

WHAT YOU CAN DO AT THE SUPERIOR YMCA

PAID PROGRAMS



If I am a BABY (0-2) I CAN....

Parent Child Swim Lessons
(6-36 mo)
Parent Child Fitness Class
Kids Club

If I am in PRESCHOOL (3-4) I CAN....

Preschool Swim Lessons
Parent Child Fitness Class
Shooting Stars
Basketball (4-8)
Indoor Soccer (4-12)
Outdoor Soccer (4-12)
Lacrosse Clinic (4-12)
Flag Football (4-12)
T-Ball (4-8)
Day Camp (Summer)
Kids Club

If I am a CHILD (5-9) I CAN....

Swim Lessons
Parent Child Fitness Class
Swim Team
Basketball (4-8)
Indoor Soccer (4-12)
Outdoor Soccer (4-12)
Lacrosse Clinic (4-12)
Flag Football (4-12)
T-Ball (4-8)
Running Club (7-17)
NYE Challenge (7-12)
Volleyball (8-14)
Summer SACC
Day Camp in Lake Nebagamon
School's Out Day at the YMCA
Kids Club

If I am a PRE-TEEN (10-12) I CAN....

Swim Lessons
Swim Team
Indoor Soccer (4-12)
Outdoor Soccer (4-12)
Lacrosse Clinic (4-12)
Flag Football (4-12)
Running Club (7-17)
NYE Challenge (7-12)
Volleyball (8-14)
Summer SACC
Day Camp in Lake Nebagamon
School's Out Day at the YMCA
Babysitter's Training (11-15)
Personal Training
Counselor in Training (C.I.T.)
(12+)

If I am a TEEN (13-17) I CAN....

Adult Swim Lessons
Swim Team
Friday Night Hoops (Gr9-12)
Running Club (7-17)
Personal Training
Babysitter's Training (11-15)
Lifeguarding Safety Training (16+)
Self-Defense (16+)
Group Water X (16+)
Specialty Fitness Classes (16+)

WHAT YOU CAN DO AT THE SUPERIOR YMCA

MEMBER BENEFITS



If I am a BABY (0-2) I CAN....

Family/Rec Swim (Parent in water)
Kids Gym

If I am in PRESCHOOL (3-4) I CAN....

Family/Rec Swim (Parent in water)
Open Gym (with parent)
Kids Gym

If I am a CHILD (5-9) I CAN....

Family/Rec Swim (Parent in water under 7)
Open Gym (with parent)
Kids Gym
Racquetball
Walking Track (7+ with adult)
NYE Challenge (7-12)

If I am a PRE-TEEN (10-12) I CAN....

Rec Room
Family/Rec Swim
Open Gym
Youth Fitness Class (9-15)
Fitness Room (WITH parent)
Racquetball
Walking Track (with adult)
NYE Challenge (7-12)

If I am a TEEN (13-17) I CAN....

Rec Room (9-14)
Family/Rec Swim
Open Gym
Youth Fitness Class (9-15)
Fitness Room (WITH orientation 13-15)
Racquetball
Walking Track (with adult or with teen pass)
Group Exercise Classes (16+)
Specialty Fitness Classes (16+)

Part-time Job Opportunities 16+
Lifeguard
Swim Lesson Instructor
Front Desk
Camp Counselor
Youth Sports Referee
Kids Club Attendant