



175 YEAR
ANNIVERSARY



YMCA OF THE NORTHWOODS SUMMER 2, 2026 PROGRAM GUIDE

About Us

YMCA of the Northwoods

The Y is comprised of individuals who have a shared commitment to nurturing young people, promoting healthy living and fostering a sense of social responsibility. Strengthening community is our purpose, and that's why we believe that lasting personal and social change can only come about when we all work together.

YMCA Values

- In 1994, the Y defined "character" as the demonstration of four core values: caring, honesty, respect and responsibility. Today, these values continue to guide everything we do.
- Caring: Show a sincere concern for others. This means helping a neighbor or volunteering.
- Honesty: Be truthful in what you say and do. This means keeping your word and being fair.
- Respect: Treat each other as we'd all like to be treated. This means valuing everyone.
- Responsibility: Be accountable for your promises and actions. This means taking the blame when you make a mistake and trying to fix it.

Our Culture

Every day and in everything we do, we strive to create a culture that is welcoming, genuine, hopeful, nurturing and determined for all our staff, members, program participants and volunteers.

- Welcoming: We're open to all and create spaces where you can be, belong and become.
- Genuine: We value who you are and encourage you to be true to yourself and others.
- Hopeful: We believe in your ability to inspire a brighter tomorrow.
- Nurturing: We are with you in your journey to develop your full potential.
- Determined: We work relentlessly to strengthen communities, starting with you.

Branches within our Association

Beck Family Center (Rhineland)

715-362-9622 ext. 100

front.desk@ymcanw.org

Flambeau River YMCA (Park Falls)

715-362-9622

welcomecenterFR@ymcanw.org



Check out our Website for More Information

www.northwoodsymca.org

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

Register Here

Summer Hours

Beck Family Center (Rhineland)
Monday-Thursday 6:00am-8:00pm
Friday 6:00am-7:00pm
Saturday 10:00am-2:00pm
Sunday Closed

Flambeau River YMCA (Park Falls)

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

Pickleball Courts

Walking Tracks

Group Fitness

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

** All Offerings a subject to change.

MEMBERSHIP



Beck Family Y

24/7 Access

Need a workout that fits your schedule?

With 24/7 Access, eligible adult members can enjoy the flexibility of using the YMCA outside of staffed operational hours, including holiday closures. Your 24/7 membership provides access to the Wellness Center, Gymnasium, and Family Locker Room whenever the facility is open for after-hours use.

Getting started is easy! Visit the Welcome Center to complete the 24/7 Access Waiver and pay the one-time \$25 key fob activation fee. A recurring \$5 monthly security and maintenance fee will be automatically charged to your billing method on file on your selected monthly draft date.

24/7 Access Expectations & Responsibilities

- Access is limited to approved adult members (18+) only.
- Each 24/7 member is required to use their own assigned key fob when entering the facility.
- Key fobs are non-transferable and may not be shared or used to allow entry for another individual.
- Every authorized 24/7 member must individually scan their key fob prior to entering the building.
- Members who forget their key fob or require replacement assistance must seek support from the Welcome Center during staffed hours. Access without a key fob is not permitted; members who arrive without their key fob must return with it before entering the facility.
- Guests are not permitted during unstaffed hours.
- Members are expected to follow all facility policies and posted guidelines at all times.
- For safety and security purposes, the facility is monitored.
- To maintain the integrity and safety of the 24/7 program, allowing entry to individuals who have not individually scanned into the facility may result in suspension or complete termination of 24/7 access privileges.
- 24/7 access is available only to members whose memberships remain active and in good standing. Memberships that become suspended, terminated, or reach 60 days past due will have 24/7 access privileges suspended until the matter is resolved.
- 24/7 access is a revocable privilege. The YMCA reserves the right to suspend or revoke 24/7 access for unpaid fees associated with 24/7 services, delinquent accounts, policy violations, or other circumstances determined by the YMCA.

Additional Safety Reminders

- Because the YMCA operates without staff present during 24/7 access hours, we encourage all members to familiarize themselves with emergency procedures and safety resources within the facility. Please take a moment to note the locations of emergency exits, emergency telephones, AEDs (Automated External Defibrillators), and first aid supplies. In the event of an emergency, call 911 immediately.
- We also encourage members to exercise with another authorized 24/7 member whenever possible and to use equipment responsibly and within their comfort and ability level.

Help Us Maintain a Safe Environment

- If you witness an emergency or a situation involving immediate danger to a person or property, please call 911 immediately. An emergency phone and AED are located both at the Wellness Center desk and Welcome Center desk. No prefix is required when dialing phone numbers.
- If you observe behavior that does not align with 24/7 access expectations but does not present an immediate safety concern—such as unauthorized entry, failure to scan a key fob, misuse of equipment, or other policy violations—we ask that you contact the YMCA and leave a voicemail with details by the next business day so the situation can be reviewed and addressed appropriately.

We appreciate your partnership in helping us maintain a safe, respectful, and accountable environment for all members.



YOUTH & TEENS

Beck Family Y

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.

Fall 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.

Kickball

Kick, run, and have fun! This program introduces kids to the basics of kickball through simple drills and friendly games, focusing on teamwork, coordination, and active play in a fun, supportive environment. Ages 6-10

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.

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 & 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

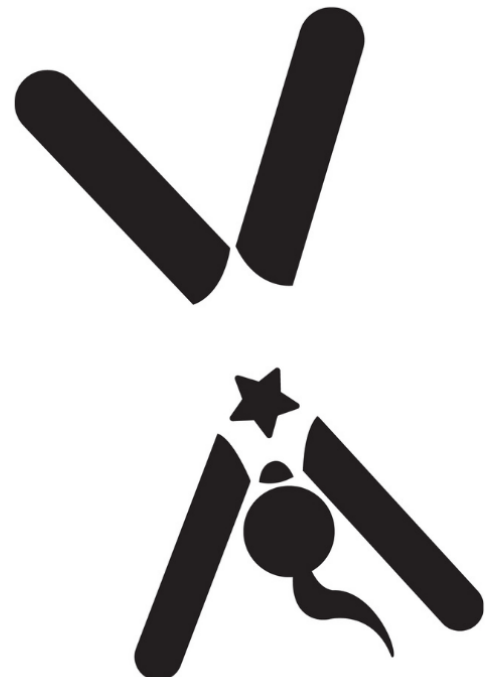
This program is for gymnasts that have accomplished all the necessary skills required through completing the Flippers. This class works on advanced Gymnastics Skills.

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 & 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.

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 5-8, and 9-12.

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!

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 PROGRAMS SUMMER 2 2026

Session Dates: July 20 - August 29th
Registration Dates: Members July 6th | Non-Member: July 10th

Youth Programs

Program	Class	Age	Day	Start	End	Member	Non-Mem	Instructor	Location
Youth Sports	Pickleball	7-11	Wed	3:00 PM	3:45 PM	\$33.00	\$58.00	Douglas/Trimmy	Sports Complex
Youth Sports	Soccer	8-12	Thur	10:50 AM	11:40 PM	\$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	Fall Flag Football	6-12	8/17-10/03	check website	for more info	\$50.00	\$70.00	1st grade-6th grade	2 days a week
Youth Enrichment	Advanced Baking	8-12	Mon/Tues	9:30 AM	11:00 AM	\$65.00	\$100.00	Marisa/Jealene	Teen Lounge
Youth Enrichment	Beginner Baking	5-7	Tues	3:00 PM	4:00 PM	\$45.00	\$65.00	Marisa/Jealene	Teen Lounge

YOUTH AND TEEN PROGRAMS SUMMER 2 2026

Session Dates: July 20th - August 29th

Gymnastics

Program	Class	Age	Day	Start	End	Member	Non-Mem	Instructor	Location	No class
Parent & Child	Beginner	2-4	Wed	4:00 PM	4:45 PM	\$45.00	\$80.00	Hannah/Holly	Sports Complex	
Parent & Child	Beginner	2-4	Wed	9:20 AM	10:05 AM	\$45.00	\$80.00	Alexis	Sports Complex	
Parent & Child	Beginner	2-4	Thu	8:25 AM	9:10 AM	\$45.00	\$80.00	Lisa/Helina	Sports Complex	
Parent & Child	Intermediate	3-5	Tue	8:30 AM	9:15 AM	\$45.00	\$80.00	Lisa	Sports Complex	
Parent & Child	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	\$40.00	\$75.00	Helina	Sports complex	8/10-8/14
Gymnastics	Intro 1	5-7	Wed	4:00 PM	4:55 PM	\$40.00	\$75.00	Sam	Sports Complex	8/10-8/14
Gymnastics	Intro 1	5-7	Wed	10:15 AM	11:10 AM	\$40.00	\$75.00	Alexis	Sports complex	8/10-8/14
Gymnastics	Intro 1	5-7	Tue	4:00 PM	4:55 PM	\$40.00	\$75.00	Hannah/Holly	Sports complex	8/10-8/14
Gymnastics	Twisters	6-18	Wed	3:00 PM	3:55 PM	\$40.00	\$75.00	Emeline	Sports Complex	8/10-8/14
Gymnastics	Twisters	6-18	Tue	3:45 PM	4:40 PM	\$40.00	\$75.00	Helina	Sports Complex	8/10-8/14
Gymnastics	Boys	7-12	Tue	3:30 PM	4:25 PM	\$40.00	\$75.00	Matt	Sports Complex	8/10-8/14
Gymnastics	Flippers	7-18	Wed	4:00 PM	4:55 PM	\$40.00	\$75.00	Emeline	Sports complex	8/10-8/14
Gymnastics	Flippers	7-18	Mon	4:45 PM	5:40 PM	\$40.00	\$75.00	Helina	Sports complex	8/10-8/14
Gymnastics	Flippers	7-18	Tue	4:45 PM	5:40 PM	\$40.00	\$75.00	Helina	Sports complex	8/10-8/14
Competitive Gy	Comp Team (Invite Only)	6-18	Tues & Thur	9:00 AM	10:30 AM	\$105.00	Members Only	Lynette/Lisa	Sports Complex	
Competitive Gy	Comp Team (Invite Only)	6-18	Mon & Wed	5:00 PM	6:30 PM	\$105.00	Members Only	Kristina/Virginia	Sports Complex	

YOUTH AND TEEN SUMMER CAMP 2026

Session Dates: July 13th - August 29th

Youth Programs

Program	Class	Age	Week	Start	End	Member	Non-Mem	Instructor	Location
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	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 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 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.

Preschool Level 3

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 LESSONS

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

Learn to Swim Level 1

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.

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.

AQUATICS

Continued...



Beck Family Y

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.

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.

YOUTH AQUATIC PROGRAMS SUMMER 2 2026

Session Dates: JULY 19- August 30

Registration Dates: Members July 6 | Non-Member: July 10



Aquatics - Parent & Child

Class	Age	Day	Start	End	Member	Non-Member
Parent & Child Level 1	6 mo - 2 yrs	Monday	11:00 AM	11:30 AM	\$50.00	\$90.00
Parent & Child Level 1	6 mo - 2 yrs	Thursday	5:40 PM	6:10 PM	\$50.00	\$90.00
Parent & Child Level 2	2-4	Tuesday	5:40 PM	6:10 PM	\$50.00	\$90.00
Parent & Child Level 2	2-4	Wednesday	5:40 PM	6:10 PM	\$50.00	\$90.00
Parent & Child Level 2	2-4	Thursday	10:00 AM	10:30 AM	\$50.00	\$90.00

Aquatics - Preschool

Class	Age	Day	Start	End	Member	Non-Member
PS Level 1	3-5	Monday	5:40 PM	6:10 PM	\$50.00	\$90.00
PS Level 1	3-5	Tuesday	10:30 AM	11:00 AM	\$50.00	\$90.00
PS Level 1	3-5	Tuesday	5:05 PM	5:35 PM	\$50.00	\$90.00
PS Level 1	3-5	Wednesday	11:10 AM	11:40 AM	\$50.00	\$90.00
PS Level 1	3-5	Wednesday	5:05 PM	5:35 PM	\$50.00	\$90.00
PS Level 1	3-5	Thursday	4:30 PM	5:00 PM	\$50.00	\$90.00
PS Level 2	3-5	Monday	11:35 AM	12:05 PM	\$50.00	\$90.00
PS Level 2	3-5	Monday	4:30 PM	5:05 PM	\$50.00	\$90.00
PS Level 2	3-5	Tuesday	11:05 AM	11:35 AM	\$50.00	\$90.00
PS Level 2	3-5	Tuesday	4:35 PM	5:05 PM	\$50.00	\$90.00
PS Level 2	3-5	Wednesday	10:35 AM	11:05 AM	\$50.00	\$90.00
PS Level 2	3-5	Thursday	5:40 PM	6:10 PM	\$50.00	\$90.00
PS Level 3	3-5	Monday	5:05 PM	5:35 PM	\$50.00	\$90.00
PS Level 3	3-5	Tuesday	11:40 AM	12:10 PM	\$50.00	\$90.00
PS Level 3	3-5	Wednesday	4:30 PM	5:00 PM	\$50.00	\$90.00
PS Level 3	3-5	Thursday	11:10 AM	11:40 AM	\$50.00	\$90.00
PS Level 3	3-5	Thursday	5:05 PM	5:35 PM	\$50.00	\$90.00
Multiple	<u>See online schedule</u>					
ALL LEVELS	Camp	Mondays	TBD	TBD	\$50.00	\$90.00
*Camp Swim Lessons are for youth attending the YMCA Summer Day Camp.						

YOUTH AQUATIC PROGRAMS SUMMER 2 2026

Session Dates: JULY 19- August 30

Registration Dates: Members July 6 | Non-Member: July 10



Aquatics - Learn-to-Swim

Class	Age	Day	Start	End	Member	Non-Member
LTS Level 1	6-14	Monday	10:25 AM	10:55 AM	\$50.00	\$90.00
LTS Level 1	6-14	Monday	5:05 PM	5:35 PM	\$50.00	\$90.00
LTS Level 1	6-14	Tuesday	10:30 AM	11:00 AM	\$50.00	\$90.00
LTS Level 1	6-14	Wednesday	4:30 PM	5:00 PM	\$50.00	\$90.00
LTS Level 1	6-14	Thursday	10:35 AM	11:05 AM	\$50.00	\$90.00
LTS Level 1	6-14	Thursday	5:05 PM	5:35 PM	\$50.00	\$90.00
LTS Level 2	6-14	Monday	5:40 PM	6:10 PM	\$50.00	\$90.00
LTS Level 2	6-14	Tuesday	11:05 AM	11:35 AM	\$50.00	\$90.00
LTS Level 2	6-14	Wednesday	10:00 AM	10:30 AM	\$50.00	\$90.00
LTS Level 3	6-14	Monday	4:30 PM	5:00 PM	\$50.00	\$90.00
LTS Level 3	6-14	Tuesday	11:40 AM	12:10 PM	\$50.00	\$90.00
LTS Level 3	6-14	Tuesday	4:30 PM	5:00 PM	\$50.00	\$90.00
LTS Level 3	6-14	Wednesday	11:10 AM	11:40 AM	\$50.00	\$90.00
LTS Level 3	6-14	Wednesday	5:05 PM	5:35 PM	\$50.00	\$90.00
LTS Level 4	6-14	Tuesday	5:05 PM	5:35 PM	\$50.00	\$90.00
LTS Level 4	6-14	Wednesday	10:00 AM	10:30 AM	\$50.00	\$90.00
LTS Level 4	6-14	Thursday	4:30 PM	5:00 PM	\$50.00	\$90.00
LTS Level 5	6-14	Tuesday	5:40 PM	6:10 PM	\$50.00	\$90.00
LTS Level 5	6-14	Wednesday	10:35 AM	11:05 AM	\$50.00	\$90.00
LTS Level 5	6-14	Wednesday	5:40 PM	6:10 PM	\$50.00	\$90.00
Multiple	<u>See online schedule</u>					
ALL LEVELS	Camp	Mondays	TBD	TBD	\$50.00	\$90.00

*Camp Swim Lessons are for youth attending the YMCA Summer Day Camp.



ADULT FITNESS

Beck Family Y

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 part? All fitness levels can join in because you control 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 steps, weight shifting, and posture awareness to strengthen the legs, calm the mind, and enhance overall body control.

STRETCH & CORE

This class is designed to increase flexibility and core strength for sports, activities and daily living. Core strength and flexibility are integral parts of maintaining good balance. Stretch & Core is open to both men and women.

CLUB MOVES

Club Moves features today's top dance hits and funky upbeat moves. We 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 for all fitness levels!

LINE DANCING

Line Dancing - It's not just Country! In both Line Dancing and Beginner Line Dancing, 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.





ADULT FITNESS

Beck Family Y

HIIT / POWER PLAY

Bored with your current cardio and weight regime? Then it's time for HIIT / POWER PLAY! 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 some of the best music ever made. A variety of exercises to increase muscular and core strength, range of movement and activity for daily living will keep you upright and mobile. 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 to give each participant a fun workout, tailored to their intensity level. The class incorporates a variety of equipment including weights, steps, balls, bosus, bands, as well as using the participant's body weight. An ideal class for participants of all fitness levels. Class breakdown: 70-80% strength | 20-30% cardio.

S'WET

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

BODIES IN MOTION

Bodies in Motion is an all-levels functional fitness class designed to enhance balance and 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; incorporate strength training and low-to-moderate impact intervals, which will improve heart health and stamina. We will wrap it all together with a great playlist. (Roster Class)

PILATES

A Pilates workout 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

Join in the fun! Exercise your entire body without straining your back or joints while you enjoy the social aspects of this class. You will see improvements in cardiovascular fitness, muscular strength, endurance, and flexibility.

AQUA BEATS

Look to make a splash by adding a low-impact, high-energy aquatic exercise to your 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 and have some fun! Water creates natural resistance, which means every step is more challenging and helps tone your muscles.



ADULT FITNESS

Beck Family Y

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.

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.

YOGA

This class gives you the opportunity to explore ways to create increased flexibility, strength and inner 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 then ends with a period of rest. Yoga is for everyone! All fitness levels are welcome.

BEGINNER TAI CHI

specifically designed so that anyone can learn Tai Chi, we will work with the Simplified 24 Step Tai Chi Form over the course of several weeks. Tai Chi improves core strength and balance through a series of movements designed to increase the flow of energy (chi) within the body.

STRONGER TOGETHER

Ready to get stronger? Stronger Together is the perfect way to build muscle and increase your endurance using barbells and weights. In each class, you'll work all your major muscle groups by doing classic strength training exercises like squats, presses, and rows set to upbeat, motivating music. Classes will be guided through each move, ensuring proper form and providing modifications so that all can work at their own pace. Whether you're a seasoned lifter or just starting out, this class is a great way to boost your metabolism, tone your body, and have fun while you're at it. Let's get strong

NUTRITION

The YMCA offers personalized nutrition services designed to help individuals and families achieve their health and wellness goals through practical, sustainable lifestyle changes. Working with a qualified nutrition professional, participants receive individualized guidance on healthy eating habits, meal planning, weight management, sports nutrition, chronic disease prevention, and overall wellness. Services are tailored to each person's unique needs, providing education, accountability, and support to build lifelong healthy habits. Whether you are looking to improve energy levels, manage a health condition, enhance athletic performance, or create a balanced approach to nutrition, YMCA nutrition services provide a welcoming, supportive environment focused on long-term success and healthy living.

Sydney Rhody RD/ Masters degree community dietetics



This program is starting on August 1 2026. one hour session will cost \$100. Inquire about signing up through the welcome desk or by emailing Brandon Lamping at blamping@ymcanw.org

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

JULY 20- AUGUST 29



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:40-8:35 AM (55m) CLUB MOVES Katie L Studio-Intensity Level 3 7:30-8:20 AM (50m) WATER EX Carol Pool-Intensity Level 2 8:30-9:20 AM (50m) WATER EX Carol Pool-Intensity Level 2 8:45-9:40 AM (55m) INTERVAL CARDIO STRENGTH Susan Studio-Intensity Level 3 9:30-10:20 AM (50m) S'WET Val Pool-Intensity Level 4 10:00-10:50 AM (50m) BEGINNER TAI CHI Debbie Studio-Intensity Level 1 4:15-5:00 PM (45m) YOUTH ACTIVE DANCE Marcella Studio-Intensity Level 2 5:30-6:25 PM (55m) STRENGTH Lisa Studio-Intensity Level 3 YMCA POOL AEROBIC STUDIO YMCA GYM NEW TO SCHEDULE	7:30-8:25 AM (55m) BODIES IN MOTION Sue T Studio-Intensity Level 3 7:30-8:15 AM (45m) STRETCH & CORE Becky Brandon Gym-Intensity Level 2 8:45-9:40 AM (55m) STRENGTH Amy S Studio-Intensity Level 3 10:00-10:50 AM (50m) FOREVER WELL CLASSIC Becky/Brandon Studio-Intensity Level 1 9:30-10:20 AM (50m) S'WET Val Pool-Intensity Level 4 11:00-11:50 AM (50m) GENTLE WATER Karen Pool-Intensity Level 1 11:00-11:55 AM (55m) PILATES Lisa B Studio-Intensity Level 3 5:30-6:25 PM (55m) ZUMBA Ely Studio-Intensity Level 2	7:30-8:20 AM (50m) WATER EX Becky / Brandon Pool-Intensity Level 2 7:40-8:30 AM (55m) CLUB MOVES Katie L Studio-Intensity Level 3 8:30-9:20 AM (50m) WATER EX Becky/Brandon Pool-Intensity Level 2 8:45-9:40 AM (55m) CORE & MORE Varies Studio-Intensity Level 3 10:00-10:55 AM (55m) TAI CHI FOR BALANCE & MINDFUL MOVEMENT Sandy Studio-Intensity Level 1 11:00-11:55 AM (55m) LINE DANCING Katy Studio-Intensity Level 2 12:15-1:10 PM (55m) STRONGER TOGETHER Tanya Studio-Intensity Level 4 3:30-4:25 PM (55m) PILATES Lisa B Studio-Intensity Level 3 5:00-5:55 PM (55m) WATER EX Carol Pool-Intensity Level 2 5:00-5:30 PM (30m) TRX April Studio-Intensity Level 2 5:30-6:00 PM (30m) ABS Amy J Studio-Intensity Level 2	7:30-8:25 AM (55m) BODIES IN MOTION Sue T Studio-Intensity Level 3 7:30-8:15 AM (45m) STRETCH & CORE Brandon Gym-Intensity Level 2 8:45-9:40 AM (55m) STRENGTH Amy S Studio-Intensity Level 3 10:00-10:50 AM (50m) FOREVER WELL CLASSIC Brandon Studio-Intensity Level 1 11:00-11:50 AM (50m) GENTLE WATER Karen Pool-Intensity Level 1 11:00-11:55 AM (55m) PILATES Lisa B Studio-Intensity Level 3 5:30-6:25 PM (55m) ZUMBA Ely Studio-Intensity Level 2	6:00-6:45 AM (45m) CYCLING Lisa Studio-Intensity Level 2 7:30-8:20 AM (50m) AQUA BEATS Sandy Pool-Intensity Level 2 7:40-8:25 AM (45m) POWER BEATS Katie S Studio-Intensity Level 3 8:45-9:40 AM (55m) POWER PLAY Katie S Studio-Intensity Level 4 10:00-10:55 AM (55m) LINE DANCING Katy Studio-Intensity Level 2 THIS SCHEDULE IS SUBJECT TO CHANGE. UPDATED: 07/07/2026

FIND THE RIGHT CLASS FOR YOU! Intensity Levels:		All group classes can be modified to be more or less challenging. Instructors often give modification options.	
1. Low intensity & impact; basic moves		3. Moderate to high intensity & impact; some compound moves	
2. Moderate to high intensity; basic moves in combination		4. High intensity; compound moves	

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

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

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

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

- Tuesday, July 21 1:00 PM @ Raven Trail & Lake Tomahawk
- Tuesday, August 18 1:00 PM @ Jack Lake near Elcho

Let's Go Fishing

Please register for this fun afternoon free Cruise which leaves Hodag Park Boat Landing at 1:00 PM

Arrive by 12:45 Bring beverages and snacks

- Wednesday, August 19
- Wednesday, September 16

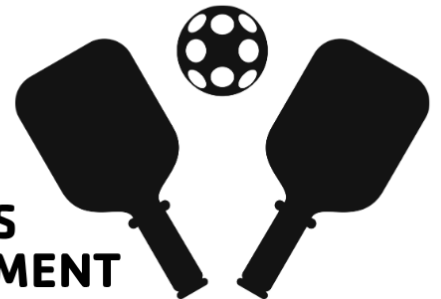
SPECIAL EVENTS

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.



2026 CLASH OF THE PADDLES OUTDOOR PICKLEBALL TOURNAMENT

- Saturday, September 12th – Men's & Women's Doubles
- Sunday, September 13th – Mixed Doubles & Just for Fun* (New / Individual)
- Pioneer Park, Rhinelander
- \$40 – 1st Bracket \$20 – per Additional Bracket

2026 FALL SNEAK PEAK!

- 2 Day Fall Trip to Lake Geneva

Lake Geneva Luncheon Boat Cruise, Dancing Horses & Other local Sites

Registration opens soon!

- Annual Fall Plant Sale

Ordering and prices available soon! Plant pick up Wednesday, September 2

- Forever Learning Resumes September 2nd



EVENTS

Beck Family Y

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.

FORE 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!

BEFORE AND AFTERSCHOOL REGISTRATION

Opens: August 1

Cost: Registration required

Register for our Before and Afterschool Program, where quality care meets enriching learning experiences. With dedicated staff, engaging activities, academic support, and a focus on social-emotional growth, we provide a safe and welcoming environment that helps children succeed both in and out of the classroom.

!

