



175 YEAR
ANNIVERSARY

**YMCA OF THE NORTHWOODS
SUMMER 2026
PROGRAM GUIDE**

MEMBERSHIP



Beck Family Y

Membership & Program Information

At the YMCA, everyone is welcome to participate in programs regardless of whether they have a membership. If you're not currently a member, we invite you to explore the added value and opportunities a YMCA membership provides. YMCA members receive benefits including priority program registration, discounted program rates, and access to additional facility amenities and member benefits. Explore some of the many benefits of YMCA membership below.

Membership Benefits

Your Membership Includes:

- Free drop-in child care while you workout
- Free Wellness Center Orientation
- Free Personal Training Consultation
- Nationwide access to all participating Y's
(Does not apply to Insurance Based Membership)
- Complimentary guest passes per calendar year
- Priority registration for programs
- Discounts on fee-based program and childcare pricing
- 2 Indoor walking/ running tracks
- 3 indoor pickleball courts
- Open gym and swim times
- Dry sauna & whirlpool
- Use of Teen Lounge & Gathering room
- Community Engagement through fun events and volunteer programs
- Access to premium add-on services like 24/7 access.
Much more.... Check with the Welcome Center

Membership For All

At the Y we believe everyone should have the opportunity to participate at the YMCA. Financial assistance is available for memberships and programs through our Membership for All initiative, and applying is simple and confidential. If cost is a concern, we encourage you to connect with our Welcome Center to explore available options



YMCA of the Northwoods

Beck Family Center (Rhineland)
715-362-9622 ext. 100
front.desk@ymcanw.org

Flambeau River YMCA (Park Falls)
715-650-9622
welcomecenterFR@ymcanw.org

www.northwoodsymca.org

MEMBERSHIP



Beck Family Y

Youth Age Requirements

- All youth must have either an active membership or a Guest and Participant Liability form signed by their parent/legal guardian
- Parents must sign youth in and out of programs each time
- Review all program requirements at time of registration
- All youth under 7 must have an adult within the same area at all times unless signed into a program
- All youth 8-11 must have a designated adult in the facility at all times
- 6th Grade Initiative (6GI) has the same access as 12-13 year olds once 6GI orientation complete
- Youth over 3 years old are not allowed in the opposite gender locker rooms



SCAN HERE FOR
MORE
INFORMATION

	6 weeks -7 years	8-9	10-11	6GI*	12-and up
Adventure Alley	✓	✓			
Gathering Room	✓	✓	✓	✓	✓
Gymnasium	✓	✓	✓	✓	✓
Teen Lounge				✓	✓
Wellness Equipment			✓*	✓*	✓*
Pool	✓*	✓*	✓*	✓*	✓*
Pickelball Courts	✓	✓	✓	✓	✓*
Walking Tracks	✓	✓*	✓	✓	✓
Group Fitness		✓	✓	✓	✓

*An additional requirement, certification or test needs to be met prior to use

** All Offerings a subject to change.



YOUTH & TEENS

Beck Family Y

Active Dance

Classes are a dance and play party for little feet where pint-sized party animals get silly, dream big, and begin their journey to a healthy future. This program is where 2-6 year olds or 5-8-year-olds just let loose and be themselves, little bundles of natural energy that are endlessly curious about new sounds and experiences! Here they can socialize, move to age-appropriate music, and play games with other kids.

Baking

Join our Youth Baking Class for a fun, hands-on introduction to baking! Students will learn essential skills—measuring, mixing, decorating, and kitchen safety—while creating delicious treats. Perfect for beginners or young bakers who love to get creative in the kitchen!

Basketball

YMCA youth basketball is great for all skill levels. Participants will enjoy learning the fundamentals of basketball in a noncompetitive environment. Each day of the program will feature a skills clinic and games where kids can practice what they have learned right away in a recreational setting! This program is offered in three different age ranges of 5-7, 8-12, and 12-18.

Flag Football

A fun, non-contact program where kids learn the basics of football—passing, catching, teamwork, and game play. Perfect for all skill levels, with drills and scrimmages focused on building confidence, skills, and having a great time!

Floor Hockey

Beginners to advanced, participants will have fun playing floor hockey while burning tons of energy. Floor hockey is a team sport that takes communication and teamwork to play. Participants will learn to work together in this program. This program is for ages 8-12.

Lacrosse

This youth lacrosse class introduces players to the fundamentals of the game in a fun, supportive environment. Participants learn essential skills such as passing, catching, cradling, shooting, and basic defensive techniques. Coaches focus on developing coordination, teamwork, and confidence through age-appropriate drills and small-sided games. This program is for ages 7-12.

Parent/Child Yoga

This parent/child yoga class is a fun and gentle way to connect, move, and relax together. Designed for parents and children to participate side-by-side, the class blends simple yoga poses, stretching, breathing, and mindfulness activities in a supportive, playful environment. No prior yoga experience is needed—just come ready to move, laugh, and enjoy quality time together. Through movement and mindful moments, families build strength, balance, and focus while nurturing connection and calm. This program is for children ages 2-6 and their caregivers.

Pickleball

Introduce kids to one of the fastest-growing sports in the country with our fun and engaging Youth Pickleball Class! This program teaches players the fundamentals of pickleball through age-appropriate instruction, active games, and plenty of on-court play. This program is for ages 7-11 and 12-17.

Preschool Sports

Join in all the fun with this class just for preschool-aged children. This class is to get some of that extra energy out or for those who just want to have fun playing with others. Participants will learn the very basics of multiple sports and work as a team to have fun. This program is for ages 3-6.

T-Ball

A fun, beginner program where kids learn the basics of baseball, hitting off a tee, throwing, catching, and running bases. Focus on fun, teamwork, and building confidence!

Soccer

The Youth Soccer Program is for boys and girls of all skill levels for ages 5-7 and 8-12. The program stresses the importance of sportsmanship and teamwork as the participants learn the game and have fun. Beginners will enjoy learning and building on the fundamentals of soccer. Basic skills of dribbling, shooting, passing and team play will be taught.

Volleyball

A fun and supportive program where kids learn basic volleyball skills like serving, passing, setting, and teamwork. Perfect for beginners and all skill levels, with engaging drills and game play focused on building confidence and having fun! Offered for ages 11-14 and 14-18.




YOUTH AND TEEN PROGRAMS SUMMER 1 2026

Session Dates: June 8 - July 18

Registration Dates: Members May 18th | Non-Member: May 22nd

Youth Programs

Register Here 

Program	Class	Age	Day	Start	End	Member	Non-Mem	Instructor	Location	Notes
Youth Sports	Active Dance	2-6	Fri	9:00 AM	9:45 AM	\$33.00	\$58.00	Marcella	Sports Complex	
Youth Sports	Parent/Child Yoga	2-6	Tues	9:30 AM	10:15 AM	\$33.00	\$58.00	Lisa	Old group Ex studio	
Youth Sports	Pre Sports	3-6	Wed	10:30 AM	11:00 AM	\$33.00	\$58.00	Marisa	YDC	
Youth Sports	Volleyball	14-18	Mon	5:00 PM	6:30 PM	\$33.00	\$58.00	Jacob	East Gym	
Youth Sports	Volleyball	11-14	Mon	4:00 PM	5:00 PM	\$33.00	\$58.00	Jacob	East Gym	
Youth Sports	Basketball	12-18	Wed	5:30 PM	7:00 PM	\$33.00	\$58.00	Jacob	East Gym	
Youth Sports	Basketball	8-12	Wed	4:45 PM	5:30 PM	\$33.00	\$58.00	Jacob	East Gym	
Youth Sports	Basketball	5-7	Wed	4:00 PM	4:40 PM	\$33.00	\$58.00	Marcella	East Gym	
Youth Sports	Active Dance	4-8	Mon	4:15 PM	5:00 PM	\$33.00	\$58.00	Jacob	Aerobics	
Youth Sports	Kickball	6-10	Thu	4:00 PM	4:55 PM	\$33.00	\$58.00	Douglas	East Gym	
Youth Sports	Pickleball	7-11	Wed	3:00 PM	3:45 PM	\$33.00	\$58.00	Douglas	Sports Complex	
Youth Sports	Pickleball	12-17	Wed	4:00 PM	4:45 PM	\$33.00	\$58.00	Douglas	Sports Complex	
Youth Sports	T-Ball	4-7	Tues	3:00 PM	3:55 PM	\$33.00	\$58.00	Douglas	East Gym/outside	
Youth Sports	Soccer	8-12	Thur	10:50 AM	11:40 AM	\$33.00	\$58.00	Marisa	East Gym/outside	
Youth Sports	Soccer	5-7	Thur	10:00 AM	10:45 AM	\$33.00	\$58.00	Marisa	East Gym/outside	
Youth Sports	Floor Hockey	8-12	Mon	3:00 PM	4:00 PM	\$33.00	\$58.00	Lucas	East Gym	
Youth Sports	Lacrosse	7-12	Thur	3:00 PM	3:55 PM	\$33.00	\$58.00	Marisa	East Gym/outside	
Youth Sports	Flag Football	7-11	Tues	4:00 PM	5:00 PM	\$33.00	\$58.00	Matt/Douglas	East Gym/outside	
Youth Enrichment	Advanced Baking	8-12	Mon/Tues	9:30 AM	11:00 AM	\$65.00	\$100.00	Marisa/Jaelene	Teen Lounge	weekly two day class
Youth Enrichment	Beginner Baking	5-7	Tues	3:00 PM	4:00 PM	\$45.00	\$65.00	Marisa/Jaelene	Teen Lounge	



YOUTH & TEENS

Beck Family Y Gymnastics

Parent/Child

Parents are required to help their children during class. Children explore beginning tumbling skills that develop balance, body awareness, coordination, and motor skills while utilizing equipment stations. The class will emphasize having fun and growing self-confidence in a social atmosphere. We offer a beginner class for ages 2-4 and an intermediate class for ages 3-5.

Intro 1 & 2

This program is for children with little or no prior gymnastics experience. Basic gymnastics skills on the floor, bars, beam, and vault will be taught including forward and backward rolls, handstands and cartwheels. Intro 1 is for ages 5-7 and Intro 2 is for ages 7-16.

Flippers

This program is for children with beginning-level gymnastics experience who have mastered the skills required in an Intro gymnastics class. The class stresses form and body control of basic gymnastics skills on all apparatus. More challenging skills of tumbling including back walkovers and front and back handsprings will be introduced.

Twisters

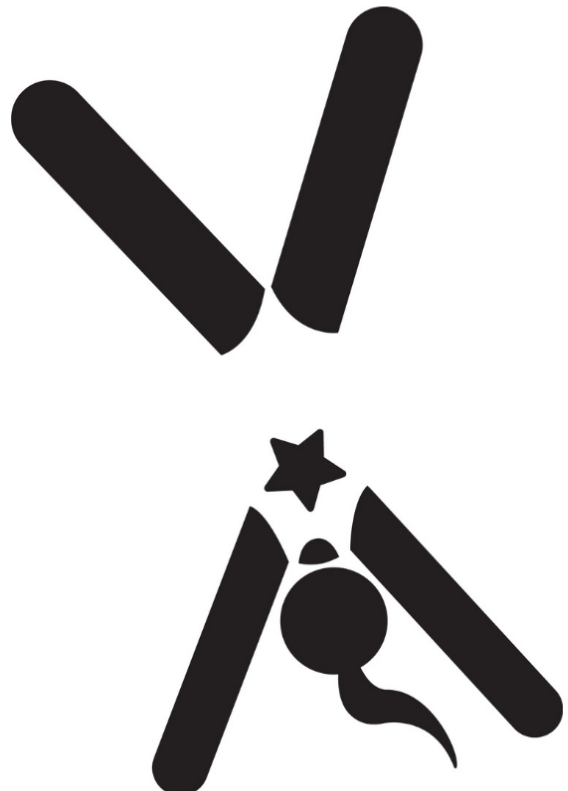
This program is for gymnasts that have accomplished all the necessary skills required through completing the Flippers. This class works on advanced Gymnastics Skills.

Boys

This program is for children, at least 7 years of age, with little or no prior gymnastics experience. Basic gymnastics skills on the floor, bars, beam, and vault will be taught including forward and backward rolls, handstands and cartwheels.

Competitive

The competitive team is by invitation only. Those interested in the competitive team will need to express interest and be evaluated by the lead instructor. The level of expectation is higher for competitive team members. Participation during the season is expected with excused absences (sickness, family, or school obligations) accepted. Practices will be 2-3 days a week during the season. The competitive team meets year-round with scheduled breaks in the summer and over holidays and school breaks. The competitive season can run from September through May, with approximately one meet a month on a weekend starting in October. Not every meet is required, however, once registered for a meet the fee isn't refundable.



YOUTH AND TEEN PROGRAMS SUMMER 1 2026

Session Dates: June 8th - July 18th

Registration Dates: Members May 18th | Non-Member: May 22nd

Gymnastics

Register Here



Program	Class	Age	Day	Start	End	Member	Non-Mem	Instructor	Location	Notes
Parent & Child Gymnastics	Beginner	2-4	Wed	4:00 PM	4:45 PM	\$45.00	\$80.00	Hannah/Holly	Sports Complex	
Parent & Child Gymnastics	Beginner	2-4	Tue	8:30 AM	9:15 AM	\$45.00	\$80.00	Lisa	Sports Complex	
Parent & Child Gymnastics	Beginner	2-4	Wed	9:20 AM	10:05 AM	\$45.00	\$80.00	Alexis/Marcella	Sports Complex	
Parent & Child Gymnastics	Beginner	2-4	Thu	8:25 AM	9:10 AM	\$45.00	\$80.00	Lisa/Helina	Sports Complex	
Parent & Child Gymnastics	Intermediate	3-5	Thu	4:00 PM	4:45 PM	\$45.00	\$80.00	Helina	Sports Complex	
Parent & Child Gymnastics	Intermediate	3-5	Wed	8:30 AM	9:15 AM	\$45.00	\$80.00	Alexis	Sports Complex	
Parent & Child Gymnastics	Intermediate	3-5	Thu	9:15 AM	10:00 AM	\$45.00	\$80.00	Lisa	Sports Complex	
Gymnastics	Intro 1	5-7	Thur	9:00 AM	9:55 AM	\$55.00	\$100.00	Helina	Sports Complex	
Gymnastics	Intro 1	5-7	Wed	4:00 PM	4:55 PM	\$55.00	\$100.00	Sam	Sports Complex	
Gymnastics	Intro 1	5-7	Wed	10:15 AM	11:10 AM	\$55.00	\$100.00	Alexis	Sports Complex	
Gymnastics	Intro 1	5-7	Tue	4:00 PM	4:55 PM	\$55.00	\$100.00	Hannah/Holly	Sports Complex	
Gymnastics	Twisters	6-18	Wed	3:00 PM	3:55 PM	\$55.00	\$100.00	Emeline	Sports Complex	
Gymnastics	Twisters	6-18	Mon	3:45 PM	4:40 PM	\$55.00	\$100.00	Lisa	Sports Complex	
Gymnastics	Twisters	6-18	Tue	3:45 PM	4:40 PM	\$55.00	\$100.00	Helina	Sports Complex	
Gymnastics	Boys	7-12	Mon	3:45 PM	4:30 PM	\$55.00	\$100.00	Matt	Sports Complex	
Gymnastics	Flippers	7-18	Wed	4:00 PM	4:55 PM	\$55.00	\$100.00	Emeline	Sports complex	
Gymnastics	Flippers	7-18	Mon	4:45 PM	5:40 PM	\$55.00	\$100.00	Helina	Sports complex	
Gymnastics	Flippers	7-18	Tue	4:45 PM	5:40 PM	\$55.00	\$100.00	Helina	Sports complex	
Gymnastics	Intro 2	7-18	Tue	5:00 PM	5:55 PM	\$55.00	\$100.00	Hannah/Holly	Sports Complex	
Gymnastics	Intro 2	7-18	Thur	10:05 AM	11:00 AM	\$55.00	\$100.00	Lisa/Helina	Sports Complex	
Gymnastics	Intro 2	7-18	Mon	3:45 PM	4:40 PM	\$55.00	\$100.00	Helina	Sports Complex	
Competitive Gymnastics	Comp Team (Invite Only)	6-18	Tues & Thur	9:00 AM	10:30 AM	\$105.00	Members Only	Lynette	Sports Complex	
Competitive Gymnastics	Comp Team (Invite Only)	6-18	Mon & Wed	5:00 PM	6:30 PM	\$105.00	Members Only	Kristina/Virginia	Sports Complex	Lisa Lynette



YOUTH & TEENS

Beck Family Y

Week Long Summer Sports Camp

Archery

Learn and practice archery skills from basic safety to advanced competition shooting. Participants will gain confidence handling equipment, understanding proper stance, and improving accuracy through guided instruction. Students will learn from our two coaches and focus on skills based on their level and ability. We have an ages 7-12 class and 12-18 class offered for this program.

Volleyball

A fun and supportive program where kids learn basic volleyball skills like serving, passing, setting, and teamwork. Perfect for beginners and all skill levels, with engaging drills and game play focused on building confidence and having fun! Offered for ages 11-14 and 14-18.

Pickleball

Introduce kids to one of the fastest-growing sports in the country with our fun and engaging Youth Pickleball Class! This program teaches players the fundamentals of pickleball through age-appropriate instruction, active games, and plenty of on-court play. This program is for ages 7-11 and 12-17.

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Flag Football

A fun, non-contact program where kids learn the basics of football—passing, catching, teamwork, and game play. Perfect for all skill levels, with drills and scrimmages focused on building confidence, skills, and having a great time!

Lacrosse

This youth lacrosse class introduces players to the fundamentals of the game in a fun, supportive environment. Participants learn essential skills such as passing, catching, cradling, shooting, and basic defensive techniques. Coaches focus on developing coordination, teamwork, and confidence through age-appropriate drills and small-sided games. This program is for ages 7-12.

Intro 1 & 2 and Flippers

This program is for children with little or no prior gymnastics experience. Basic gymnastics skills on the floor, bars, beam, and vault will be taught including forward and backward rolls, handstands and cartwheels. Intro 1 is for ages 5-7 and Intro 2 is for ages 7-16.

This program is for children with beginning-level gymnastics experience who have mastered the skills required in an Intro gymnastics class. The class stresses form and body control of basic gymnastics skills on all apparatus. More challenging skills of tumbling including back walkovers and front and back handsprings will be introduced.

Twisters & Competitive

This program is for gymnasts that have accomplished all the necessary skills required through completing the Flippers. This class works on advanced Gymnastics Skills.

The competitive team is by invitation only. Those interested in the competitive team will need to express interest and be evaluated by the lead instructor. The level of expectation is higher for competitive team members. Participation during the season is expected with excused absences (sickness, family, or school obligations) accepted. Practices will be 2-3 days a week during the season. The competitive team meets year-round with scheduled breaks in the summer and over holidays and school breaks. The competitive season can run from September through May, with approximately one meet a month on a weekend starting in October. Not every meet is required, however, once registered for a meet the fee isn't refundable.

Learn to Sew

A fun and supportive program where kids ages 10-14 can partner up with an experienced sewist to create a special sewing project throughout the week.



YOUTH AND TEEN SUMMER CAMP 2026

Session Dates: June 8 - August 29

Registration Dates: Members May 18th | Non-Member: May 22nd

Youth Programs

Register Here



Program	Class	Age	Week	Start	End	Member	Non-Mem	Instructor	Location	Notes
Youth Sports	Volleyball	14-18	7/20-7/24	2:00 PM	3:00 PM	\$33.00	\$58.00	Amber/Ava	East Gym	
Youth Sports	Volleyball	11-14	7/20-7/24	1:00 PM	2:00 PM	\$33.00	\$58.00	Amber/Ava	East Gym	
Youth Sports	Basketball	9-12	8/17-8/21	2:00 PM	3:00 PM	\$33.00	\$58.00	TBD	East Gym	
Youth Sports	Basketball	5-8	8/17-8/21	1:00 PM	2:00 PM	\$33.00	\$58.00	TBD	East Gym	
Youth Sports	Archery	7-12	7/13-7/17	1:00 PM	2:00 PM	\$33.00	\$58.00	Amber/Ava	East Gym	
Youth Sports	Archery	12-18	7/13-7/17	2:00 PM	3:00 PM	\$33.00	\$58.00	Amber/Ava	East Gym	
Youth Sports	Pickleball	7-11	6/15-6/19	1:00 PM	2:00 PM	\$33.00	\$58.00	Douglas	Sports Complex	
Youth Sports	Pickleball	12-17	6/15-6/19	2:00 PM	3:00 PM	\$33.00	\$58.00	Douglas	Sports Complex	
Youth Sports	Soccer	5-8	6/22-6/26	1:00 PM	2:00 PM	\$33.00	\$58.00	Marisa	East Gym/outside	
Youth Sports	Soccer	9-12	6/22-6/26	2:00 PM	3:00 PM	\$33.00	\$58.00	Marisa	East Gym/outside	
Youth Sports	Flag Football	5-8	7/27-7/31	1:00 PM	2:00 PM	\$33.00	\$58.00	Matt/Douglas	East Gym/outside	
Youth Sports	Flag Football	9-12	7/27-7/31	2:00 PM	3:00 PM	\$33.00	\$58.00	Matt/Douglas	East Gym/outside	
Youth Sports	Lacrosse	7-12	6/29-7/3	1:00 PM	2:00 PM	\$33.00	\$58.00	Marisa	East Gym/outside	
Youth Enrichment	Learn to sew	10-14	8/17-8/21	9:00 AM	11:00 AM	\$65.00	\$100.00	Marisa	Gathering Room	
Gymnastics	Intro 1&2 and Flippers	5-18	8/10-8/14	5:00 PM	7:00 PM	\$75.00	\$110.00	Kristina/Lisa	Sports Complex	
Gymnastics	Twisters & Competitive	5-18	8/10-8/14	5:00 PM	7:00 PM	\$75.00	\$110.00	Lynette/Virginia	Sports Complex	

AQUATICS



Beck Family Y

PARENT & CHILD SWIM LESSONS

Parent & Child Level 1 is for children 6 months to 2 years old.

Parent & Child Level 2 is for children 2 – 3 years old.

Parent & Child swim lessons introduce infants and toddlers to the water in a fun, supportive environment alongside a parent or caregiver.

These classes are designed to meet children's developmental stages and focus on water comfort, basic swim readiness skills, and essential aquatic safety. With hands-on guidance from instructors, families practice entering and exiting the water, floating, blowing bubbles, submerging, and simple arm and leg movements, while parents learn important water safety, life jacket use, and supervision skills.

PRESCHOOL SWIM LESSONS

Preschool Swim Lessons are for children ages 3 to 5.

Preschool Level 1

Swimmers familiarize how to enter and exit the water safely, breath control, submerging, supported front and back floats, supported arm and leg actions on front and back. Develop positive attitudes and safe practices in and around water.

Preschool Level 2

Swimmers who are comfortable in the water and able to coordinate swimming arm and leg action in the water, build on and improve water safety, breath control, submerging, front and back floats with minimal assistance for 15 seconds, arm and leg actions on front and back with minimal assistance for 2 body lengths.

Preschool Level 3

Swimmers submerge comfortably in chest deep water and swim on front and back independently 3 body lengths. Build endurance and independence in gliding on front and back, front and back crawl, elementary backstroke, and treading water. Water safety skills are reinforced. Must be school age to move to Learn To Swim Levels.

LEARN TO SWIM LESSONS

Our Learn to Swim Program is for children ages 6 to 14.

Learn to Swim Level 1

Swimmers with limited swimming experience explore water safety and basic swimming skills, such as: submerging, supported front and back floats, rolling front to back and back to front, gliding, kicking, front crawl arms, and jumping in.

Learn to Swim Level 2

Focus is building independence, good body control and position, forward movement, and water safety. Introduces rotary breathing, prolonged front floats, treading water, and elementary backstroke.

Learn to Swim Level 3

Swimmers have completed level 2 or have equivalent skills including front and back floats, treading water, and swim float swim. Skills are performed independently, improving coordination of previous skills with longer distance in deep water. Introduces front crawl, breaststroke kick, dolphin kick, elementary backstroke, and scissor kick.

Learn to Swim Level 4

Swimmers have completed Level 3 or have equivalent skills including, being able to swim front crawl and elementary backstroke independently 15 yards to enroll. Builds endurance in front crawl, elementary backstroke, treading water with modified scissor kick. Introduces backcrawl, sidestroke, turns at wall, butterfly, breaststroke, and feet-first surface dive.

Learn to Swim Level 5

Swimmers must be able to swim front and back crawl 25 yards, breaststroke, side stroke, and butterfly to enroll. Builds endurance and refines breaststroke, sidestroke, front crawl, back crawl, butterfly, elementary backstroke, and treading water. Introduces front crawl and back crawl flip turns, and the importance of CPR/First Aid.



YOUTH AQUATIC PROGRAMS SUMMER 1 2026

Session Dates: JUNE 8 - JULY 18

Registration Dates: Members May 18 | Non-Member: May 22



Aquatics - Preschool

Program	Class	Age	Day	Start	End	Member	Non-Meml	Location
Preschool Swim Lessons	PS Level 1	3-5	Monday	4:00 PM	4:30 PM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 1	3-5	Tuesday	10:30 AM	11:00 AM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 1	3-5	Tuesday	5:10 PM	5:40 PM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 1	3-5	Wednesday	11:10 AM	11:40 AM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 1	3-5	Wednesday	5:10 PM	5:40 PM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 1	3-5	Thursday	4:35 PM	5:05 PM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 2	3-5	Monday	11:35 AM	12:05 PM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 2	3-5	Monday	4:35 PM	5:05 PM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 2	3-5	Tuesday	10:35 AM	11:05 AM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 2	3-5	Tuesday	4:35 PM	5:05 PM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 2	3-5	Wednesday	10:35 AM	11:05 AM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 2	3-5	Thursday	5:45 PM	6:15 PM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 3	3-5	Monday	5:10 PM	5:40 PM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 3	3-5	Tuesday	11:10 AM	11:40 AM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 3	3-5	Tuesday	4:00 PM	4:30 PM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 3	3-5	Wednesday	4:35 PM	5:05 PM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 3	3-5	Thursday	11:10 AM	11:40 AM	\$50.00	\$90.00	Pool
Preschool Swim Lessons	PS Level 3	3-5	Thursday	5:10 PM	5:40 PM	\$50.00	\$90.00	Pool
CAMP SWIM LESSONS*	ALL LEVELS	Camp	TBD	12:30 PM	1:00 PM	\$50.00	\$90.00	Pool

*Camp Swim Lessons are for youth attending the YMCA Summer Day Camp. Camper lessons will be held before Camp Open Swim time.



YOUTH AQUATIC PROGRAMS SUMMER 1 2026



Session Dates: JUNE 8 - JULY 18

Registration Dates: Members May 18 | Non-Member: May 22

Aquatics - Learn-to-Swim

Program	Class	Age	Day	Start	End	Member	Non-Mem	Location
School Age Swim Lessons	LTS Level 1	6-14	Monday	10:25 AM	10:55 AM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 1	6-14	Monday	5:10 PM	5:40 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 1	6-14	Tuesday	10:30 AM	11:00 AM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 1	6-14	Wednesday	4:00 PM	4:30 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 1	6-14	Thursday	10:35 AM	11:05 AM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 1	6-14	Thursday	5:10 PM	5:40 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 2	6-14	Monday	5:45 PM	6:15 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 2	6-14	Tuesday	11:05 AM	11:35 AM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 2	6-14	Tuesday	4:00 PM	4:30 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 2	6-14	Wednesday	10:00 AM	10:30 AM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 2	6-14	Wednesday	4:35 PM	5:05 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 3	6-14	Monday	4:10 PM	4:55 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 3	6-14	Tuesday	11:40 AM	12:10 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 3	6-14	Tuesday	4:35 PM	5:05 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 3	6-14	Wednesday	11:10 AM	11:40 AM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 3	6-14	Wednesday	5:10 PM	5:40 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 3	6-14	Thursday	4:00 PM	4:30 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 3	6-14	Monday	4:00 PM	4:30 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 4	6-14	Tuesday	5:10 PM	5:40 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 4	6-14	Wednesday	10:00 AM	10:30 AM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 4	6-14	Wednesday	4:00 PM	4:30 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 4	6-14	Thursday	4:35 PM	5:05 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 5	6-14	Tuesday	5:45 PM	6:15 PM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 5	6-14	Wednesday	10:35 AM	11:05 AM	\$50.00	\$90.00	Pool
School Age Swim Lessons	LTS Level 5	6-14	Thursday	4:00 PM	4:30 PM	\$50.00	\$90.00	Pool
CAMP SWIM LESSONS	ALL LEVELS	Camp	TBD	12:30 PM	1:00 PM	\$50.00	\$90.00	Pool

*Camp Swim Lessons are for youth attending the YMCA Summer Day Camp. Camper lessons will be held before Camp Open Swim time.

AQUATICS Speciality Classes

Beck Family Y



Endurance, Sports & Games

Swimmers must be able to tread water independently for 1 minute. Students work on increasing endurance and stamina through games and activities.

CAMP SWIM LESSONS

Make a Splash This Summer with Camp Swim Lessons!

Camp swim lessons are specially designed for YMCA campers to build skills and confidence in the water—right before their open swim time. This convenient format keeps campers with their group, minimizes time away from activities, and ensures their day flows smoothly without missing out on lunch or other fun programs.

Swimmers will be grouped with peers of similar ability and work on stroke development, water safety, and progressing through camp swim levels—all in a supportive, fun environment with their fellow campers. At the end of the summer, families will receive personalized recommendations to help guide registration for the next level.

SUMMER WATER ENRICHMENT CLASSES

Throughout the summer the aquatics staff will be holding special classes based on student interest. Please watch our Facebook and Website for more information as the summer swim season gets off and swimming!

PRIVATE SWIM LESSONS

Private swim lessons are for people of ages and abilities. Please see our registration page to find available times. Please note that these lessons coincide with instructor availability.





ADULT AQUATIC PROGRAMS SUMMER 1 2026

Session Dates: JUNE 8 - JULY 18

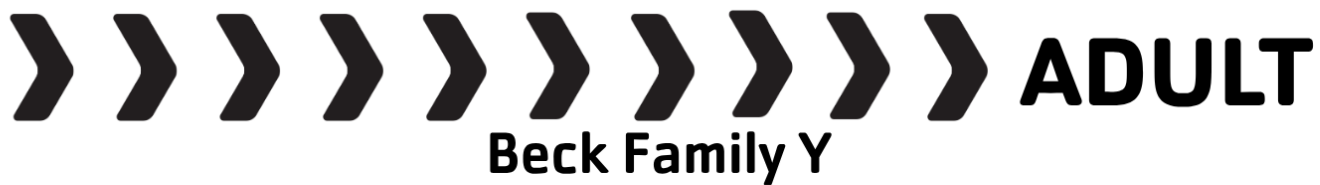
Registration Dates: Members May 18 | Non-Member: May 22



Aquatics - Adult Swim Lesson

Program	Class	Age	Day	Start	End	Member	Non-Meml	Location
Adult Swim Lessons**	ALL LEVELS	18 +	TBD - Please check our website.			\$50.00	\$90.00	Pool

** Please watch the website for the schedule and program offerings.



ADULT

Beck Family Y

STRENGTH

This low cardio, high strength class combines traditional strengthening exercises with HIIT interval timing to give your muscles a great workout. This class focuses on form and different tempos to help build strength during your workout.

ABS

This class focuses on the foundation of our bodies. A strong core will help in all other aspects of exercise and functional living. This class will focus on strengthening not only the abs but the lower back and glutes to give you a stronger more functional core. Combine this class with TRX for a full 55 minute workout.

TRX TOTAL BODY

TRX uses gravity and body weight to perform exercises to strengthen your core and increase muscular endurance, while providing a total body workout. The best thing is that all fitness levels can join in because you're in control of how much you want to challenge yourself on each exercise. Simply adjust your body position to add or decrease resistance. Combine this class with Abs to for a full 55 minute workout.

TAI CHI

This gentle Tai Chi class blends traditional flowing movements with Tai Chi walking and balance exercises to improve stability, coordination, and confidence in everyday motion. Participants will practice slow, intentional

STRETCHING

This class is designed to increase flexibility for sports, activities and daily living. This stretching class is for both men and women.

CLUB MOVES

Club Moves features today's top dance hits and funky upbeat moves. We will practice several warm up songs to get you comfortable with the basic dance moves used throughout the class. This class is perfect for the person wanting to have fun and "get down" with exercise.

ZUMBA

Zumba® is an exhilarating, effective, easy to follow, Latin-inspired, calorie-burning dance fitness party. It blends red-hot international music and contagious steps to form a "fitness party" that is downright addictive. Fun

LINE DANCING

Introductory Line Dancing - It's not just Country! Participants will learn a variety of steps, terminology and patterns that are used by instructors from coast to coast. You will then progress to a variety of entry level choreography to music you may know and love. The dances learned will be an enjoyable treat for both the body and the brain.

HIIT

If you're bored of your current cardio and weight regime then it's time for HIIT. Using a variety of equipment and your own body weight, you will be pushed to the limit. This class will focus on short bursts of intense training. Remember all classes can be modified to your personal needs and goals.

FOREVERWELL CLASSIC

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, stability ball, and chairs are used in the class.

INTERVAL CARDIO STRENGTH

This time-based interval class mixes a variety of strength and cardio exercises together to give you a fun workout, tailored to everyone's intensity level. The class incorporates a variety of equipment including weights, step, ball, bosus, bands, and participants body weight, making it an ideal class for participants of all fitness levels. Participants can expect 70-80% strength and 20-30% cardio during the class.

SWET

This high-intensity, low-impact class is designed to help you reach your fitness goals! Exercises are performed in both shallow and deep water, but no swimming skills are needed to participate. Regardless of your age or fitness level, you can achieve noticeable results through workouts that incorporate cardio, strength and resistance training exercises.

ADULT

Beck Family Y

BODIES IN MOTION

Bodies in Motion is an all-levels functional fitness class designed to enhance how your body moves in everyday life. We will utilize a variety of exercise equipment to achieve our goals. We will go through dynamic and active range of motion drills, focus on functional, multi-joint movements, strength training, low-to-moderate impact intervals designed to improve heart health and stamina, and balance training always with a great playlist.

YOGA

This class gives you the opportunity to explore ways to create increased flexibility, strength and peace. The goals of the class are to recognize postures and exercises that safely work for you. Each class includes gentle warm-ups, flowing movements, static holds, and ends with a period of rest. Yoga is for everyone! All fitness levels are welcome.

PILATES

Pilates is a workout that improves flexibility, strength, and core stability. The class combines exercises to enhance posture, balance, and overall body awareness. Suitable for all levels, it promotes relaxation while building strength and endurance.

WATER EXERCISE

Exercise your entire body without straining your back or joints. This class improves cardiovascular fitness, muscular strength, endurance, and flexibility.

GENTLE WATER EXERCISE

Gentle Water Exercise is designed for those who have Arthritis, Fibromyalgia, Parkinson's Disease, serious back problems and other conditions. Gentle water walking and range of motion exercises are done in comfortable, shallow water to help alleviate pain and extend range of motion.

AQUA BEATS

Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Beats uses music to drive the feel of the class while still using tradition water exercise moves. There is less impact on your joints during an Aqua Beats class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Gentle Water Exercise is designed for those who have Arthritis, Fibromyalgia, Parkinson's Disease, serious back problems and other conditions.



GROUP FITNESS SCHEDULE

YMCA OF THE NORTHWOODS

FIT PASS FEE - Attend unlimited classes: Members: \$12/mo (Auto-draft) Non-Members: \$75/mo

DROP IN FEE - Attend a single class: Members: \$6/class Non-Members: \$15/class



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7:40-8:30 AM (55m) CLUB MOVES Katie L Studio-Intensity Level 3</p> <p>8:30-9:20 AM (50m) WATER EX Carol Pool-Intensity Level 2</p> <p>8:45-9:40 AM (55m) INTERVAL CARDIO STRENGTH Susan Studio-Intensity Level 3</p> <p>9:30-10:20 AM (50m) S'WET Val Pool-Intensity Level 4</p> <p>10:00-10:50 AM (50m) BEGINNER TAI CHI Debbie Studio-Intensity Level 1</p> <p>4:15-5:00 PM (45m) YOUTH ACTIVE DANCE Marcella Studio-Intensity Level 2</p> <p>5:30-6:25 PM (55m) STRENGTH Lisa Studio-Intensity Level 3</p> <hr/> <p>YMCA POOL</p> <p>AEROBIC STUDIO</p> <p>YMCA GYM</p> <p>NEW TO SCHEDULE</p>	<p>7:30-8:25 AM (55m) BODIES IN MOTION Sue T Studio-Intensity Level 3</p> <p>7:30-8:15 AM (45m) STRETCH & CORE Becky Brandon Gym-Intensity Level 2</p> <p>8:45-9:40 AM (55m) STRENGTH Amy S Studio-Intensity Level 3</p> <p>10:00-10:50 AM (50m) FOREVER WELL CLASSIC Becky/Brandon Studio-Intensity Level 1</p> <p>9:30-10:20 AM (50m) S'WET Val Pool-Intensity Level 4</p> <p>11:00-11:50 AM (50m) GENTLE WATER Karen Pool-Intensity Level 1</p> <p>11:00-11:55 AM (55m) PILATES Lisa B Studio-Intensity Level 3</p> <p>5:30-6:25 PM (55m) ZUMBA Ely Studio-Intensity Level 2</p>	<p>7:30-8:20 AM (50m) WATER EX Becky / Brandon Pool-Intensity Level 2</p> <p>7:40-8:30 AM (55m) CLUB MOVES Katie L Studio-Intensity Level 3</p> <p>8:30-9:20 AM (50m) WATER EX Becky/Brandon Pool-Intensity Level 2</p> <p>8:45-9:40 AM (55m) CORE & MORE Varies Studio-Intensity Level 3</p> <p>10:00-10:55 AM (55m) TAI CHI FOR BALANCE & MINDFUL MOVEMENT Sandy Studio-Intensity Level 1</p> <p>11:00-11:55 AM (55m) LINE DANCING Katy Studio-Intensity Level 2</p> <p>12:15-1:10 PM (55m) STRONGER TOGETHER Tanya Studio-Intensity Level 4</p> <p>3:30-4:25 PM (55m) PILATES Lisa B Studio-Intensity Level 3</p> <p>5:00-6:25 PM (55m) WATER EX Carol Pool-Intensity Level 2</p> <p>5:00-5:30 PM (30m) TRX April Studio-Intensity Level 2</p> <p>5:30-6:00 PM (30m) ABS Amy J Studio-Intensity Level 2</p>	<p>7:30-8:25 AM (55m) BODIES IN MOTION Sue T Studio-Intensity Level 3</p> <p>7:30-8:15 AM (45m) STRETCH & CORE Brandon Gym-Intensity Level 2</p> <p>8:45-9:40 AM (55m) STRENGTH Amy S Studio-Intensity Level 3</p> <p>10:00-10:50 AM (50m) FOREVER WELL CLASSIC Brandon Studio-Intensity Level 1</p> <p>11:00-11:50 AM (50m) GENTLE WATER Karen Pool-Intensity Level 1</p> <p>11:00-11:55 AM (55m) PILATES Lisa B Studio-Intensity Level 3</p> <p>5:30-6:25 PM (55m) ZUMBA Ely Studio-Intensity Level 2</p>	<p>6:00-7:15 AM (45m) CYCLING Lisa Studio-Intensity Level 2</p> <p>7:30-8:20 AM (50m) AQUA BEATS Sandy Pool-Intensity Level 2</p> <p>7:40-8:25 AM (45m) POWER BEATS Katie S Studio-Intensity Level 3</p> <p>8:45-9:40 AM (55m) POWER PLAY Katie S Studio-Intensity Level 4</p> <p>10:00-10:55 AM (55m) BEGINNER LINE DANCING Katy Studio-Intensity Level 2</p> <p>11:00-11:55 AM (55m) BEGINNER LINE DANCING Katy Studio-Intensity Level 2</p> <hr/> <p>THIS SCHEDULE IS SUBJECT TO CHANGE.</p> <p>UPDATED: 5/27/2026</p>

<p>FIND THE RIGHT CLASS FOR YOU! Intensity Levels:</p>	<p>All group classes can be modified to be more or less challenging. Instructors often give modification options.</p>
	<p>1. Low intensity & impact; basic moves</p>
	<p>2. Moderate to high intensity; basic moves in combination</p>

<p>3. Moderate to high intensity & impact; some compound moves</p>
<p>4. High intensity; compound moves</p>

If you are still unsure which class is right for you, please call 715-362-9622 or email to either:
 Brandon Lamping (ext.113) Healthy Living Director or Becky Zelent (ext.118) ForeverWell Coordinator
blamping@ymcanw.org bzelent@ymcanw.org

FOREVERWELL



Beck Family Y

Ongoing

American Mahjong

- Wednesdays 12:00 - 2:30 PM

Open play for those with American Mahjong experience.

Y Quilters & Needleworkers

- 2nd Monday of each month 8:00 AM - 2:00 PM

Join fellow quilters, knitters, and crocheters for a relaxed day of creativity & connection.

Parkinson's Support Group

- 2nd Tuesday of the month 3:00 PM - 4:30 PM

Provides hope, community, support, and resources for people with Parkinson's and their loved ones.

Forever Adventures

- 3rd Tuesday of the month 1:00 PM - varies

Join fellow outdoor enthusiasts for a group hike. Location varies based on weather and trail conditions. Call for location.

Special Events

Brewers vs. Mets Bus Trip

- Wednesday, July 22nd Bus departs 7:00 AM

\$135 Members \$145 General Public Call to Register

Price includes transportation, ticket, and snacks.

Save the Date

Clash of the Paddles Fall Pickleball Tournament

- Saturday, September 12th and Sunday, September 13th - Pioneer Park





EVENTS

Beck Family Y

HEALTHY KIDS DAY

Date: May 30

Time: 9:00 AM – 2:00 PM

Cost: Free & open to the community

Join the YMCA of the Northwoods Beck Family Y for a fun-filled Healthy Kids Day! Enjoy activities and resources that help kids stay active, build healthy habits, and thrive. Bring the whole family and celebrate healthy living together!

TOGETHER FOR TOMORROW

Date: June 13

Time: 12:00 PM – 5:00 PM

Cost: Free & open to the community

Celebrate connection and community at this family-friendly event at Arbor Vitae Fireman's Park. Enjoy live music, kids' activities, games, raffles, and more. Bring your friends and family—everyone is welcome!

SUMMER DAY CAMP KICKOFF

Date: June 8

Time: Camp hours vary

Cost: Registration required

We're thrilled to welcome campers back for the first day of Summer Day Camp at the Beck Family Y! The building comes alive with the energy, laughter, and excitement that campers bring as we kick off a summer full of fun, friendships, and unforgettable memories.

CAMPFIRE ACROSS AMERICA

Date: July 22

Time: Evening (details at TBD)

Cost: Free & open to the community

Join us for this special nationwide celebration of connection and community. Gather around the campfire for a welcoming evening filled with fun, stories, and time to connect with family and friends.

FOR THE KIDS GOLF OUTING

Date: July 31

Time: Check-in 8:00 AM | Shotgun Start 9:00 AM

Cost: Registration required

Hit the greens at Pinewood Country Club for a fun day of golf, games, and giving back. Gather your foursome and support YMCA programs that help local kids and families thrive. Sponsorship opportunities available—every swing makes a difference!

