



THE Back to *Your Best* **PLACE**

The Y is where routines return
and community grows.

*Fall back into healthy habits,
rediscover what motivates you, and
feel supported every step of the way.*

KENOSHA YMCA PROGRAM GUIDE

► **FALL | 2026** | August 31 – October 25, 2026

Not a Member Yet?

**JOIN
TODAY**



MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



FALL FEST AT THE Y!

FUN FOR
THE WHOLE
FAMILY!

FREE
ENTRY!

SATURDAY, SEPT 26, 2026 | 10AM – 6PM

KENOSHA YMCA | 7101 53rd St. | 262.654.9622 | kenoshaymca.org

All-Day Fun for Everyone!

- Miracle League Game at 10:30am
- DJ the Magician at Noon
- Bounce Houses
- Kids Games & Crafts
- Music, Dancing & Games
- Raffles & 50/50
- Demonstrations
- Craft Vendors
- Food Trucks
- and More!

Kids' Activities: Tickets – \$1 each (varies by activity)

\$10 Unlimited Bounce House • \$15 Fun Pack + 6 Tickets & Wristband



Tech, Robots & STEM Activities

FREE Hands-On Activities and Live Demonstrations from

openenergy

Gateway Fab Lab

Teen Tech Space

Kenosha Robo Crew



Community Connections

- Craft Market Vendors
- Food Trucks & Concessions
- YMCA Tours
- Membership Specials
- Healthy Living Expo | 10am-2pm



Craft Vendors &
Volunteers Needed!

Click to learn more and join the fun!

Click to Learn More



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Tap a Program Area
to jump to that page!



GENERAL INQUIRES:
262.654.9622

DATES TO NOTE

AUGUST

17 Fall I Member Registration Begins

18 Senior Tuesday Day

21 Last Day of Summer Day Camp

24 Fall I General Public Registration Begins

24-30 ANNUAL SHUTDOWN - YMCA CLOSED

31 FALL I SESSION BEGINS

SEPTEMBER

1 First Day of BASE Programs & School*

7 Labor Day, YMCA Open 5am-1pm

15 Senior Tuesday Day

26 Fall Fest, 2026

26 Healthy Living Expo

OCTOBER

9 Kids' Day Out*, Full Day at the Y

12 Fall II Member Registration Begins

16 Kids' Day Out*, Full Day at the Y

19 Fall II General Public Registration Begins

20 Senior Tuesday Day

24 Trunk or Treat 10am-12pm

26 FALL II SESSION BEGINS

30 Kids' Day Out*, Full Day at the Y

NOVEMBER

1 Daylight Savings, Fall Back

4 Annual Luncheon & Campaign Kickoff

17 Senior Tuesday Day

25 Kids' Day Out*, Full Day at the Y

26 THANKSGIVING, YMCA Open 5am - 1pm

DECEMBER

1 Giving Tuesday

5-11 My Y Week/Spirit Week

5 Breakfast with Santa*

11 Hot Cocoa Bar

11 Kids' Day Out*, Full Day at the Y

14 WINTER 2026 Member Registration Begins

15 Senior Tuesday Day

21 WINTER 2026 General Public Registration Begins

21-23, 28-30 Winter Camp

21-1/3 Winter Break, No Classes

24 Christmas Eve, YMCA Open 5am-1pm

25 MERRY CHRISTMAS, YMCA CLOSED

31 New Year's Eve, YMCA Open 7am-1pm

STAY CONNECTED

DOWNLOAD OUR FREE APP TODAY!



Tap to download



Tap to download

Once the APP is downloaded follow the prompts to login, using the e-mail associated with your membership.

NEVER MISS WHAT'S
HAPPENING AT THE Y!



@KenoshaYMCA

FALL | 2026 REGISTRATION

Member: Monday, August 17th
General Public: Monday, August 24th

CLASSES BEGIN:
MONDAY, AUGUST 31ST

WHAT'S NEW?

- Youth Basketball League, pg 15
- Youth Volleyball League, pg 15
- Fall Miracle League, pg 15
- Aqua Flow is Back! pg 30
- Core Fusion Express, pg 34

SPECIAL EVENTS

Fall Fest and
Healthy Living Expo
September 26th

Trunk or Treat
October 24th

Annual Luncheon
November 4th

Breakfast with Santa
December 5th

REGISTERING FOR CLASSES

Online registration is strongly encouraged.

ONLINE: SAFE & SECURE! Register everyone with just a few simple clicks.

*A valid email address on file at the Kenosha YMCA is required.

Look for the clickable buttons to be redirected to our registration site.



LOGGING INTO YOUR ACCOUNT

CURRENT & NEW MEMBERS:

An online account is automatically created when you join!

Please do not create a new account — this may duplicate your record and prevent you from receiving member pricing.

- Visit kenoshaymca.org and click 'ACCOUNT LOGIN'.
- Click 'SIGN IN' button.
- From Login Page click 'FORGOT PASSWORD' to receive a temporary password via email.
- Your LOGIN is the EMAIL ADDRESS ATTACHED TO YOUR Y ACCOUNT. If you are having trouble or you are not sure what email we have, please contact us at 262.654.9622 ext. 201/202.
- You will be prompted to change your password upon logging in for the first time. You can also update your email and any other outdated contact information.

NON-MEMBERS:

- You will need to CREATE A NEW ACCOUNT.
- Visit kenoshaymca.org and click 'REGISTER/JOIN' button.
- Click 'CREATE NEW ACCOUNT'.
- Follow the easy steps to creating your account!

WALK-IN:

Online registration is strongly encouraged. If not available please register at the Member Service Desk.

MORE INFORMATION:

- Registrations can not be taken over the phone.
- Full payment is required at the time of registration.
- Accounts must be in good standing.
- Registrations are on a first-come, first-served basis.
- Participants put on a 'class waiting list' will be contacted by a staff member to make arrangements for transfer to another available class/program.

MEMBERSHIP

Youth Development Healthy Living Social Responsibility



Voted Kenosha's
Best Fitness
Center and Best
Summer Camp
2 years in a row!!

YOU BELONG HERE!

MEMBERSHIP TYPE	STANDARD RATE First 12 Consecutive Payments		LOYALTY RATE	
	MONTHLY DRAFT	ANNUAL	MONTHLY DRAFT	ANNUAL
Youth** 17 & under	\$30	\$360	\$20	\$240
Young Adult 18 - 29	\$39	\$468	\$29	\$348
Single Adult^ 30 - 59	\$64	\$768	\$54	\$648
Family I** One Adult Household w/ Children 24 & under	\$78	\$936	\$68	\$816
Family II** Two Adult Household	\$83	\$996	\$73	\$876
Family III** Two Adult Household w/ Children 24 & under	\$91	\$1,092	\$81	\$972
Senior I Single Adult, 60 & over	\$59	\$708	\$49	\$588
Senior II* Two Adult Household, 60 & over	\$71	\$852	\$61	\$732

The Kenosha YMCA does not lock you into a contract, therefore prices are subject to change (30 day notice given).

*Proof of household residency required.

^Ask about our Financial Assistance, and our Corporate Wellness Programs.

**Youth Members aged 11 and under are required to have a responsible adult actively supervising them while in the building.

To become a **Loyalty Member** you must maintain an active membership for at least one year. After one year you become eligible for the **following benefits**:

- Membership Rate will always be at least \$10/month less than the current Standard Rate
- 10% discount on:
 - » Personal Training
 - » Ignite Group Training
 - » Aquatic Fitness Classes
 - » Massages
- 25% off Kids' Club Fee
- 6 guest passes per year for Loyalty Members 15 and older.
- Loyalty Member Window Cling
- Exclusive Key Tags for everyone on the membership 13 and older.



For Loyalty Member discounts and more, look for this symbol throughout the Program Guide!



FACILITY HOURS

MONDAY - FRIDAY 5:00am - 9:00pm
SATURDAY 6:00am - 5:00pm
SUNDAY 8:00am - 4:00pm

*Last check-in is 15-minutes prior to closing.



POOL HOURS

LAP POOL

MONDAY - FRIDAY 5:00am - 8:00pm
SATURDAY 6:00am - 4:30pm
SUNDAY 8:00am - 3:30pm

WARM WATER INSTRUCTIONAL POOL

MONDAY - FRIDAY 7:00am - 12:00pm;
 4:00pm - 7:00pm
SATURDAY 9:00am - 4:30pm
SUNDAY 8:00am - 3:30pm

*Hours subject to change.

OPEN SWIM

During regular pool hours, there will be at least one section/lane available for open swim. Pool schedules can be found at the membership desk, posted in the aquatic center, and online at kenoshaymca.org/pool-schedule. See page 7 for pool policies.



Click or scan QR code
for pool schedules



DAY PASSES & MEMBER GUESTS



For the safety of our members, guests and children in the facility, all guests (12 & up) are required to provide a picture ID and will be entered into our registration system with a photo.

Guests are also required to sign our daily liability waiver.

MEMBER GUEST PRIVILEGES

Standard members 15 and older receive three complimentary* guest passes per calendar year. Member guest passes are tracked electronically and unused passes do not rollover.

*\$8 per guest after complimentary passes used.



Loyalty Members 15 and older receive six guest passes per calendar year!

DAY PASSES

The general public is welcome to visit the Y anytime by purchasing a day pass. Individuals are required to be at least 12^^ years of age, or have a responsible adult actively supervising them when accessing the Y facility on a day pass. Adults accompanying children are required to purchase a day pass and remain in the building, regardless of intended use/non-use of facility amenities.

Youth ages 12-17 visiting without an adult are required to have a signed **Youth Code of Conduct** (youth permission form) on file.

Fees: Youth (17 & under) \$11 | Senior \$11 | Adult \$16 | *Family \$35

*Family: up to 6 people, parent(s) & children 24 & under. \$5 each additional person.

SENIOR DAY Presented by: Hospice Alliance

Seniors (60 & over) may enjoy our facility **FREE** of charge on the 3rd Tuesday of EVERY MONTH! (Photo ID Required)

YMCA MEMBERSHIP POLICIES

EVERYONE IS WELCOME

The YMCA is a membership organization, welcoming people of all ages, races, ethnicities, religions, abilities and financial circumstances. Our programs embrace diversity, reflecting the needs and composition of the communities we serve.

CODE OF CONDUCT

The Kenosha YMCA is committed to providing a safe, welcoming, and inclusive environment for all. To support this commitment, we have adopted the following Code of Conduct to guide the actions and behavior of staff, members, and guests while in YMCA spaces and while participating in YMCA programs.

All individuals are expected to conduct themselves in a manner that respects the rights and dignity of others at all times.

Our Core Values: Caring • Honesty • Respect • Responsibility

We demonstrate these values by:

- Speaking in respectful tones, dressing appropriately and refraining from the use of vulgar or derogatory language.
- Resolving conflicts in a respectful, honest and caring manner; never resorting to physical contact or threatening gestures.
- Respecting others by refraining from intimate behavior in public.
- Respecting the property of others; never engaging in theft or destruction.
- Creating a safe, caring environment, free from weapons of any kind.
- Participating in programs to build a healthy spirit, mind and body; never engaging in the use, sale, dispensing or possession of illegal drugs or narcotics or the unsanctioned use of alcohol on Y premises.
- Adhering to the YMCA's smoke-free policy. Smoking, smokeless tobacco, electronic cigarettes, and vaping are not permitted in any interior or exterior YMCA spaces.

Adherence to the YMCA Code of Conduct is essential. Failure to comply may result in immediate dismissal from the premises and/or suspension or termination of membership or program privileges.

For the safety of our community, the Kenosha YMCA screens all members and guests against sex offender registries.

MEMBERSHIP PAYMENT OPTIONS

Monthly Bank Draft Monthly membership dues are automatically drafted from a credit/debit card or from a checking/savings account via electronic check on the same date each month, based on your join date. This is an ongoing membership that continues until you submit a written cancellation request at least ten (10) days prior to your next draft date. The Kenosha YMCA does not lock you into a contract; however, rates are subject to change with notice. Membership dues are charged regardless of usage.

Annual memberships are paid in full at the time of joining and are valid for twelve months. Renewal notices are sent one month prior to your expiration date. Membership fees are non-refundable and non-transferable.

LOCKERS

Lockers are available to rent for just \$8/month. Daily use is free. Member/guest must provide a lock. We strongly encourage everyone to lock your locker. Locks may not be left on overnight unless it is a rented locker. You may purchase a towel at the Service Desk for \$5.

MEMBERSHIP CARDS

The YMCA is a membership organization. In an effort to provide a safe place for your family, we give each member, 12 years and older, a membership card. **You will be asked to present your membership card to gain admittance to any YMCA.** Photo ID with proof of age is required for membership and to receive a membership card. You may purchase a replacement card at any time for \$5, or download our free Kenosha YMCA app and use your phone to scan in.

JOHN & JUDY WAVRO FINANCIAL ASSISTANCE PROGRAM

If you cannot afford the full cost of a YMCA membership or program, please ask for a confidential scholarship application. Financial assistance, to the extent possible, is available to those in need thanks to the Annual Campaign and United Way.

NATIONWIDE MEMBERSHIP

Y members can visit any participating YMCA in the U.S. Valid for active, full facility Y members. Members must use their 'home Y' at least 50% of the time. **Please remember all local Y rules regarding facility use apply.** You can find all Y's easily at www.ymca.net. Special & short term memberships (group homes, other agencies, insurance plans, etc) and program-only participants are not eligible for nationwide membership.

LOST AND FOUND

The YMCA is not responsible for lost or stolen articles. **Lost and found items are kept at the Member Service Desk for 7 days and then donated to a charitable organization.**

MULTI-MEDIA

The use of cell phones and other electronic devices is prohibited in ALL locker rooms and restrooms. YMCA programs and events are often photographed/videotaped for promotional purposes. If you do not wish to be included, please speak with the Y event and/or program staff.

DISABILITIES

If you have a disability, need further assistance or more information, please contact us at 262.654.9622 or e-mail info@kenoshaymca.org

CLASS ATTENDANCE AND CANCELLATION POLICY

Missed classes cannot be refunded, credited or made up. We offer credits upon request for medical reasons only. Credits will only be issued for the current and previous session. Documentation is required, a prorated system will be used and a \$10 processing fee will be deducted from the amount of the credit. Credits are valid for 12 months. All schedules, activities, class fees and staff may be changed or canceled by the Y without notice. If a class is canceled by the instructor, you will receive a credit on your account.

MEMBERSHIP CANCELLATION POLICY

All schedules, activities, class fees and staff may be changed or canceled by the Y without notice. The Y does not require contracts; you may cancel at anytime. A minimum 10-day written notice is required to cancel your bank draft. Please visit the Member Service Desk or download the Cancellation Form from our website. This form may be mailed, faxed or e-mailed to info@kenoshaymca.org. You will receive a follow-up email to confirm your cancellation has been processed. Refunds are not given for paid-in-full memberships canceled early. **The billable member must request cancellation.**



Loyalty Members who cancel and do not rejoin within 30 days, lose any applicable Loyalty Program benefits, and will be a Standard Member upon rejoining.

MEMBERSHIPS "ON-HOLD"

Memberships may be put on "hold" one time per calendar year for a minimum of 3 months. This provides an extended leave from your membership. There is a \$10 monthly convenience fee for this service. If you are unable to participate due to a medical condition, you may request a medical leave without monthly dues with documentation from your doctor.

RETURNED CHECKS & DECLINED CHARGES

The Y reserves the right to charge a \$30 service fee on all EFT's, returned checks, and declined reoccurring credit card charges.

YMCA AGE GUIDELINES

In order to provide a safe and positive experience for the youth of our community, the following guidelines related to facility use by YMCA members and guests will apply.

FACILITY AGE GUIDELINES^^

The following guidelines apply to all youth not participating in a supervised, structured program while in the facility.

- Ages 11 and younger:** Are required to have a responsible adult actively supervising them when accessing the facility. Both the child and supervising adult are required to have a valid membership or day pass.
Kids' Club is available; see page 8 for specifics.
- Ages 12-17:** Are allowed to access the facility with a valid membership or day pass without a responsible adult present, provided a signed Youth Code of Conduct (youth permission) is on file.

All participants are required to follow the age-specific policies for each area of the facility as outlined below. Orientation to the facility and equipment is strongly recommended.

AGE GUIDELINES FOR SPECIFIC AREAS

Free Weight/Cardiovascular Equipment Areas

- Ages 11 and younger:** Are not permitted to use the equipment.
- Ages 12-13:** Are required to have a responsible adult actively supervising them while using equipment. Youth who successfully complete a Youth Strength Orientation may use equipment independently.
- Ages 14+:** Are allowed to use the equipment without supervision.

Appropriate attire is required including athletic shoes.

Pools: See Kueny Aquatic Center Policies.

Whirlpool/Sauna/Steam Room: Members & guests need to be 15 years old to use these facilities.

Locker/Shower Facilities: Youth age 5 and over are required to use the same gender locker room and be accompanied by a supervising individual. The Family Locker Room is also available.

Exercise Classes: Participants need to be 14 years old. Youth ages 11-13 may participate with a responsible adult if they are willing and able to follow class structure.

Walking Track: Youth age 13 and younger may utilize track if directly supervised by a responsible adult. Youth ages 12-13 who successfully complete a Youth Strength Orientation may use independently.

Rockwall: Ages 5-9 require direct supervision for Open Climb.

^^Age guidelines effective Jan 1st 2026

WHAT YOU CAN DO AT THE Y

At the Y, we want people of all ages to enjoy an active, healthy lifestyle. Use our program guide to find out what FUN activities you and your family can participate in at the Y!

Not all activities may be offered at all times. *There is a fee associated with asterisked activities.

Babies 2 and under may enjoy...

Being pushed in a stroller on the track
Early Education Tykes & Tots Program (2yrs)*
Kids' Club (starting at 6 weeks)*
Parent / Child Swim (6 -36 months)*

3 to 5 year olds may enjoy...

Basketball*	Early Education Preschool*	Preschool Swim Lessons*
Beginner Ballet (5-9yrs)*	Kids' Club*	Rock Climbing (5yrs)
Beginner Jazz (5-9yrs)*	Miracle League	Soccer*
Creative Movement (3yrs)*	Open Gym (with an adult)	Super All Stars*
Dance to Disney (4-8yrs)*	Open Swim (with an adult)	T-Ball*

6 to 10 year olds may enjoy...

Basketball*	Lego Club*	Springboard Dive (9-17)*
Boxing Drills (8-17yrs)*	Miracle League	Summer Camp*
Dance to Disney (4-8yrs)*	Open Gym (with an adult)	Super Stars Dance (7-17yrs)*
Intro to Sports*	Open Swim (with an adult)	Super All Stars Sports*
Jaguars Swim Team*	Rock Climbing	Tae Kwon Do*
Kids' Club*	School-Age Swim Lessons*	Teen Top 40 (9-13yrs)*
Lacrosse (7-14yrs)*	Soccer*	Volleyball (10yrs)*

11 to 14 year olds may enjoy...

Aikido (14+)*	Miracle League*	Super All Stars Sports*
Babysitter Training*	Open Gym	Tae Kwon Do*
Basketball*	Open Swim	Teen Swim Lessons*
Boxing Drills*	Rock Climbing	Teen Top 40 (9-13yrs)*
Jaguars Swim Team*	Soccer*	Vex Robotics*
Lacrosse*	Springboard Dive*	Volleyball*
Couples Dance (14+)*	Super Stars Dance*	Youth Orientation (12-13yrs)*

Attend Fitness Classes (11-13yrs w/adult)

Utilize Walking Track (11-13yrs w/adult or *12+ with Youth Orientation or adult supervision)

Utilize Weight/Cardio Area (14+ or 12+ with Youth Orientation or adult supervision)

15 year olds to Adults may enjoy...

Adult Swim Lessons*	Intro to Pickleball*	Open Swim
Aikido*	Jaguars Swim Team (6-17)*	Personal Training*
Aquatic Fitness Classes*	Lifeguard Training*	Rock Climbing
Cardio Equipment	Miracle League (3-19)	Super Stars Dance (7-17yrs)*
Couples Dance*	Open Basketball	Tae Kwon Do*
CPR/First Aid Training*	Open Gym	Volunteering
Drop-In Fitness Classes	Open Pickleball	Walking Tracks
Ignite Group Training*	Open Soccer	Weight Areas

Active Older Adults may enjoy...

FOREVERWELL® Chair Pilates	Ignite Super Seniors*
FOREVERWELL® Circuit	Couples Dance*
FOREVERWELL® Classic	Open Pickleball
FOREVERWELL® Splash	Personal Training*
FOREVERWELL® Yoga	Tai Chi
Ignite Senior TRX*	

KUENY AQUATIC CENTER POLICIES

LIFEGUARDS AND ADULT SUPERVISION

Our aquatic staff of American Red Cross certified lifeguards strives to maintain the highest standards possible. The goal is to provide patrons with a safe, clean atmosphere in which families can enjoy aquatic fitness and recreation. The purpose of the aquatic staff is not to supervise your child, but to ensure the safety of all facility patrons by preventing and responding to emergencies. Therefore, parents are expected to closely supervise their children and assist in enforcing the policies for the safety and enjoyment of all patrons.

The following guidelines apply to youth not participating in a supervised, structured program.^^

- **Ages 0-6:** A responsible adult is required to always be in the pool with the swimmer.
- **Ages 7-11:** Swimmer is required to have a responsible adult in the **pool observation area** (see below). The adult is required to be in the water if the child cannot pass the **deep end test** or stand in the pool.
 - » **Instructional Pool Observations Areas:** If not in the water, the adult must remain on the pool deck or sit on the benches in the Instructional Pool viewing area.
 - » **Lap Pool Observations Areas:** If not in the water, the adult must be on the bleachers or the pool deck.
- **Ages 12+:** Are subject to the **deep end swim test** at the lifeguard's discretion. However, a responsible adult does not have to remain in the pool area.
- The ratio of children under the age of 8 to one responsible adult should not exceed three children.

The lifeguard or other aquatic staff may require the responsible adult to be in the water within arm's reach of the swimmer, in the water with the swimmer, or remain in the area regardless of age depending on the skills of the swimmer(s).

The deep-end swim test in the lap pool is... Jump in and level off before beginning to swim, swim to the lifeguard chair in the middle of the pool using a front paddling stroke, tread at that spot for 15 seconds, swim to the end, and then float at the start for 15 seconds, without assistance.

The deep-end swim test in the instructional pool is... Jump in and level off starting at the ladder, swim to the ladder on the other side of the pool using a front paddling stroke, float on your back at that spot for 15 seconds, flip on their front swim back to the start without assistance or touching the wall or floor of the pool.

FLOTATION DEVICES AND TOYS

At this time, flotation devices and pool toys are welcome at our aquatic facility under the following guidelines:

- Children under the age of 10 may only use flotation devices with an adult or guardian in the water, supervising the child.
- Any flotation device or pool toy must be clean and free of any debris (i.e. sand, beach water residue)
- Flotation devices and/or pool toys will be allowed at the lifeguard's discretion.

POOL MAXIMUM OCCUPANCY

To ensure a safe and enjoyable experience for everyone, our pools have a maximum occupancy limit. When the limit is reached, a sign will be posted at the pool entrance. If you see this sign, we kindly ask for your patience and understanding. You may need to wait until space becomes available.

PROPER SWIMSUIT ATTIRE IS REQUIRED

In the interest of public health and safety, and in compliance with all local and state laws, patrons need to wear appropriate, clean swimwear and shower prior to entering the pool at the Kenosha YMCA Kueny Aquatic Center. Guardians must also be in proper swimsuit attire, so that if necessary, they can enter the pool to assist the patrons for whom they are responsible.

Appropriate swimsuit attire is defined as clothing specifically designed for use in the water. They are designed to be quick drying and are generally made from smooth, nylon material. Examples of appropriate swimwear include: swimsuits with a lining, rash guard shirts, board shorts, and swim trunks with an affixed/sewn inner lining. All swimwear must be appropriate for a public environment. Revealing and see through attire is prohibited as is clothing that was worn for exercise prior to using the pool. Other examples of inappropriate attire include (but are not limited to) basketball shorts, underwear and/or boxer shorts, sports bras, thong bottoms, cotton clothing items of any kind, and lifeguard gear (due to liability issues). Inappropriate attire can damage our pumps and off-set our chemical levels.

Participants that are not toilet trained are required to wear training pants or pool diapers under their swimwear.

EXAMPLES OF APPROVED SWIM ATTIRE

All swimwear should be designed for use in the water.



RASH GUARD SHIRT



BIKINI
(no thongs permitted)



TWO PIECE



ONE PIECE



RACING SUIT



FULL COVERAGE



JAMMERS



SWIM DIAPER



BRIEF
(no thongs permitted)



TRUNKS

KIDS' CLUB

Drop-In Childcare

Ages 6 weeks - 12 years



Available for children ages 6 weeks to 12 years, Kids Club is drop-in childcare for our members and guests while they utilize the facility. **Please understand children are served on a first-come, first-served basis. To ensure maximum safety, the number of children allowed at one time is based on the availability of staff, and needs of the children in the program.** You may call us at 654-9622 ext. 229 to check availability.

HOURS

[^]Late fee \$1, per minute.

AM: Monday - Friday	8:00am-12:30pm
Saturday	8:00am-12:30pm
PM: Monday-Thursday	4:00pm-8:00pm
Friday	4:00pm-7:30pm

TIME LIMITS

- 🕒 6 Weeks up to 6 Months: 1 HOUR
- 🕒 7 Months - 12 Years: 2 HOURS

DAILY ACTIVITIES

- 😊 Exploration Stations
- 😊 Game Time! (Outside/Gym)
- 😊 Reading Time
- 😊 Arts & Crafts

RATES

MEMBER USAGE (Kenosha YMCA):

- \$4/month per Family



**\$3/month per Family
for Loyalty Members**

Registration required prior to first drop off. Usage rate will be added to your monthly membership automatic withdrawal. Annual, Nationwide, and Health Plan Memberships are required to pay the year in full annually. No refunds will be issued.

NON-MEMBER* USAGE:

\$10 per visit.

*Includes those purchasing a Y day pass.



LET'S PARTY!

Celebrate Your Special Day at the Y!



SPLASH PARTY Have a splashing good time with a pool party! Enjoy one-hour in either the Instructional or Lap pool. A certified lifeguard will be provided, and a designated area will be roped off. A bucket of swim toy items will be provided for use for games and play during the party.

- At this time splash parties are limited to a maximum of 18 people: 12 children and up to 6 adults.
- We require a minimum of two adult swimmers in the pool with the children, depending on age and swimming ability.
- Swimmers need to bring a bathing suit, towel and a lock.

ASK ABOUT OUR PRIVATE SPLASH PARTY!

OTHER PARTY TYPES

Depending on staffing availability, other party types may be available! To inquire about our **Rockwall**, **Play Time** and **Dance Parties**, Contact Cheryl Hervat, 262.654.9622 ext. 203 or chervat@kenoshaymca.org!

BOOK YOUR CELEBRATION TODAY!

Contact Cheryl Hervat, 262.654.9622 ext. 203 or chervat@kenoshaymca.org

PARTY PACKAGES INCLUDE

- One hour of activity
- One hour in a private party room for food, cake & gifts, and a host to assist you and escort your group to your chosen activity

PARTY ADD-ONS:

- Additional hour of activity: \$60 each hour
- Additional Adults (IF swimming): \$5 each
- Additional fees for after hours parties may apply

PARTY PRICING:

- \$180, for 12 children & 2 adults
- A non-refundable \$50 deposit due when booking
- Booking dependent upon lifeguard availability

IMPORTANT PARTY INFORMATION

- All children are required to wear a wristband. Base fee (\$180) includes 12 child wristbands. (Two adult wristbands included.) Wristbands will be handed out to party guests upon arrival.
- EACH child must have a waiver signed by their parent/legal guardian before the child may participate. Party organizer may pick these up prior to the party, or download at kenoshaymca.org, and brought in the day of the event.



CHILD CARE

Early Childhood School-Age Summer Day Camp



Ensure a brighter future! We meet your childcare needs for **ages 2 through 12 years**. As a **state licensed** facility, with the commitment to providing the highest quality care at each developmental stage, our mission, core values and nurturing educational team make us an excellent choice for your family. ***Scholarships are available.**

We Provide Your Children With a Safe and Engaging Environment!

When you enroll your child in a new child care program, you trust the caretakers to ensure safety and positivity for your child. At the Y, we care for each child with the utmost respect & treat them as distinct individuals. Educators take responsibility for your child; their well-being is our priority.

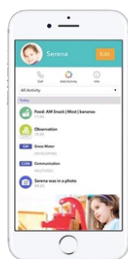
The Y's child care educators are equipped with the knowledge and proper experience required to provide children with an environment they will enjoy. Our teams work hard every day to maintain inclusive, positive, nurturing educational environments.

When your child is in our care, we put well-being, safety, and happiness above all else.

COMMUNICATION

All Kenosha YMCA Childcare programs use Brightwheel, a communication tool to connect staff to parents more efficiently through the use of messages, photos, videos, etc. You will be receiving an invitation shortly after registration. Once you do, please follow the instructions listed below.

1. **Create a free Brightwheel account.** When you receive an invitation via email or text, please use the link to create a free parent account using either the web or mobile app. Make sure to use the same email address or cell phone number that the invitation was sent to.
2. **Confirm your child's profile.** You will see your child's profile after you create an account. Please confirm information such as birthday, allergies, and additional contacts. If you do not see your child's profile, please contact us with the email address or phone number you used to sign up.
3. **Set your account preferences.** Adjust your notification preferences within your profile settings on the app.



The Y uses
brightwheel
to stay connected
with families.

Schedule a Tour & See Us in Action



CONTACTS

QUESTIONS ABOUT OUR CHILD CARE PROGRAMS?
PLEASE CONTACT US...



AMY MARIE EWALDT, MAT, Child Care Director
E: aewaldt@kenoshaymca.org
P: 262.654.9622 ext. 207



AMBER LONG, Early Childhood Site Director
E: along@kenoshaymca.org
P: 262.654.9622 ext. 217



LISA ECKARDT, Billing and Payments
***Scholarship Inquiries**
E: youthandfamily@kenoshaymca.org
P: 262.654.9622 ext. 236



SCHOOL-AGE (BASE) SITE PHONE NUMBERS, pg 11

Core Values: Honesty, Respect, Responsibility, Caring

EARLY CHILDHOOD

Educating, Enriching & Exploring

Ages 2-5



A safe and positive environment is critical to early childhood development. Here at Kenosha YMCA, we care for the children enrolled in our programs as though they were our own.

YOUR CHILD WILL...

- Develop Social Emotional, Pre-Reading, and Math Skills while engaging in fun activities and experiences
- Receive nutritionally sound breakfast, lunch and snacks provided under CACFP guidelines
- Develop good health practices through daily exercise...
 - Weekly swim lessons, including water safety
 - Gym/Outdoor Time
 - Yoga & Sports Instruction
- Learn to understand and appreciate people and their world through activities such as: music, dance, art, foreign language and more
- Explore new topics like gardening, cooking, STEM, Spanish and American Sign Language
- Participate in community connections
- Explore with field trips to local sites and area businesses
- Participate in the Ages & Stages Questionnaire (ASQ)



ENROLLMENT INFORMATION

- Program open Monday – Friday, 6:30am–6:00pm
- Enrollment is accepted year-round, and students may begin attending within two weeks providing space available and all required forms are complete.
- A one-time Registration Fee of \$30.00 per child is due at the time of enrollment
 - Online Enrollment
 - Flexible Scheduling (3 day minimum)
 - Multiple child discount: 10% off fees for each additional child attending the program
 - Wisconsin Shares is accepted; a co-pay may apply.
 - Enrollment is accepted year round; call for openings
- Payments are due two-weeks in advance
- Entry into Preschool depends on the following criteria:
 - The child's developmental readiness
 - The child must be at least 3½ years old
 - The child needs to be fully potty trained
- For 2's & 3's program entry criteria, contact Amber Long at along@kenoshaymca.org

WEEKLY ACTIVITY SCHEDULE

DAILY

Circle Time featuring American Sign Language, math skills, foreign language, and more

Gross Motor Activities including gym time and outdoor play

2's & 3's:

formerly Tykes & Tots

WEEKLY

- Monday Music
- Wednesday Water Works (summer)

MONTHLY

Field Trips (year-round)

*Days subject to change

PRESCHOOL:

3½ – 5 years

WEEKLY

- Monday Music
- Tuesday Spanish
- Wednesday Water Works (summer)
- Thursday Swimming
- Weekly Field Trips (summer)

MONTHLY

Field Trips (Fall-Spring)

OUR STAFF

- Certified Lead Teachers
- Ongoing professional development
- First Aid, CPR & AED certified
- Maintain communication with parents via Brightwheel



Meet our Team!



OUR RATES

AGES	DAILY HOURS	DAILY RATE*
		Member / Non-Member Rate
2's & 3's formerly Tykes & Tots	Fewer than 5 hours	\$41 / \$46
	5+ hours	\$53 / \$58
4's & 5's Preschoolers	Fewer than 5 hours	\$38 / \$43
	5+ hours	\$40 / \$55
Preschool Summer Camp 3½ – 5 years	3–4 days per week	\$65/day
	5 days per week	\$60/day

*Rates for 26–27 school year and subject to change.



Click to Register



B.A.S.E.

Before & After School Enrichment

Elementary School
Ages 5-12



Graduate to our school-age programs and enjoy the convenience of having the program directly at your child's school or at the Y (see transportation). Our BASE program is more than just childcare; we strive to provide fun, enriching activities and experiences that will enhance what they learn in school and support a life-long love of learning.

PROGRAM INCLUDES

BEFORE SCHOOL

- 6:30am until school starts

AFTER SCHOOL

- School dismissal until 6:00pm
- Includes healthy snacks
- Free STEM and health instructional classes offered
- **Homework Assistance**
- Early Release Fridays: Field trips to the YMCA; check with your Site Director for details

2026-'27
ENROLLMENT

ENRICHMENT ACTIVITIES TEACH...

- **Honesty** through good sportsmanship in activities and being encouraged to always tell the truth.
- **Respect** for staff, participants and themselves through core value activities and participating in a positive and safe environment.
- **Responsibility** while completing homework assignments and being assigned daily jobs.
- **Caring** while working together as a group to complete community service projects.

OUR LOCATIONS & CONTACT #s

SITES	PHONE #
Kenosha YMCA	262.654.9622 ext. 237
FOREST PARK	262.515.1805
PRAIRIE LANE	262.942.7304
Administrative Contact Information on Page 9	

*Call for information regarding schools not listed.

OUR RATES

TYPE OF CARE	FOREST PARK	PRAIRIE LANE	TRANSPORTED SCHOOLS
Before School	\$10/day	\$15/day	Not Applicable
After School First Hour Only	\$10/day	Not Applicable	Not Applicable
After School Full Afternoon	\$15/day	\$10/day	\$15/day
Fridays & Early Release Days	\$30/day	\$30/day	\$30/day
Kid's Day Out Non-School Days Separate Registration	\$50/day	\$50/day	\$50/day

*Rates for 26-27 school year and subject to change. 12

ENROLLMENT INFORMATION

- Care offered at the Kenosha YMCA and several KUSD school locations (see school-age locations)
- **Online Enrollment, Scheduling & Billing**
- Enrollment accepted year-round
- Children may begin attending within 2 business days (Mon-Fri), providing...
 - Space is available
 - ALL required forms are complete
- The Site Director will contact you regarding the child's FIRST WEEK schedule. Thereafter, scheduling & billing will be done online. You will receive instructions on how to set up your account.
- A registration fee of \$30 per child, is required for participant's at the time of enrollment.
- This is a one-time fee. Therefore, returning families (previous school year) will receive a \$30 credit on their account once enrollment is complete.
- **Wisconsin Shares accepted; a co-pay may apply**
- **Scholarships/Financial Assistance available**
- Multiple child discount: 10% off fees for each additional child attending the program
- **Children enrolled in School-Age Care will receive a FREE YMCA Youth Membership*!**

*Please stop at the Kenosha YMCA Membership Desk to complete the membership.

 Click to Register



TRANSPORTATION

For schools without an on site BASE program, we transport children from school to the Kenosha Y facility.

Schools served in 2025/26:

Curtis Strange ♦ Nash ♦ Ruth Harman

A minimum of 3 students daily per school are required in order to provide transportation.

•Additional annual \$50 transportation fee for Kenosha Y facility.

Don't see your school listed?

Call us at 262.654.9622 ext. 237.

List subject to change based on need.

YOUTH PROGRAMS

Sports Dance Martial Arts Swimming STEM



We believe positive early experiences are essential to future success. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their full potential. Making for confident kids today and contributing and engaged adults tomorrow.

LEGO CLUB, Ages 6-10

Location: Makers Lab - Lego Club is a great way to interact and communicate with others through play. There will be weekly challenges, team building exercise, and free play opportunities. Our objective is to allow all participants to be creative and use their imagination while developing social interactions with others.

Participants: 4/8

MONDAYS 4:30-5:30pm

Fee: Member \$49 | General Public \$81

*No classes Monday Sept 7th. Prices adjusted.



ROBOTICS LEAGUE, Ages 10-14

Location: Makers Lab - The Robo Crew is a student-centered competitive robotics program where teams of 3-4 students work together to design, build and program a robot for competition. Participants collaborate to analyze the game, develop strategies, solve problems and prepare for competitions while strengthening STEM, communication, teamwork and critical-thinking skills.

Please note:

- This is a long-term commitment running June-February (or longer if teams advance to championship events)
- Summer practices are held every other week
- School-year practices are held weekly
- Participants are expected to attend competitions, including Monday night league play and weekend tournaments
- Teams primarily work together on one shared robot rather than independently

Click to view 26/27 Robo Crew Tentative Schedule

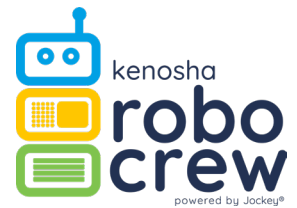
TUESDAYS 1:30-3:30pm FULL

TUESDAYS 4:15-6:15pm FULL

THURSDAYS 4:15-6:15pm FULL

MON/WED** 4:15-6:15pm - Practices held at KELA

Fee: Member \$48 | General Public \$80



**YMCA Teen Tech Center Membership required for Mon/Wed KELA Session.



TEEN TECH SPACE

AGES 12-18
FREE TO JOIN!

Powered by
JOCKEY.

Imagine. Create. Innovate.

The Teen Tech Space is a free creative and technology space for ages 12-18, designed to help youth learn, create, and explore new interests.

Teens have access to a variety of hands-on experiences, including:

- Video, Music & Podcast Production
- 3D Printing & Design
- Photography & Graphic Design
- Coding and More!



Teen Tech Space | 2222 63rd Street Suite #209, Kenosha | Hours: Mon - Thurs: 2-7pm; Friday: 2-6pm

YOUTH SPORTS

Character First, Competition Second



The youth sports programs at the Y is built on four core principles regardless of the skill level of each child:

- Building Character
- Development (overall skill and knowledge)
- Having Fun
- Healthy Habits

Our exciting, fast-paced classes give every child an equal opportunity to learn, grow and improve. By the end of each session, our goal is for every participant to build their athletic skills, confidence and character, helping them become their best both in sports and in life.

BASKETBALL

LITTLE DRIBBLERS: 3-4 Years old

Location: Gymnasium – This program will focus on the fundamentals of shooting, ball handling, passing, post and perimeter play, footwork and pivoting drills, movement without the ball, and core training.

Participants: 6/15

MONDAYS 6:00–6:30pm Courts 1 & 2

Fee: Member \$42 | General Public \$70

***No classes Monday Sept 7th. Prices adjusted.**



BEGINNER DRIBBLERS: 5-8 Years old

Location: Gymnasium – This program will focus on the fundamentals of shooting, ball handling, passing, post and perimeter play, & footwork. At the end of training, all participants will play in a pickup basketball games at the end of the course. Participants: 6/15

MONDAYS 6:30–7:15pm Courts 1 & 2

Fee: Member \$49 | General Public \$81

***No classes Monday Sept 7th. Prices adjusted.**

INTERMEDIATE DRIBBLERS: 9-14 Years old

Location: Gymnasium – This program will focus on the fundamentals of shooting, ball handling, passing, post and perimeter play, & footwork. At the end of training, all participants will play in a pickup basketball games at the end of the course. Participants: 6/15

MONDAYS 7:15–8:00pm Courts 1 & 2

Fee: Member \$49 | General Public \$81

***No classes Monday Sept 7th. Prices adjusted.**

SUPER ALL STARS, Ages 3-14

Location: Gymnasium – Participants will enjoy multiple sports each week such as basketball, Soccer, Volleyball, and more during this adaptive class for kids with diverse abilities. Participants will meet new friends while growing their athletic skills and confidence. Participants: 5/10

For this class to run smoothly, we will need volunteer adults to help assist kids as needed. To volunteer or for more information please email Blake at bcollins@kenoshaymca.org

AGES 3-14yrs Court 2

WEDNESDAYS 4:00–4:45pm

Fee: Member \$28 | General Public: \$49



OUTDOOR SOCCER

MINI KICKERS: 3-4 Years Old

Location: South Field – This is a parent/child participation program designed to teach children the basic skills of soccer. Fundamentals will consist of dribbling, passing, & shots at the goal. Participants: 5/15

THURSDAYS 6:00–6:30pm

Fee: Member \$48 | General Public \$80



LITTLE KICKERS: 5-8 Years Old

Location: South Field – This is a non-competitive sports program designed to teach children the basic fundamentals of soccer, such as dribbling, passing, teamwork and taking shots on goal. Part: 5/15

THURSDAYS 6:30–7:15pm

Fee: Member \$56 | General Public \$92

KICKERS: 9-14 Years old

Location: South Field – This is a non-competitive sports program designed to teach children the basic fundamentals of soccer, such as dribbling, passing, teamwork and taking shots on goal. Part: 5/15

THURSDAYS 7:15–8:00pm

Fee: Member \$56 | General Public \$92

HOME SCHOOL PHYSICAL EDUCATION

Location: Gymnasium | Court 2 – A comprehensive Home School Physical Education Program, designed for home-schooled youth ages 6-12 interested in enhancing their current level of fitness. Your child will have the opportunity to explore the fun of fitness with other kids their own age, while participating in activities and games that help develop coordination, socialization, and group play. Part: 5/15

• Thursdays 9:30–10:15am w/Coach Blake

Fee: Member \$54 | General Public \$86



INDOOR T-BALL, Ages 5-8

Location: Court 2 – This fun and active T-Ball program helps young athletes build skills and confidence while learning the fundamentals of the game. Perfect for first-time players or those looking to sharpen their skills. Come ready to learn, play and have fun! Participants: 5/10

Please bring a water bottle, a glove, and wear comfortable athletic clothing.

THURSDAYS 5:00–5:45pm

14 Fee: Member \$56 | General Public \$92



YOUTH LEAGUES

Enthusiasm, Ambition & Motivation



Kenosha YMCA Youth Sports Leagues are a great way for beginners to develop basic fundamental skills, teamwork, and sportsmanship. Volunteer Coaches are encouraged as they are essential part of our leagues. For more information how to get involved, contact Bcollins@kenoshaymca.org. All Parents/Guardians of league participants should download the "Remind Me" app to stay connected for updates and information about our league during the season. See individual leagues for class codes.

YOUTH BASKETBALL, WINTER LEAGUE

6-14 Years Old, co-ed

Location: Gymnasium. Schedule and T-Shirts will be provided prior to first game.

Season: November 17th – February 13th

Evaluations: November 10th

6-8yrs at 5:30pm | 9-10yrs at 6pm | 11-14 yrs at 6:45pm

Practices: Tuesday evenings

6-8 yrs 5:30-6:15pm

9-10 yrs 6:15-7:00pm

11-14 yrs 7:00-8:00pm

Games: Saturdays (times TBD)

Fees: **EARLY BIRD RATE!** – Register by August 30th
Member \$95 | General Public \$110

Member \$110 | General Public \$125 (after Aug 31st)
*Multiple child discount available

Remind Me App Class Code: kenoball

Registration Deadline: November 9th

Late registrations will incur a \$25 late fee.

No registrations will be accepted after November 11th



YOUTH VOLLEYBALL LEAGUE

11-14 Years Old, co-ed

Location: Gymnasium. Jerseys will be provided prior to first game.

Season: November 12th – February 4th

Evaluations: Nov 5th | 5-5:45pm or 5:45-6:30pm

Practices: Thursday evenings 6-8pm
(times vary by team)

Games: Fridays (times TBD)

Fees: **EARLY BIRD RATE!** – Register by August 30th
Member \$95 | General Public \$110

Member \$110 | General Public \$125 (after Aug 31st)
*Multiple child discount available

All skill levels welcome!

Remind Me App Class Code: Kenovball

Registration Deadline: November 4th

Late registrations will incur a \$25 late fee.

No registrations will be accepted after November 11th



MIRACLE LEAGUE, FALL SEASON

For kids with physical and developmental disabilities
3-19 years old.

Location: Miracle Field

Spring Season: Sept 9th – Oct 21st

Location: Miracle Field

Games: Wednesdays, 5:30-6:30pm

This program is offered at no cost to the participant.

Remind Me App Class Code: mlymca



Register by August 29 to receive team shirt

Questions? Contact Sports & Recreation Director Blake at bcollins@kenoshaymca.org. Refunds must be requested at least two weeks before the season begins and include a \$10 processing fee.

MAKE A DIFFERENCE
for our young athletes



**VOLUNTEER
COACHES
NEEDED!**

Contact Blake Today!
bcollins@kenoshaymca.org

ROCKWALL

Explore New Heights

Ages 5 and up



Rock Climbing is a unique and challenging sport that requires strength of mind and body. Climbing routes are changed approximately every 6 weeks with the routes ranging from beginner to expert. During open climb, the Auto Belay System is used. If you're looking to try something, mix-up your routine, or challenge yourself, then the rock wall is for YOU!

ROCKCLIMBING: Beginner

This class will educate climbers on basic equipment, skills, harness set-up and safety. Participants will use the auto belay system. Climbers will set personal goals to achieve and enjoy fun rock wall games in a small group setting. Participants: 3/9

AGES 5-17

MONDAYS 5:30-6:30pm
6:45-7:45pm

Fee: Member \$67 | General Public \$112

*No classes Monday Sept 7th. Prices adjusted.



OPEN CLIMB

Thursdays 6-8:30pm
Ages 5 & up

Fees:

Members: FREE

General Public: Day Pass
purchase includes open climb



For a better us.®

With your help, the Y can continue to provide and improve our life-changing programs to meet your communities' growing needs thanks to funds raised during Annual Campaign, a volunteer driven fundraising event supporting Kenosha YMCA programs and services.

Won't you join us in supporting our community?

It's easy! You can either...

- Text 'GIVE' to 888.339.2757
- Scan the QR Code
- Click Below



\$50

gives 2 children the opportunity to build confidence through dance, sports, or stem classes.

\$75

gives a child the opportunity to learn the life-saving skills of swimming or gain confidence during a season of youth sports.

\$100

helps a child enjoy a week of summer day camp filled with enriching, healthy activities and positive role models.

\$250

provides 4 children with disabilities the opportunity to be a valued member of the Miracle League baseball team.

\$450

gives a senior one year of access to the YMCA where they can connect with friends and improve their health.

\$500

sends 20 children from the Achiever's Program, on a field trip to broaden their horizons.

\$1,000

provides 2 families in need the opportunity to belong in the community of the YMCA as members.

\$2,500

provides value-driven Before and After School Care, allowing parent(s) to work knowing their child is in a safe, nurturing environment.



Donate Today!



No Place Like *This Place*™

NOW HIRING!

Aquatics

- Daytime Lifeguards
- Water Safety Instructors

Child Care

- Before & After School Enrichment
 - » Site Directors
 - » Teachers / Assistant Teachers
- Early Childhood Education
 - » Teachers / Assistant Teachers
- Bus Drivers
- Kids' Club Counselor

Health & Wellness

- Daytime Personal Trainers
- Massage Therapists
- Group Fitness Instructors

Membership

- Membership Desk Attendants

Sports & Recreation

- Sports Instructors
- Rockwall Instructors



A Click to Apply 

EMPLOYEES ENJOY

- Work That Changes Lives
- Free Family Membership
- Flexible Work Schedule
- Team Atmosphere
- Discount on Y programs

NO PLACE
Like This Place

MARTIAL ARTS

Tae Kwon Do & Aikido

Ages 6 and up



Combines fitness, self-defense, discipline, character development and self-confidence. Taught by highly trained, certified instructors, and a great option for families to take together! **All uniforms and additional equipment are purchased in class through your instructor.**

TRADITIONAL TAE KWON DO, Ages 6 & up

Location: Studio C – This is a year round continuous program teaching traditional Tae Kwon Do in the ITF style of Grandmaster Duk An Yun. Open to all levels and abilities the students are instructed in the self-defense techniques that have made Tae Kwon Do one of the most popular martial arts in the world. With an emphasis on teaching techniques for self-defense, this program helps the student build confidence and respect for themselves and others. **Offered to both children and adults this is an excellent family activity and experience that will benefit everyone involved.**

Participants: Min: 8, Max: 20, each class

TUESDAYS & THURSDAYS*

(*must register for both days, sorry no exceptions)

All Levels 6:30-7:15pm

Fee: Member \$92 | General Public: \$151

All Levels 7:15-8:00pm

Fee: Member \$92 | General Public: \$151

Last day to register for Fall I
Tae Kwon Do is Monday Sept 14th.

PLEASE NOTE–Classes are now combined.
There are no separate beginner or advanced sessions.



AIKIDO, Ages 14 & up

Location: Studio A | Instructors: Pat Weyand, Greg Pieper & Joe Grospe

Aikido is a Japanese martial art focused on balance, control, and redirecting energy. Rather than opposing force with force, Aikido teaches you to move with your partner to safely resolve conflict.

Participants will learn joint locks, throws, falls, and rolls, along with training using traditional wooden weapons such as the sword, staff, and knife. Minimum: 4 / Maximum 12 Participants

• **WEDNESDAYS** 7:15-8:45pm

• **SATURDAYS** 10:00-11:30am

Fee: Member \$92 | General Public: \$151 | Drop-In Option: \$20 (Saturday Only)

Register for both Wednesday & Saturday: Member \$184 | General Public: \$302



Extension of Lake County Aikikai



BE PREPARED FOR ANYTHING

8-WEEK SELF DEFENSE COURSE; Co-Ed

Location: Studio C – Build confidence and stay safe with this hands-on self defense class. You'll learn how to increase awareness, avoid dangerous situations, and use practical techniques to protect yourself if needed.

Led by an experienced instructor in a supportive environment, this class is perfect for anyone looking to boost their personal safety skills – no prior experience required. Participants: 5/10

SATURDAYS 11:00am-12:00pm

Fee: Members \$81 | General Public \$132



YOUTH DANCE

Coordination, Creativity & Confidence

Ages 3 and up



Our Dance Program helps children develop coordination, creativity, confidence, responsibility, and social skills—all while fostering a **love for the Arts**. With dedicated instructors and a positive, motivating environment, we guide and challenge each dancer in the Performing Arts. **Spanning 16 weeks over two sessions**, our program allows for progressive learning and growth, culminating in an exciting **Parent Showcase** where dancers will perform a routine at the end of the session.

CREATIVE MOVEMENT, 3 year olds

This is an introduction to dance. The classes primary goal is to foster the love of movement. Learning basic ballet steps and working on large motor skills, following directions, creative play, spatial awareness, and rhythm. Participants: Min 3, Max 10

Classes run Sept 1st – Dec 19th.

Tuesdays 4:30–5pm Studio A Member: \$80 | Gen Public: \$128
Saturdays 8:15–8:45am Studio B Member: \$80 | Gen Public: \$128

SUPER STARS, Ages 7–17

Location: Studio B – This is an **inclusive, adaptive** dance class for children of all abilities! Super Stars provides the kids a chance to develop a love for dance and allows them to meet new friends, learn new skills, get some healthy exercise, and most importantly, **HAVE FUN!** Participants: Min 4, Max 10

Classes run Sept 3rd – Dec 17th. No Class Nov 26th. Prices adjusted.

Thursdays 4:30–5:15pm
Member: \$60 | General Public \$90

**If fees are prohibitive,
please contact us for
scholarship information.**

DANCE TO DISNEY, Ages 4–8

Location: Studio A – In this fun, high energy, technique-focused dance class, students will learn the basic concepts of modern dance including hip hop. They will also learn a dance routine to a popular Disney song. Participants: Min 3, Max 12

Classes run Sept 1st – Dec 15th.

Tuesdays 5:30–6:15pm
Member \$96 | General Public: \$160



Click to Register

DANCE CLASS DRESS CODE

Creative Movement, Ballet and Jazz: Ballet Shoes;
Girls: Leotards and Tights; Boys: Comfortable clothes

Dance to Disney, Teen Top 40 & Super Stars
Comfortable Clothing (T-shirt/Tank Top; Pants
(Knees Must be Covered, No Jeans); Sneakers.

*For safety purposes jewelry should not be worn during dance classes. (Stud earrings are okay)

BEGINNER BALLET, Ages 5–9

Location: Studio B – Students will learn ballet fundamentals, technique, and terminology, while building muscular strength, and proper dance posture. Classes will use age appropriate material. Etiquette and discipline are emphasized in a positive and creative atmosphere. Part: Min 3, Max 10

Classes run Sept 5th – Dec 19th.

Saturdays 9:00–9:45am
Member \$96 | General Public: \$160



BEGINNER JAZZ, Ages 5–9

Location: Studio B – Students will learn a style of dance that is structured, upbeat ballet stage style of dance. It involves jumps, kicks, turns, isolations, flexibility, floor work, and body awareness. Participants: Min 3, Max 10

Classes run Sept 5th – Dec 19th.

Saturdays 10:00–10:45am Member \$96 | General Public: \$160

TEEN TOP 40, Ages 9–13

Location: Studio B – In this fun, high energy, technique-focused dance class, students will learn the basic concepts of modern dance including hip hop. They will also learn a dance routine to a popular top 40 (but age appropriate) song. Participants: Min 3, Max 12

Classes run Sept 3rd – Dec 17th. No Class Nov 26th. Prices adjusted.

Thursdays 5:30–6:15pm
Member \$90 | General Public: \$150

**Looking for an Adult
Dance Option?**

Check out our **Couples Dance**
class on page 28!

About the Instructor: Ms. Jordan has been dancing for about 21 years, including having the opportunity to dance on a dance team, and with a professional company in Chicago. She's performed at multiple events in the Kenosha/Chicago area, and loves sharing her passion for dance.

**Questions? Contact Katie at kplowman@kenoshaymca.org
or at 262.654.9622 ext. 235. Sorry, no age exceptions.**



YOUTH AQUATICS

Strong Swimmers, Confident Kids

Ages 6 months & up



We're excited to offer our community several aquatic programs, including private and semi-private lesson packages and guaranteed low student to instructor ratios for each group lesson. ALL of our instructors are certified water safety instructors through the American Red Cross; let them help you gain confidence in the water and improve your swimming skills.

PARENT & CHILD ORIENTATION

Ages 6 - 36 Months

Location: Instructional Pool - This water enrichment program provides a positive environment for our youngest swimmers. The parent or guardian in the water, will be guided through basic swimming skills by our trained instructors. Classes are 30-minutes in length.

PARENT & CHILD (6-36 months)

Water comfort and swimming skills taught through a variety of fun activities. Parents and children will be guided through introductory swimming skills and safety precautions preparing them for classes without the aid of a parent. **Participants: Min 5, Max 8 per class.**

Fee: Member \$76 | General Public \$140

***No classes Monday Sept 7th. Fee: Member \$67 | General Public \$123**

PRESCHOOL GROUP LESSONS

Ages 3 - 5 Years

Location: Instructional & Lap Pools - Children build water confidence and swimming skills independently through games and age-appropriate instruction. Lessons follow a progressive approach to swimming and water safety without flotation devices, preparing participants for Youth Swim Lessons. Ratio does not exceed 4:1. **Preschool classes are 30 minutes.** Preschool 1 & 2 meet in the Instructional Pool; Preschool 3, 4 and 5 meet in the Lap Pool.

PRESCHOOL 1

Introduces water entry and exit, kicking, floating, and pool safety. Ideal for children with little or no lesson experience or those needing extra confidence in the water. **Participants: Min 2, Max 3**

PRESCHOOL 2

Focuses on beginner swimming skills, stroke development, and underwater exploration in a fun, supportive environment. **Participants: Min 2, Max 3**

PRESCHOOL 3

Builds independent swimming skills and introduces more advanced stroke techniques. Completion of Preschool 2 required. **Participants: Min 2, Max 3**

PRESCHOOL 4

Refines front and back crawl, improves body control, and builds endurance through swimming and treading water. Completion of Preschool 3 required. **Participants: Min 3, Max 4**

PRESCHOOL 5

An advanced preschool class that builds endurance and refines stroke technique, including front crawl, back crawl with rotary breathing, breaststroke, elementary backstroke, and sidestroke. Completion of Preschool 4 required. **Participants: Min 3, Max 4**

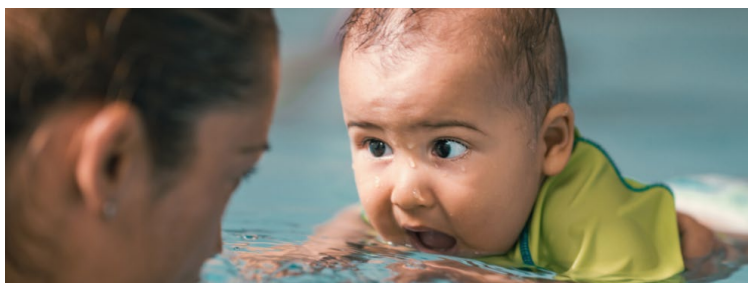
Fee: Member \$76 | General Public \$140

***No classes Monday Sept 7th. Fee: Member \$67 | General Public \$123**

PARENT & CHILD SCHEDULE

Class meets ONCE per week.

CLASS		DAY	TIME	INSTRUCTOR
PARENT & CHILD		Mon	5:00-5:30pm	Emily
		Mon	5:30-6:00pm	Emily
		Sat	10:15-10:45am	Heidi



For the safety and benefit of all swimmers and instructors, please ensure you are enrolling your child in the swim lessons that match their current ability. Click to determine which level your child is at!

[Swim Lesson Selector](#)

If the instructor determines that your child is not enrolled in the correct level, you may be asked to switch classes. If classes are full, you may be required to wait until the next session to enroll.

PRESCHOOL SCHEDULE

Class meets ONCE per week.

CLASS		DAY	TIME	INSTRUCTOR
PRESCHOOL 1		Tues	4:30-5:00pm	Alli
		Wed	5:30-6:00pm	Hope
		Thur	4:30-5:00pm	Sarah
		Thur	5:00-5:30pm	Alli
		Thur	5:30-6:00pm	Sarah
PRESCHOOL 2		Mon	5:00-5:30pm	Sarah
		Tues	5:00-5:30pm	Alli
		Tues	6:00-6:30pm	Jason
		Thur	5:00-5:30pm	Sarah
		Thur	5:30-6:00pm	Jason
		Thur	6:30-7:00pm	Jason
PRESCHOOL 3		Mon	4:30-5:00pm	Sarah
		Tues	5:30-6:00pm	Jason
		Tues	6:30-7:00pm	Jason
		Thur	6:00-6:30pm	Jason
		Thur	6:30-7:00pm	Sarah
PRESCHOOL 4	Register P4	Thur	6:00-6:30pm	Sarah
PRESCHOOL 5	Register P5	Mon	5:30-6:00pm	Sarah

SCHOOL-AGE GROUP LESSONS

Ages 6 -12 Years

Location: Lap Pool – Children ages 6–12 years learn the fundamentals of swimming and water safety with increased stroke development and endurance as levels increase. Classes will not exceed a 6 to 1 student/instructor ratio. All classes are 45–minutes in length, and are taught in the Lap Pool. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at Level 1, which has no prerequisite. **Part: Min 4, Max 6 per class**

LEVEL 1 – INTRODUCTION TO WATER SKILLS

The objective of this class is for your child to feel more comfortable in the water and enjoy the water safely. Introduction to basic aquatic skills such as beginner stroke technique and underwater exploration are emphasized. This class starts in the Warm Water Instructional Pool and transitions to the Lap Pool.

LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS

An advanced beginner class for children ready to perform skills unsupported. Focus is placed on developing the front and back crawl, treading water, and introduction of the elementary backstroke and breaststroke.

LEVEL 3 – STROKE DEVELOPMENT

An intermediate level emphasizing endurance; refinement of front crawl and back crawl (focusing on rotary breathing); continued development of elementary backstroke and breaststroke; and introduction of sidestroke.

LEVEL 4 – STROKE IMPROVEMENT

Develops confidence in the strokes learned and improves additional aquatic skills. Participants will refine breaststroke and sidestroke while increasing endurance with front and back crawl. Introduction to open turns and butterfly will also be included.

LEVEL 5 – STROKE REFINEMENT

Provides further coordination and refinement of strokes. At this advanced level students will refine their performance of all strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke. Students are also introduced to flip turns on the front & back.

Fee: Member \$76 | General Public \$140

***No classes Monday Sept 7th. Fee: Member \$67 | General Public \$123**

SCHOOL-AGE SCHEDULE

Class meets ONCE per week.

CLASS	DAY	TIME	INSTRUCTOR
LEVEL 1	Mon	6:00–6:45pm	Sarah
	Tues	5:30–6:15pm	Alli
	Sat	9:30–10:15am	AJ
LEVEL 2	Tues	6:15–7:00pm	Alli
	Wed	6:00–6:45pm	Hope
	Thur	5:30–6:15pm	Alli
	Sat	10:15–11:00am	AJ
LEVEL 3	Wed	6:45–7:30pm	Hope
	Thur	6:15–7:00pm	Alli
	Sat	11:00–11:45am	AJ
LEVEL 4	Mon	6:00–6:45pm	Emily
LEVEL 4–6	See Teen/Pre-Teen Conditioning, Advanced Skills, or Jaguars Swim Team		

HOME SCHOOL SWIM INSTRUCTION

This Swim Instruction Program is designed for home-schooled youth ages 6–12 interested in enhancing their current swimming ability. Children that are not home-schooled are also welcome.

BEGINNER, Ages 5–8

Instructional Pool – For swimmers who are still building basic water confidence and skills. Children will learn the fundamentals of swimming and water safety, including floating, kicking, rhythmic breathing, and introductory strokes.

THURSDAYS 10:30–11:15am Hazel Max: 6

Member \$54 | General Public \$86



INTERMEDIATE/ADVANCED Ages 6–18

Lap Pool – For swimmers who can already swim at least one length of the lap pool without stopping. This class focuses on improving stroke technique, building endurance, and introducing more advanced swimming skills while reinforcing water safety.

THURSDAYS 10:30–11:15am Stephanie Max: 8

Member \$54 | General Public \$86



ADVANCED SKILLS, Ages 6–12

Location: Lap Pool – Refines stroke technique, builds endurance, and teaches flip turns and water entry. Ideal prep for swim team or boosting swim confidence. **Participants must be able to swim front and back crawl an entire length to participate.** Min. 4, Max 10

THURSDAYS 5:30–6:30pm Jenni

Fee: Member \$90 | General Public \$186



TEEN SWIM & MORE, Ages 10–18

TEEN/PRE TEEN BEGINNER (ages 11–18)

Location: Lap Pool. For teens with little or no swim experience or fear of water. Focuses on water comfort, floating, breathing, and basic strokes: front crawl, back crawl, and elementary backstroke. Participants: Min. 3, Max 6

FRIDAYS 4:45–5:30pm Stephanie

Fee: Member \$76 | General Public \$140



TEEN/PRE TEEN SWIM CONDITIONING (ages 10–18)

Location: Lap Pool. This class builds on Red Cross swim lessons, focusing on stroke technique, endurance, and promoting swimming for a healthy lifestyle. Participants must be able to swim one length of the pool using front and back crawl. Participants: Min. 4, Max 8

TUESDAYS* 5:00–6:00pm Stephanie

Fee: Member \$59 | General Public \$122

***No classes Tuesday 9/15 and 10/6 due to swim meets. Prices adjusted.**



QUESTIONS about Swim Lessons?

Contact us at swimlessons@kenoshaymca.org or call 262.654.9622 x-245

AQUATIC CENTER POLICIES ON PAGE 8

Missed classes cannot be refunded, credited or made up. We offer credits upon request for medical reasons only. See full policy on pg 6.

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Available to all ages, private lessons will help swimmers gain confidence in the water and improve their swimming skills with swim instruction tailored to meet individual goals. Private lessons are available to any ability. Let our certified American Red Cross water safety instructors work with you individually or in a small group of your choosing. All lessons are 30-minutes in length and can be scheduled at your convenience year round. We do our best to coordinate your preferred days and times while working with our pool and instructor availability.

PRIVATE

of 30-min. lessons

Member Rate
per lesson

Gen. Public Rate
per lesson

1 - 5	\$30	\$42
6 - 10	\$28	\$40
11+	\$26	\$38

PRIVATE +1 (2 swimmers of similar abilities & goals)

1 - 5	\$24	\$34
6 - 10	\$22	\$32
11+	\$20	\$30

NOTE: All listed rates are per participant. Rates are subject to change without prior notice. All private swimming lessons expire 6-months after the date of purchase. All sessions are non-transferable and non-refundable. If you need to cancel or reschedule a lesson, at least 24 hours notice is required. Failure to provide adequate notice may result in being charged for that lesson.

For more information please contact
swimlessons@kenoshaymca.org

JAGUARS SWIM TEAM

Power in Every Lap, Strength in Every Stroke.



The Kenosha YMCA Jaguars Swim Team is a USA Swimming-sanctioned competitive swim program for ages 6–18. Swimmers develop stroke technique, endurance, and confidence through age-appropriate training in a supportive team environment. Training groups range from beginner to advanced. Interested swimmers should be able to swim 25 yards of freestyle and backstroke and have basic knowledge of breaststroke.



JOIN ANYTIME!

Tryouts by appointment – contact us at jaguars@kenoshaymca.org



*Swim team is a 7-8 month commitment.
Monthly membership payments will be automated.

SHORT COURSE SEASON: AUGUST – MARCH

LONG COURSE SEASON: APRIL – JULY

Level	Practice Days	Times	Fees
Cubs	Mon & Fri	6-7:30pm	\$72/mo
Prowlers	Mon, Wed, Fri	6-7:30pm	\$90/mo
Hunters	Mon, Wed, Thurs, Fri	6-7:30pm	\$110/mo
Predators	Mon, Wed, Thurs	6-7:30pm	\$130/mo
	Fridays	6-8:30pm	

TRAINING GROUPS

The Jaguars Swim Team offers four training groups designed to meet swimmers where they are and help them progress at their own pace. Group placement is determined by the coaching staff based on age, ability, and skill level.

CUBS

The first step into the Jaguars Swim Team. Swimmers build confidence, learn stroke fundamentals, and develop practice habits in a fun team environment.

PROWLERS

Swimmers continue improving technique and endurance while developing consistency, sportsmanship, and a commitment to personal growth.

HUNTERS

An intermediate group focused on endurance, stroke efficiency, race skills, and overall performance. Swimmers are encouraged to challenge themselves and continue advancing their skills.

PREDATORS

Our highest-level training group for experienced swimmers. Athletes focus on advanced technique, race strategy, strength, endurance, and competitive performance while serving as leaders within the team.

PRACTICE FEES

- All Jaguar Swim Team members must have a Kenosha YMCA membership* (youth or family).
- Monthly Practice Fees Due on the 1st of each month.** Fees are what keep the team up and running so it is very important that we all do our share. Practice Fee must be paid in full or direct debit set up at time of registration. Registration form to be filled out with aquatics department.
- Please note you will need to register for short course season and long course season separately. Payment methods from one season will not follow to the next season.
- YMCA Jaguar practice fees are subject to change. In the event of this happening, you will receive notice.
- Ask about our Multiple Swimmer Discount.

APPAREL FEES

Apparel orders will be available for swimmers, including team suits. All swimmers are responsible for their own apparel fees.

GROUP EQUIPMENT

Each group will hand out an equipment list to parents. All swimmers are responsible for their own equipment and cost.

MEET FEES

All Swim Team members are responsible for their own meet fees.

CANCELED PRACTICES

No refunds or credits will be given for canceled practices. Canceled practices will only be done in the cases of high school swim meets, extreme weather, facility maintenance, etc.

REFUND / CREDIT POLICY

Following the Kenosha YMCA Missed Class Policy, credits will be given for medical reasons only; documentation required. Should you choose to leave the team during the season, mid-month cancellations will not be prorated.

Questions? Please email the Kenosha Jaguars coach at jaguars@kenoshaymca.org



TRAINING

CPR/AED/First Aid Lifeguard Babysitter

American
Red Cross 



Join the NEXT GENERATION of Red Cross Training! The Kenosha YMCA is a leader in providing up-to-date training and certification through the American Red Cross. We regularly offer certification and review courses. If you have any questions about which course is right for you, please contact Stephanie at 262.654.9622 ext. 224.

ADULT & PEDIATRIC CPR/AED/FIRST AID TRAINING



The Adult & Pediatric CPR/AED First Aid course will help prepare you to recognize and care for a variety of breathing and cardiac emergencies. The eLearning portion of this class is scenario based and will introduce you to the skills that you will practice and master during the in-person skill session. Successful completion of this eLearning content alone will not result in certification. This eLearning content must be taken in conjunction with in-person training and evaluation led by an American Red Cross Instructor. The link for the eLearning portion will be emailed to you shortly after registration.

To earn certification, participants must:

- Complete all eLearning modules (approx. 2 hours) and present proof of completion before beginning the in-person skill session
- Attend and actively participate in all class sessions
- Demonstrate competency in all required skills
- Pass the final written exam in the eLearning conclusion module with a grade of 80% or better
- Pass the final skill scenario

>> GET TRAINED & CERTIFIED <<



The link for the eLearning portion will be emailed to you shortly after registration.

UPCOMING CLASSES:

- Saturday, Sept 12 | 8am-10:30am
- Saturday, Oct 10 | 8am-10:30am
- Monday, Oct 26 | 8am-10:30am
- Wednesday, Sept 23 | 6pm-8:30pm
- Wednesday, Oct 14 | 6pm-8:30pm

Fee*: Member: \$85 | General Public: \$105

This fee is paid at the time of scheduling the in-person skill session. Please contact Stephanie, at szuehls@kenoshaymca.org with any questions. There is no charge for the eLearning portion of this class. The link for the eLearning portion will be emailed to you shortly after registration.

BABYSITTER TRAINING

This in-person course prepares youth ages 11-16 to safely and confidently care for children and infants. Through hands-on activities, videos, and discussions, participants learn essential skills like feeding, diapering, holding children, and responding to emergencies. A 10-year Babysitter's Training certificate is awarded upon completion.

Participants are required to have the **Red Cross Babysitter's Training Handbook** (print or digital) during class. If using a digital copy, required worksheets will be provided. Printed handbooks can be purchased for \$25 through the Red Cross or on the day of class (price includes shipping).

Please bring: a doll that can be diapered, water bottle, and snack.

Class length: 5 hours, 30 minutes.



Click to Purchase Handbook 



- Saturday, Sept 19th 8:00am-1:30pm
- Saturday, Oct 24th 8:00am-1:30pm

Fee: Member \$80 General Public \$120

LIFEGUARD TRAINING

Course Content & Prerequisites:

This course is designed to provide participants with the knowledge and skills to prevent, recognize, and respond to emergencies in and around pools. Participants must successfully complete the following prerequisite swimming skills: 300-yd, continuous swim using front crawl and/or breaststroke; tread water for 2 minutes using only the legs; swim 20 yards, retrieve a 10 pound brick from a maximum depth of 12 feet, then swim 20 yards with both hands on the brick. Participants must be 15 or older by completion of course. **CERTIFICATE:** American Red Cross Lifeguarding (includes CPR/AED and First Aid), upon successful completion of the written and physical skills tests. Certificate is valid for 2 years.



Fees: Member \$250 | General Public \$300

Click For Current Class Offerings 

The American Red Cross also offers a **FREE** online refresher center to keep your knowledge and skills sharp so you are ready to respond. Click to visit www.redcrossrefresher.com

ADULT SPORTS

Character First, Competition Second

Ages 16 and up



Our adult sports programs will provide every individual with an equal opportunity to participate in heart-strengthening, stress-reducing exercise, to socialize with friends, to quench the competitive fire, and most importantly TO HAVE FUN.

PICKLEBALL - OPEN GYM, 12* & up

Pickleball is a recreational sport that is designed to be played by children and adults of all ages and abilities. It is played on a badminton-sized court with a specialized paddle and ball. Come and try this exciting sport that is sweeping the nation.

Location: Gym, Courts 3 & 4

Equipment limited - we strongly recommend bringing your own.

*Ages: 12-13 years old are welcome with a parent.



- Sunday: 8:00am-12:00pm
- Monday through Friday: 10:00am-12:30pm; 3:00-4:00pm

INTRO TO PICKLEBALL

Location: Gymnasium Court 3 - This is a great way for new beginners to learn the basic fundamentals of pickleball such as serving, returns and volleys. Players will receive 45min of instructions and 15min of playing time. All participants are encouraged to provide their own paddles as equipment is limited. Participants: 3/16. Ages: 15+

TUESDAYS 12:30-1:30pm

Fee: Members \$42 | General Public \$70



INDOOR SOCCER- OPEN GYM, 12* & up

Location: Gym, Court 2

Recreational, yet competitive soccer. There will be one HALF court available.

*Ages: 12-13 years old are welcome with a parent

SUNDAYS: 12:00-2:00pm



OPEN BASKETBALL

Open run Basketball is designed for adult full court Basketball 5 on 5 games. This is a pickup game format.

All participants are required to bring their own ball.

Location: Gym, Courts 3 & 4

MONDAYS 7:00-8:30pm



Open-Gym Basketball is designed for free shoot around, or pickup games with close friends. There are 2 full-size courts, and 12 basketball rims that could be modified to your liking.

All participants are required to bring their own ball.

Please see gym schedule for days and time **located in our gym.**

VOLLEYBALL - OPEN GYM, 12* & up



Location: Gym, Court 3

*Ages: 12-13 years old are welcome with a parent

THURSDAYS: 4:00-5:00pm

Did you know the YMCA offers Financial Assistance?

Would you or do you know someone that would benefit from a Kenosha YMCA membership? Financial Assistance is available! **APPLY TODAY!**

Financial assistance is available to those in need thanks to the For a Better Us Campaign. If you or your family would benefit from a Y membership or program, but find the fees financially challenging please complete a John & Judy Wavro Scholarship Fund application and return to the Kenosha YMCA.

For a better us.®

Whether you just joined, or just found your motivation...

GET THE MOST OUT OF YOUR MEMBERSHIP!



EQUIPMENT ORIENTATION

IN-PERSON

A great place to start; **FREE 30-minute equipment orientation** guided by a member of your Health Team! After your orientation you will feel comfortable in our fitness center and will be able to safely and effectively use the cardio and selectorized equipment. **No registration required, please check in at Member Service Desk.**

MONDAYS @ 1:00pm
TUESDAYS @ 5:00pm

VIRTUAL

- Can't make it to the Y for the in-person times?
- Prefer a self-guided learning experience?
- Just looking for a refresher?

We have that too!! We are excited to announce that we now have **on-demand videos** demonstrating how to safely and effectively utilize the selectorize equipment on the fitness floor. Each video is just a couple minutes long and was recorded right here at the Y.

 Click or scan QR code to visit video library



YOUTH ORIENTATION, ages 12 & 13

This clinic will teach your child the rules and proper etiquette to follow while working out in the Fitness Center. The participant will also learn how to perform some basic exercises properly. Once your child has successfully completed this clinic they'll receive a completion bracelet to be worn while working out in the Fitness Center independently.

Contact Katie to set-up your time today!

Email: kplowman@kenoshaymca.org

Fee: Member: \$30 General Public: \$50

Age Guidelines for Free Weight/Cardio Equipment Areas

- **11 & under:** Are not permitted to use the equipment.
- **12-13:** Are required to have a responsible adult actively supervising them while using equipment. Youth who successfully complete a Youth Strength Orientation may use equipment independently.
- **14+:** Are allowed to use the equipment without supervision.



ACHIEVE YOUR GOALS!



PERSONAL TRAINING

Helping You Reach Your Goals



Our knowledgeable and experienced personal trainers will create a customized workout program accompanied with clean eating guidelines so you have a plan to succeed!

We offer a wide variety of strength training programs that are customized to each individual's goals. Our trainers will discuss in depth long and short term goals; as well as target areas that need to be monitored and improved. By doing so, we're able to prepare a program that, over time, will enhance your overall health and fitness.

No matter what your goal is, we will work with you directly to accomplish those goals in a safe and healthy environment. Virtual training also available.

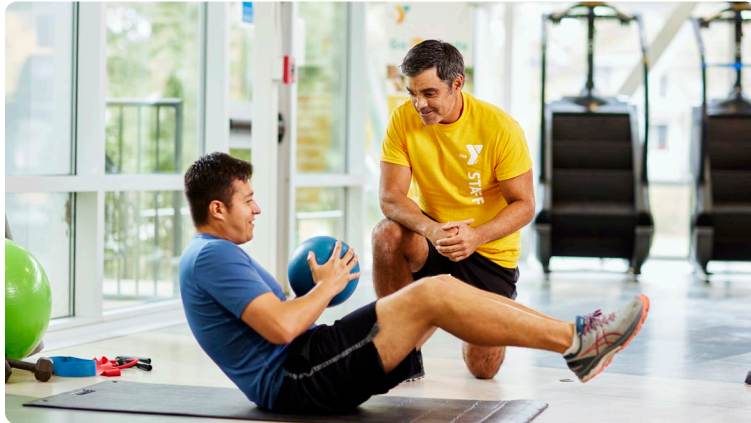
For your convenience we offer **One-On-One** (as low as \$45 a session) & **Partner Training** (as low as \$34 per person, per session); please contact Katie Plowman, at kplowman@kenoshaymca.org or call 654.9622 ext. 235 for more information or to **schedule a FREE consultation with a trainer.**

Complete Personal Trainer biography's available on our website at www.kenoshaymca.org.

*Please note sessions must be paid in full.



**Loyalty Members receive
10% off Personal Training!**



**YOU DON'T HAVE
TO BE EXTREME,
JUST CONSISTENT**



TELL US HOW WE'RE DOING!

Do you have any comments or suggestions for the Kenosha YMCA Team? Click below to fill out a report card and let us know!

Submit a Report Card



PARKINSON'S P.E.A.K.

Location: Studio C – Parkinson's PEAK (**Positivity, Empowerment, Ability, Kinetic Activity**) helps individuals with Parkinson's stay active and work toward their highest level of ability. This specialized class focuses on cardiovascular exercise, power, flexibility and balance to support mobility and well-being. Caregivers may attend if assistance is needed. Participants: Min. 3, Max 10

- Tuesdays 11:30-12:20pm w/David
- Thursdays 11:30-12:20pm w/David

Fee: Members \$51 | General Public \$85

*Loyalty Membership Discount not applicable



COUPLES DANCING with Mark & Ann

Location: Studio B – Get active while learning Swing, Foxtrot and Latin Dance in this eight-week course. Perfect for weddings and special events, the class welcomes all ages, fitness levels and experience levels. Instructors Mark and Ann make learning fun with hands-on guidance, kindness and patience.

This is a couples class. If you need a partner, contact Ann at info@markandann.com and she will do her best to find you one.

- Tuesdays 6:30-7:30pm

Member \$99/per person

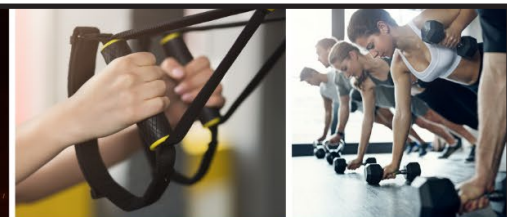
General Public \$165/per person

*Loyalty Membership Discount not applicable



IGNITE GROUP TRAINING

Personal Training at Group Fitness Prices!



Do you want the accountability of Personal Training but do not have the cost in your budget? Do you like working out with friends? **Then IGNITE Group Training Classes** are for you! Prices are for 1 day a week per 8-week session.

WOMEN'S TRAINING

IGNITE Warrior Women

Location: My Fitness Studio – A fun, dynamic circuit class designed to empower women! Learn weight training in a supportive, women-only environment, focusing on proper technique, building strength and confidence, and creating a strong community among participants of all fitness levels.

- Mondays* 4:30-5:20pm w/Katie – New Time!
- Wednesdays 9:00-9:50am w/Katie – New Day & Time!

Fee: Members \$53 | General Public \$88

*No classes Monday Sept 7th. Members \$46 | General Public \$77.



Click to Register



Loyalty Members receive 10% off* IGNITE Group Training Classes!

*when you register in person at the membership desk.

ACTIVE OLDER ADULTS

IGNITE Senior TRX

Location: Studio B – TRX Suspension Training uses gravity, body weight and the TRX Suspension Trainer™ to build full-body strength through every plane of motion. Designed for active older adults and those new to TRX, this supportive class helps improve strength, stability and confidence.

- Mondays* 9:00-9:50am w/Cathie
- Mondays* 10:00-10:50am w/Cathie
- Wednesdays 9:00-9:50am w/Cathie

Fee: Members \$53 | General Public \$88

*No classes Monday Sept 7th. Members \$46 | General Public \$77.

IGNITE Fall Prevention

Location: Studio C – Feel stronger and more secure in your everyday movement. Through gentle strength building, balance exercises, posture work, and fun, functional activities, this class is designed to help reduce the risk of falls and support long-term mobility.

- Tuesdays 12:30-1:20pm w/Nancy – New Day & Time!
- Thursdays 12:30-1:20pm w/Nancy – New Time!

Fee: Members \$53 | General Public \$88

AQUATIC FITNESS

A Low Impact, Effective Workout!

Ages 14 & up



LOOKING FOR A NEW WORKOUT? Try aquatic exercise – it's fun and great for all levels of fitness! We offer classes in both our warm water instructional pool and our lap pool. Members and guests may also work out by swimming, water walking, or through use of a variety of our specialty equipment (water dumbbells, noodles, aqua joggers) during any open swim time. Our aquatic fitness classes take place in the shallow sections of our pools (unless specifically stated) and do not require any swimming ability.

LAP POOL CLASSES

ABS™ AQUA COMBAT

Location: Lap Pool – Punch, kick, and power your way through this high-energy water workout inspired by kickboxing and MMA. Aqua resistance helps build strength, endurance, coordination, and core stability while providing a challenging cardio workout.

AQUA FLOW

Location: Lap Pool – Enjoy easy-to-follow movements set to upbeat music in this low-impact aquatic workout. Aqua Flow combines cardio and water resistance training to improve fitness, strength, and flexibility, with options for all ability levels.

AQUA ZUMBA®

Location: Lap Pool – Make a splash with this water-based version of the popular dance fitness program. Aqua Zumba® combines easy-to-follow dance moves with the resistance of water for a fun, low-impact workout that improves cardiovascular fitness, coordination, and overall conditioning. Suitable for all fitness levels.

DEEP WATER FITNESS

Location: Lap Pool – **No matter your fitness level, you'll benefit from a deep water suspension workout!** Experience a full-body workout in deep water that improves cardio fitness, core strength, muscle tone, and flexibility. Flotation belts are provided, and no swimming experience is required.

FLUID STRENGTH

Location: Lap Pool – Combine the energy of aqua combat with movements that improve mobility, flexibility, and core strength. This joint-friendly, full-body workout balances intensity and recovery for a well-rounded fitness experience.

FOREVERWELL® SPLASH (formerly Silversneakers® Splash)

Location: Lap Pool – Improve strength, balance, flexibility, and cardiovascular fitness through fun, low-impact water exercises. No swimming ability is required, making this class a great option for active older adults and beginners.

^PASSES: To ensure everyone has an opportunity to participate, members must obtain a pass from the Member Service Desk no earlier than one hour before class. Passes are collected by the instructor, and 18 passes are available per class.

WATERINMOTION®

Location: Lap Pool – This energetic, music-driven aquatic workout combines cardio and resistance training to strengthen and tone the entire body. Suitable for all fitness levels, WATERinMOTION® delivers a fun, low-impact workout with high-energy results.

WARM POOL CLASSES

AQUA PI-YO-CHI

Location: Warm Water Instructional Pool – Experience the pleasure of a mind-body program in the water. The fusion of Pilates, Yoga, and Tai Chi will help you to build a strong core, improve your balance and breathing, decrease stress, and increase your body's energy flow. It's fluid bliss...

GENTLE WAVES

Location: Warm Water Instructional Pool – Gentle Waves works to improve your range of motion, flexibility, overall strength, and cardiovascular fitness while decreasing pain and/or discomfort associated with arthritis, fibromyalgia, and/or injury recovery. Enjoy the healing environment of the warm water pool where the water supports your body, leaving you to exercise effectively without pain.



Click to Register



Loyalty Members receive 10% off*
Aquatic Fitness Classes! (Excludes Swim Lessons)

*When you register in person at the membership desk.

QUESTIONS about our Aquatic Programs?

Contact szuehls@kenoshaymca.org

AQUATIC CENTER POLICIES...PAGE 8

Missed classes cannot be refunded, credited or made up.
We offer credits upon request for medical reasons only.
For full policy see pg 6.

Click to View Full Pool Schedules



LAP POOL SCHEDULE January 5th through March 1st

Day	Time	Class
Monday	6:00-7:00	DEEP WATER FITNESS
Monday	7:00-8:00	FLUID STRENGTH
Monday	8:00-9:00	ABS AQUA COMBAT
Monday	9:00-10:00	AQUA FLOW
Monday	10:00-11:00	AQUA ZUMBA
Tuesday	6:00-7:00	DEEP WATER FITNESS
Tuesday	7:00-8:00	FLUID STRENGTH
Tuesday	8:00-9:00	ABS AQUA COMBAT
Tuesday	9:00-10:00	AQUA FLOW
Tuesday	10:00-11:00	AQUA ZUMBA
Wednesday	6:00-7:00	DEEP WATER FITNESS
Wednesday	7:00-8:00	FLUID STRENGTH
Wednesday	8:00-9:00	ABS AQUA COMBAT
Wednesday	9:00-10:00	AQUA FLOW
Wednesday	10:00-11:00	AQUA ZUMBA
Thursday	6:00-7:00	DEEP WATER FITNESS
Thursday	7:00-8:00	FLUID STRENGTH
Thursday	8:00-9:00	ABS AQUA COMBAT
Thursday	9:00-10:00	AQUA FLOW
Thursday	10:00-11:00	AQUA ZUMBA
Friday	6:00-7:00	DEEP WATER FITNESS
Friday	7:00-8:00	FLUID STRENGTH
Friday	8:00-9:00	ABS AQUA COMBAT
Friday	9:00-10:00	AQUA FLOW
Friday	10:00-11:00	AQUA ZUMBA
Saturday	6:00-7:00	DEEP WATER FITNESS
Saturday	7:00-8:00	FLUID STRENGTH
Saturday	8:00-9:00	ABS AQUA COMBAT
Saturday	9:00-10:00	AQUA FLOW
Saturday	10:00-11:00	AQUA ZUMBA
Sunday	6:00-7:00	DEEP WATER FITNESS
Sunday	7:00-8:00	FLUID STRENGTH
Sunday	8:00-9:00	ABS AQUA COMBAT
Sunday	9:00-10:00	AQUA FLOW
Sunday	10:00-11:00	AQUA ZUMBA

WARM POOL SCHEDULE January 5th through March 1st

Day	Time	Class
Monday	6:00-7:00	GENTLE WAVES
Monday	7:00-8:00	AQUA PI-YO-CHI
Monday	8:00-9:00	DEEP WATER FITNESS
Monday	9:00-10:00	FLUID STRENGTH
Monday	10:00-11:00	ABS AQUA COMBAT
Tuesday	6:00-7:00	GENTLE WAVES
Tuesday	7:00-8:00	AQUA PI-YO-CHI
Tuesday	8:00-9:00	DEEP WATER FITNESS
Tuesday	9:00-10:00	FLUID STRENGTH
Tuesday	10:00-11:00	ABS AQUA COMBAT
Wednesday	6:00-7:00	GENTLE WAVES
Wednesday	7:00-8:00	AQUA PI-YO-CHI
Wednesday	8:00-9:00	DEEP WATER FITNESS
Wednesday	9:00-10:00	FLUID STRENGTH
Wednesday	10:00-11:00	ABS AQUA COMBAT
Thursday	6:00-7:00	GENTLE WAVES
Thursday	7:00-8:00	AQUA PI-YO-CHI
Thursday	8:00-9:00	DEEP WATER FITNESS
Thursday	9:00-10:00	FLUID STRENGTH
Thursday	10:00-11:00	ABS AQUA COMBAT
Friday	6:00-7:00	GENTLE WAVES
Friday	7:00-8:00	AQUA PI-YO-CHI
Friday	8:00-9:00	DEEP WATER FITNESS
Friday	9:00-10:00	FLUID STRENGTH
Friday	10:00-11:00	ABS AQUA COMBAT
Saturday	6:00-7:00	GENTLE WAVES
Saturday	7:00-8:00	AQUA PI-YO-CHI
Saturday	8:00-9:00	DEEP WATER FITNESS
Saturday	9:00-10:00	FLUID STRENGTH
Saturday	10:00-11:00	ABS AQUA COMBAT
Sunday	6:00-7:00	GENTLE WAVES
Sunday	7:00-8:00	AQUA PI-YO-CHI
Sunday	8:00-9:00	DEEP WATER FITNESS
Sunday	9:00-10:00	FLUID STRENGTH
Sunday	10:00-11:00	ABS AQUA COMBAT

Day	Class	Time	Fee: Member/ General Public	Instructor	POOL	Min./ Max
MONDAY *No Classes 9/7. Prices adjusted. **Aqua Combat is a 6-week session beginning 9/14.	Aqua Combat**	7:00-8:00 AM	\$33/\$63	Cindy	Lap Pool	6/15
	Gentle Waves*	8:15-9:15 AM	\$38/\$74	Jeanne	Warm Water Pool	6/18
	FOREVERWELL Splash*	9:00-10:00 AM	^PASSES	Rita	Lap Pool	6/18
	Gentle Waves*	9:15-10:15 AM	\$38/\$74	Jeanne	Warm Water Pool	6/18
	FOREVERWELL Splash*	10:15-11:15 AM	^PASSES	Rita	Lap Pool	6/18
	Aqua Zumba*	12:00-1:00 PM	\$38/\$74	Melissa	Lap Pool	6/18
TUESDAY *Fluid Strength is a 6-week session beginning 9/15. **Gentle Waves will be taught by Stephanie 9/1-9/8 and by Cindy 9/15- 10/20.	Water In Motion	7:00-8:00 AM	\$44/\$84	Melissa	Lap Pool	6/18
	Aqua Pi Yo Chi	7:30-8:30 AM	\$44/\$84	Rita	Warm Water Pool	6/18
	Fluid Strength*	8:00-9:00 AM	\$33/\$63	Cindy	Lap Pool	6/15
	Gentle Waves**	9:00-10:00 AM	\$44/\$84	Stephanie/Cindy	Warm Water Pool	6/18
	Aqua Pi Yo Chi	12:00-1:00 PM	\$44/\$84	Rita	Warm Water Pool	6/18
	Deep Water Fitness	6:15-7:15 PM	\$44/\$84	Mary	Lap Pool	6/18
WEDNESDAY *Aqua Combat is a 6-week session beginning 9/16.	Aqua Combat*	7:00-8:00 AM	\$33/\$63	Cindy	Lap Pool	6/15
	Gentle Waves	8:15-9:15 AM	\$44/\$84	Jeanne	Warm Water Pool	6/18
	FOREVERWELL Splash	9:00-10:00 AM	^PASSES	Rita	Lap Pool	6/18
	Gentle Waves	9:15-10:15 AM	\$44/\$84	Jeanne	Warm Water Pool	6/18
	FOREVERWELL Splash	10:15-11:15 AM	^PASSES	Rita	Lap Pool	6/18
	Aqua Pi Yo Chi	7:00-8:00 PM	\$44/\$84	Rita	Warm Water Pool	6/18
THURSDAY *Gentle Waves will be taught by Stephanie 9/3- 9/10 and by Cindy 9/17-10/22.	Aqua Zumba	7:00-8:00 AM	\$44/\$84	Melissa	Lap Pool	6/18
	Aqua Pi Yo Chi	7:30-8:30 AM	\$44/\$84	Rita	Warm Water Pool	6/18
	Deep Water Fitness	8:15-9:15 AM	\$44/\$84	Mary	Lap Pool	6/18
	Gentle Waves*	8:30-9:30 AM	\$44/\$84	Stephanie/Cindy	Warm Water Pool	6/18
	Aqua Pi Yo Chi	12:00-1:00 PM	\$44/\$84	Rita	Warm Water Pool	6/18
 ITS BACK! FRIDAY *Aqua Combat is a 6-week session beginning 9/18.	Aqua Combat	7:00-8:00 AM	\$33/\$63	Cindy	Lap Pool	6/15
	Aqua Flow	8:00-9:00 AM	\$44/\$84	Molly	Lap Pool	6/15
	Gentle Waves	8:15-9:15 AM	\$44/\$84	Jeanne	Warm Water Pool	6/18
	FOREVERWELL Splash	9:00-10:00 AM	^PASSES	Rita	Lap Pool	6/18
	Gentle Waves	9:15-10:15 AM	\$44/\$84	Jeanne	Warm Water Pool	6/18
	FOREVERWELL Splash	10:15-11:15 AM	^PASSES	Rita	Lap Pool	6/18

SilverSneakers® Splash is now **FOREVERWELL® Splash** – same class, new name!

NOW SWIMMING... August 31st through November 14th

Indian Trail Swim Team, lanes 3-8

- Mon – Thurs: 3:30-5:30pm
- Fridays: 2:30-4:30pm

The lap pool will be closed for
swim meets from 3-8pm on
Tuesdays: 9/15 and 10/6

[Click to View Pool Schedules](#)

ADULT SWIMMING

Stay Active; Build Confidence



Our Adult Swimming programs are designed for all skill levels, whether you're looking to learn the basics, refine your strokes, or enjoy a low-impact exercise. Swimming is a lifelong skill that offers numerous health benefits, including improved cardiovascular fitness, muscle strength, flexibility, and stress relief. Our certified instructors provide personalized support, helping you build confidence and achieve your goals at your own pace. Experience the fun, community, and wellness that swimming can bring, no matter your age or ability.

ADULT SWIM LESSONS

Location: Lap Pool – **It's never too late to learn how to swim!** No matter how old you are, developing the swimming skills you need to feel safe and comfortable around water is possible.

BEGINNER

Designed for students with little to no experience. Swimmers will start with learning the basics such as breathing, body positioning and will work towards developing introductory freestyle, backstroke, and elementary back stroke skills.

TUESDAYS* 6:00–6:45pm Stephanie

FRIDAYS 6:30–7:15pm Stephanie

Fee*: Member \$76 General Public \$140

***No class Tuesday 9/15 due to swim meets. Mem: \$67 | Gen Public \$123.**



INTERMEDIATE/ADVANCED

Geared towards swimmers who are comfortable swimming independently and can do one length of the pool using freestyle or backstroke. This class will work on advancing swimming skills, refining technique, and building endurance.

TUESDAYS* 6:45–7:30pm Stephanie

Fee*: Member \$76 | General Public \$140

***No class Tuesday 9/15 due to swim meets. Mem: \$67 | Gen Public \$123.**



Loyalty Membership Discount not applicable on Swim Lessons

WELCOME TO THE KENOSHA YMCA!



**OUR PURPOSE
IS DEEPER
THAN OUR
POOLS!**



KENOSHA YMCA



Do you like to swim? Is the pool your second home? Is chlorine your signature scent? If so, the 100 Mile Swim Club might be for you!

Join the 100 Mile Swim Club and challenge yourself to swim 100 miles by year's end. Open to Y members, with prizes and recognition for reaching 50 and 100 miles!



GROUP FITNESS

Drop-in Classes are FREE to Members!

Ages 14 and up



No Registration; Classes are first come, first served. Motivating Group Atmosphere

BODYCOMBAT®

This is a non-contact, high-energy, martial arts-inspired cardio workout with moves inspired by Karate, Tae kwon do, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ! No experience needed so bring your best fighter attitude and come punch and kick your way to better health!

BODYPUMP®

A fast way to shape up and lose body fat. This toning and conditioning class uses weights and is for just about everybody who wants to add strength training to their workout. The simplicity of BodyPump® makes it a great starting point to develop strength and confidence. Hot sounds and compelling choreography keep you going through each workout. You'll use a step platform, a bar and a set of weights.

BUTTS & GUTS - EXPRESS

Challenge your core! Focus on the major muscles of the torso, toning and strengthening your abs, back, and butt. Strong core & butt muscles mean better posture, more balance, healthier back and more confidence.

CORE FUSION EXPRESS

This 30-minute workout combines bodyweight exercises, weights and resistance bands to strengthen your core, improve stability and build endurance. Modifications and progressions make it approachable for beginners and challenging for experienced participants.

GENTLE YOGA

This is a trauma informed gentle flow yoga class designed to support awareness of breathing and body sensations in different yoga poses. The class will begin and end with meditation intended to support participants in experiencing a deeper connection with their minds, bodies and loving selves. All body sizes, shapes, and ages are welcomed in this class.

PILATES

Is a challenging yet safe method to sculpt your body and feel increased agility in your every day movements, as well as work on balancing all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Please bring your own yoga mat.

PILOXING®

Celebrity workout to the stars created by Viveca Jensen is sweeping the nation. This intensified workout weaves together both Pilates and Boxing inspired moves. This class leaves no muscle behind while creating a fun and challenging workout that will leave you wanting more.

SPINERGY - CYCLE CLASS

Boost energy levels with SPINergy! This awesome, non-impact workout is for everyone. Come sweat, have fun, and enjoy upbeat music while challenging yourself with lots of calorie-burning racing!

TAI CHI PLUS & FUSION

Build strength, flexibility, and improve balance while de-stressing and getting into the flow. After class; feel invigorated, energized, and balanced. This class balances your fast pace life with easy to follow, slow-moving meditation in motion. Based on Taijifit style of flowing Tai Chi and may include some standing yoga, hand-held sticks, Kung Fu, and/or QiGong. No experience, mat or shoes necessary. Can be done in a chair if needed. Fun for any age. *Tai Chi Fusion includes yoga and stretches on the floor. Feel free to bring your own mat.

WERQ®

WERQ (pronounced "work") is the fiercely fun, and fresh cardio dance fitness workout based on HIP HOP MUSIC with a little pop and rock mixed in. You can expect to sweat and burn about 500-900 calories each class! All dance and fitness abilities welcome!

Y COMBO

These fun & challenging workouts are designed for all fitness levels. These classes combine three components of exercise: cardio, toning, and flexibility. You'll get a variety of workouts, a mixture of challenges, all while using an assortment of equipment or none at all. Build endurance, strength, and flexibility.

Y STEP

Experience variety, fun, and a total body workout in this heart pumpin' and calorie burning step class that may incorporate resistance training and core exercises as well! All levels are welcome!

Y STRETCH

A 20 minute deep stretch class that incorporates standing and seated positions to open and lengthen the muscles from all angles. An important compliment to your regular exercise routine to help you stay injury and pain free.

YOGA

This class will create a pleasant feeling, rejuvenate your spirit, mind and body as well as improve flexibility, strength, vitality and energy. Some poses will be held momentarily to integrate breath work and self-awareness and some poses will flow one-to-another with the breath. Poses can be shown and modified for a variety of levels. You may bring your own yoga mat, if you have one.

ZUMBA®

Join the Zumba party! This safe and effective total body workout is a fusion of Latin and International music and routines that feature aerobic/interval training. It is a mixture of body sculpting movements with easy to follow dance steps. You'll never have more fun!

FOREVERWELL® CLASSES (formerly SilverSneakers®)

These classes are appropriate for older adults who are fit and active, as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehab programs and all who enjoy a positive, upbeat social environment.

FOREVERWELL® CHAIR PILATES

Move your whole body through a series of seated and standing exercises (no floor work); utilizing controlled breathing, allowing muscles to work effectively and efficiently. Strengthen your core, increase flexibility, mobility, balance, range of movement and strength. Practicing Pilates promotes an active lifestyle while improving balance and flexibility to prevent falls and injuries.

FOREVERWELL® CLASSIC

In FOREVERWELL® Classic you'll move to music as you increase muscular strength and flexibility. This multi-level, equipment based class takes you through a variety of exercises using hand-held weights, elastic tubing and a ball. This class is right for you regardless of your fitness level. Start improving your health today!

FOREVERWELL® YOGA

Yoga will move your whole body through a complete series of seated and standing yoga poses; no floor work. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Appropriate for everybody every age!

FOREVERWELL® CIRCUIT

This class is for students who desire and are ready for an advanced senior workout. The format offers a blend of standing non-impact choreography designed to increase cardiovascular endurance and muscular strength & endurance. Alternated with upper body strength work and hand-held weights, elastic tubing and a ball.

FALL I DROP-IN CLASSES

August 31st – Oct 25th 2026

Each class runs for approximately 50 minutes.
"Express" classes run 30 minutes in length.

Day	Class	Time	Instructor	Location	Maximums
MONDAY	BodyPump®	5:15 AM	David	Studio C	Max: 15
	FOREVERWELL® Yoga	8:15 AM	Dan	Studio C	Max: 28
	Y Step	9:00 AM	Ann	Studio A	Max: 25
	FOREVERWELL® Classic	9:15 AM	Nancy	Studio C	Max: 28
	Butts & Guts Express	10:00 AM	Ann	Studio A	Max: 30
	FOREVERWELL® Classic	10:15 AM	Nancy	Studio C	Max: 28
	FOREVERWELL® Classic	11:15 AM	David	Studio C	Max: 28
	Pilates	5:00 PM	Amy	Studio A	Max: 25
	 WERQ	5:30 PM	Stacy	Studio C	Max: 30
	Yoga	6:00 PM	Rebecca	Studio A	Max: 15
	BodyPump®	6:45 PM	David	Studio C	Max: 15
TUESDAY	FOREVERWELL® Chair Pilates	8:00 AM	Kathleen	Studio C	Max: 28
	Yoga	9:00 AM	Norah	Studio B	Max: 15
	Y Combo	9:00 AM	Cathie	Studio C	Max: 30
	FOREVERWELL® Circuit	10:15 AM	Cathie	Studio C	Max: 30
	Tai Chi Plus	11:00 AM	Nancy	Studio A	Max: 15
	Zumba	11:15 AM	Melissa	Studio B	Max: 30
	Piloxing	5:30 PM	Christine	Studio C	Max: 30
	Spinergy	5:30 PM	Katie	Cycle Studio	Max: 14
	Butts & Guts Express	6:30 PM	Katie	Studio A	Max: 15
	Y-Stretch Express	7:00 PM	Katie	Studio A	Max: 15
WEDNESDAY	BodyPump®	5:15 AM	Katie	Studio C	Max: 15
	FOREVERWELL® Yoga	8:15 AM	Dan	Studio C	Max: 28
	Zumba	9:00 AM	Melissa	Studio A	Max: 30
	FOREVERWELL® Classic	9:15 AM	Nancy	Studio C	Max: 28
	Spinergy	10:00 AM	Katie	Cycle Studio	Max: 14
	FOREVERWELL® Classic	10:15 AM	Judy	Studio C	Max: 28
	FOREVERWELL® Classic	11:15 AM	Judy	Studio C	Max: 28
	Gentle Yoga	12:00 PM	Monica	Studio A	Max: 30
	Pilates	5:00 PM	Amy	Studio A	Max: 15
	BodyCombat®	5:30 PM	David	Studio B	Max: 15
	WERQ	5:30 PM	Katie	Studio C	Max: 30
	Yoga	6:00 PM	Rebecca	Studio A	Max: 15

SilverSneakers® classes are now FOREVERWELL® – same classes, new name!

Day	Class	Time	Instructor	Location	Maximums
THURSDAY	WERQ	5:15 AM	Katie	Studio C	Max: 30
	Yoga	9:00 AM	Norah	Studio B	Max: 15
	Y Combo	9:00 AM	Cathie	Studio C	Max: 30
	FOREVERWELL® Circuit	10:15 AM	Cathie	Studio C	Max: 30
	★ NEW! Tai Chi Fusion	11:00 AM	Nancy	Studio A	Max: 30
	★ NEW! Piloxing	5:30 PM	Christine	Studio C	Max: 30
	Core Fusion Express	6:30 PM	David	Studio B	Max: 15
FRIDAY	BodyPump®	5:15 AM	David	Studio C	Max: 15
	FOREVERWELL® Yoga	8:15 AM	Dan	Studio C	Max: 28
	Y Step	9:00 AM	Ann	Studio A	Max: 25
	★ NEW! WERQ	9:00 AM	Katie	Studio B	Max: 15
	FOREVERWELL® Classic	9:15 AM	Mabel	Studio C	Max: 28
	Butts & Guts Express	10:00 AM	Ann	Studio A	Max: 15
	FOREVERWELL® Classic	10:15 AM	Mabel	Studio C	Max: 28
	FOREVERWELL® Classic	11:15 AM	David	Studio C	Max: 28
	BodyPump®	5:45 PM	Katie	Studio C	Max: 15
SATURDAY	Butts & Guts Express	7:00 AM	Katie	Studio C	Max: 30
	Y-Stretch Express	7:30 AM	Katie	Studio C	Max: 30
	BodyCombat®	8:00 AM	David	Studio A	Max: 25
	Zumba	8:00 AM	Melissa	Studio C	Max: 30
	WERQ	9:00 AM	Stacey/Katie	Studio C	Max: 30
SUNDAY	Yoga	8:15 AM	Nancy	Studio C	Max: 15
	Y Combo	8:30 AM	Christine	Studio A	Max: 15

SilverSneakers® classes are now **FOREVERWELL®** – same classes, new name!



We are open Labor Day, Monday September 7th

Facility Hours: 5am–1pm

No regular classes will be held. Kids' Club will be open.



INSURANCE PROGRAMS

The Kenosha YMCA is proud to work with several insurance programs that offer discounts, reimbursements or even free memberships to their subscribers to support you on your journey to become healthier. Each program that is offered is different, and who is covered may vary. It is highly recommended that you contact the number on your insurance card to see what specific benefits your insurance program offers.

Our participating programs include:



YMCA360

Anywhere. Anytime.



FREE!
with your Y
membership



YMCA360

Experience The Y Like Never Before

Stream your favorite programs, classes and instructors. Anywhere. Anytime.



Stream Now on Mobile, Desktop, and TV Apps

Currently available on Apple, Android and Roku

YMCA360 FREQUENTLY ASKED QUESTIONS

WHAT IS YMCA360?

YMCA360 is an on-demand video platform for our Y community. Here you will find everything from group exercise classes, youth sports training, well-being classes and more to serve you wherever you are.

IS THERE A FEE FOR YMCA360?

No, if you are an Active Kenosha YMCA member, Y360 is an additional member benefit.

IS YMCA360 ONLY FITNESS CLASSES?

No. YMCA360 offers a wide variety of fitness classes as well as Family Nutrition, Arts & Crafts, Culinary Arts, Sports Drills and more!

CAN I USE YMCA360 ON ANY DEVICE?

Yes! You can join us on your phone, table, laptop or computer. Some TV's even allow you to 'cast to' from your device.

HOW DO I ACCESS YMCA360?

- Visit KENOSHAYMCA.ORG.
- Click on YMCA 360; You will be brought to the SIGN-IN page.
- Click "YMCA Login or Signup"
- Enter your zip code and click Continue.
- Click on Kenosha YMCA - Callahan Family Branch.
- Enter the EMAIL associated with your Kenosha YMCA account and click Continue.
- A Verification Code may be required to verify your access. If prompted, check your email and enter the verification code.

HAVING ISSUES LOGGING IN?

That's okay, we can help! Just give our friendly Member Service Desk staff a call at 262.654.9622.



TAKE THE Y WHEREVER YOU GO WITH YMCA360!



DOWNLOAD THE YMCA360 MOBILE APP TODAY!





FOR THE SPIRIT, MIND & BODY

Professional massage has many benefits to your overall health & well-being, including:

- Reducing Stress
- Encouraging Relaxation
- Improving Circulation & Blood Flow
- Easing Aches & Pains
- Relieving Headaches
- Increasing Flexibility

RELAXATION MASSAGE

An eclectic mix of techniques, mostly Swedish, to help you relax mentally & physically. You may choose to include some therapeutic work too.

60 minutes: \$79/89

90 minutes: \$103/114

Mini Stress Buster (30-min) targeting the neck, shoulders & back: \$52/63

SPECIALTY MESSAGES

THERAPEUTIC &/OR SPORTS MASSAGE

More of an area specific massage geared towards working on tense, limiting or non-mobile areas of the body. Helps decrease tension, stiffness, and improves mobility. Techniques may include: muscle testing to determine problem areas; clinical and deep tissue massage techniques and/or massage tools, heat, or hot stones to assist in techniques.

30 minutes: \$57/68

60 minutes: \$83/94

90 minutes: \$109/119

PRENATAL MASSAGE

Soothing, relaxing massage specifically for women who are expecting. You will be propped up on pillows for appropriate support and positioning so you feel safe and comfortable.

30 minutes: \$57/68

60 minutes: \$83/94

HOT STONE MASSAGE

A blend of relaxation massage techniques with warm, smooth Lava stones (high in natural minerals) ultimately leading to a deep relaxation experience while creating harmony and positive energy flow. A bit more oil is used during this massage so the stones glide smoothly.

60 minutes: \$99/110

90 minutes: \$119/130

*Massage pricing effective 6/29/2026



Loyalty Members receive
10% off Massages!

Give the gift of a
therapeutic, stress
relieving, relaxing...
massage!

MASSAGE GIFT CARDS
Available!

Schedule your appointment TODAY at the Member
Service Desk or give us a call at 262.654.9622.

No call/no shows will be required to prepay for future appointments.

FIND YOUR REASON TO GIVE BACK.



VOLUNTEERS ARE AT THE HEART OF THE Y.

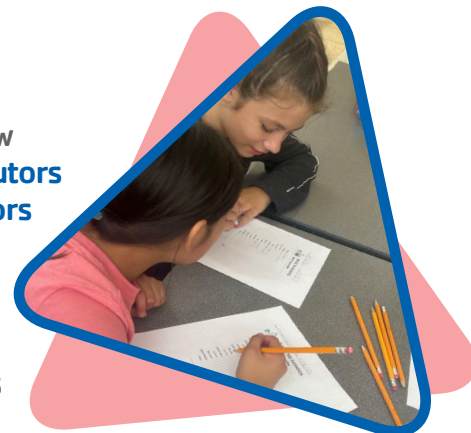
We were founded by a volunteer and we continue to be governed by volunteers. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. Take a look at some of the volunteer opportunities we have, and find your reason to give back.

Achievers

Achievers helps students in local elementary and middle schools grow academically and socially through one-on-one support. Volunteer **Tutors** work with students twice a week in math and/or reading, while **Mentors** offer encouragement, share skills and hobbies, and participate in special activities.

► High School & College Students: Volunteer Tutors Needed!

Help elementary students strengthen their math and reading skills while earning community service hours. Tutor twice a week and make a meaningful difference in a child's confidence and success.



Feeding Families

This program compassionately comes alongside families who are in need of temporary assistance with groceries. Each Thursday, volunteers and Y Achievers staff join together to unload trucks of donated food items, organize into boxes for each family and distribute the boxes as families arrive to pick them up.

Special Events

The YMCA hosts several one-day special events throughout the year where volunteers are always needed. These events include fundraisers and community service awareness efforts to support the Y's initiatives. YOU can make a difference with only a couple hours a YEAR! Special events are also a great opportunity for large groups to volunteer together, but work on different tasks that are of interest to them.



Miracle League

Miracle League is a baseball program for kids with physical and developmental disabilities. As a volunteer buddy, you will support and encourage players on the field, helping them navigate the game and ensuring they have a memorable experience.



 [Click to Learn More](#)



FALL FEST AT THE Y!

FUN FOR THE WHOLE FAMILY!

SATURDAY, SEPT 26, 2026 | 10AM – 6PM

KENOSHA YMCA | 7101 53rd St. | 262.654.9622 | kenoshaymca.org

SAVE THE DATE!

FREE
ENTRY!

FAMILY ENTERTAINMENT

FOOD • MUSIC

RAFFLES

KIDS GAMES

CRAFT
VENDORS

BOUNCY HOUSES

HEALTHY LIVING EXPO

INTERACTIVE
STEM ACTIVITIES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



For a Stronger, Healthier Us

KENOSHA YMCA

HEALTHY LIVING EXPO



Saturday, September 26th 10am–2pm

FREE ADMISSION! Kenosha YMCA Gymnasium

We are excited to welcome several area health professionals and organizations. Many are offering FREE screenings and evaluations, so be sure to plan lots of time to enjoy and learn how to maintain and improve your health. Stop by the Good Value Pharmacy booth for their Flu Shot and Covid Vaccine Clinic. **Guests ages 18+ who visit all participating vendors will also be entered into our prize raffle for a chance to win great prizes!**

SPONSORED BY

FPS

Finishing & Plating Service, Inc.



Snap-on

OPEN TO THE PUBLIC!

Vendor spots still available!



KENOSHA YMCA | 7101 53rd Street | www.kenoshaymca.org



TRUNK OR TREAT

AT THE KENOSHA YMCA

SATURDAY OCTOBER 24TH

10:00am-12:00pm

Hosted by the Kenosha YMCA
Youth & Family Department

FREE FAMILY FUN EVENT

 Click to Learn More

We're looking
for Trunk
Participants!



Scan to learn more
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A SINCERE THANK YOU TO OUR SPONSORS

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