

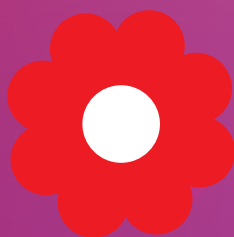
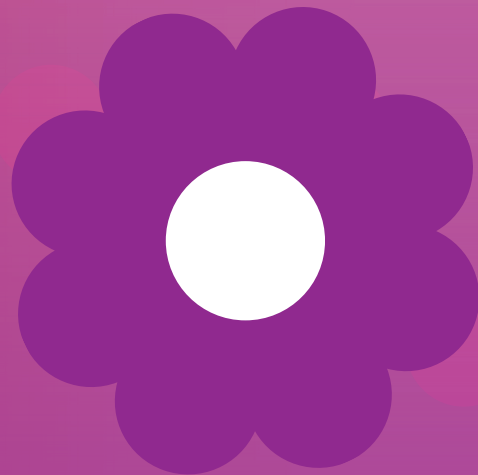
# SPRING 2026 PROGRAMMING

## SPRING I

7 weeks | March 2–April 19

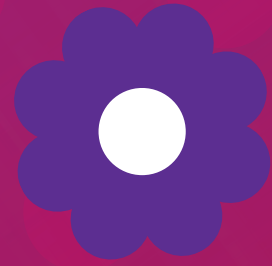
## SPRING II

7 weeks | April 20–June 7



**Member Registration**  
February 9

**Community Registration**  
February 16



**SPRING 2026 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: \$12/per class | Community: \$22/per class

### Drop-In Fees

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

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

## Questions & Registration

Contact, Melissa Monge, Program Operations Director

262.248.6211 x17 | [melissa.monge@glymca.org](mailto:melissa.monge@glymca.org)

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



### FREE SUPPORT GROUP!

Join us the third Thursday of each month.

Caregivers | 12 noon

Boxers & Caregivers | 12-12:45 pm



United Way of  
Walworth County





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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. This suspension training body weight exercise program, develops strength, balance, flexibility and core stability simultaneously. This training benefits all fitness levels. For ages 16+.

### Meeting Dates & Times

#### Mondays

6:50-7:50 am | Members Only

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

Fitness Studio

#### Fridays

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

Fitness Studio

### Fees

Small Group pricing applies.

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

### Registration

Call: 262.248.6211

Online: [GenevaLakesYMCA.org](http://GenevaLakesYMCA.org)

In Person: Front Desk | Mobile APP

Minimum per class: 3 | Maximum per class: 7

### Questions

Contact, Melissa Monge

Program Operations Director | 262.248.6211 x17

[melissa.monge@glymca.org](mailto:melissa.monge@glymca.org)







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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](https://GenevaLakesYMCA.org) | Call: 262.248.6211 | Mobile APP

## Questions

Melissa Monge, Program Operations Director | 262.248.6211 x 17 | [melissa.monge@glymca.org](mailto:melissa.monge@glymca.org)



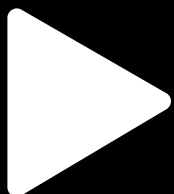
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH FITNESS



## STRENGTH & CONDITIONING PROGRAM

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



### Middle School & High School Youth Conditioning

Monday and/or Wednesday | 4-6 pm

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

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

Convenient busing for Lake Geneva School students!

Contact busing company, Dousman Transport Co., 262-248-3289

to see which bus stops at the YMCA afterschool.

### REGISTRATION

Call: 262.248.6211 | Online: [GenevaLakesYMCA.org](https://GenevaLakesYMCA.org)

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

### QUESTIONS

Contact, Melissa Monge, Program Operations Director

262.248.6211 x17 | [melissa.monge@glymca.org](mailto: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](http://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!

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



 <b>Partner Training (2 People)</b> <b>60 Minute – Price per person</b>	
5 Sessions	\$195
10 Sessions	\$360
20 Sessions	\$680



**NEW**

### Train Your Way

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

**Initial Plan: \$125**

**Continued Plans: \$60**



### Small Group Training (3–8 People) 60 Minute – Price per person

5 Sessions	\$140
10 Sessions	\$250
20 Sessions	\$430



### PAYMENT OPTIONS

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



**Be stronger than your excuses!**





NINTH ANNUAL

# SPRINT FOR SPRING



5K RUN/WALK

## SCHEDULE OF EVENTS

### Saturday, April 25 | 8:30 am

In-person Registration and Packet Pick up available day of event at the YMCA.

Pre-registration Packet Pick up begins Friday, April 24 from 5 am-7:30 pm at the YMCA.

#### 8:45 am

5K Group Run/Walk Warm Up

#### 9 am

5K Run/Walk Begins

#### 9:45 am

Awards Announced

#### 10:15 am

FREE ½ mile Kids Run for ages 10 and under

**Sponsorship  
Opportunities  
Available!**

## 5K REGISTRATION INFO

### Race Starts/Ends

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

### \$35 | 5K Run/Walk Early Bird Registration through April 10

Fee includes: event t-shirt, professional chip timed race, marked course, awards to top male and female. Adults and youth ages 11+.

### \$40 | 5k Run/Walk Registration after April 10

Fee includes: event t-shirt (while supplies last), professional chip timed race, marked course, awards to top male and female. Adults and youth ages 11+.

### FREE 1/2 Mile Run | Kids 10 & Under

This 1/2 mile run immediately follows the 9 am race and is scheduled to start at 10:15 am.

## SATURDAY, APRIL 25

**RAIN OR SHINE!**



**LEARN MORE! SAVE MORE! REGISTER  
BY APRIL 10, 2026 TO SAVE \$5 AT:  
[GenevaLakesYMCA.org/5k](https://GenevaLakesYMCA.org/5k)**

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

**Register early for guaranteed event shirt and  
swag. Early Bird Registration ends April 10.**

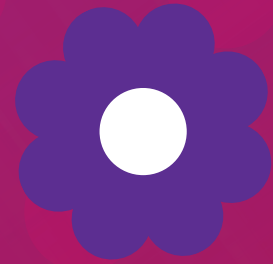
**Proceeds benefit Rock Steady Boxing, a fitness therapy  
program for adults who have Parkinson's disease.**

Join us immediately after the 5K Sprint for Spring for

## HEALTHY KIDS DAY

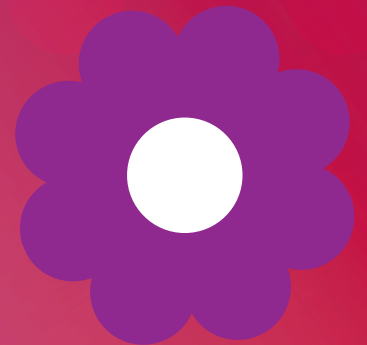
Free Community Event | 10:30 am-12 noon  
[GenevaLakesYMCA.org/hkd](https://GenevaLakesYMCA.org/hkd)





**SPRING 2026 PROGRAMMING**

**YOUTH, FAMILY  
& SENIORS**







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# MINI MOVERS

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

## Days & Times

Tuesdays | 10-10:45 am | Jaycees Gym  
Spring I: March 3-April 14

*\*No class March 24*

Spring II: April 21-June 2

## Fees for Session

Spring I: \$48 M | \$96 C

Spring II: \$56 M | \$112 C

## Ages

1-5 (with parent)

## Register

In Person: Front Desk

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

Call 262.248.6211 | Mobile APP

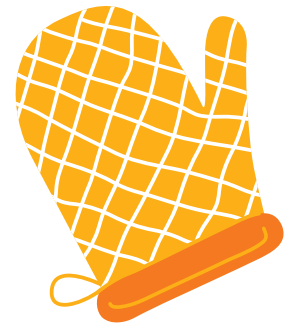
## Questions?

Please visit the Front Desk or call:  
262.248.6211



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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**

March 14, April 18, May 16

**Cost**

Members: \$16 per class

Community: \$32 per class

\*Max. 8 per class

**Register**

In Person: Front Desk | Online: [GenevaLakesYMCA.org](http://GenevaLakesYMCA.org) | Call 262.248.6211

**Questions**

Visit the Front Desk or call:  
262.248.6211





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WIGGLES & WAVES

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

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

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

## Ages

Kids of all ages, when accompanied by an adult.

## Dates & Times

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

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

## Fee

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

Adults: Free

## Register

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

Call: 262.248.6211 | Mobile APP

## Questions

Gertrude Suhajda, Aquatics Director

[gertrude.suhajda@glymca.org](mailto:gertrude.suhajda@glymca.org) | 262.248.6211 x22





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SOCIAL SENIORS

## SCHEDULE OF EVENTS

● Presentations ● Engagement Escapes ● Craft & Create

### February 2026

● **Tuesday, February 10 | 11 am–12 noon**

#### **Valentine's Day Flower Craft**

Celebrate Valentine's Day with a fun and creative flower-making activity! Make a beautiful bouquet or single flower to give to someone special or to take home and enjoy.  
All supplies are provided.

.....

● **Thursday, February 19 | 11 am–12 noon**

#### **Let's Travel Around the World Series**

Topic: Japan

Learn about Japan's culture, cuisine, must-see sights, and practical travel tips, designed with mature travelers in mind, to see how rewarding and accessible Japan can be at any age.

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

**[GenevaLakesYMCA.org/seniors](https://GenevaLakesYMCA.org/seniors)**





**SOCIAL SENIORS**



# LET'S TRAVEL AROUND THE WORLD!

Embark on a global adventure without leaving your seat! This workshop 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 workshop will equip you with the knowledge and confidence to explore the world with curiosity and respect. **Are you ready to travel beyond borders?**

## Thursday, February 19 | 11 am-12 noon

Join us for an engaging presentation on traveling to Japan, where ancient traditions meet modern comforts. This session will explore Japan's rich culture, beautiful landscapes, delicious cuisine, and practical travel tips designed especially for mature travelers. From iconic temples and peaceful gardens to efficient transportation and accessibility considerations, attendees will learn how Japan can be both an exciting and comfortable destination. Whether Japan has always been on your bucket list or you're simply curious, this presentation will show how approachable and rewarding travel to Japan can be at any age.

**Presented by Christene Kamberis | Fora Travel Advisor**

**Members: Free | Community: Day Pass**

### Register

In Person: Front Desk

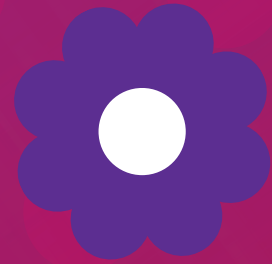
Online: [GenevaLakesYMCA.org/seniors](https://GenevaLakesYMCA.org/seniors)

Call 262.248.6211

### Questions

Please visit the Front Desk or call 262.248.6211





**SPRING 2026 PROGRAMMING**

# **COMMUNITY EVENTS**







GENEVA LAKES FAMILY YMCA

# 40<sup>TH</sup> ANNIVERSARY

*Auction*

*February 14, 2026*

PRESENTED BY: **KUNES**  
RV | AUTO | TRUCKS | COMMERCIAL



## BE PART OF THE AUCTION! | Now-February 14 at 8 pm

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, Y-Time and Grab N Go Lunches.

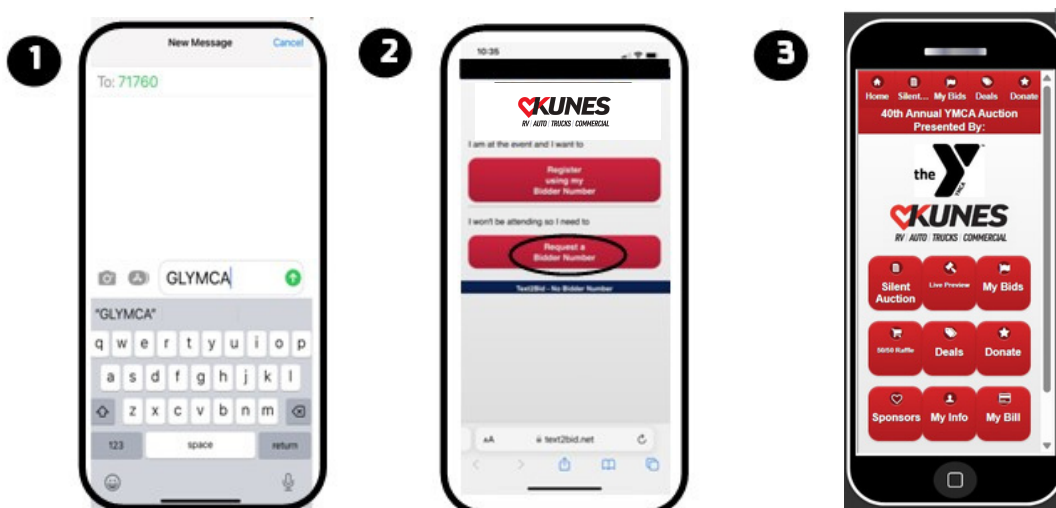
### WHEN IS THE SILENT AUCTION OPEN?

Now- Saturday, February 14 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 for payment.

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 14, 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! Several new items are available this year as well!

### 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, February 16 or call us to make other arrangements.

### QUESTIONS?

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



**Visit our "Data & Deals" page!**

This page will provide helpful links and discounts to information in & around the Lake Geneva area pertaining to dining, lodging, shopping and more. Deals are added daily!

**[GenevaLakesYMCA.org/deals](https://GenevaLakesYMCA.org/deals)**



FOR YOUTH DEVELOPMENT<sup>®</sup>  
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

**Spring I: 3/7-4/18\***

**\*No open climb on 3/28**

**Saturdays | 10-11:30 am**

**Jaycee's Gym | Ages 8+ | 40lbs min**

**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

# TIMBER RIDGE WATERPARK

**22**  
MAR.

**19**  
APR.

**10**  
MAY

**12 pm – 8 pm**

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

\*(12 months of age and older)

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





NINTH ANNUAL

# SPRINT FOR SPRING



5K RUN/WALK

## SCHEDULE OF EVENTS

### Saturday, April 25 | 8:30 am

In-person Registration and Packet Pick up available day of event at the YMCA.

Pre-registration Packet Pick up begins Friday, April 24 from 5 am-7:30 pm at the YMCA.

**8:45 am**

5K Group Run/Walk Warm Up

**9 am**

5K Run/Walk Begins

**9:45 am**

Awards Announced

**10:15 am**

FREE ½ mile Kids Run for ages 10 and under

**Sponsorship  
Opportunities  
Available!**

## 5K REGISTRATION INFO

### Race Starts/Ends

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

### \$35 | 5K Run/Walk Early Bird Registration through April 10

Fee includes: event t-shirt, professional chip timed race, marked course, awards to top male and female. Adults and youth ages 11+.

### \$40 | 5k Run/Walk Registration after April 10

Fee includes: event t-shirt (while supplies last), professional chip timed race, marked course, awards to top male and female. Adults and youth ages 11+.

### FREE 1/2 Mile Run | Kids 10 & Under

This 1/2 mile run immediately follows the 9 am race and is scheduled to start at 10:15 am.

## SATURDAY, APRIL 25

**RAIN OR SHINE!**



**LEARN MORE! SAVE MORE! REGISTER  
BY APRIL 10, 2026 TO SAVE \$5 AT:  
[GenevaLakesYMCA.org/5k](https://GenevaLakesYMCA.org/5k)**

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

**Register early for guaranteed event shirt and  
swag. Early Bird Registration ends April 10.**

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

Join us immediately after the 5K Sprint for Spring for

## HEALTHY KIDS DAY

Free Community Event | 10:30 am-12 noon  
[GenevaLakesYMCA.org/hkd](https://GenevaLakesYMCA.org/hkd)





# HEALTHY KIDS DAY

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

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

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

**Visit:**  
**[GenevaLakesYMCA.org/5K](https://GenevaLakesYMCA.org/5K)**



**A FREE  
COMMUNITY  
EVENT!  
SAVE THE DATE.**





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: \$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:

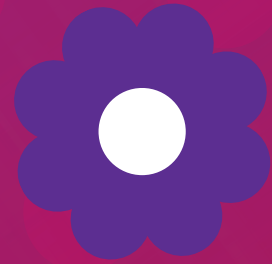
All party attendees must complete a YMCA waiver in order to participate. If you are bringing a child from another family, please be sure to have a parent sign the waiver prior to attending.

Party reservation requests can be made in person or on our website at [www.GenevaLakesymca.org/birthdays](http://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](http://GenevaLakesYMCA.org) • 262.248.6211**



**SPRING 2026 PROGRAMMING**

**CHILD CARE**



# PLAY EVERY DAY



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

## CHILD WATCH CENTER

### TIME LIMIT

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

### AGES

4 weeks to 9 years

### RATES:

Members ONLY: \$5/per hour per child

Member Unlimited Monthly Visits Option:

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

3+ children: \$47/month

### HOURS

Monday-Friday | 8:30 am – 12 noon

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

Saturday | 9:00 am – 12 noon

### QUALIFIED STAFF

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

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

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



Please contact the Geneva Lakes Family YMCA if you need additional information: 262.248.6211



# WELCOME

## OUR POLICIES

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

### Check-In

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

### Checklist: Before you drop off

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

### Time Limits

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

4 weeks-9 months | 30 minutes

9 months-2 years | 1 hour

3-9 years | 1.5 hours

One visit per day is allowed.

### Clothing

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

### Crying

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

### Food & Drink

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

### Leaving the YMCA

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

### Illness

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

### Diapers

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

### Lost & Found

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

### Toy Policy

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

### Medical Incident Procedures

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

### Allergies

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

### Discipline & Behavior Issues

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

### Evacuation Procedures

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

### Tornado Procedures

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SCHOOL DAY OUT

## 2025-2026 SCHOOL YEAR

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

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

## LAKE GENEVA DATES

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

**Winter: February 20**

**Spring: March 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

Emma Watters, Camp Director | [emma.watters@glymca.org](mailto:emma.watters@glymca.org)  
Geneva Lakes Family YMCA | 262.248.6211 x13

## SAMPLE SCHEDULE

7-9 am	Choice Activities
9-9:30 am	Snack Break
9:30am-11:30 am	Group Activities
11:30 am-12 noon	Lunch
12 noon-2 pm	Swimming
2-3 pm	Arts & Crafts
3-3:30pm	Snack Break
3:30-4:30pm	Group Activity
4:30-6pm	Departure & Choice







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2026 Montessori

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

[GenevaLakesYMCA.org/montessori](https://GenevaLakesYMCA.org/montessori)







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2026 Summer Day Camps

YMCA Preschool Camp (3-4 year olds)

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

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

**Registration Opens March 1<sup>st</sup>!**

[GenevaLakesYMCA.org/camps](https://GenevaLakesYMCA.org/camps)







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

2026-2027

# SCHOOL AGE PROGRAMS

Preschool and Before,  
During & After School Care

GENEVA LAKES FAMILY YMCA

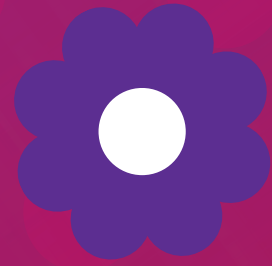
REGISTRATION  
OPENS MAY 1<sup>st</sup>

Limited Spots  
Available!

[GenevaLakesYMCA.org/childcare](https://GenevaLakesYMCA.org/childcare)

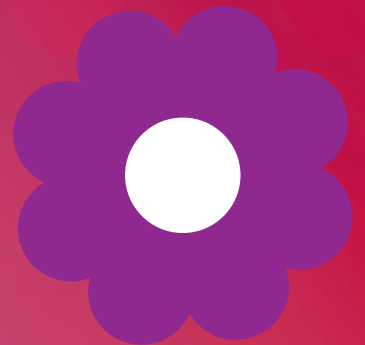
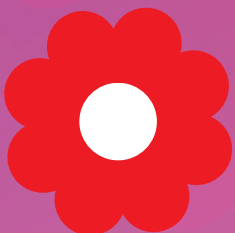






**SPRING 2026 PROGRAMMING**

# AQUATICS







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WE'RE HIRING LIFEGUARDS!

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

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

#### Weekdays:

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

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

Nights: 3:30 or 4 pm-8 pm

#### Weekends:

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

Sun 9:30 am-2 pm

### Interested in getting certified?

Lifeguarding courses are available year-round from certified professionals who will teach the necessary skills to save lives. This class will certify participants in Lifeguarding, CPR for the Professional Rescuer, First Aid and AED.

To see when these classes are offered visit: [GenevaLakesYMCA.org/safety](http://GenevaLakesYMCA.org/safety).

### Want us to pay for your certification?

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

### Already certified?

Visit [GenevaLakesYMCA.org/jobs](http://GenevaLakesYMCA.org/jobs) to view the job description and to complete the application online. Once completed and submitted the YMCA will contact you.

### Why be a Lifeguard at the Geneva Lakes Family YMCA?

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

## Interested? Learn more!

Gertrude Suhajda, Aquatics Director

262.248.6211 x22 | [gertrude.suhajda@glymca.org](mailto:gertrude.suhajda@glymca.org)

Visit: [GenevaLakesYMCA.org](http://GenevaLakesYMCA.org)





FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# 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:

#### Upcoming Sessions:

- Monday, Mar. 23 | 4-8 pm
- Tuesday, Mar. 24 | 9 am-6 pm
- Wednesday, Mar. 25 | 9 am-6 pm
- Sunday, May 3 | 9 am-6 pm
- Friday, May 8 | 5 pm-9 pm
- Saturday, May 9 | 9 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, March 21 | 8 am-6 pm
- Saturday, May 23 | 8 am-6 pm

#### Registration

Register at the Front Desk | Online at  
[GenevaLakesYMCA.org](http://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](mailto:gertrude.suhajda@glymca.org)  
262.248.6211 x22



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING SWIM LESSONS

Spring I | 7 weeks | March 2–April 19

**NO LESSONS: March 23–28**

Classes	Mon	Tue	Wed	Thur	Sat
<b>Parent &amp; Child</b>					
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
<b>Home School</b>					
Levels 1-2			9:15-10:00 am		
Levels 3-5			10:05-10:50 am		
<b>Preschool: 2 ½ years +</b>					
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
<b>Youth: 5 years+</b>					
Level 1		5:35-6:05 pm			
Level 2: Beginner	6:45-7:15 pm	6:10-6:40 pm	6:10-6:40 pm	6:10-6:40 pm	8:30-9:00 am
Level 2: Advanced		6:45-7:15 pm	6:45-7:15 pm	6:45-7:15 pm	9:05-9:35 am
Level 3: Beginner	5:00-5:30 pm	5:00-5:30 pm	5:35-6:05 pm		9:40-10:10 am
Level 3: Beginner	5:35-6:05 pm			5:00-5:30 pm	
Level 3: Advanced	6:10-6:40 pm		5:00-5:30 pm	5:35-6:05 pm	
Levels 4-5	6:45-7:15 pm				10:15-10:45 am
<b>Adult Classes</b>					
Adult Beginner					
Swim to Work			6:45-7:15 pm		

M: \$48/session | C: \$96/session | \*No class 3/23–3/28

Questions? Email: [aquatic.coordinator@glymca.org](mailto:aquatic.coordinator@glymca.org)

Visit: [GenevaLakesYMCA.org/swimlessons](http://GenevaLakesYMCA.org/swimlessons)





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING SWIM LESSONS

Spring II | 7 weeks | April 20–June 7

**NO LESSONS: May 23 & 25**

Classes	Mon	Tue	Wed	Thur	Sat
<b>Parent &amp; Child</b>					
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
<b>Home School</b>					
Levels 1-2			9:15-10:00 am		
Levels 3-5			10:05-10:50 am		
<b>Preschool: 2 ½ years +</b>					
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		8:30-9:00 am
Level 2	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		9:40-10:10 am
<b>Youth: 5 years+</b>					
Level 1		5:35-6:05 pm			
Level 2: Beginner	6:45-7:15 pm	6:10-6:40 pm	6:10-6:40 pm		8:30-9:00 am
Level 2: Advanced		6:45-7:15 pm	6:45-7:15 pm		9:05-9:35 am
Level 3: Beginner	5:00-5:30 pm	5:00-5:30 pm	5:35-6:05 pm		9:40-10:10 am
Level 3: Beginner	5:35-6:05 pm				
Level 3: Advanced	6:10-6:40 pm		5:00-5:30 pm		
Levels 4-5	6:45-7:15 pm				10:15-10:45 am
<b>Adult Classes</b>					
Adult Beginner					
Swim to Work			6:45-7:15 pm		

Tuesday, Wednesday, Thursday Classes | M: \$56/session | C: \$112/session

Monday & Saturday Classes | M: \$48/session | C: \$96/session

Questions? Email: [aquatic.coordinator@glymca.org](mailto:aquatic.coordinator@glymca.org)

Visit: [GenevaLakesYMCA.org/swimlessons](http://GenevaLakesYMCA.org/swimlessons)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WIGGLES & WAVES

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

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

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

## Ages

Kids of all ages, when accompanied by an adult.

## Dates & Times

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

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

## Fee

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

Adults: Free

## Register

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

Call: 262.248.6211 | Mobile APP

## Questions

Gertrude Suhajda, Aquatics Director

[gertrude.suhajda@glymca.org](mailto:gertrude.suhajda@glymca.org) | 262.248.6211 x22



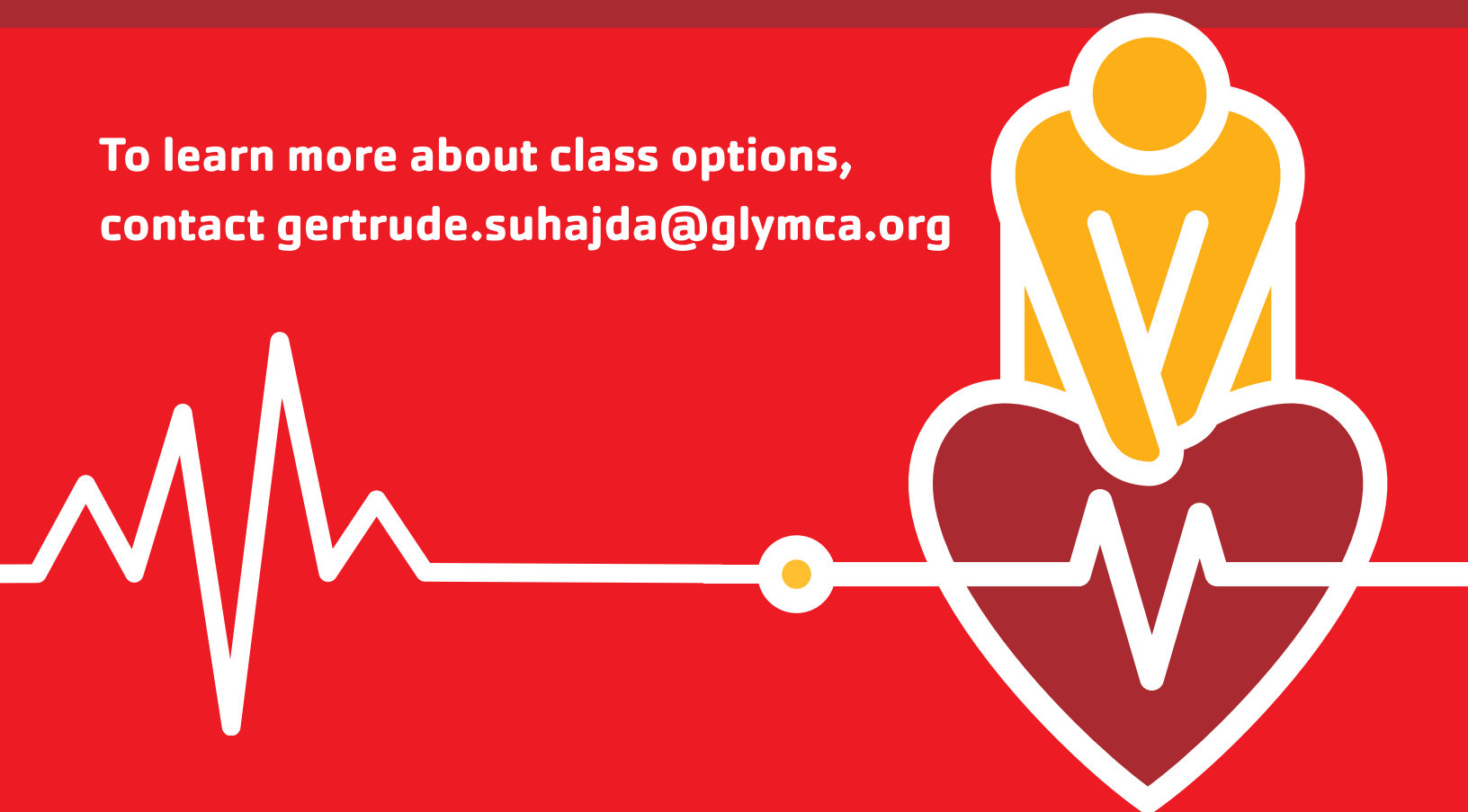


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CPR CLASSES AT THE Y

Get your CPR certification and  
learn how to save lives!

To learn more about class options,  
contact [gertrude.suhajda@glymca.org](mailto:gertrude.suhajda@glymca.org)







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFETY AROUND WATER PROGRAM

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



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

## Children will learn the steps to:

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

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

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

PROUD SPONSOR FOR OVER A DECADE

**kikkoman**



Contact: Gertrude Suhajda | Aquatics Director | 262.248.6211 x22 | [gertrude.suhajda@glymca.org](mailto:gertrude.suhajda@glymca.org)

GENEVA LAKES FAMILY YMCA • 203 S. WELLS STREET • LAKE GENEVA, WI 53147 • [GENEVALAKESYMCA.ORG](http://GENEVALAKESYMCA.ORG) • 262.248.6211



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 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**

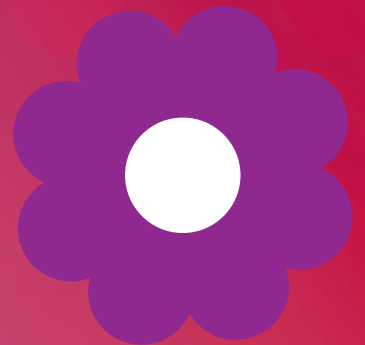
Gertrude Suhajda, Aquatics Director  
gertrude.suhajda@glymca.org | 262.248.6211 x22





**SPRING 2026 PROGRAMMING**

# **DUCKS SWIM TEAM**







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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!**

**Swim Team Evaluations: Tuesday, April 21, 2026**

**Spring course session begins Monday, April 27, 2026**

Contact Michelle Upchurch

Director of Competitive Swimming

michelle.upchurch@glymca.org | 262.248.6211 x23



## Spotted Ducks

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

## Lake Ducks

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

## Wood Ducks

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

## Mallard Ducks

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

**Learn More:**

**GenevaLakesYMCA.org/ducks**

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

GenevaLakesYMCA.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PRIVATE SWIM TEAM COACHING



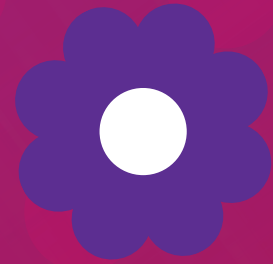
Our USA-certified swim team coaching staff leads these one-on-one sessions tailored to a swimmer's individual needs and goals. Whether it's improving stroke mechanics, enhancing starts and turns, or building endurance for competition, they have you covered! Great for competitive swimmers and triathletes!

**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](mailto:michelle.upchurch@glymca.org) | 262.248.6211 x23



**SPRING 2026 PROGRAMMING**  
**YOUTH SPORTS**







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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 for kids ages 3 all the way up to 12!**

## **Ages**

Little Tykes: 3-5 years | Beginner: 6-12 years  
Maximum of 12 participants.

## **Dates & Times**

Spring I: Thursdays | 3/5-4/16 (No class 3/26)

Little Tykes: 5-6 pm | Jaycees Gym  
Beginners: 6-7 pm | Jaycees Gym

## **Fee**

Member: \$48 | Community: \$96

## **Register**

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

## **Questions**

Mike Coolidge, Sports Operations Director  
[mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)  
262.248.6211 x30



**Registration Deadline:  
Saturday, February 28**



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



# SPRING KIDS GOLF CAMP

**Grand Geneva Resort Golf Club, Lake Geneva, WI**

Led by the Grand Geneva PGA Professional staff, class will combine fun, fundamentals, and confidence building. Students will work on their full swing, chipping, putting, and learn proper golf etiquette and rules in a supportive, age-appropriate environment. With a blend of on-course experiences, driving range instruction, and interactive games, kids build real skills while having a blast—and develop a foundation they can enjoy for a lifetime.

**Ages 8-13 | Golf camp limited to 16 students only.**

## Dates & Time | Five Week Program

4-5:30 pm

Tuesdays, April 28-May 26

Meet at Grand Geneva Pro Shop | 7036 Grand Geneva Way, Lake Geneva

## What to Bring

- Water
- Snack or money for the snack bar
- Sunscreen
- Golf Clubs (if participant does not have any, Grand Geneva Resort Golf Club has some that can be used during class at no cost)

## Cost

\$249 per golfer (please note there are no refunds or credits issued for missed classes)

## Registration

All participants must register with the Geneva Lakes Family YMCA.

Full payment (\$249) will be collected on the first day of camp at Grand Geneva Resort Golf Club. Cash, credit and checks are accepted. Checks can be made payable to Grand Geneva.

Register by:

Scanning Code

Calling YMCA



Visit: [GenevaLakesYMCA.org/youthsports](https://GenevaLakesYMCA.org/youthsports)

## Questions

Mike Coolidge | Sports Operations Director  
262.248.6211 x 30 | [mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)

## Program Itinerary

**April 28<sup>th</sup>** – Introduction to staff and fellow classmates. This will be a class focused on the basics of golf etiquette and fundamental skills. Kids will learn the basics of putting and chipping while also having fun games associated with each skill.

**May 5<sup>th</sup>** – Kids will get their first chance to visit the driving range and learn about the full-swing. We will cover all the basics of set-up, swing positions and balance. Kids will learn from the demonstrations, but also get the chance to hit plenty of shots themselves.

**May 12<sup>th</sup>** – On-Course Learning Experience...kids will learn the basics of playing the game of golf on the course. Teamwork and skill development will be the key themes of the week.

**May 19<sup>th</sup>** – Drive, Chip and Putt Championship. Kids will get to test their skills and showcase all they have learned in our fun filled challenge.

**May 26<sup>th</sup>** – Wee-Nip Learning Day! A great way to reward all the hard work and showcase the skills the kids have learned over the past few weeks.





# Y-TIME

## Hang out! Play hard! Be you!

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

**Monday, Tuesday & Thursday | 3-5:30 pm**  
**January 5-March 19**

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

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

### Register

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

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

Call: 262.248.6211 | Mobile APP

### Questions

Contact Mike Coolidge

Sports Operations Director

262.248.6211 x30 | [mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)

### Youth Conditioning

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



**AFTER  
SCHOOL  
JUST GOT  
BETTER!**





## GENEVA LAKES FAMILY YMCA

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

<b>Parent/Guardian</b>					
First Name:		Last Name:		Date of Birth:	
<b>Child</b>					
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](http://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](http://www.wiaawi.org)

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

#### PARENT/GUARDIAN AGREEMENT

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

CHILD'S NAME: \_\_\_\_\_

PARENT/GUARDIAN NAME (PRINT): \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_



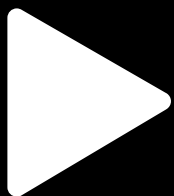
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH FITNESS



## STRENGTH & CONDITIONING PROGRAM

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



### Middle School & High School Youth Conditioning

Monday and/or Wednesday | 4-6 pm

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

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

Convenient busing for Lake Geneva School students!

Contact busing company, Dousman Transport Co., 262-248-3289

to see which bus stops at the YMCA afterschool.

### REGISTRATION

Call: 262.248.6211 | Online: [GenevaLakesYMCA.org](https://www.GenevaLakesYMCA.org)

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

### QUESTIONS

Contact, Melissa Monge, Program Operations Director

262.248.6211 x17 | [melissa.monge@glymca.org](mailto:melissa.monge@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 & Fee Per Session

Spring I: 3/4-4/15 (No class 3/25) | Jaycees Gym

Member: \$48 | Community: \$96

\*Maximum 15 per age group.

#### Register

In Person: Front Desk

Online: [GenevaLakesYMCA.org](http://GenevaLakesYMCA.org)

Call: 262.248.6211 | Mobile APP

#### Questions

Contact Mike Coolidge, Sports Operations Director

262.248.6211 x30 | [mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)

**Registration Deadlines:**  
**Saturday, Feb. 28**





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CLIMBING CLUB

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

## Ages

8-12 (must weigh 40lbs or more)

## Date & Time

9-10 am

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

\*No class 3/28

## Fees

Members: \$48 | Community: \$96

## Register

In person: Front Desk | Call: 262.248.6211

Online: [GenevaLakesYMCA.org](http://GenevaLakesYMCA.org) | Mobile APP

## Questions

Mike Coolidge | Sports Operations Director

262.248.6211 x 30 | [mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)



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



FOR YOUTH DEVELOPMENT<sup>®</sup>  
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

**Spring I: 3/7-4/18\***

**\*No open climb on 3/28**

**Saturdays | 10-11:30 am**

**Jaycee's Gym | Ages 8+ | 40lbs min**

**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+)

**Thursdays | 6:45–7:45 pm**

#### Spring Sessions

Spring I | 3/5–4/14 | \$48 Member | \$96 Community

\*No class 3/26

Spring II | 4/23–6/4 | \$56 Member | \$112 Community

#### Staff & Certifications

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

#### Questions

Contact Mike Coolidge, Sports Operations Director  
262.248.6211 x30 | [mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)

#### Register

In Person: Front Desk

Online: [GenevaLakesYMCA.org](http://GenevaLakesYMCA.org)

Call: 262.248.6211 | Mobile APP







# 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 | 3/13-4/17 | Member \$48 | Community \$96

\*No class 3/27

Spring II | 4/24-6/5 | Member \$48 | Community \$96

\*No class 5/22

## Staff & Certifications

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

Katelyn James | Blackbelt, Dragon Kenpo

## Questions

Contact Mike Coolidge, Sports Operations Director  
262.248.6211 x30 | [mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)

## Register

In Person: Front Desk

Online: [GenevaLakesYMCA.org](http://GenevaLakesYMCA.org)

Call: 262.248.6211 | Mobile APP





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# DREAM TEAM



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

## Days & Times

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

## Register

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

## Questions

John Swanson | 262.325.3600  
Mike Coolidge | Sports Operations Director | 262.248.6211 x 30 | [mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)

## Registration Fee

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

## REGISTRATION DEADLINE:

Saturday, MAY 30

**VOLUNTEERS  
NEEDED**





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWING BATTER BATTER

## T-Ball, In House Baseball & Softball

### Co-Ed T-Ball

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

#### Dates & Times

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

#### Cost

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

## In House Baseball & Softball

#### Dates

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

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

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

**\*Times are TBD\***

#### Cost

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

## Register

In Person: Front Desk | Call: 262.248.6211

## Questions

Contact Mike Coolidge, Sports Operations Director  
262.248.6211 x30 | [mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)

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

Baseball  
Saturday, April 25

Softball  
Saturday, April 25

T-Ball  
Saturday, May 9





# 2026

## OPEN REGISTRATION TRAVEL BASEBALL & SOFTBALL

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

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

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

### Registration Open for:

**U-10 & U-14 Girls Travel Softball & U-14 Boys Travel Baseball**

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

**U-10 & U-12 Boys Travel Baseball &  
U-12 Girls Travel Softball is FULL.**

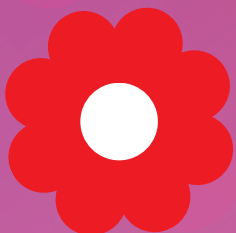
**Scan the QR Code or visit [bit.ly/44J7jE1](https://bit.ly/44J7jE1)  
[GenevaLakesYMCA.org/youthsports](https://GenevaLakesYMCA.org/youthsports)**







**SPRING 2026 PROGRAMMING**  
**ADULT SPORTS**





**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



# SPRING ADULT GOLF CLINIC

## Grand Geneva Resort Golf Club, Lake Geneva, WI

This golf clinic will be led by the PGA Professionals at Grand Geneva Resort Golf Club and is designed to teach you how to enjoy the game of golf. Skills will cover such things as full swing, short game, rules and on-course work.

**Ages 18+ | Golf camp limited to 16 students only.**

### Dates & Time | Six Week Program

4:30-6 pm | Thursdays, April 16-May 21

Meet at Grand Geneva Pro Shop | 7036 Grand Geneva Way, Lake Geneva

### Cost

\$299 per golfer (please note there are no refunds or credits issued for missed classes)



### Registration

All participants must register with the Geneva Lakes Family YMCA.

Full payment (\$299) will be collected on the first day of camp at Grand Geneva Resort Golf Club. Cash, credit and checks are accepted. Checks can be made payable to Grand Geneva.

### Questions

Mike Coolidge | Sports Operations Director | 262.248.6211 x 30 | [mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)

Register by:

Scanning Code

Calling YMCA

Visit: [GenevaLakesYMCA.org/adultsports](https://GenevaLakesYMCA.org/adultsports)



## Program Itinerary

**April 16** - Welcome to Grand Geneva Golf. Group will get an introduction to staff and fellow classmates in this starting day that highlights the fundamentals of the golf game. Skills will focus on putting and chipping fundamentals.

**April 23** - Students will be coached on all the swing fundamentals that create good golf swings and then get the chance to try their skills on the course.

**April 30** - Bunker Play and Full-Swing Essentials.

**May 7** - Highlands on course day with a coach. Class will get the chance to play multiple holes on the Highlands with their classmates and coaches. Groups will be divided out by ability in order to create the best learning environment.

**May 14** - Drive, Chip and Putt Championship day. A great way to have fun and showcase all the skills the students have learned over the previous weeks.

**May 21** - Wee-Nip Finale where the class will get the chance to play on our brand new golf course. Groups will be divided to maximize enjoyment for all the participants.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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 8-Aug 21 | 6-10 pm | Veterans Park

## **Team Fees**

Lake Geneva Resident: \$515 per team

Non-Resident: \$593 per team

No Individual Entries | Max 12 teams

**REGISTRATION  
CLOSES MAY 2**

## **Registration & Questions**

Mike Coolidge, Sports Operations Director

262.248.6211 x30 | [mike.coolidge@glymca.org](mailto: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+)

#### Thursdays | 6:45–7:45 pm

#### Spring Sessions

Spring I | 3/5–4/14 | \$48 Member | \$96 Community

\*No class 3/26

Spring II | 4/23–6/4 | \$56 Member | \$112 Community

#### Staff & Certifications

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

#### Questions

Contact Mike Coolidge, Sports Operations Director  
262.248.6211 x30 | [mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)

#### Register

In Person: Front Desk

Online: [GenevaLakesYMCA.org](http://GenevaLakesYMCA.org)

Call: 262.248.6211 | Mobile APP





# 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 | 3/13-4/17 | Member \$48 | Community \$96

\*No class 3/27

Spring II | 4/24-6/5 | Member \$48 | Community \$96

\*No class 5/22

## Staff & Certifications

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

Katelyn James | Blackbelt, Dragon Kenpo

## Questions

Contact Mike Coolidge, Sports Operations Director  
262.248.6211 x30 | [mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)

## Register

In Person: Front Desk

Online: [GenevaLakesYMCA.org](http://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

### Fall Dates, Day & Time

**Mondays | 6:15–7:15 pm**

Spring I: 3/16–4/13

Member: \$40 | Community \$80

Spring II: 4/20–6/1 (No class 5/25)

Member: \$48 | Community \$96

### Register

In person: Front Desk | Call: 262.248.6211

Online: [GenevaLakesYMCA.org](http://GenevaLakesYMCA.org) | Mobile APP

### Questions

Contact Mike Coolidge, Sports Operations Director  
262.248.6211 x30 | [mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)

### Instructor

Jeff Hansen, Yang style Tai Chi



**ENJOY SOME HEALTH BENEFITS THROUGH THE ART OF TAI CHI**





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# DREAM TEAM



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

## Days & Times

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

## Register

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

## Questions

John Swanson | 262.325.3600  
Mike Coolidge | Sports Operations Director | 262.248.6211 x 30 | [mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)

## Registration Fee

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

## REGISTRATION DEADLINE:

Saturday, MAY 30

**VOLUNTEERS  
NEEDED**





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PICKLEBALL HOURS

**INDOOR | PRIEBE GYM**

**Monday–Thursday**  
**11 am – 2 pm**

**Friday**  
**11 am – 1 pm**

**Saturday**  
**7 – 8:30 am**

**Beginners Only**  
**Open Pickleball**

**Monday–Friday**  
**10:30–11 am**

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

**Members: Free | Community: Day Pass**

**Open to ages 18+**





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**SPRING 2026**

# PICKLEBALL LEAGUE

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

## Ages

18+ | Advanced beginners & Intermediate players only

## Dates & Time

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

## Fees

Member: \$35 per person  
Community: \$47 per person

## Register

In person: Front Desk | Call: 262.248.6211  
Online: [GenevaLakesYMCA.org](https://GenevaLakesYMCA.org) | Mobile APP  
When registering, you will be asked to include the first and last name of your partner

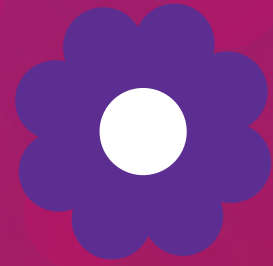
## Questions

Mike Coolidge | Sports Operations Director  
262.248.6211 x 30  
[mike.coolidge@glymca.org](mailto:mike.coolidge@glymca.org)



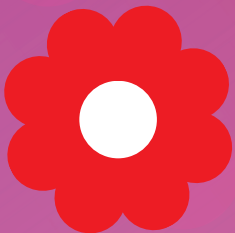
**HURRY, spots fill up quickly!**

**REGISTRATION DEADLINES**  
Spring: Saturday, February 28



# **SPRING 2026 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 our Loyalty Rate!

**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  
Co-COO Business  
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 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 "Add on Additional Adult" fee or added services.

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

**Thank you for your service!**