

Green County Family YMCA

2026-2027 Program Guide



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SESSION DATES

FALL 1 SEPTEMBER 8 - OCTOBER 24, 2026

FALL 2 OCTOBER 26 - DECEMBER 19, 2026

BREAK WEEK NOVEMBER 23-29, 2026

WINTER 1 JANUARY 4 - FEBRUARY 20, 2027

WINTER 2 FEBRUARY 22 - APRIL 17, 2027

BREAK WEEK MARCH 22 - MARCH 27, 2027

SPRING APRIL 19 - JUNE 5, 2027

SUMMER JUNE 14 - AUGUST 21, 2027

Youth gymnastics, aquatics, Kids in the Kitchen, laser tag and ZTAG programs follow session dates. Member registration typically opens two weeks prior with Non-Member registration opening one week prior.

OUR MISSION

Our Mission is to empower individuals and families from all backgrounds to thrive by nurturing the potential of kids, promoting healthy living and fostering social responsibility.

OUR VISION

We are a cause driven organization focused on strengthening the foundations of community for individuals and families, ensuring everyone has the resources necessary to achieve their highest potential.

Connect with us!



www.greencountyymca.org



facebook.com/greencountyymca



instagram.com/greencountyymca



WELCOME TO THE YMCA

Dear YMCA Members, Families, and Community,

As we look ahead to the 2026–2027 program year, I want to take a moment to thank you, our members, donors, partners, and community for being such an important part of the Colony Brands Green County Family YMCA.

Because of your support, the YMCA continues to grow as a place where individuals and families from all backgrounds can thrive. Every day, we see the impact of our mission come to life, whether it's a child building confidence in a program, a senior improving their health and wellness, or families finding connection and support within our walls.

This past year has been transformational for our YMCA. With the opening of our expanded facility, we are serving more people than ever before. From childcare and after-school programs to health and wellness offerings, summer camp, and youth sports, the demand continues to grow, and we are proud to meet it.

Looking forward, we are energized by the opportunities ahead. Over the next year, we will continue to:

- Expand programs that support youth development, healthy living, and social responsibility
- Strengthen partnerships across Green County to better serve our community
- Focus on innovation and long-term sustainability as we begin shaping our 2027–2030 strategic plan

At the YMCA, we believe we are more than a facility, we are a community hub. A place where people come together, build relationships, and support one another. That vision continues to guide everything we do.

Thank you for choosing the YMCA and for investing in the well-being of our community. We are honored to serve you and look forward to another impactful year ahead.

With gratitude,

Trent Henning
Executive Director

thenning@greencountyymca.org





BENEFITS OF JOINING

Guided by its founding mission, the Y has served as a leading non-profit committed to strengthening over 10,000 communities nationwide for more than 175 years. The Y regularly brings people together - from different backgrounds, perspectives and generations - to empower individuals and families from all backgrounds to thrive by nurturing the potential of kids, promoting healthy living, and fostering social responsibility.

At the Y, we take immense pride in our work of building a stronger community. There is something for everyone! Youth are introduced to a wide variety of sports while building teamwork skills. Parents have access to safe and reliable childcare. Active older adults and seniors experience a place where they find meaningful connections and the tools necessary for remaining independent. We believe that everyone, no matter who they are or where they're from, deserves the opportunity to reach their highest potential.

WHY GO ANYWHERE ELSE?

- 24/7 Access
- Indoor walking track
- Free group fitness classes
- Les Mills programming
- Priority registration on programs
- Discounts on program fees
- 2 free hours per day to Kids' Zone
- FOREVERWELL Programming (55+)
- Free wellness presentations
- Member exclusive events
- Nutrition programs
- 25 meter indoor pool
- Gymnastics Center
- Family friendly environment



FINANCIAL ASSISTANCE

The Green County Family YMCA is proud to ensure that the Y is accessible to all. Through our Annual Campaign, financial assistance is provided for YMCA programs and memberships to those in need. Any individual or family may apply for financial assistance. A sliding scale is used to determine how much assistance is awarded. To apply for assistance, please stop by the front desk for an application, or download one from our website at www.greencountyymca.org/financial-assistance.



MEMBERSHIP INFORMATION

The Green County Family YMCA is a cause driven, non-profit organization that has been serving Green County for over 40 years. When you join the Y, you're joining other men, women and children in our community who are committed to youth development, healthy living and social responsibility.

As a member of the Y, you're not just a member of a facility, you're part of a cause. Our members have a shared commitment to nurturing the potential of all children, improving their own health and well-being, while giving back and supporting our neighbors.

MEMBERSHIP TYPE	MONTHLY RATE	JOIN FEE
Youth (ages 0-17)	\$25	\$10
Young Adult (ages 18-25)	\$35	\$15
Adult (ages 26-64)	\$50	\$25
Senior (age 65+)	\$39	\$25
Senior Family (one adult must be 65+)	\$52	\$25
Family (Two adults and dependent children up to age 25 living in the same household.)	\$67	\$25

24/7 ACCESS

24/7 Access is available to members ages 18+. Each member must have their own key fob to utilize 24/7 Access.

Key Fob Purchase: \$10 | Monthly 24/7 Access Fee: \$3

INSURANCE BENEFIT PROGRAMS

The Y 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. Many of these programs are for the Active Older Adults and Senior population. We recommend you contact your insurance provider to learn more about the specific benefits they offer.

INSURANCE PROGRAMS WE PARTNER WITH:

- Silversneakers
- Renew Active
- Silver & Fit
- WPS

To get started, stop by the Front Desk. Please bring your insurance card and your fitness ID number (provided to you by your insurance provider.)

Gunner Wenger

Membership Coordinator

gwenger@greencountyyymca.org



GENEROSITY IS WHAT MOVES US FORWARD

This building is more than just walls and a space for opportunity, connection and collaboration. Through the support of our donors, this capital campaign is transformed a vision into reality, creating a space where all can gather to learn, grow and thrive. Thank you for being a vital part of building a stronger community!



GREEN COUNTY FAMILY YMCA FOUNDATION

To leave a legacy is to put a stamp on the future by contributing to something that impacts generations for years to come. For some people, supporting an organization like the YMCA is the kind of generosity they want to be remembered for. By contributing to the Foundation, you protect the organization's future so that all generations may benefit from the Y's many programs and services. Together, we can build a legacy you'll be proud of. Please contact Trent Henning at thenning@greencountymca.org for more information.

ANNUAL CAMPAIGN

Our Annual Campaign ensures that the Y is accessible to all and helps ensure that everyone, regardless of their circumstances or ability to pay, have access to our facility and programs. By supporting the Annual Campaign, you are helping address health and wellness needs of children and families right here in our own community. For more information, or to make a donation, please contact Trent Henning at thenning@greencountymca.org or call 608-325-8040. Gifts to the Annual Campaign are tax deductible. The Green County Family YMCA is a non-profit 501(c)3 organization.

FOREVERWELL

This program is designed for people 55 and older and takes a holistic approach to wellness by addressing five components of whole body health: mind, body, spirit, community and nature. Our goal is to not only improve physical health but also to deepen social engagement, create meaningful relationships, and improve quality of life.

Each month, we deliver engagement opportunities in all of these components to ensure you have the resources you need to remain FOREVERWELL. We look forward to being FOREVERWELL with you!

FIRESIDE LOUNGE

People need a place where they can gather together for conversation and collaboration. Social interactions are vital for a person's wellbeing. Each day, our active older adults enjoy exercise and socialization. Similarly, teen connections reinforce positive mental health and an overall sense of belonging. Parents also enjoy this comfortable space where they can relax while their kids are in youth programs.

The Fireside Lounge is regularly open to members for relaxation, games, small group conversations, or as a study space. At other times, the room may be utilized for structured YMCA programming or reserved by local community partners to offer the Green County community a broad range of resources



HEALTHY LIVING KITCHEN

On a daily basis, all humans make decisions concerning their health by choosing what food to put into their bodies. The Healthy Living Kitchen provides a space for people, of all ages, to make connections with food, community food resources, and healthy lifestyle choices. Bridges across cultures and generations are built when people gather around the table.

NUTRITION SUPPORT

A-LA-CARTE HOUR WITH A NUTRITIONIST

Work one-on-one with Keegan, our Nutritionist, to discuss nutrition topics of interest to you. Topics could include macro-based eating, plant based nutrition, understanding nutrition labels, creating a meal plan, or any other nutrition related topics you would like to discuss. **\$60 per session**

7-DAY FOOD JOURNAL ANALYSIS

Meet one-on-one with Keegan, our Nutritionist, to review your current food choices and discuss dietary changes you could make toward a healthier lifestyle. **\$60 per session**

NUTRITION 101

Do you want help making healthier food choices? Gain knowledge behind how important nutrition is. Work with Keegan, our Nutritionist, for one-on-one nutrition coaching. This package includes eight, 30-minute sessions. **\$160 for 8 sessions**

HEALTHY KIDS

KIDS IN THE KITCHEN | AGES 6-12 YEARS OLD

Kids in the Kitchen is a fun, interactive, and educational class designed to teach children the basics of nutrition and healthy eating habits through hands-on cooking experiences. This program empowers kids with practical skills in food preparation & kitchen safety, helps build awareness of healthy food choices, and encourages lifelong wellness habits in an engaging and age-appropriate way.

Members: \$70 | Non-Members: \$90

SNACK & STORYTIME | AGES 6 AND UNDER

Join us in the Healthy Living Kitchen for storytime and a healthy snack! Kids get to enjoy a story from Miss Tiff and a themed snack. Depending on the week, kids may have the opportunity to make/assemble their own snack. Children must be accompanied by an adult.

Members: FREE | Non-Members: \$5 per child

KITCHEN EDUCATION

COOKING CLASSES

A hands-on culinary experience with Chef Laura Eyler of Thyme Savor Cuisine, this interactive, 90-minute cooking class offers participants the unique opportunity to learn directly from a professional chef in a fun, engaging environment.

Whether you're a beginner or looking to expand your skills, you'll gain practical knowledge, tips, and inspiration you can take home and use right away. Come ready to cook, learn, and enjoy the experience—one delicious dish at a time!

2026 Dates: June 18, August 13, November 5
Members: \$25 | Non-Members: \$40

COOKIE DECORATING

Whether you're a first-timer or a seasoned decorator, this class is for you. You'll decorate six sugar cookies with Vicki's step-by-step guidance, learn her royal icing recipe, and pick up a few fun, easy-to-use techniques. Best of all, you'll take your beautifully decorated cookies home to enjoy.

2026 Dates: July 15, October 22, December 5
Members: \$45 | Non-Members: \$60



REVOL
UTION
IZE YOURSELF

HEALTHY LIVING CENTER

HEALTHY LIVING CENTER

Our Healthy Living Center is a welcoming space designed to help individuals and families build healthier habits for life. With modern fitness equipment, supportive staff, and programs for all ages and ability levels, we make it easy to stay active and feel your best. Members must be at least 10 years of age to use utilize the Healthy Living Center.

THE POWER HOUSE

Our Power House free weight room is built for those ready to train with purpose and push their limits. Featuring a wide range of free weights, benches, and strength training equipment, it's designed to support everyone from beginners to experienced lifters. Members must be at least 13 years of age to use The Power House.

FITNESS ORIENTATIONS

Orientations are a complimentary service for Green County Family YMCA youth and adult members to learn rules, etiquette and how to use equipment. Youth ages 10-17 must complete an orientation in order to workout without parent supervision. Orientations are available by scheduling an appointment at the front desk.

24/7 ACCESS

Upgrade your membership with 24/7 access for just \$3 per month per person and enjoy the freedom to work out on your schedule—365 days per year. This convenient add-on unlocks after-hours access to the Indoor Track, Healthy Living Center, Power House free weight room, North Gymnasium, and comfortable lobby seating areas. To get started, simply stop by the YMCA Front Desk.

PERSONAL TRAINING

A certified personal trainer instructs you in the areas of Cardiovascular fitness, muscular strength and flexibility. They evaluate your current fitness level to create a personalized program that helps you achieve your fitness goals, while motivating and educating you along the way. Contact Lacy Gilbertson, Director of Healthy Living to get started. All training sessions are 60 minutes in length.

4 Sessions: \$220 | 8 Sessions: \$400

Lacy Gilbertson

Director of Healthy Living

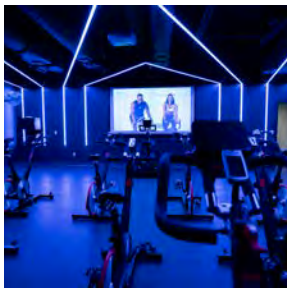
lgilbertson@greencountyymca.org





GROUP FITNESS

All Group Fitness Classes are included with your YMCA membership, so you can sweat, strengthen, stretch, and have fun—all at no extra cost! Check out the full class schedule online and find the classes that fit your goals and your schedule. Group Fitness Classes are open to ages 10 and up, unless otherwise noted in the class description.



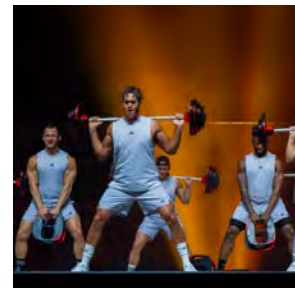
CARDIO

- Cycle & Core
- Cycling
- LesMills Sprint
- RPM
- Step
- Zumba



MIND & BODY

- Core Flow 45
- Chair Yoga
- Flow 45
- Pilates
- Yoga



STRENGTH

- BodyPump
- Bootcamp
- HIIT
- Power Up
- Shapes



FOREVERWELL

- Chair Yoga
- Fit For Life
- FOREVERWELL Circuit
- FOREVERWELL Strength

LESMILLS ON-DEMAND FITNESS

Our fitness goes beyond the schedule! Our Empowerment and Acceleration Studios have LesMills On-Demand, allowing you to take a class when it works for you.

In addition, all Green County Family YMCA members have access to both LesMills On-Demand and YMCA360 through our app! Download the app to log your workouts, join challenges, earn points and rewards, and view schedules in real-time! Get ready to take your health to the next level! Scan the QR codes to download the YMCA360 app.



Apple Store



Google Play

AQUATICS

SWIMMING LESSONS

PARENT & CHILD

Members: \$50 | Non-Members: \$80

Stage A: Introduce your child to the aquatic environment. Learn how to safely work with your child using music, games, and various instructional tools.

Stage B: Building on skills learned during stage A, this class focuses on exploring body positions, blowing bubbles, and fundamental safety.

PRESCHOOL: Students learn water safety and achieve basic swimming competency by learning benchmark skills: "swim, float, swim" and "jump, push, turn, grab." **Members: \$50 | Non-Members: \$80**

FLIP & FLOAT: Flip & Float is a preschool program that spends a half hour in the gymnastics center working on fine and gross motor skills, flexibility, and basic tumbling. The next half hour is spent in the pool working on floats, kicks, scoops, blowing bubbles, and learning the basics of swimming. **Members: \$61 | Non-Members: \$105**

SCHOOL AGED

Children are placed into one of six different levels, based on ability. Whether this is your child's first time in lessons or they're wanting to get ready for the swim team, the Y's experienced aquatic staff will teach your child the skills they need to swim safely and effectively. **Members: \$50 | Non-Members: \$80**

LEVEL 1: Water Acclimation: no skill prerequisites. Children develop comfort for water exploration and learn basic self-rescue skills with an emphasis on water safety.

LEVEL 2: Water Movement: teaches forward movement and basic self-rescue skills with alternating arm and leg actions.

LEVEL 3: Water Stamina: intermediate self-rescue skills and continued coordination of arm/leg actions.

LEVEL 4: Stroke Introduction: introduces breaststroke, sidestroke, and butterfly. Reinforces water safety.

LEVEL 5: Stroke Development: builds the following strokes; breaststroke, sidestroke, and butterfly. Reinforces water safety.

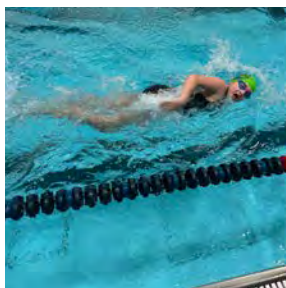
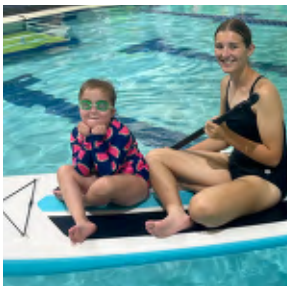
LEVEL 6: Stroke Mechanics: refines stroke techniques and encourages swimming as part of a healthy lifestyle.

PRIVATE LESSONS:

Consider the benefits of private swim lessons at the Green County Family YMCA! With one-on-one instruction you can learn at your own pace while developing a safety oriented mentality around water. Open to children and adults of all ages! Prices for private and semi-private lessons include four, half-hour lessons.

Private Lessons: Members: \$100 | Non-Members: \$120

Semi-Private Lessons: Members: \$60 | Non-Members: \$80 (per person)



Kathy Stilson
Aquatics Coordinator

kstilson@greencountymca.org



ADULT AQUATIC CLASSES

- HYDRO CUFFS** A unique calorie-burning, core workout, complete with ankle buoyancy cuffs. This is a fun way to tone your entire core, improve balance, and muscular endurance.
- MASTERS SWIM** Adult “swim team” workouts are tailored to meet your individual goals and needs. Improve your lap swimming abilities with skills taught in this class. Whether you are training for a triathlon or simply desiring the challenge of some great workouts, this class offers something for all lap swimmers.
- SORE NO MORE** Water exercises include range of motion, stretching, light cardio and resistance. Ideal for older adults, this class is also a great fit for those managing arthritis or recovering from knee or hip procedures—offering a supportive, low-impact way to stay active and build strength.
- SUNRISE FITNESS** Kickstart your morning with energy in Sunrise Fitness! This dynamic, full-body workout uses a variety of equipment to blend heart-pumping cardio, strength training, endurance work, and stretching—leaving you feeling strong, refreshed, and ready to take on the day.
- WATER FITNESS** Make a splash with Water Fitness, a low-impact, full-body workout in the pool! Using the natural resistance of water and specialized equipment, this class improves cardiovascular health, builds strength, and enhances flexibility—all while being gentle on joints and suitable for all fitness levels.

GATORS SWIM TEAM

Our competitive swim team exists to benefit all children who show an interest in training and competing. Children are placed into one of five different levels, based on age and ability.

NOVICE: Prepares swimmers to transition from swimming lessons to competitive swimming in a fun and supportive environment.

HATCHLINGS: Must swim a full 25 meters of front and back crawl.

PODS: Must be able to swim a full 50 meters of front and back crawl continuously and have knowledge of breast stroke and butterfly.

CAPYBARAS: Must be able to swim all 4 strokes legally; specifically, a 100-meter individual medley.

PREDATORS: Must have 4 legal strokes and have swim times that are within the USA Swimming test requirements.

LEGENDS: Designed for high-performance athletes committed to excelling in competitive swimming.

LIFEGUARD / CPR CLASSES

CPR & AED Certification is one day, typically the final day of the three-day Lifeguard Certification.

Dates are subject to change. **December 28-30, 2026 | March 22-24, 2027 | June 7-9, 2027**

Lifeguard Certification	Members: \$200 Non-Members: \$295
Lifeguard Re-Certification	Members: \$120 Non-Members: \$200
CPR Certification	Members: \$90 Non-Members: \$110
CPR Re-Certification	Members: \$60 Non-Members: \$85

SAUNA

Step into a space designed to help you slow down and recharge. Our sauna offers a warm, calming environment that promotes relaxation, eases muscle tension, and supports overall wellness. Whether you're unwinding after a workout or simply taking a break from a busy day, the gentle heat encourages circulation, detoxification, and a sense of renewal. It's a simple, restorative experience that leaves you feeling refreshed, rebalanced, and ready for what's next. The sauna is open when the pool is open.





YOUTH SPORTS

BASKETBALL SKILLS | GRADES 3-4

Introduce your child to a program filled with action, fun and teamwork. By learning ball handling techniques, to strengthening defensive and offensive skills, your child will learn the fundamentals for game play.

October 17 - November 21, 2026

Members: \$65 | Non-Members: \$85. Registration opens: Monday, September 7, 2026



TRAVELING BASKETBALL | GRADES 3-8

The YMCA and Monroe Youth Basketball Club partner together each year to provide the community with a great basketball opportunity that teaches children fundamental basketball skills and a love of the game. Boys and girls play on separate teams, broken apart by grade level. Participants must live in the Monroe School District. If someone lives in a different community that does not offer an organized basketball program for their grade, then they are able to play for Monroe.

Members: \$175 | Non-Members: \$200
Registration open: June - September, 2026

DRIBBLING DINOSAURS | GRADES 4K-2

Introduce your child to the sport of basketball with this program that teaches the basic skills of dribbling, passing, catching, shooting and defense. Children are able to register for one or both sessions offered.

4K - Kindergarten: Saturdays 8:30 a.m. - 9:30 a.m.

Grades K - 2: Saturdays 9:45 a.m. - 10:45 a.m.

Members: \$65 | Non-Members: \$85. Registration opens: Monday, September 7, 2026

Fall: October 17 - November 21, 2026

Winter: January 16 - February 20, 2027

WINTER BASKETBALL CAMP | GRADES 2-6

Kids will learn the fundamentals of basketball in this fun and exciting camp. Coached by High School boys and girls basketball players, they practice skills and drills in preparation for games.

January 15 - February 5, 2027: Fridays 1:30 p.m. - 2:45 p.m.

Members: \$50 | Non-Members: \$60

Registration opens:

Monday, November 2, 2026

Alex Hernandez
Youth Sports Coordinator

ahernandez@greencountymca.org



YOUTH SPORTS

INDOOR SOCCER | AGES 3-4

Teach your child the fundamentals of soccer while helping them stay active this winter.

October 17 - November 21, 2026: Saturdays 9:00 a.m. - 9:45 a.m.
Members: \$65 | Non-Members: \$85
Registration opens: Monday, August 24, 2026

INDOOR SOCCER | GRADES K-2

This program focuses on basic soccer skills with an emphasis on keeping the sport fun.

January 9 - February 20, 2027: Saturdays 9:00 a.m. - 10:00 a.m.
Members: \$65 | Non-Members: \$85
Registration opens: Monday, November 2, 2026

INDOOR SOCCER | GRADES 3-6

Get ready for another season of fast action indoor soccer. This season includes both instruction and league games. Shin guards are required.

January 9 - February 20, 2027: Saturdays 10:15 a.m. - 11:15 a.m.
Members: \$65 | Non-Members: \$85
Registration opens: Monday, November 2, 2026

OUTDOOR SOCCER

PASSING PENGUINS | AGES 3-5

Introduce your child to one of the most popular sports around the globe: soccer! This program provides every young child a chance to learn about the game. Basic skills are taught including passing, trapping and ball handling. This program includes a soccer ball for participants.

May 4 - June 8, 2027
Tuesdays 5:15 p.m. - 6:00 p.m. OR 6:15 p.m. - 7:00 p.m.
Members: \$80 | Non-Members: \$95
Registration opens: Monday, March 1, 2027

MICRO SOCCER | GRADES K-7

This progressive program has age-specific levels that promote healthy activity, good values, healthy habits, leadership skills and an all around love for the game of soccer. Shin guards not required but recommended.

April 15 - May 22, 2027: Games held on Saturdays 8:00 a.m. - 10:00 a.m.
Grades K-2: Thursdays 5:15 p.m. - 6:15 p.m. OR 6:30 p.m. - 7:30 p.m.
Grades 3-7: Thursdays 6:30 p.m. - 7:30 p.m.
Members: \$80 | Non-Members: \$95. Registration opens: Monday, March 1, 2027





YOUTH SPORTS

BLAZE FOOTBALL | GRADES 6-8

Blaze is a padded tackle football program. Athletes practice four days a week in August and two days a week in September and October. Practices generally last about two hours. Games are primarily played on Saturdays. Teams play in the Badger East Football League.

Early August – Mid-October 2027

Early Bird Registration: February 17 – May 31, 2027

General Registration: June 1-14, 2027

DODGEBALL | GRADES 2-5

Players build dodgeball skills in a fun, social environment! The program emphasizes teamwork, sportsmanship, and active play while introducing creative variations like Doctor Dodgeball, Opposite Hand Dodgeball, and Math Dodgeball.

Members: \$45 | Non-Members: \$60

April 21 – May 12, 2027

Registration opens: Monday, April 7, 2027



LASER TAG | GRADES 1-8

Get ready for heart-pumping fun with Traditional Laser Tag at the Y! Gather your friends, family, or teammates for fast-paced action that's all about strategy, teamwork, and a little friendly competition. Players navigate the arena to tag opponents and rack up points—no physical contact or projectiles required! Laser Tag is a great way to stay active, build cooperation, and enjoy an exciting experience.

Members: \$70 | Non-Members: \$92

Tuesdays 4:30 p.m. – 5:30 p.m.

ZTAG | GRADES 1-6

Ztag is a laser tag experience like no other. This movement based game uses state of the art Ztaggers that keep your child active and wanting more! Children rack up points in a series of games including: Red Light Green Light, Keep Away, Keep Away – Reverse Edition, Pattern Match, Rock Paper Scissors and Zombie Tag! This is a great option for children who aren't interested in traditional sports.

Members: \$70 | Non-Members: \$92

Wednesdays 4:30 p.m. – 5:30 p.m.



GYMNASTICS

TODDLER TIME | 6 AND UNDER

Are you looking for a way to entertain your little one while everyone is at school? Bring them to the YMCA to jump, tumble and play! Toddler time is held in the Gymnastics Center. No need to pre-register. Parent supervision is required.

Members: FREE | Non-Members: \$5 per child

TINY TOTS | 18 MONTHS - 3 YEARS

Introduce your child to gymnastics while also spending time together. Classes help your child develop motor skills, coordination and balance, while also teaching important social skills. Parent participation is required.

Members: \$58 | Non-Members: \$105

ROLLERS | AGES 3-5

Basic beginner gymnastics are taught using the bars, beam, trampoline and springboards.

Members: \$58 | Non-Members: \$105

HOMESCHOOL GYMNASTICS | AGES 5+

Participants meet once a week to learn basic tumbling and equipment skills with the use of mat, wedges, beams, bars and springboards. Classes are designed to aid in the development of fine and gross motor skills, strength and flexibility.

Members: \$47 | Non-Members: \$88

NON-COMPETITIVE GYMNASTICS | AGES 5+

Class participants learn basic tumbling and equipment skills with the use of mats, wedges, beams, bars and springboards. Classes are designed to aid in the development of fine and gross motor skills, strength and flexibility.

Tuesday & Thursday: Members: \$93 | Non-Members: \$175
Saturday: \$47 | Non-Members: \$88

PRIVATE LESSONS

Available to all skill levels and ages. Private lessons are 45 minutes in length. Arrangements must be made through the Gymnastics Director.

1 Person: Members: \$25 | Non-Members: \$50
2 People: Members: \$12.50/person | Non-Members: \$25/person
3 People: Members: \$10/person | Non-Members: \$20/person

GEMS GYMNASTIC TEAM

The Green County Family YMCA's approach to teaching gymnastics is unique and works to build self-esteem and confidence by providing successful experiences for each gymnast. Gymnastics offers many physical, cognitive and psychological benefits. Skills children gain from participation in gymnastics will continue benefiting them throughout their lives.

The GEMS Gymnastics Team offers talented young athletes a chance to compete in gymnastics meets at the state and national levels. Gymnasts in Levels 1-10 plus Xcel can join the team. The competitive season runs October - March, with approximately 10 meets on the schedule. Gymnasts compete against athletes from other Y's throughout the state of Wisconsin.

Contact Dawn Lederman if you are interested in joining the team. New members typically join in April to ensure they have adequate time to practice using the various pieces of equipment and to learn their routines before the competitive season. Visit our website for a complete list of prices and fees.

*National Y-USA policy states that in order to be on the team, your child must have an active YMCA membership.

Dawn Lederman
Gymnastics Director

dlederman@greencountymca.org





CHILDCARE CENTER

The Green County Family YMCA opened a brand-new Childcare Center in June 2025. This state-of-the-art center provides licensed child care for children ages 6 weeks old through 4K Preschool. The YMCA nurtures early child development in a safe and supportive environment by building foundational skills, fostering healthy relationships and boosting self-reliance.

- **Direct access to safe, licensed, outdoor play area.**
- **Gymnastics and swimming lessons for most ages.**

3K PRESCHOOL

The Green County Family YMCA offers certified 3K half-day, morning preschool classes. The program is designed to provide a fun, engaging, and developmentally appropriate early learning experience for 3-year-old children and supports the whole child through a balance of structured learning, play-based exploration, and social-emotional development.

Our experienced and nurturing staff create a safe and inclusive environment where children can grow in confidence, build friendships, and develop key skills that prepare them for preschool and beyond. Activities include early literacy and math concepts, music and movement, creative arts, outdoor play, and hands-on learning experiences that encourage curiosity and creativity.

2027-2028 SCHOOL YEAR

Monday – Thursday: 8:15 a.m. – 11:15 a.m.

Registration opens: Monday, January 11, 2027

4K PRESCHOOL

Our Certified Child Care Teachers balance structure and play through age-appropriate activities. The curriculum focuses on personal and social development, reading readiness skills, basic mathematics and science skills, as well as large and small motor development. These skills are achieved through games, songs, and creative projects. The children also have gymnastics and swim classes included in their weekly schedule.

Registration for the YMCA 4K Preschool is done through the Monroe School District, typically in January or February. A one time activity fee of \$105 payable to the YMCA is due by the first day of class.

2027-2028 SCHOOL YEAR

Registration opens: January 2027

Amanda Sturdevant

Director of Child Development

asturdevant@greencountyymca.org



YOUTH DEVELOPMENT CENTER

Our School's Out Adventures Program is a great way for children ages 5-12 years old to explore, find new talents and try new activities while making new friends on their days off from school. The Adventures Program provides care for children from 8:00 a.m. - 4:00 p.m. each day.

Members: \$33/day | Non-Members: \$48/day

***Price per day for all School's Out Adventures Programs.**

Registration opens for all dates on Wednesday, September 2, 2026.

Registration closes one week prior or when the session reaches capacity.

SCHOOL'S OUT ADVENTURES PROGRAM DATES:

- Friday, October 9, 2026
- Friday, October 30, 2026
- Wednesday, November 25, 2026
- Monday, November 30, 2026
- Monday, December 23, 2026
- Monday, December 28, 2026
- Tuesday, December 29, 2026
- Wednesday, December 30, 2026
- Monday, January 18, 2027
- Friday, February 26, 2027
- Monday, March 22, 2027
- Tuesday, March 23, 2027
- Wednesday, March 24, 2027
- Thursday, March 25, 2027
- Friday, March 26, 2027

SUMMER ADVENTURES

Designed to keep youth active and curious, this program provides children with growth-filled opportunities to play and explore in a safe and nurturing environment. Each new week brings new adventures around a common theme, such as nature. The program is centered around traditional outdoor summer experiences, with an emphasis on achievement, belonging, and relationships.

Session 1: June/July 2027: 7:30 a.m. - 5:00 p.m.

Session 2: July/August 2027: 7:30 a.m. - 5:00 p.m.

Registration opens: February 2027. Current Afterschool & Childcare families receive priority registration. Registration for these families will open a couple weeks prior.

***A \$50 non-refundable deposit is required at the time of registration to hold your child's spot in the program.**

AFTER-SCHOOL PROGRAM

Open to elementary aged children, Kids Club offers students ages 5-12 a safe and friendly place to be at the end of their day while providing them with a variety of programs specifically designed to teach, exercise, and entertain. Following the Monroe School District calendar, staff map each week's schedule on a time-based model, planning educational, entertaining, and athletic experiences.

Monday - Thursday: 3:00 p.m. - 5:30 p.m., Friday: 1:20 p.m. - 5:30 p.m.

Registration for the 2027-2028 school year opens Spring 2027.

***A \$50 non-refundable deposit is required at the time of registration to hold your child's spot in the program.**



BIRTHDAY PARTIES

Celebrate your child's birthday at the Green County Family YMCA. Birthday parties are 2 hours long and are offered on Saturdays and Sundays from 12:00 p.m. - 2:00 p.m. You receive access to the Healthy Living Kitchen for cake and gifts. The price includes a YMCA t-shirt for the birthday child. The Y offers several fun, playful birthday options for children ages 5-12.

CARTWHEELS AND CAKE PARTY

Celebrate with flips, fun, and plenty of smiles in the Gymnastics Center! A dedicated instructor leads exciting, age-appropriate activities that keep kids moving and engaged from start to finish.

INFLATABLE PARTY

Bounce into the ultimate party experience! Two large inflatables and the gymnastics pit create nonstop action and unforgettable fun for every guest.

PLUNGE PARTY

Make a splash with a pool party at the Y! Enjoy pool time with toys and open swim access for a fun, relaxed celebration. Children ages 7 and under require an adult in the water, and parent supervision is required in the pool and locker rooms.

ZTAG PARTY

Level up your birthday with interactive Z-Tag! Guests earn points through fast-paced games like Red Light Green Light, Keep Away, Pattern Match, Rock Paper Scissors, and Zombie Tag—bringing energy, competition, and high-tech fun to your celebration.

SELECT A PARTY PACKAGE SIZE

- Package 1: Up to 20 people: \$130
- Package 2: 21-40 people: \$180

*Prices are based on member rates, non-members add a \$50 Non-Member fee.

SELECT YOUR PARTY

- Pool Party
- Cartwheels & Cake
- Inflatable Party
- ZTAG Party (add \$70 Ztag technology fee)

Party booking is based upon availability of facilities and staff. Parties must be booked in person and paid in full at the YMCA Welcome Center at least one month in advance. For inquiries on available dates, please contact our YMCA at 608-325-2003.



SPECIAL EVENTS

FALL FUNDRAISER

Our Fall Fundraiser, held each year, is one of the culminating events of the Green County Family YMCA's Annual Campaign which provides need-based financial assistance toward YMCA membership and program costs. The Green County Family YMCA is proud to ensure that the Y is accessible to all, giving everyone an opportunity to learn, grow and thrive. Together, we can create a better us.

Thursday, November 12, 2026

DADDY DAUGHTER DANCE

Come enjoy a night full of fun, excitement, and dancing complete with refreshments and music provided by a live DJ. Fathers (or other adult loved ones) don't miss out on a chance to spend some quality time with that special little girl in your life. This event is great, particularly for daughters 4-12 years old, but is open to girls of all ages. Daughters are encouraged to bring their dad or any significant adult male in their life.

February 2027

MOTHER SON SUPERHERO NIGHT

Mothers and sons are invited to a night of adventure on Superhero Night at the Y! Come enjoy a night full of fun, excitement, and adventure including inflatable bounce houses, games, pizza, dessert, and more! Don't miss out on a chance to spend some quality time with that special young man in your life. This event is great, particularly for boys 4-12 years old, but is open to boys of all ages. For moms who are unavailable, another adult female role model may accompany a child.

March 2027

HEALTHY KIDS DAY®

Healthy Kids Day is the Y's national initiative to improve the health and well being of kids and families. For over 30 years, YMCAs across the country have hosted free community events aimed toward inspiring kids and families to keep their minds and bodies active throughout the summer months and beyond. Healthy Kids Day is FREE and open to the public! Bring your family, friends and neighbors to this engaging event. Most activities are especially geared toward children 12 years old and younger, but children of all ages are welcome to attend.

Spring 2027

ANNUAL GOLF OUTING

Find your foursome and hit the links! Enjoy 18 holes at the beautiful Monroe Golf Club. All proceeds benefit the Green County Family YMCA's Annual Campaign, which provides need-based financial assistance to help ensure the Y is accessible to all, giving everyone the opportunity to learn, grow and thrive. Together, we can create a better us.

Friday, June 18, 2027



**COLONY BRANDS
GREEN COUNTY FAMILY YMCA**

BUILDING HOURS

Monday – Friday: 5:00 a.m. – 8:00 p.m.

Saturday: 7:00 a.m. – 3:00 p.m.

Sunday: 8:00 a.m. – 3:00 p.m.