

2024 Spring & Summer  
Member Guide

Sheridan County YMCA  
417 N Jefferson St.  
Sheridan, WY 82801  
(307) 674-7488  
sheridanymca.org

FIND YOUR Y



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# WELCOME!

## SHERIDAN COUNTY YMCA



### HOURS

**Mon-Fri: 5 am – 9 pm**

**Sat: 7 am – 6 pm**

**Sun: 1 pm – 5 pm**

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. We are committed to refusing no child membership for reasons of economic hardship. With a commitment to nurturing a kid's potential, promoting healthy living and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and thrive.

### Page Directory

<b>Facilities &amp; Amenities</b>	<b>3</b>
<b>Membership</b>	<b>4-5</b>
<b>Youth Sports</b>	<b>6</b>
<b>Summer Camp</b>	<b>7-14</b>
<b>Preschool &amp; After School</b>	<b>15</b>
<b>Health &amp; Wellness</b>	<b>16-17</b>
<b>Aquatics Center</b>	<b>18-19</b>
<b>Get Involved</b>	<b>20</b>

Check out our website for updated information, online registration and program details. Financial aid applications are also available online.



### YMCA Staff

**Elisabeth Cassiday** – Executive Director  
**Desiree Pearce** – Senior Director of Operations  
**Penny Siettmann** – Senior Director of Finance  
**Annie Magera** – Senior Director of HR  
**Alicia Knight** – Senior Director of Youth

**Kyle Roberts** – Aquatics Director  
**Kylie Modaff** – Camp & After School Director  
**Angie Child** – Childcare Director  
**Chris Hart** – Facilities Director  
**Jennifer Covolo** – Health & Wellness Director  
**Latonya Porter** – Housekeeping Director  
**Sandy Sare** – Membership Director  
**Kim Jacobson** – Youth Sports Director

### Board of Directors

<b>Tracy Swanson</b> – President	<b>Catherine Teichert</b> – Treasurer	
<b>Jake Haseman</b> – Vice President	<b>Ginger Stout</b> – Secretary	
<b>JennaRae Akers</b>	<b>Becky Newton</b>	<b>Geoff Scott</b>
<b>Rob Forister</b>	<b>Kevin Kessner</b>	<b>Ellen Treide</b>
<b>Jack Fritz</b>	<b>Matt Redle</b>	<b>Jeremy Zebroski</b>
<b>Christi Haswell</b>	<b>Haley Roberts</b>	

# Y FACILITIES & AMENITIES

Check out all the Y has to offer! Whether you're a beginner or advanced, member or community member, the Sheridan County YMCA has an expansive facility with a variety of offerings at your disposal to get and stay active and healthy all in a social environment.

## Aquatic Center

Completed in 2020, the new community Aquatic Center brought the Y footprint to over 100,000 square feet.

Our Aquatics Center includes:

- Six 25-yard lanes
- Two slides
- Vortex
- Climbing wall
- Zero entrance family pool
- Cargo net
- Kiddie play area
- 1-meter spring diving board
- Aqua basketball hoop
- Handicap chairlift
- Hot tub

## Bouldering Climbing Wall

Our wall features a 12-foot tall rock climbing wall with key features such as an integrated campus board and Kilter board terrain that serves as a challenging, fun way to exercise. Try different colored routes for varying skill levels. This is a great experience for the entire family. Waivers must be signed and accepted at the Y Front Desk before you can climb. Shoes are available at no cost in a variety of sizes. Available for ages 3+ (during designated times). Free with Y membership.

## General facility amenities include:

- 3 sports gyms
- Bouldering wall
- Sport climbing wall
- 3 racquetball/handball courts
- Aquatic center/hot tub
- Weight & cardio rooms
- 4 fitness studios
- Activity & support center
- Outdoor soccer fields
- Basic locker rooms
- Family locker rooms
- Gold locker rooms
- Indoor Playland
- Indoor walking/jogging track
- Free wifi
- Art/sensory room
- Youth center with:
  - Drop-in child care
  - Licensed child care
  - After-school center



## Gymnasiums

We strive to have one gym open at all times to meet all member needs. Gym schedules are subject to change at any time and are available on our website, [www.sheridanymca.org](http://www.sheridanymca.org).



## Playland

Our Playland follows an adaptive design that offers opportunities for many individuals that previously may have been limited to activities, as well as increased visibility in all areas.

## Camp Roberts

Camp Roberts is nestled along the base of the beautiful Bighorn Mountains, approximately 60 minutes from the front door of the Y. It is an ideal property to provide our regions' youth the opportunity to have a true overnight resident camp experience. Having a family reunion? Work gathering? Camp Roberts is also available to rent for your next event. Rental request applications are available on our website.





WHY THE Y?

Why choose the Y? Our programs, services and initiatives enable kids to realize their true potential, offer ways for families to have fun together and empower people to be healthier in spirit, mind and body. We are here to welcome and embrace newcomers and help foster a spirit of community service and pride.

MEMBER BENEFITS



Membership for all ages  
Reduced fees for youth programs  
(sports, camps, swim lessons, etc.)  
Convenient hours



NEW Weight & Cardio rooms  
Open gyms for basketball, soccer and pickleball  
40+ complimentary group classes for all levels  
Aquatic Center  
Youth programs  
Prenatal classes  
Virtual Wellness classes  
Special programs for chronic disease  
Programs geared for active older adults (60+)



Trained, compassionate and supportive staff  
Clean, welcoming facilities  
Support for health and well-being goals  
Volunteer opportunities



Licensed drop-in child care for ages 6 weeks to 8 years  
Licensed child care for preschool  
After-school program for grades K-5  
Junior high after-school program

Open Door Financial Assistance

Through the generosity of our donors, the Y works to strengthen our community by providing access to program, facilities and services that connect, heal, nourish and encourage. We are honored to have the ability to offer financial assistance allowing everyone participation in our programs and services regardless of their ability to pay.

Open Door applicants must meet income guidelines and have a permanent address. Applications are available at the Y front desk or online at [www.sheridanymca.org](http://www.sheridanymca.org).

Military Outreach

Through our military membership, families can spend quality time together, meet other families and enjoy the Y's membership offerings in a supportive environment. Military members who meet the following criteria will be provided a six-month membership at no cost. This includes:

- Active Duty personnel and their families
- Unaccompanied spouse/family of Active Duty
- Unaccompanied spouse/family of Joint Deployed Guard & Reserve

A Safe Environment

The Y conducts regular sex offender screenings on all members, participants and guests. If a sex offender match occurs, the YMCA will cancel membership, end program participation and remove visitation access. All visiting individuals ages 18 or older must provide a government issued photo ID upon entry to our facilities, programs or services.



# YOU BELONG HERE

A YMCA membership provides the most inclusive membership opportunity, enabling you to be a part of something bigger while also receiving the strongest YMCA benefits for your family. Membership includes unlimited access to the Sheridan County YMCA and Tongue River Valley Community Center based on facility schedules and youth policies, as well as programs and services throughout.

## Membership Types

With the pressures of inflation and the need for a significant wage increase, we have committed to our conservative biennial increase of membership dues. This year’s rates follow our traditional percentage increase. Please see the rate sheet for the 2023-2024 rates.

	Fee options
<b>Youth</b> (ages 8-18)	\$18/monthly draft, \$25 month-to-month or \$216/annual
<b>** Young adult **</b> (ages 19-24)	\$28/monthly draft, \$35 month-to-month or \$336/annual
<b>College student</b> (Minimum 12 credit hrs)	\$25/mo or one-time payment of \$100/semester
<b>** Adult **</b> (Ages 25-59)	\$51/monthly draft, \$66 month-to-month or \$612/annual
<b>** Family **</b> (2 adults and any dependents aged 0-24 in one household)	\$65/monthly draft, \$80 month-to-month or \$780/annual
<b>Single parent family</b> (1 adult and any dependents aged 0-24 in one household)	\$46/monthly draft, \$61 month-to-month or \$552/annual
<b>Senior</b> (Age 60+)	\$48/monthly draft, \$63 month-to-month or \$576/annual
<b>Senior couple</b> (2 adults in one household, at least one partner aged 60+)	\$63/monthly draft, \$78 month-to-month or \$756/annual

<b>Gold membership</b> Includes towel/locker service, kitchenette, steam room, exercise equipment and lounge area	
<b>Adult gold</b> (ages 19+)	\$79/monthly draft, \$94 month-to-month or \$948/annual
<b>Single gold with family</b> (allows 1 adult age 19+ access to the gold center with family membership)	\$92/monthly draft, \$107 month-to-month or \$1104/annual
<b>Double gold with family</b> (allows 2 adults aged 19+ access to the gold center w/ family membership)	\$115/monthly draft, \$130 month-to-month or 1380/annual

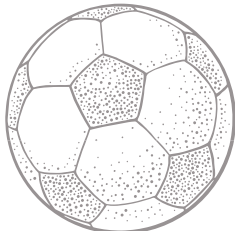


For an additional fee, towel and towel/locker services are available for all annual and draft memberships. Drop-in child care charge may be added to all annual and draft membership for a lesser fee.

**\*\* Go to [www.sheridanymca.org](http://www.sheridanymca.org) to sign up for those memberships currently offered online. \*\***  
**All memberships are available at the Member Service Desk.**



# TEAMWORK. HEALTHY LIVING. SPORTSMANSHIP.



YMCA Youth Sports teach kids the fundamentals, good sportsmanship, and teamwork, as well as give them the opportunity to gain confidence that comes from playing on a team. Youth sports at the Sheridan County Y are about building the whole child from the inside out. **Dates are tentative and subject to change.**

	Grades/ Ages	Registration Dates	Program Dates & Location	Fees	Additional Info
<b>Itty Bitty Soccer</b> Itty Bitty Soccer focuses on developing large motor skills in our young players. In a positive atmosphere, the youth will get plenty of hands-on (or should we say foot-on) experience including dribbling, passing, and shooting the ball. This is a fun, learning environment and parent participation is not only greatly appreciated, it is encouraged!	3.5-5 (not attending kindergarten)	June 3 - July 12	July 16 - August 8  Session 1 Tues. & Thurs. 4-4:30 pm  Session 2 Tues. & Thurs. 5-5:30 pm  Y Fields in the grassy area by aquatics center	\$30 member  \$40 non-member	- Co-ed clinic  - Shin guards not required but encouraged
<b>Youth Soccer</b> Our soccer program includes kids playing as a team, passing back and forth and assisting while someone takes the big shot.	K-8 boys & girls	February 12 - March 20	April 8 - May 15  Mon. & Wed. 4-7 pm  Blacktooth Park & Y Fields	Need a jersey? \$50 member \$60 non-member  Have a jersey? \$40 member \$50 non-member	- Shin guards required - Co-ed teams - Grades 4+ play with a goalkeeper - Grades K-5 play 2 days/week - Grades 6-8 play 2-3 days/week
<b>Itty Bitty T-Ball</b> The T-Ball program focuses on fundamental skills, rules, and how to interact socially with others. On game days, each player bats and plays in the field during every inning. Sitting on the bench is one position that no one plays in YMCA T-Ball!	4-5 (not attending kindergarten)	March 25 - May 3	May 14 - June 6  Tues. & Thurs. 5 or 6 pm  Y Fields	\$30 member  \$40 non-member	- Co-ed league teams - Practice the first 3 days, then games the next 5 days - Coaches will contact parents about practice and game times

Youth sports contact information: Kimberly Jacobson at 307-674-7488 or [kjacobson@sheridanymca.org](mailto:kjacobson@sheridanymca.org)

Register online or at the Y Front Desk. Scholarships are available.



**FIND YOUR ADVENTURE.  
FIND YOUR SPARK.  
FIND YOUR Y.**



## **2024 CAMP SIGN-UPS**

**This summer we are excited to have a variety of summer camps at the Sheridan County YMCA. We are proud to offer Arts, Day Camps, Resident Camps, Specialty Camps, Science, and Sports Camps.**

All Day Camp & Residence Camp sign-ups for members start 8 am on April 13; non-members start 8 am on April 17.  
All specialty camp sign-ups for members start 8 am on April 6; non-members start 8 am on April 10.

Register for this summer's camp offerings online and at the Y Front Desk. Full payment is due at registration.  
**SCHOLARSHIPS ARE AVAILABLE.**



DAY CAMP OFFERINGS

All Day Camp & Residence Camp sign-ups for members start 8 am on April 13; non-members start 8 am on April 17.  
Day campers are eligible to sign up for 1 of each of these camp weeks until May 1.

Adventure Club

**Ages:** 4-6  
**Dates:** 9:30-12:30 pm  
June 10-14 • June 17-21  
July 8-11 • July 15-19  
**Fees:** \$80 member (short 3-day week: \$65)  
\$120 non-member (short 3-day week: \$100)

Each day campers can have fun developing skills while participating in a wide variety of activities. These activities include: arts and crafts, active game playing, swimming, fun challenges, field trips, and fun, fun, fun! Please visit with camp staff if you have any concerns with your child participating in any of these supervised activities.

Additional info

Campers are eligible to sign up for an additional week after May 1.



Backyard Camp

**Ages:** 6-12 (must have completed kindergarten)  
**Dates/Themes:** 8-5 pm  
June 10-14: Fear Factor Camp at Bridges  
July 1-3: FireKids Boot Camp at the Y  
July 22-26: Tiny Chefs at Bridges  
**Fees:** \$160 member (short 3-day week: \$100)  
\$180 non-member (short 3-day week: \$120)

Arts, crafts, games, sports, and much more! If you are a parent who prefers their camper to stay closer to the nest, then this is a perfect option for you. Our activities are held at the Y, Bridges Camp (formerly NSI on Big Goose), and at local businesses! Campers will have a chance to have fun in a variety of ways, make memories that will stay with them forever, and learn new skills in our themed camps! Limited to 35 campers

Additional info

Meet at the Y. All transportation provided. Campers are eligible to sign up for an additional week after May 1.

Day Camp

**Ages:** 6-12 (must have completed kindergarten)  
**Dates/Themes:** 8-5 pm  
June 17-21: Around the World  
at Thorne-Rider/Poulson-Griffith  
June 24-28: Camp Half Bloods w/ Percy Jackson  
at Thorne-Rider  
July 15-19: KidsKonstruction at Poulson-Griffith  
July 29 - Aug. 2: Planes, Trains & Automobiles  
at Thorne-Rider/Poulson-Griffith  
August 5-9: Nature Explorers at Poulson-Griffith  
**Fees:** \$180 member / \$200 non-member

The Day Camp experience begins as your child enjoys discovering the wonders of the outdoors in partnership with Thorne-Rider Youth Camp in Story and Poulson-Griffith Youth Camp on Big Goose. Campers will also get the chance to go on other adventures in and around Sheridan and Johnson County. These are just a few of the things that make Day Camp not only a fun week, but a place for youth to grow. Limited to 50 campers.

Additional info

Meet at the Y. All transportation provided. Campers are eligible to sign up for an additional week after May 1.

Scholarships are available.





# RESIDENT CAMP OFFERINGS



All Day Camp & Residence Camp sign-ups for members start 8 am on April 13; non-members start 8 am on April 17.

All Resident Camps are held at Camp Roberts, located above Buffalo. Transportation is provided.

**Youth will reside OVERNIGHT for the duration of their camp.**

## Art Nomads

**Ages:** 11-13  
**Dates:** July 19- Aug. 2  
**Fees:** \$370

What is Art? Where is Art? Uncover and explore the life of art. Local artist Patty Bills will provide insight and support to discover several genres of art. View the world through different eyes, tools, habitat, and story! Know more, see more, and feel more as everyday life takes on a new hue! Limited to 18 overnight campers.

## Learn to Cook

**Ages:** 9-13  
**Dates:** July 15-19  
**Fees:** \$370

Treat your child to a summer adventure filled with fun, learning, and lots of incredible flavors. The young chefs will enjoy learning to cook over a fire or in the ground. Come enjoy a week of hands-on cooking, walk away with a variety of new skills, and have memories from sharing time with others in the kitchen. Limited to 18 overnight campers.

## Learn to Shoot/Hunter Safety

**Ages:** 11-15  
**Dates:** July 15-19  
**Fees:** \$370

A riflery/archery camp teaches campers calm deliberation and concentration. Campers will learn how to safely handle firearms as well as techniques for the field. This course will be facilitated by a certified Game and Fish instructor to ensure kids stay safe and have fun. Upon successful completion of this course campers will earn their Hunter Safety license. Limited to 20 overnight campers.

## Off to Camp Stayover

**Ages:** 8-11  
**Dates:** July 8-9  
**Fees:** \$105

Come check out the YMCA's Resident Camp! Spend 2 exciting days and 1 night with all your friends. This is the perfect opportunity to sample the resident camp experience. We will leave the YMCA at 8:00 AM and return the following day at 5:00 PM. Enrollment limited to 25 campers. Limited to 25 overnight campers.

## Outdoor Survival

**Ages:** 9-13  
**Dates:** July 19 - August 2  
**Fees:** \$370

Learn the art of survival from the comfort of Camp Roberts. Discover different methods of fire/shelter building, and other key skills to get you through any situation! This camp is perfect for beginner survivalists who also want a blend of the traditional activities offered at Camp Roberts. Limited to 18 overnight campers.

## Resident Camp

**Ages:** 9-11  
**Dates/Themes:** June 17-21 • July 1-3 • August 5-9  
 Holidays • Music • Around the World  
**Fees:** \$370 (short 3-day week: \$225)

Discover the magic of camp at Camp Roberts! Campers will experience a wide variety of activities including archery, climbing, crafts, canoeing and kayaking, mountain biking, nature, geocaching, and swimming. Through our unique programming and caring staff, campers will experience a culture of meaningful relationships to one another and the outdoors. Limited to 30 overnight campers.

## Up-A-Notch

**Ages:** 12-13  
**Dates/Themes:** June 17-21 • July 1-3 • August 5-9  
 Holidays • Music • Around the World  
**Fees:** \$370 (short 3-day week: \$225)

Enjoy the ULTIMATE teen summer camp experience. Campers will experience a number of traditional activities offered at Resident Camp but will be challenged to a higher level of adventure and skill. Teen campers can look forward to embarking on a series of outings that include kayaking, mountain biking, fishing and hiking! Limited to 12 overnight campers.

## Watercolor Campout

**Ages:** 11-13  
**Dates:** July 8-11  
**Fees:** \$120

Join our counselor team and local artist Patty Bills for a night under the stars and on the trail away from camp. Campers will spend the night in hammocks and experience the outdoors from the artist's perspective. Join us on an adventure where the wild comes to life on canvas right before our eyes! Limited to 12 overnight campers.

**Scholarships are available.**

ART & OTHER CAMP OFFERINGS

All specialty camp sign-ups for members start 8 am on April 6; non-members start 8 am on April 10.

Art & Journaling Observation

**Ages:** 8-13  
**Dates:** June 24-28 from 9-12 pm  
**Fees:** \$120 member | \$160 non-member

Begin this class creating your own observation journals! Each journal will be individually crafted and used to record ideas, observation and thoughts. The end of the week will find us taking nature walks to use all we've learned. How can a visual journal enhance your vision, thinking and creativity? Drop off and Pick-up at SAGE Gallery (21 W Brundage St, Sheridan). Limited to 20 participants.

Art & Science Exploration

**Ages:** 8-13  
**Dates:** June 10-14 from 9-12 pm  
**Fees:** \$120 member | \$160 non-member

Get your hands dirty by diving into art and science exploration. Campers will apply creative an critical thinking skills through science experiments and basic art skills. Make observations, ask questions and connect art to science. Drop-off and pick-up at SAGE Gallery (21 W Brundage St, Sheridan). Limited to 20 participants.

Dungeons and Dragons

**Ages:** 9-14  
**Dates:** July 22-25 from 9-12 pm  
**Fees:** \$60 member | \$80 non-member

Dive into the realm of Dungeons & Dragons! Come roll the dice, paint your character, explore fantasy worlds, and reenact your adventuring visions with other campers! Novice and experienced players are all welcome. Limited to 15 players.



Junior Fashion Camp

**Ages:** 9-14  
**Dates:** June 10-14 from 8-12 pm  
**Fees:** \$120 member | \$160 non-member

Junior Fashion Camp will be an introduction to basic hand sewing, fashion illustration and machine sewing. Campers will learn about discovering their own unique style, build new life skills and boost their confidence. They will learn about colors, styles, fabric and much more. This camp will feature fashion-themed games and activities. At the end of the week campers will head home with a handmade accessory. Limited to 15 campers.

Make Your Mark: Mural Camp

**Ages:** 10-14  
**Dates:** July 8-11 from 9-12 pm  
**Fees:** \$120 member | \$160 non-member

Join us as we leave our mark on the Sheridan County YMCA crosswalk. We want to showcase Sheridan's youth artists in a very public way! With instructor Ashley Cooper, campers will learn about design principles, scaling projects, and mural work as they collaborate to beautify the YMCA facility. Limited to 10 participants.

Theater Camp 1

**Ages:** 7-11  
**Dates:** July 15-19 from 9-3 pm  
**Fees:** \$180 member | \$200 non-member

This camp is for students that are new to theater. Campers will learn about developing stage presence, vocal projection, character development, stage blocking, and audition skills. Through theater games and skits, campers will gain valuable artistic experience while making many new connections. To end the camp, campers will learn and perform Joust: A Mighty, Medieval Musical at the WYO Theater on Friday, times TBD. Limited to 25 campers.

**Neighborhood Pop Up Summer Camp**  
Every Wednesday, 4:30-5:30 pm, all summer long at North Heights Park. No registration, Free and open to all kids! Food, camp games, and even some messes!

Scholarships are available



## Theater Camp 2

**Ages:** 9-14  
**Dates:** July 22-26 from 9-4 pm  
**Fees:** \$180 member | \$200 non-member

Combining music and performance into a theatrical experience will have campers moving and singing all week. Enjoy the opportunity to experience some of the most memorable musical selections from a variety of shows. Grow in your musicianship and confidence. A performance is scheduled at the WYO Theater on Friday at 2:00pm. Limited to 30 campers.

## Tole/Decorative Painting

**Ages:** 5-8  
**Dates:** August 5-8 from 9-12 pm  
**Fees:** \$50 member | \$60 non-member

Tole painting is considered as Folk Art. Pull out your old paint shirts and join Y staff as we explore the art of tole/decorative painting. Campers will learn intricate and detailed tips and tricks on how to paint on items that can include furniture, jewelry boxes, wood cut-outs, tin objects, rocks, etc. The campers will go home with paint on their hands and pieces of art they can be proud of. Limited to 15 participants.

## Uprising Community Hero Camps

### Junior Heroes

**Ages:** 8-10  
**Dates:** June 24-28 from 9-12 pm

### Community Heroes

**Ages:** 11-13  
**Dates:** June 24-28 from 1-4 pm

**Fees for both:** \$35 member | \$45 non-member

Uprising is excited to guide youth through a hero's journey. Campers will take part in fun, engaging activities that hone critical thinking skills about important topics like healthy relationships, online safety, consent and more. Youth will be empowered to discover their inner strengths to make positive choices in their lives and communities.

## Writing and Illustration 1

**Ages:** 8-13  
**Dates:** June 17-21 from 9-12 pm  
**Fees:** \$120 member | \$160 non-member

Write, illustrate and go home with your own hand-made children's book. Practice simple cartoons and illustrations, create a storyboard rough draft and finalize your own book. Drop off and Pick-up at SAGE Gallery (21 W Brundage St, Sheridan). Limited to 20 participants.

## Upcycled Art

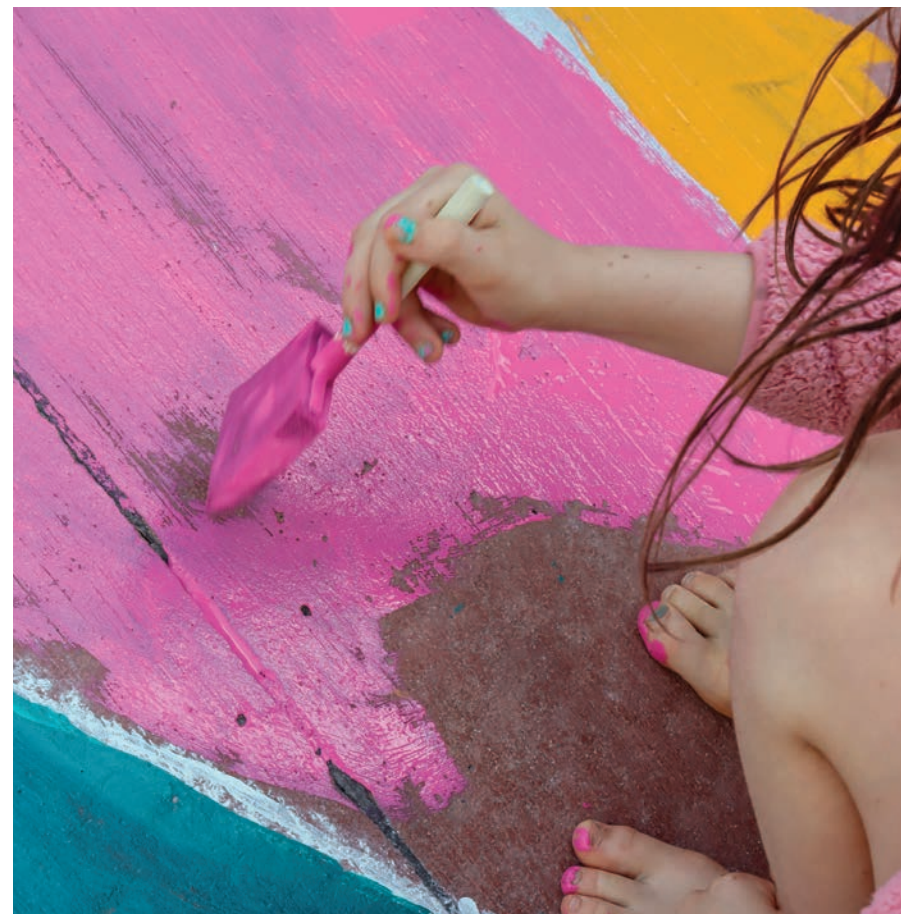
**Ages:** 8-13  
**Dates:** July 15-19 from 9-12 pm  
**Fees:** \$120 member | \$160 non-member

Repurpose materials that would otherwise be thrown away into pieces of art! (clothes, paper, cloth, jewelry, coal ash). We will also spend a couple of days venturing outside to create art pieces from natural materials. Feel free to bring a few select items from home you think you may use in your art projects that would otherwise be discarded or given away. Limited to 20 participants.

## Young Entrepreneurs

**Ages:** 8-15  
**Dates:** June 3-6 from 12-4 pm  
**Fees:** \$120 member | \$180 non-member

Calling all young entrepreneurs! Do you enjoy the thrill of advertising? Do you enjoy the satisfaction of developing a quality product and the fruits of your labor? Then this is the camp for you! Come learn what it takes to create, develop, and run a successful business. We are offering this camps at the beginning of the summer so during the rest of summer break you can run your own successful business! Limited to 20 participants.



**Scholarships are available**

# SCIENCE /JR LIFEGUARD CAMP OFFERINGS

All specialty camp sign-ups for members start 8 am on April 6; non-members start 8 am on April 10.

## Junior Lifeguard Camp

**Ages:** 11-14  
**Dates:** June 10-14; Mon-Thurs 8-12 pm and Fri 1-5 pm  
**Fees:** \$100 member | \$130 non-member

The Junior Lifeguarding Camp is designed to guide youth through the Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills of future lifeguards. It serves to bridge the gap between Swim Lessons and Lifeguarding, and includes the following topics: development of swimming skills and endurance, victim recognition, first aid/CPR/AED, water rescue skills. Limited to 10 campers.

**Pre-requisites are required.** Prior to registering for this camp, youth must meet with the Aquatic Director to complete a water competency sequence. This includes: step into water from the side and totally submerge, maintain position for 1 minute by treading water or floating (or a combination of the two), rotate one full turn and orient to exit, level-off and swim on the front or back 25 yards, exit without using the ladder or steps, swim the front crawl for 25 yards continuously breathing to the front or side and swim the breaststroke for 25 yards using a pull, breathe, kick and glide sequence.



## Sticks and Stones and Dinosaur Bones

**Ages:** 6-11  
**Dates:** June 10-13 from 8-1 pm  
June 17-20 from 8-1 pm  
**Fees:** \$100 member | \$130 non-member

Join us for adventure-filled days in this field geology class which can include searching for petrified wood, leaf and fern impression fossils, studying stream bed geology (weathering and erosion), mapping unknown areas and creating a topo map. Campers will enjoy a variety of outdoor activities from learning about geology, gold panning, and learning about stream science. Campers will take nature hikes and find fossils along the way. Join instructor Art Orr and come enjoy this week full of outdoor adventure. Let's be spies in nature and find and see things that are not obvious. Expect the unexpected! Limited to 15 campers.

Scholarships are available



## SPORTS CAMP OFFERINGS

All specialty camp sign-ups for members start 8 am on April 6; non-members start 8 am on April 10.  
Sports camps are 4-day camps, with the exception of Challenger Soccer Camp.

### Track and Field Camp

**Ages:** 5-7 (9:30-10:30 am)  
8-12 (8-9:30 am)  
**Dates:** June 3-6 (see times above)  
**Fees:** \$50 member | \$60 non-member

Come learn running techniques as well as jumping, throwing and hurdling strategies from your own local Junior High Coach, Liz Moore, and her staff. They are ready to guide campers on how to enjoy track and field and improve their stamina and skills.

### Volleyball Camp

**Ages:** 9-12  
**Dates:** July 15-18 from 1-3 pm  
**Fees:** \$50 member | \$60 non-member

Coach Taylor LaBossiere is ready and excited to lead this summer's volleyball camp here at the Y! Get ready to pass, set, and hit your way into an energizing and exciting camp experience. Novice and experienced players are all welcome. Limited to 40 participants.

### Y Youth Soccer Camp

**Ages:** 5-6 (8:30-9:30 am)  
7-8 & 9-13 (8:30-10:30 am)  
**Dates:** July 8-11  
**Fees:** \$50 member | \$60 non-member

The Y is excited this summer season to bring a soccer camp full of fun and touches on the ball. Whether you are an experienced player who wants to refine their skills or this is your first "go-round" with a soccer ball, all are welcome. Limited to 24 campers in each age group.

### YMCA Basketball Camp

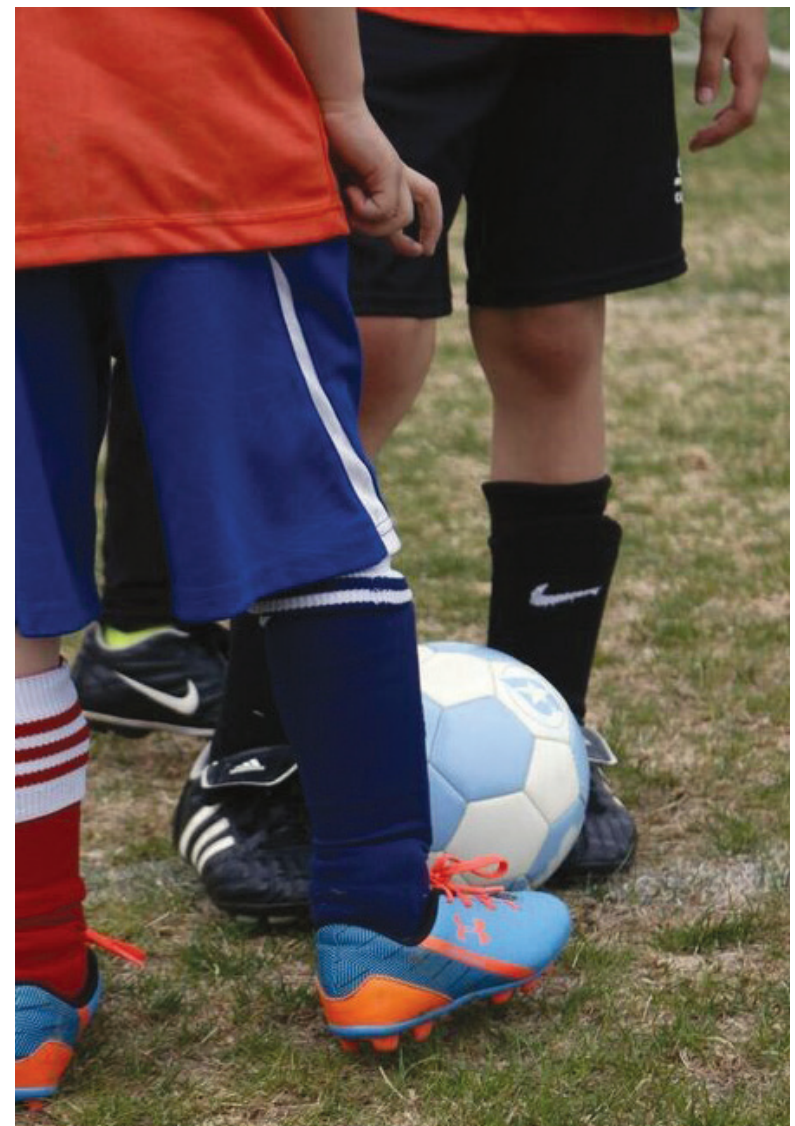
**Ages:** 5-7 Co-ed (9-10 am)  
8-13 Boys (10-12 pm)  
8-13 Girls (12-2 pm)  
**Dates:** June 24-27 (see times above)  
**Fees:** \$50 member | \$60 non-member

The YMCA will be hosting a basketball camp for both boys and girls. This camp will help teach your player the fundamentals they will need to learn to continue to grow as a basketball player. Limited to 40 per session.

### YMCA Sports of All Sorts Camp

**Ages:** 8-12  
**Dates:** July 29 - August 1 from 8:30-10:30 am  
**Fees:** \$50 member | \$60 non-member

Join the YMCA sports staff as we put on an introductory course for athletes willing to try their hand at a variety of sports and challenges. This camp will have you on your toes with obstacle courses, water day battles, and a range of other sports. We will work on not only rules of new games, but also on conditioning and movements that are age appropriate. Limited to 24 campers.



Scholarships are available

# CHALLENGER SOCCER CAMP

JULY 22-26. Participants must register online at [camps@challengersports.com](mailto:camps@challengersports.com)

Challenger Sports is the leading soccer camp company in North America, and our International Soccer Camp is where we channel our energy and passion for the game into a fun—yet developmental—environment. Our industry experts have crafted an approach which uses methodologies from all around the world to truly reflect the global nature of the sport today. We use age-appropriate practices to help players develop at their own pace, learn brand new skills and become an all-round better player...while having an amazing time with our international coaching staff!

Most camps will include a free soccer ball, T-shirt, poster and certificate, as well as a free early registration replica jersey. Please check your individual sessions on the next page to confirm this.

Please note that there may be a \$10 late fee at most of our campsites for campers registering within 10 days of the camp start date. Many camps will fill up and be closed prior to this date. Please register early to avoid disappointment.

## HALF DAY

**Ages:** 5-16  
**Time:** 9-12 pm  
**Fees:** \$165 early registration | \$195 registration

Longer daily sessions from Monday to Friday inclusive. Complete technical player development featuring practices from around the world as part of our international camp curriculum. Includes access to a virtual coaching world courtesy of Challenger Virtual, motivating players to practice more at home before, during and after their program on the field!

## OVERTIME BONUS OPTION

**Ages:** 5-16  
**Time:** 1-3 pm  
**Fees:** \$80 early registration | \$95 registration  
Special afternoon bonus session for HALF DAY campers. Typically runs from Monday - Thursday. Packed lunch required for a supervised break. Please check individual session details on the challenger website.

## TINY TYKES

**Ages:** 3-5  
**Time:** 8-8:45 am  
**Fees:** \$105 early registration | \$125 registration

Shorter, daily sessions from Monday to Friday inclusive. A fun introduction to soccer influenced by the very popular year-round Tiny Tykes curriculum. Includes games, activities, and adventures to introduce and develop coordination, balance, running, stopping, turning, kicking, dribbling, throwing & catching. Includes access to a virtual coaching world courtesy of Challenger Virtual, motivating players to practice more at home before, during and after their program on the field!



## 2024 YMCA Camp Refund & Transfer Policies:

The Sheridan County Y will issue a partial refund for camp cancellations that are made at least two weeks prior to camp. The Y will retain a \$25 fee. The remaining cost for registration will be refunded. No refund will be issued for a cancellation within two weeks of the camp start date. Transfers between camps will not be permitted.

If you currently have Program Assistance, you may register online or at the Front Desk. If you are asking for Camp Assistance, please fill out a Campership form. You will not register for the camp you are interested in. You will be notified once your form has been reviewed.



# CHILD DEVELOPMENT & EARLY LEARNING

Children are like sponges! They watch and absorb knowledge, skills and values from everything and everyone around them. At the Sheridan County YMCA, we believe the values and skills learned early on are vital building blocks for quality of life and future success. **Financial aid is available.**

## Drop-in Child Care

Enjoy your adult workout knowing that your children are having fun with other kids and activities. Available on a "non-scheduled" basis, the center is to be used only while parents or guardians are in the Y facility.

## Drop-in Times

**Monday to Friday**  
**7:45–1:30 pm**

**Monday to Thursday (Sept.–May)**  
**4:15–6:45 pm**

## Drop-in Fees

### Monthly Draft

You may choose to add a drop-in fee to your automatic membership monthly draft. It is \$25 for the first child, then \$10 for all additional children.

### Monthly Card with Y Membership

Purchase a drop-in card for a full month! Cards are \$30 for the first child, then \$15 for each additional child. The parent must hold a Y family membership in order to purchase.

### Punch Pass

Receive five visits for \$35. The pass can be used for multiple children. No Y membership is required for purchase.

## Join our Child Care / After School Wait List

Fill out a form at the Y Front Desk, visit our website or scan the QR code.



## Preschool Program

The Y Preschool Program provides a safe, nurturing and developmentally appropriate learning environment that promotes social, emotional, cognitive and physical growth. We utilize our vast facility and swim lessons as part of our curriculum.

Children participate in hands on learning activities that promote exploration, discovery, creativity, and critical thinking skills with highly qualified teachers. Classrooms are equipped with age appropriate learning materials.

## After School Care

Parents will have peace of mind knowing that their child is well-supervised in a caring, safe environment while they work. The children in this program will be given time and help with homework, have a light snack, and participate in creative and recreational games.

School District 2 buses will deliver the children to the Y. The Y bus will pick up and deliver Big Horn Elementary students. \*All AFS participants may register for School District 2 in-service days.\*

**Child Care contact information: Angie Child at 307-674-7488 or [achild@sheridanymca.org](mailto:achild@sheridanymca.org)**  
**After School contact information: Kylie Modaff at 307-674-7488 or [kmodaff@sheridanymca.org](mailto:kmodaff@sheridanymca.org)**

MAKE ACTIVE A LIFESTYLE

The Sheridan County YMCA has some of the best group fitness classes in the area! All instructors are certified and can show adjustments for all levels of fitness and special limitations participants may have.

Schedules for sports and Health & Wellness programs are available at [www.sheridanymca.org](http://www.sheridanymca.org).

Stay Active Through Sports



Basketball

Year round, join in for a game of adult pick-up basketball over your lunch hour (noon-1 pm) Mon., Wed., and Fri.

HORSE

Wednesdays 7:30 am  
Take yourself back to your youth with this basketball game.

Pickleball

A combination of badminton, tennis and ping-pong. This game is slower than tennis but provides healthy exercise. Schedules are available online or at the Y Front Desk.

Soccer

For adults & youth 14+  
Offering either pick-up or noon games, have fun and get your exercise with recreational soccer.

Workshops

Prenatal Preparation Workshop

\*8-week program\*  
A prenatal preparation workshop that helps answer your questions and find resources available in our community.

Register online or at the Y Front Desk. Scholarships are available.

Health & Wellness Programs

Cardio Mix & Strength

Intensity: Low to moderate  
For active older adults, adults & youth ages 16+  
60 minutes of varying cardio and strength workouts.

Core, Stretch & Balance

Intensity: Low to moderate  
For active older adults, adults & youth ages 16+  
Increase core strength with traditional abdominal exercises while integrating stretching techniques.

Cycling

Intensity: Moderate to high  
For adults & youth ages 16+  
Push your cardio limits on indoor stationary bicycles.

Enhance® Fitness

Intensity: Low  
\*16-week program with no fees\*  
For active older adults, sign up required  
Geared towards those with chronic conditions, this evidence-based class integrates cardiovascular, strength training, balance and flexibility while fostering strong social relationships. Registration includes paperwork to be completed by the first class.

FitLYfe

Intensity: Low  
\*6-week program with no fees.\*  
For active older adults, adults & youth ages 16+  
For those who aren't sure where to begin and want to learn more about fitness and wellness.

Group Active

Intensity: Low to high  
For active older adults, adults & youth ages 16+  
Cardio, strength, balance & flexibility in just one hour.



## Group Centergy

**Intensity: Moderate**

**For active older adults, adults & youth ages 16+**

Invigorating 60 minutes of mind-body workouts.

## Group Power

**Intensity: Moderate to high**

**For adults & youth ages 16+**

Using adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises.

## Hustle the Muscle

**Intensity: Moderate to high**

**For adults & youth ages 16+**

Great for overall, nonspecific muscle training.

## Karate

**For adults & youth ages 5+**

**\*Sign up required\***

SeihoShorin-Ryu Karate is a non-sport style martial art open to children, adults and families whose purpose is to develop balance between body, mind and spirit. We encourage families train together as this is the traditional style of learning in Okinawan martial arts.

## Parent-Youth Private Instruction

**For grades 5-8 and parents**

**\*\$20 one-time fee\***

Designed to offer youth in 5th through 8th grade the opportunity to train with a parent, this program introduces the weight-stack strength machines and aerobic equipment to youth. Appropriate behavior, weight room guidelines and proper execution of exercises are taught. The parent **MUST** accompany the child to the instruction orientation and must also be within eye-site of youth while they train.

## Small Group Training

**Intensity: Moderate**

**\*Sign up required\***

**For active older adults, adults & youth ages 16+**

Learn a variety of safe lifting techniques



## TaeKwon Do

**For adults & youth ages 6+**

**\*Sign up required\***

Gain confidence and empower yourself to make positive life choices through character development from individual and team competition using techniques of bare hands and feet.

## Weight Express for Women

**Intensity: Low to moderate**

**For active older adults, adults & youth ages 16+**

Introducing women to strength training and weight lifting techniques to building confidence in using the strength machines.

## Yoga

**Intensity: Varied**

Several yoga classes are offered throughout the Fall session. Please check the Health & Wellness schedule for days and times.

## Zumba

**Intensity: Low to moderate**

**For adults & youth 16+**

A cardio-Latin fusion class that features aerobic interval training.

## Just for You

### Free Blood Pressure & Glucose Checks

The second Wednesday of each month. 8:30-10:30 am in Y lobby.

### Free Weight Room Orientation

### Wellness Blood Draws provided by WY Health Fairs

First Thursday of each month.

Schedule through [wyominghealthfairs.com](http://wyominghealthfairs.com)

### STYKU Body Composition Scanner

STYKU uses 3D body scanning technology to measure body data and composition. Fast, non-invasive & allows you to track progress. Pay individually or purchase a package.

### Health & Wellness contact information:

**Jennifer Covolo at 307-674-7488 or [jcovolo@sheridanymca.org](mailto:jcovolo@sheridanymca.org)**

Register online or at the Y Front Desk. Scholarships are available.

SWIM LESSONS

The Y offers swim lessons for all ages. Swim lesson programs include parent-child swim classes, preschool swim lessons and school-age swim lessons for all levels of swimmers. Summer sessions may vary.

**Swim school lessons**  
(Ages 3 years and older)  
Choose from any 4-week session:  
• March 4-21 (3 weeks) • April 1-25  
• April 29-May 23 • June 3-27 • July 8-Aug. 1

**Parent/child lessons**  
(Ages 6 months to 3 years)  
Tues.-Thurs.  
10-10:30 am, 5:10-5:40 pm,  
or 5:40-6:20 pm

**Private swim lessons**  
(Ages 3 years and older)  
Information available at the Y Front Desk.

	Mon.	Tues.	Wed.	Thurs.	Member fee	Community member fee
<b>Level 1 &amp; 2</b> Swim basics and water movement	4:30-5 pm 5:10-5:40 pm	**10:30-11 am 4:30-5 pm 5:10-5:40 pm 5:50-6:20 pm	4:30-5 pm 5:10-5:40 pm	**10:30-11 am 4:30-5 pm 5:10-5:40 pm 5:50-6:20 pm	\$35	\$60
<b>Levels 3, 4 &amp; 5</b> Water stamina, stroke intro and development	4:30-5 pm 5:10-5:40 pm	4:30-5 pm 5:10-5:40 pm 5:50-6:20 pm	4:30-5 pm 5:10-5:40 pm	4:30-5 pm 5:10-5:40 pm 5:50-6:20 pm	\$35	\$60
<b>Level 6</b> Pre-swim team		4:30-5:40 pm	4:30-5:40 pm	4:30-5:40 pm	\$85	\$105

\*\* Ages 3-5 only \*\*

Determining your child’s level

If all skills listed CANNOT be completed within a level description, then please register for that level.

**Level 1 – Swim basics**  
Increased comfort with underwater exploration and intro to basic self-rescue skills performed with assistance.

- Submerge – bob independently
- Front glide – assisted, to wall, 5 ft.
- Water exit independently
- Jump, push, grab assisted
- Back float – assisted, 10 secs, recover independently
- Roll-assisted
- Front float – assisted, 10 secs, recover independently
- Back glide – assisted, at wall, 5 ft.
- Swim, float, swim – assisted, 10 ft.

**Level 2 – Water movement**  
Encourages forward movement in water and basic, self-rescue skills performed independently.

- Submerge – look at object at bottom
- Front glide – 10 ft (5 ft preschool)
- Water exit independently
- Jump, push, turn and grab
- Back float – 20 secs (10 sec preschool)
- Front float – 20 secs (10 sec preschool)
- Back glide – 10 ft (5 ft preschool)
- Tread water – near wall & exit, 10 secs
- Swim, float, swim – 5 yd

**Level 3 – Water stamina**  
Develops intermediate self-rescue skills performed at longer distances than in previous stages.

- Submerge – retrieve object in chest-deep water
- Swim on front – 15 yd (10 yd preschool)
- Water exit independently
- Jump, swim, turn, swim and grab
- Swim on back – 15 yd (10 yd preschool)
- Roll
- Tread water – 1 min & exit (30 sec preschool)
- Swim float, swim – 25 yd (15 yd preschool)

**Level 4 – Stroke introduction**  
Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

- Endurance – any strokes, 25 yd
- Front crawl – rotary breathing, 15 yd
- Back crawl – 15 yd
- Dive – sitting
- Resting stroke – elementary backstroke 15 yd
- Tread water – scissor & whip kick 1 min
- Breaststroke kick – 15 yd
- Butterfly kick – 15 yd

**Level 5 – Stroke development**  
Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

- Endurance – any strokes, 50 yd
- Front crawl – bent arm recovery, 25 yd
- Back crawl pull, 25 yd
- Dive – kneeling
- Resting stroke sidestroke – 25 yd
- Tread water scissor & whip kick – 2 min
- Breaststroke – 25 yd
- Butterfly simultaneous arm action & kick – 15 yd

**Level 6 – Stroke mechanics**  
Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

- Endurance – any strokes, 150 yd
- Front crawl with flip turn – 50 yd
- Back crawl with pull & flip turn – 50 yd
- Dive – standing/starting block
- Resting stroke sidestroke – 50 yd
- Retrieve object from pool bottom & tread
- Breaststroke with open turn – 50 yd
- Butterfly – 25 yd





## Water Exercise Classes

Water exercise classes are a great way to exercise while lessening the impact on your joints. This is especially helpful for those seeking the ability to exercise without jarring their joints.

### Aqua X

This workout is in the shallow end of the pool for those that need a low impact exercise routine. This program combines the buoyancy of water and resistance of water weights to make an enjoyable environment for relieving joint pain and stiffness.

### Aqua Interval

Challenge yourself and have fun with this total body workout. Choose your own pace—dial it up or down as needed.

### Deep water X

A workout that combines range of motion exercises as well as endurance and muscle strengthening movements with no impact on your joints, as you are suspended in deep water with a flotation belt or noodle. Participants must be comfortable in deep water, know how to float on their back and be able to tread water.

## Lap & Recreational Swim

The Y's pool was built as a multipurpose aquatic center for the community, catering to a wide variety of uses including, but not limited to water exercise classes and open swim, preschool through adult swim lessons, and of course, time to just enjoy being in the aquatic environment.

### Lap Swim

The designated lap swim times are set aside specifically for those who want to swim laps without the distraction of any other aquatics activities. While our lap pool offers six lanes of swimming, there will be times throughout the day this pool is also utilized for swim lessons, water exercise classes, and open swim. During these times, laps lanes may be limited to three or four lanes.

### Open Swim

Our designated open swim times are available to all members and day-use visitors for recreational and fitness swimming. Our pool features equipment for a range of activities including slides, diving board, climbing wall and a basketball hoop.

### Water Walking

One of the lowest impact, yet resistant forms of exercise. Non-instructed & great for rehabilitation. Walk at your own pace. Using the vortex will create higher resistance.

## Pool Rental

We offer pool rentals for many events. Information can be found on our website.



**Aquatic Center contact information: Kyle Roberts at 307-674-7488 or [kroberts@sheridanymca.org](mailto:kroberts@sheridanymca.org)**

**Register online or at the Y Front Desk. Scholarships are available.**



# THE Y. FOR A BETTER US. GIVE TODAY!

Countless people know about the Sheridan County YMCA. But there’s so much more to our Y than one might think. From exercise to education, from volleyball to volunteerism, from preschool to preventive health, the Y doesn’t just strengthen our bodies: It strengthens our community. The Y is the unparalleled cause for strengthening community because we **are** the community.



### Did You Know?

Almost one in every five YMCA members receives full or partial financial assistance.

## GIVE

Every October, the Sheridan County YMCA officially kicks off its annual “Open Door” campaign. Over 100 volunteers dedicate their time to ask the community to join with them so that everyone has the opportunity to benefit from Y facilities and programming. Over 1,000 individuals benefit from this campaign.

## WORK

At the Y, we get the job done through professional staff members who possess — and will model in their work with those we serve — our four core values of caring, honesty, respect and responsibility. The Sheridan County YMCA provides a fun, learning and safe working environment. Our YMCA provides many opportunities for employment in either a full-time or part-time capacity — year round or seasonal. The Y is more than a job; it’s a career!

Applications available at [sheridanymca.org](http://sheridanymca.org) or at the Y front desk.

- Lifeguard
- Swim instructors
- Preschool assistant
- After school staff
- Weight room attendants
- & many more



## VOLUNTEER

The work that is done by volunteers generates a tremendous spirit in the Y. They are experimenters, activists and dreamers, and put their energies where their beliefs are.

Volunteering for the Y can help people feel needed, connected and committed to something meaningful. Won’t you consider offering your special talents to the Y? You WILL make a difference in the lives of children, adults and families. There are many types of Y volunteers, all equally valuable in providing leadership, support, and/or expertise to our program and administrative operations.

- Coaches
- Committee volunteers
- Event volunteers
- Program volunteers
- Referees
- & many more!

**Financial aid applications are available online at [sheridanymca.org](http://sheridanymca.org) or may be picked up at the Y front desk.**