



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RESET.RECOVER.REBUILD.

Scheduled to Run Program List

Summer Day Camp
Counselor in Training
Junior Specialty Camps
Karate
Women's Self Defense Workshop-Rescheduling
Sports Spectacular Camps
Sand Volleyball – July
T-Ball – July start
Baseball/Softball Leagues – June start
Men's Softball League – Delayed
Golf Camp
Personal Training
Group Exercise Classes – Live & Virtual
Specialty Fitness Class Offerings
Fitness Assessments
Fit Starts – Live or Virtual
TRX Lifeguard & CPR Trainings
Ducks Swim Team
Adaptive Private & Private Swim Lessons
Babysitting & Jr. Lifeguard Camps
Swim Lessons – Possibly July start for Preschool & Youth

June Group Exercise Classes

All live class will be available via Zoom for home workout. Schedule available online at GenevaLakesYMCA.org/schedules.

Must make reservation for all classes by calling 262.248.6211 or securing your spot online at GenevaLakesYMCA.org/schedules/reservations.

Cycle
Yoga
Power Yoga
Yoga/Pilates
Gentle Yoga
Zumba
Sculpt
Turn'n Burn
HIIT Strength
HIIT Cardio
HIIT Core

Virtual Offerings

Bible Study/Power House of Praise Service
Rock Steady Boxing

Cancelled Program/Service List

Open Pickleball
Pickleball Mixed Doubles Tournament
Racquetball League
Child Watch Services
Theatre Camp
Birthday Parties
Rockwall Offerings
Dream Team
Basketball Open Gyms
Swim Lesson-Parent/Child, Adaptive & Adult