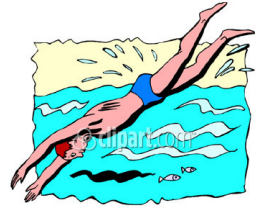




# Summer Fun for All Ages



Sheridan County YMCA...417 N. Jefferson...Sheridan, WY 82801  
307-674-7488...[www.sheridanymca.org](http://www.sheridanymca.org)

## Under 3 years

Childcare (ages 2—K)

Family Swim

Playland (10 yrs & younger)

Parent Child Swim Lessons (ages 6 mo—3 yrs)

Drop-In (ages 6 wks—6 yrs)

## 3 to 6 years

Childcare (ages 2—K)

Family Swim

Swim School (ages 3 & older)

Private Swim Lessons (ages 3—17 yrs)

M&M TaeKwon Do (ages 4—7)

Adventure Club (ages 4—6)

Day Camp (ages 6—12)

Playland (10 yrs & younger)

Drop-In (6 wks—6 yrs)

Swim Camp (ages 5 & older)

Safe Swim (K—5)

Vacation Bible School (ages 4—15)

Science Camps (ages 6—11)

Soccer Camps (ages 3—16)

## 6 to 18 years

Open Swim (ages 8 yrs & up)

Swim School (ages 3 yrs & older)

TaeKwon Do (ages 8 yrs & older)

Safesitter (ages 11—13 yrs)

Adult Aerobic Classes (grades 9 & older)

Scuba (10—adult)

Water Fitness Classes (grades 9 & older)

Swim Camp (ages 5 yrs & older)

Resident Camp (9—14)

Science Camps (ages 6—11)

Day Camp (ages 6—12)

Soccer Camps (ages 3—16)

Parent Youth Instruction (grades 5—8)

Adult Mind/Body Classes (grades 9 & older)

Family Swim

Playland (10 yrs & younger)

Adult Strength Classes (grades 9 & older)

Discover Scuba (ages 10 & older)

Adult Strength Classes (grades 9 & older)

Private Swim Lessons (ages 3—17 yrs)

Vacation Bible School (ages 4—15)

Arts Camps (ages 8—15)

Destination Imagination (ages 8—12)

Wilderness Wellness Camps (ages 10—12)



## 18 and older

Private Swim Lessons  
Pool classes  
CPR  
Mind/Body Classes  
Aerobic Classes  
Wellness Coaching w/Personal Trainer  
Weight Room  
Dance Classes  
Racquetball  
Pickleball  
Scuba  
Open Swim

TaeKwon Do  
First Aid  
Baseline Assessments  
Strength Classes  
Body Composition Analysis  
Soccer  
Open Gym and Pool times  
Lap Swim  
Noon Basketball  
Family Swim  
Y Personal Fitness Classes  
Volunteer Coaching

## Active Older Adults

Basketball  
Pickleball  
Racquetball  
Pool Classes  
Core Training Classes  
Yoga Classes  
Aerobic Classes  
Strength Classes  
Arthrosize  
Soupfest  
Volunteer Opportunities  
Camp Overnighter  
Bird Day Adventures

