geneva Lakes Family YMCA is offering 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 anytime between Sept 20-May 22. The length of time to complete this program will vary by individuals 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.

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 2 hours online). Whether you are a business, church or school district, 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) = 2 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 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 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



SPRING 2025 PROGRAMMING DUCKS SWIM TEAM

DUCKS SWIMMING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GENEVA LAKES FAMILY YMCA

Ducks Competitive Swim Team

Team Evaluations: Wednesday, April 16, 5-6 pm

Long Course Season: Tuesday, April 22-Monday, August 4

Registration Opens
Monday, April 7

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.



Interested in joining the Ducks Swim Team?

Contact Glenn Biller, Director of Competitive Swimming

262.248.6211 x23 | glenn.biller@glymca.org | GenevaLakesYMCA.org/ducksswimming



Spotted Ducks

The objective of this Swim Team group is to teach the fundamentals and mechanics of each stroke. Swimmers entering Swim Team must be able to swim: 25 yards freestyle, no stopping with rhythmic breathing; 25 yards backstroke, no stopping and not dragging legs; 25 yards flutter kick on front and back with board, dive from side of pool, no feet entry. Swimmer should be able to endure an hour-long practice. This group provides a fun atmosphere and introduces swimmers to competition when ready.

Lake Ducks & Wood Ducks

This Swim Team group is for our experienced competitors who are ready for a more serious level of training and competition. The objectives of this group are to develop stroke mastery, further build endurance, and establish goals and training habits to be successful at end-of-season competitions and prepare to move to the next level of training and competition.

Mallard Ducks

This Swim Team group is for late middle school age and high school varsity-level swimmers who are ready and willing to train for elite level competitions. This group focuses on race preparation, goal setting, aerobic, anaerobic, stroke training, race strategy and pace work. Focus will also continue on the technique and mechanics of strokes, starts, and turns. Swimmers in this group should be committed to attending 2-hour practices daily and attending as many weekend meets as possible throughout the season.



SPRING 2025 PROGRAMMING YOUTH SPORTS



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY



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, March 15, 2025 | 10 am – 2 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





FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

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

5-12 years

Dates & Times

Spring I: Thursdays | 3/6-4/17 | Jaycees Gym

*No class 3/27

Beginners: 5:45-6:45 pm

Intermediate: 6:45-7:45 pm

Fee Per Session

Member: \$48 | Community: \$84

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, March 1
or until program is full



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY



CHEERLEADING CLINIC

Girls and boys are invited to attend a one day cheerleading clinic! Learn new cheers, perfect jumps, work on stunts and perform a routine. A performance will be held during the last 15 minutes of the class in the Geneva Lakes Family YMCA Jaycees Gym.

Ages

6-10 Years

Day & Time

Clinic Dates: Feb 23 | March 16

Sunday | 12 noon - 1:30 pm

Jaycees Gym

Registration Deadlines or until program is full:

Feb 21 | March 14

What to Bring

Please send your child in black pants or shorts and a white t-shirt, long hair should be worn up. Gym shoes required.

Fee Per Clinic

Member: \$25 | Community: \$45

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





FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

NEW & OUTDOORS! LEARN & PLAY LACROSSE

Learn the game of lacrosse! This is an up and coming sport in the state of Wisconsin. Learn the skills, rules, and techniques of the game outdoors. This 5-week program taught by Nick Polce is co-ed! All equipment included.

Ages

6-10

Dates & Times

Thursdays | April 10-May 8 | 4:30-5:30 pm
Veterans Park

Fee

Members: \$40 | Community: \$70

Register

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

**Registration Deadline Saturday, April 5 or
when program is full**

*Max 12 participants

Questions

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





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 8-13

Wednesdays | 5-6 pm

Intermediate Volleyball

Ages 9-14

Wednesdays | 6-7 pm

Dates & Fees

Spring I: Wednesdays | 3/5-4/16 | Jaycees Gym

No class March 26

Member: \$48 | Community: \$84

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 Deadline:
Saturday, March 1
or until program is full





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 | 3/8-4/19

*No class 3/29, class meets 11 am-12 noon 4/19

Spring II: Saturdays | 4/26-5/10

Fees

Spring I: \$48 M | \$84 C

Spring II: \$24 M | \$42 C

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, March 1
or until program is full



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

Saturdays | 10–11:30 am

Spring I: March 8–April 20

*No class 3/29, class meets 12 noon–1:30 pm on 4/19

Spring II: 4/26–5/10

Jaycees Gym | 40lbs minimum

Free for Members

Day Pass for Community

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





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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+) Mondays | 6:45–7:45 pm

Spring Sessions

Spring I: March 3–April 14 | \$56 Member | \$98 Community

Spring II: April 21–June 2 | \$48 Member | \$84 Community

*No class 5/26

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



Registration Deadlines

Spring I: Saturday, March 1

Spring II: Saturday, April 19



DRAGON KENPO KARATE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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.

Spring Sessions

Fridays | 6-7 pm | Ages 7+

Dates & Fees

Spring I: March 7-April 18

Member \$56 | Community \$98

Spring II: April 25-June 6

***No class 5/26**

Member \$48 | Community \$84

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





FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY



DREAM TEAM



This exciting co-ed league is designed for kids and adults with 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 23-July 16
Family Day | July 4 | 9:30-11:30 am

Register

In Person: Front Desk | Call: 262.248.6211
Online registration is not available for this program

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: \$22
Non-Resident: \$32

REGISTRATION DEADLINE:

Saturday, MAY 24

**VOLUNTEERS
NEEDED**





FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

SWING BATTER BATTER

Co-Ed 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 3 – July 10 | Veterans Park

Cost

Lake Geneva Resident: \$32 | Non-Resident: \$45

Non-Travel Baseball & Softball

Dates & Times

Coach Pitch Minor League Baseball (Ages 7-8): Mondays & Wednesdays | June 2-July 16 | Veterans Park

Boys Major League Baseball (Ages 9-11): Tuesdays & Thursdays | June 3-July 17 | Veterans Park

Coach Pitch Junior League Softball (Ages 7-10): Mondays & Wednesdays | June 2-July 16 | Veterans Park

Cost

Lake Geneva Resident: \$42 | Non-Resident: \$55

Register

In Person: Front Desk | Call: 262.248.6211

Online registration is not available for this program

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 26

Softball
Saturday, April 26

T-Ball
Saturday, May 10



SPRING 2025 PROGRAMMING ADULT SPORTS



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY



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, March 15, 2025 | 10 am – 2 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





FOR YOUTH DEVELOPMENT®
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SPRING 2025

PICKLEBALL LEAGUE

Spring 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

Spring I: Thursdays | 3/6 - 4/17 | 5:30-8 pm
Priebe Gym

Fees

Member: \$33 per person
Community: \$45 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 DEADLINE

Saturday, March 1



FOR YOUTH DEVELOPMENT®
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NEW!

BEGINNER OPEN PICKLEBALL

Monday–Friday | 10:30–11 am

Lessons offered on Tuesdays

Learn the rules, layout of court, scoring, etc.
Stay after for open play hours.

No registration needed, just show up & play!

Members: Free | Community: Day Pass

Open to ages 18+



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

PICKLEBALL HOURS

INDOOR | PRIEBE GYM

Monday–Thursday

11 am – 2 pm

Friday

11 am – 1 pm

Saturday

7 – 9 am

Members: Free | Community: Day Pass

Open to ages 18+



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ADULT MEN'S SOFTBALL

Grab your cleats and mitt and let's play ball! Join the Men's Softball League for some friendly competition! All skill levels are welcome, so gather all of your friends and create your own teams. This is a great way to get active, while having fun!

Ages

18+ Years

Dates & Times

Fridays | May 9–Aug 22 | 6–10 pm | Veterans Park

Team Fees

Lake Geneva Resident: \$475 per team

Non-Resident: \$550 per team

No Individual Entries | Max 12 teams

**REGISTRATION
CLOSES MAY 3**

Registration & Questions

Mike Coolidge, Sports Operations Director

262.248.6211 x30 | mike.coolidge@glymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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+) Mondays | 6:45–7:45 pm

Spring Sessions

Spring I: March 3–April 14 | \$56 Member | \$98 Community

Spring II: April 21–June 2 | \$48 Member | \$84 Community

*No class 5/26

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



Registration Deadlines

Spring I: Saturday, March 1

Spring II: Saturday, April 19



DRAGON KENPO KARATE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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.

Spring Sessions

Fridays | 6-7 pm | Ages 7+

Dates & Fees

Spring I: March 7-April 18

Member \$56 | Community \$98

Spring II: April 25-June 6

***No class 5/26**

Member \$48 | Community \$84

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





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Dates, Day & Time

Monday | 6:15–7:15 pm

Spring I: March 3–April 14 | \$56 M | \$98 C

Spring II: April 21–June 2 | \$48 M | \$84 C

*No class 5/26

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



SPRING 2025 PROGRAMMING COMMUNITY



JOIN THE AUCTION REMOTELY!

BE PART OF THE AUCTION | February 10-15

Not attending the auction this year? Then join us online for bidding remotely in our silent auction or purchase raffle tickets! All proceeds benefit our Financial Assistance & Community Outreach programs such as Dream Team Baseball, Safety Around Water, Rock Steady Boxing and Grab N Go Lunches.

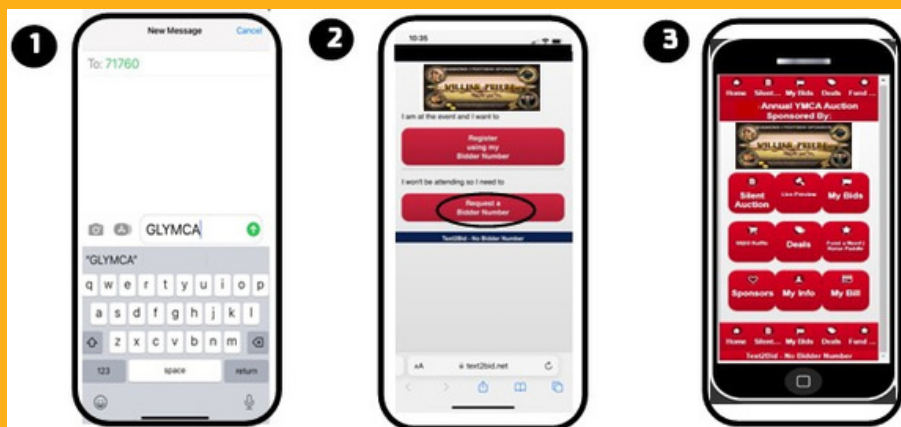
WHEN IS THE SILENT AUCTION OPEN?

Starting, Monday, February 10 - Saturday, February 15 at 8 pm, you can bid online in the silent auction or purchase raffle tickets.

HOW DO I BID?

Get out your cell phone (not available on a computer) and follow the prompts below. You must put in your name, full address and credit card, but it will ONLY be charged IF you WIN something. You will be notified that night after 8 pm if you win. If you win, tap the button that reads "My Bill" and follow the prompts.

1. TEXT: GLYMCA TO: 71760
2. SELECT: REQUEST A BIDDER #
3. SELECT: SILENT AUCTION



WHEN DOES THE SILENT AUCTION CLOSE & WHAT ITEMS ARE IN THE AUCTION?

The silent auction closes on Saturday, February 15, at 8 pm. There are many great items including overnight stays, a variety of restaurant gift certificates, golf outings, drink packages and so much more!

WHAT ELSE DO I NEED TO KNOW?

Remote bidding is limited to purchasing raffle tickets and the Silent Auction only. The Live Auction is for in person guests only. If you win, please pick up your item at the YMCA, 203 S. Wells Street, after 12 noon on Monday, Feb 17 or call us to make other arrangements.

QUESTIONS?

Contact Ann Fulmer, Sr. Director Marketing & Development, ann.fulmer@glymca.org, 262.248.6211 x27



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIMBER RIDGE WATERPARK

9

MARCH

27

APRIL

25

MAY

22

JUNE

12 pm – 8 pm

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

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®
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SPLASH & HUNT IN THE POOL



Grab your suit and join us for an egg hunt in the pool!

Each family time slot has 30 minutes for an egg hunt in the pool and swim time. After the 30 minutes, families get out of pool, change and visit the Easter Bunny. This event is free for members and is limited to the first 15 families per time slot. Register by Friday, March 28. Hurry! Spots will fill up quickly.

Ages 6 months-12 years old | Sunday, April 6 | 11:30 am - 1:30 pm



Times

Sign up for one time | Limit 15 families per time slot

11:30-12 noon | 12 noon-12:30 pm | 12:30 pm - 1 pm | 1 pm-1:30 pm

Parents must be in Activity Pool with children.

Cost

Members: FREE | Community: \$10

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

the



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SCHEDULE OF EVENTS

Saturday, April 26

Registration/Check in at YMCA | Packet pick up on Saturday morning before the race and also on Friday, April 25 from 5 am-7:30 pm.

6-8:30 am

5K Swim

8:45 am

5K Group Run/Walk Warm Up

9 am

5K Run/Walk Begins

9:45 am

Awards Announced

10 am

Kids Run

**Sponsorship
Opportunities
Available!**

5K REGISTRATION INFO

Race Starts/Ends

Geneva Lakes Family YMCA
203 S. Wells St., Lake Geneva, WI 53147

\$30 | 5K Swim Only

Fee includes: t-shirt, finisher medal and snacks. Participants must continuously swim 200 pool lengths. Maximum of 30 participants for 5K Swim event. Bring your own counter.

\$35 | 5K Run/Walk Only

Fee includes: t-shirt, professional chip timed race, marked course, top finisher awards and snacks. Ages 11+

\$50 | 5K Swim AND Run/Walk

Fee includes: all of the above.

Free | Kids 10 and Under Run/Walk Only

This 1/4 mile run immediately follows the 5K Run/Walk at 9 am and is scheduled to start at 10 am.

2025

SPRINT & SPLASH FOR SPRING

GENEVA LAKES FAMILY YMCA

A 5K RUN/WALK & SWIM



SATURDAY, APRIL 26

RAIN OR SHINE!



**LEARN MORE & REGISTER BY
APRIL 12, 2025:
[GenevaLakesYMCA.org/ 5k](https://GenevaLakesYMCA.org/5k)**

**All Adults and Youth (as well as Kids for free run)
need to register for this event.**

**Registrations after April 12 will incur an
additional \$5.00 fee per person**

**Proceeds benefit Rock Steady Boxing, a fitness therapy
program for adults with Parkinson's disease.**

Join us immediately after the 5K Sprint & Splash for

HEALTHY KIDS DAY

Free Community Event | 10:30 am-12 noon
GenevaLakesYMCA.org/hkd





FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

HEALTHY KIDS DAY

Save the Date!

Saturday, April 26 | 10:30 am – 12 noon

Free Community Event!

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. Watch our website as details unfold.

GenevaLakesYMCA.org/HKD

Join us for our 8th Annual 5K Run/Walk just before Healthy Kids Day. There will also be a free kids run for ages 10 and under. This year we will be adding a 5K Swim! Check out the details at GenevaLakesYMCA.org/5K.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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TOGETHERHOOD™

DOING OUR PART TOGETHER

At the Y, we're dedicated to strengthening community by giving back and supporting our neighbors. We know members like you have lots of ideas and the desire to reach out and make positive changes in our community.

That's why we invite you to participate in Togetherhood™, a program that gives Y members the opportunity to participate in service projects that benefit people and organizations right here in our neighborhood.

Togetherhood™ invites members to participate in the Y's cause to strengthen community. Collecting school supplies, donating blood, or running a park clean up are just some of the countless ways Y members and their friends and families can come together. As a member of the Service Committee, you'll work with others to identify and run projects that help strengthen our community.

The Key Benefits of Togetherhood

Good for Individuals

Volunteering improves people's well-being, helps them forge strong-relationships, and gives them an outlet to explore their passions and discover their purpose.



Good for Community

Togetherhood leverages the Y's powerful network and cause-driven mission to unlock people's potential to improve lives and contribute to a stronger and more connected society.



Good for the Y

Togetherhood leverages the Y's mission as a nonprofit organization to unlock people's potential to improve lives, create a more connected society, and strengthen community.



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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHERHOOD™

2025 SCHEDULE OF EVENTS

● Volunteer Opportunity ● Supply Drive

JANUARY

Food Drive & Distribution
Benefits Walworth
County Food Pantries

APRIL

Pinwheel Garden
Healthy Kids Day
Sprint & Splash for Spring

JULY

Stuff a Backpack
Supply Drive

OCTOBER

All 5 Things
Winter Clothing Drive

FEBRUARY

Prom Dress Drive

MAY

Swim Accessory &
Towel Drive

AUGUST

Baby Supply Drive

NOVEMBER

Thanksgiving Dinner

MARCH

Read to a Child

JUNE

Grab-N-Go
Lunch Program

SEPTEMBER

Halloween Costume
Drive

DECEMBER

Wishing Trees

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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: \$120 | Community: \$165

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: \$120 | Community: \$165

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: \$237 | Community: \$299

Wibit Aqua Track Party

Ages 8+

This is the EXTREME pool party! The Wibit is the ultimate aquatic playground for your child to celebrate their birthday! The Wibit will be set up in our large pool and will be for your private use during your reserved time. Participants must pass a swim test and parents must sign a waiver. No additional guests allowed. Party can be scheduled after facility hours. Party is based on lifeguard availability.

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

Members: \$237 | Community: \$299

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: \$120 | Community: \$165



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