



WATERTOWN AREA YMCA

2022 FALL PROGRAMS

SESSION DATES:

FALL I: August 28th - October 22nd

FALL II: October 23rd - December 17th

www.glcymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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FALL I SESSION

AUGUST 28 - OCTOBER 22



FALL II SESSION

OCTOBER 23 - DECEMBER 17

The Y will be closed on Mon, September 5th for Labor Day and Thurs, November 24th for Thanksgiving

REGISTRATION DATES:

Y Member program registration is going on now for Fall I & II Sessions!

Community Participant Program Registration

- **Fall I Session:** August 10, 2022
- **Fall II Session:** October 5, 2022

CONNECT WITH US



WATERTOWN AREA YMCA
415 S 8th Street
Watertown, WI 53094



Phone:
920-262-8555



Website:
www.glcymca.org



Email:
watertownmemberservices@glcymca.org

Y MISSION:

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



ADULT FITNESS

FALL I & II

TO REGISTER FOR ADULT FITNESS, click here

CLASS NAME	FEES M/CP	MON	TUES	WED	THURS	DATES
Golf Conditioning	\$25/\$50			9:30-10:30am		September 7th - 28th October 5th - 26th
Guard Up	\$50/\$80	6:15-7:00pm			5:15-6:00am	
Nutrition Challenge	\$35/\$70				5:15-6:15pm	

ADULT FITNESS

GOLF CONDITIONING

Hit the ball further, avoid low back pain, improve your overall fitness and take your game to the next level. This small group training will help you train like a pro off the course. In 4-weeks, you will learn foundational movement patterns to improve your athleticism and a series of warm ups and exercise programs you can use in the off season so you can show up stronger and enjoy the game more.

GUARD UP

Join Katie V for this fat-blasting, empowering and highly rewarding small group boxing training program that is like no other. Please note: Gloves and wraps are needed for class and are not included.

NUTRITION CHALLENGE

Jump start a healthy relationship with food. Learn to eat better without "dieting" or feeling deprived. Get on track, no matter where you are now. Lead by a Certified Nutrition Coach.

PERSONAL TRAINING: Exclusive to Members

EXCLUSIVE TO MEMBERS

Our nationally-certified Personal Trainers are excited to help you take your fitness to a brand new level. No matter what your current ability, we'll help you set some challenging, new goals and give you the training prescription, accountability, encouragement and professional guidance to attain them. Please note: Sessions must be used within 6 months of purchase.

Personal Training Packages:

(60 minutes)	(30 minutes)
3 session: \$150	3 session: \$75
6 sessions: \$265	6 sessions: \$135
10 sessions: \$410	10 sessions: \$200

Partner Training: Train with a friend!

(60 minutes) Partner training costs/person
3 sessions: \$75
6 sessions: \$135
10 sessions: \$200



ADULT SPORTS

FALL I & II

TO REGISTER FOR ADULT SPORTS, click here

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI	SUN
FALL I & II OPEN GYM	Pick-Up Basketball	16 & up	Membership Benefit	4:00-6:00pm		3:30-5:30pm		4:00-6:00pm	
	Pickleball	16 & up	Membership Benefit	9:15-11:00am	10:45-1:15pm		10:45-1:15pm		10:00-2:00pm

MEMBERSHIP BENEFIT INCLUDED SPORTS

PICK-UP BASKETBALL

Come to the YMCA for your morning or lunch time workout. Schedules for the gym are available at Member Services or online.

PICKLEBALL

Played with a paddle that is larger than a ping pong paddle, a wiffle ball and a court smaller than a tennis court.

ADULT SEASONAL SPORTS

RACQUETBALL LEAGUE

Our Y Adult Racquetball program includes both leagues and open court opportunities to play with friends. If you're looking for a great way to build endurance and rally some friendly one-on-one competition, racquetball is for you.



YOUTH SPORTS

FALL I

TO REGISTER FOR YOUTH SPORTS, [click here](#)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI
PRESCHOOL & KINDERGARTEN	Bitty Soccer	4-6	\$28/\$36			4:30-5:00pm		
	Bitty Football	4-6	\$28/\$36			5:15-5:45pm		
SCHOOL AGE SPORTS	Learn to Play Basketball	4K & 5K	\$34/\$48	4:30-5:15pm				
	Practice and Play Basketball	1st-2nd	\$40/\$60	5:30-6:15pm				

FALL II

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI
PRESCHOOL & KINDERGARTEN	Bitty Basketball	4-6	\$28/\$36	4:30-5:00pm				
SCHOOL AGE SPORTS	Scrimmage & Skills Basketball	8-12	\$34/\$48	5:15-6:00pm				

FALL I & II LEAGUES

CATEGORY	LEAGUE NAME	GRADES	FEES M/CP	DATES	PRACTICE/GAMES	Registration
FALL LEAGUES	Fall Flag Football	Grades 5K-3rd	\$40/\$55	August 22nd - October 15th	Practices held once a week and games are held on Tues	Registration open through August 1
	Fall Volleyball	Grades 1-6	\$40/\$55	August 22nd - October 15th	Practices held once a week and games are held on Sats	Registration open through August 1
	Fall Basketball	Grades 1-2	\$50/\$65	October 17th - December 17th	Practices held once a week and games are held on Sats	Registration open through Sept 15

PRESCHOOL & KINDERGARTEN

BITTY BASKETBALL (AGES 4-6)

Boys and girls learn the fundamentals of dribbling, shooting, passing and defense.

BITTY FOOTBALL (AGES 4-6)

Learn the basics of offense and defense as well as the fundamentals of running, throwing, catching and kicking.

BITTY SOCCER (AGES 4-6)

Boys and girls focus on dribbling, shooting, passing, trapping and goalkeeping.

SCHOOL AGE SPORTS

LEARN TO PLAY BASKETBALL (GRADES 4K & 5K)

Participants will learn fundamental skills and be introduced the concepts of being on a team and learning from an instructor or coach.

PRACTICE AND PLAY BASKETBALL (GRADES 1ST -2ND)

Designed to help players learn fundamental sports skills while expanding their game play experience in a team setting.

SCHOOL AGE SPORTS

SCRIMMAGE AND SKILLS (AGES 8-12)

Participants will scrimmage in a game each week focusing on fundamental concepts of the game while working together as a team.

FALL SPORTS LEAGUES

FALL BASKETBALL (1ST-2ND)

Learn the fundamentals of basketball while learn to play on a team.

FALL FOOTBALL (5K-3RD)

Better football is our mission, safety is our goal. The YMCA will oversee flag football for those in grades 1st-4th. Games held on Tuesdays at Washington Park

FALL VOLLEYBALL (1ST-6TH)

The YMCA youth volleyball leagues are designed to give participants the chance to develop their knowledge and skill in a positive and instructional environment.



SPECIAL PROGRAMS

FALL I & II

TO REGISTER FOR SPECIAL PROGRAMS, [click here](#)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI	DATES
FITNESS PROGRAMS	Fitness Friends	13+	\$40/\$40				6:15-7:00pm		September 1 - December 15
SOCIAL PROGRAMS	Fun Friday	8+	\$15/\$15					6:00-8:30pm	Sept 16 Oct 21 Nov 18 Dec 16

FITNESS PROGRAMS

FITNESS FRIENDS

Lift, stretch, move! Teens and adults with intellectual and developmental disabilities learn the benefits of exercise alongside their friends. Trained staff will create and carry out programs to meet the strength, cardiovascular, and flexibility needs of the participants.

SOCIAL PROGRAMS

FUN FRIDAY

Play, laugh, dance! A night at the YMCA designed for individuals with intellectual and developmental disabilities. Activities will include crafts, games, gym activities and lots of fun with friends!