



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREAT VALUE(S)!

MORE NOW THAN EVER

PROGRAM GUIDE
Fall 2011



CHANGE IS GOOD

see pages 2-3 for

WHAT'S NEW AT THE Y

GREATER GREEN BAY YMCA

FALL 1 September 6 - October 23

FALL 2 October 24 - December 18

No classes November 21 - 27 and
December 19 - January 1

CHANGE IS GOOD!



For more information, visit www.greenbayymca.org



Quality, convenience and value are key things we hang our hat on when it comes to programming. We heard you... wanting more value, and here it is!

NEW FOR FALL:

GROUP CYCLING CLASSES

FREE for members

BODY FIT AND YOGA

Just \$15 per session for members

FAMILY SCHEDULING

More open pool and gym time

YOUTH SPORTS LEAGUES

FREE for family members

There has never been a better time to become a Y member and these changes make it a greater value than ever before!

ALSO, DID YOU KNOW THIS?

no JOINER FEES at the Y

we're always **HERE FOR EVERYONE** with
MEMBERSHIP FOR ALL- get a rate that fits your income

and COMING SOON...

Share your Y membership "BETTER TOGETHER" September 1 - 15 only!

High Quality. Convenience. Great Value.

A COMMUNITY

At the YMCA, we're more than a gym, we're a community. You are a part of something bigger than yourself. 1200 staff ready to teach, coach, care and instruct you and the kids of this community through schools, youth sports and school-age child care. 1200 staff that are active, dedicated and inspired.

Join one, join all. Your YMCA membership is a great value. Join the Greater Green Bay YMCA and gain access to all four Green Bay area facilities. Additionally, the A.W.A.Y. (Always Welcome At YMCA) Program provides access to participating YMCAs nationwide. Close to work. Close to home. We're here to serve you and your family.

MEMBERSHIP CATEGORIES

We offer a variety of membership categories based upon age and family status. An Individual YMCA Membership gives you access to all four Green Bay area locations and all YMCA programs, either free or at reduced member rates. A Family Membership extends the benefits to all eligible members of your household including one or two adults and their dependent children, ages 22 and under, living in the same household.

Type of Membership	Monthly Rate*
Youth	\$16.50
Adult (19+)	\$42.00
Family	\$63.75
Senior (65+)	\$38.00
Senior Family	\$53.25

Prices effective January 1, 2011. The YMCA reserves the right to change membership fees with 30 days written notice to members.

MEMBERSHIP FOR ALL

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. The Y has a pricing model that makes membership accessible and affordable through a variety of contributions to the Y's annual Strong Kids Campaign. Collectively, we can make a difference and an impact for healthier living in spirit, mind and body for all. With the help of our community, we stay committed to being an affordable place where everybody can come exercise, play and connect with others.

METHODS OF PAYMENT

You may pay your membership dues in one of two ways:

Bank/Credit Card Draft:

An easy way to pay! Debit your credit card or bank account once per month for as long as you are a member.

Annual Payment:

Dues may be paid in full upon joining and yearly thereafter. Payment is accepted via cash, check, Discover, MasterCard, or Visa.

PROCEDURES

Check-in:

Members must present their membership card at the service desk to gain entry into the facility.

Guests:

Your friends are welcome to be our guests. The following day rates apply:

Youth \$5 Adult \$10 Family \$12

Guests must be accompanied by a member. All guests 14 and older must show photo id.

Photographs/Videotape:

The YMCA reserves the right to photograph and/or videotape adults and children participating in our events and programs; images may be used in promotional materials.

Payment Methods:

The full class fee must be paid at the time of registration to guarantee your spot. Declined or returned payments must be paid within 48 hours to ensure your participation in YMCA programs.

Waitlist:

Members and the general public may be waitlisted for any class that is full. When a class spot opens, the available spot goes to the first person on the waitlist. When contact has been made through phone conversation or a voice message, there is a 24-hour time period to respond. Once that period has lapsed, the opening will go to the next person on the list. Please contact the front desk for further details.

Informed Consent For Program And Recreation Participation:

All forms of physical activity involve a risk of injury. By voluntary participation in YMCA programs and activities, you assume and accept any and all risks of injury related to that activity.

Credits/Refunds:

Credits and refunds are given for the following reasons:

- Medical condition prevents you from participating
- YMCA cancels the class (excluding weather cancellations)
- You transfer to a program with a lower price

Credits expire one year from the date of issue. Please see the front desk if you need a credit or refund.



KIDS KORNER (Drop-In Babysitting)

Leave your children in a clean, caring and safe environment while you work out. Child care providers will make your child's stay fun and entertaining. Purchase a pre-paid card at the front desk prior to using Kids Korner. Parents must remain in the facility while utilizing the Kids Korner services.

Stable Walking and Older

Members: \$2.00 / hr

General Public: \$3.00 / hr

Infant Care - 6 Weeks to Walking

Infants must be pre-registered

Members: \$2.50 / hr

General Public: \$3.50 / hr

\$.50 per hour discount for second child.

Broadview

Monday - Friday	7:45 am - 1:30 pm
Monday - Thursday	3:45 pm - 8 pm
Friday	4 pm - 6 pm
Saturday	8 am - 12 pm

Downtown

Monday - Friday	9 am - 1 pm
Monday - Thursday	3:45 pm - 8 pm
Saturday	8:30 am - 12 pm

East Side

Monday - Friday	8 am - 1:30 pm
Monday - Thursday	3:30 pm - 8:30 pm
Friday	3:30 pm - 6 pm
Saturday	7:45 am - 12:15 pm

West Side

Monday - Friday	8 am - 1:30 pm
Monday - Friday	3:45 pm - 8 pm
Saturday	8 am - 12:30 pm

FACILITY USE GUIDELINES

- The use of digital cameras, camcorders, cell phones and other electronic devices capable of producing an image are prohibited in all locker rooms and rest rooms.
- **Children 13 and younger** are welcome in the Broadview and Downtown facilities week days before 1:30 pm with direct adult supervision. **Children ages 8 - 13** may use these facilities independently weekdays after 1:30 pm and any time on the weekends. **Children age 8 and older** may use the East Side and West Side facilities at any time. Consult the gym and pool schedules for appropriate activities and schedule.
- **Lifestyle Center and Free Weight Room: Ages 14 and up** may use anytime. Orientations are highly recommended. Appropriate clothing and shoes are required. **Ages 11 - 13** may use the Lifestyle Center any time only if they passed the Lifestyle Center Orientation. Appropriate clothing and shoes are required.
- **Fitness Classes** may be attended by ages 14 and up.

CODE OF CONDUCT

The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, all individuals are asked to act appropriately at all times when in our facilities or when participating in YMCA programs held on or off site. Inappropriate behavior or language deemed to be in conflict with the welfare and safety of members and staff is strictly prohibited at YMCA properties and programs and could result in loss of membership and program participation privileges. Such behaviors include, but are not limited to, cursing, abusive language, fighting, theft, or behavior that results in the destruction or loss of property, and any other verbal or physical conduct of a sexual or abusive nature. Additionally, persons who are under the influence of drugs or alcohol may be asked to leave the premises and authorities may be called.

Any membership or program participant privilege that is denied, revoked or suspended applies to use of all of the Greater Green Bay YMCA properties and programs.



PARENT/CHILD

Fall 1 classes run **September 6 - October 23, 2011**

Fall 2 classes run **October 24 - December 18, 2011**

Registration begins **Aug 8** (members) or **Aug 15** (general public)

PARENT/CHILD GYM One adult must accompany each child								
	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
Broadview								
☛ First Bugs	stable walking - 2 years	T	9:35 am	10:05 am	48117	48974	\$29	\$50
☛ Parent/Child Gymnastics	2 - 4 years	T	9:00 am	9:30 am	n/a	48988	\$29	\$50
☛ Parent/Child Sports	2 - 4 years	T	9:00 am	9:30 am	48118 football	n/a	\$29	\$50
Downtown								
Parent/Child Gymnastics	2 - 4 years	M	5:15 pm	5:45 pm	48299	49147	\$29	\$50
Parent/Child Gymnastics	2 - 4 years	W	5:15 pm	5:45 pm	48300	49100	\$29	\$50
East Side								
First Bugs	stable walking - 2 years	M	10:25 am	10:55 am	48583	49375	\$29	\$50
First Bugs	stable walking - 2 years	M	6:10 pm	6:40 pm	48584	49376	\$29	\$50
First Bugs	stable walking - 2 years	W	10:30 am	11:00 am	48585	49377	\$29	\$50
First Bugs	stable walking - 2 years	Sa	9:50 am	10:20 am	48586	49378	\$29	\$50
Parent/Child Dance	2 - 4 years	Sa	10:20 am	10:50 am	n/a	49379	\$29	\$50
Parent/Child Fall Harvest Festival	2 - 4 years	Sept 22	9:30 am	11:00 am	48588	n/a	\$15	\$30
Parent/Child Gymnastics	2 - 4 years	Sa	9:40 am	10:10 am	48524	49330	\$29	\$50
Parent/Child Sports	2 - 4 years	Sa	9:05 am	9:35 am	48581 soccer	49374 football	\$29	\$50
West Side								
First Bugs	stable walking - 2 years	W	6:20 pm	6:50 pm	48847	49554	\$29	\$50
First Bugs	stable walking - 2 years	Sa	9:10 am	9:40 am	48848	49555	\$29	\$50
Parent/Child Dance	2 - 4 years	Th	9:15 am	9:45 am	48849	49556	\$29	\$50
Parent/Child Fall Harvest Festival	2 - 4 years	Sept 27	10:00 am	11:30 am	48850	n/a	\$15	\$30
Parent/Child Sports	2 - 4 years	W	5:45 pm	6:15 pm	48851 football	49558 basketball	\$29	\$50

☛ also offered as a combo

PARENT/CHILD COMBO

One adult must accompany each child

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
Broadview								
First Bugs and Swim	stable walking - 2 years	T	9:35 am	10:45 am	48115	48972	\$49	\$74
Parent/Child Gymnastics and Swim	2 - 4 years	T	9:00 am	10:10 am	n/a	48973	\$49	\$74
Parent/Child Sports and Swim	2 - 4 years	T	9:00 am	10:10 am	48116 football	n/a	\$49	\$74
East Side								
Parent/Child Dance and Swim	2 - 4 years	M	9:45 am	10:55 am	48575	n/a	\$49	\$74
Parent/Child Gymnastics and Swim	2 - 4 years	M	9:45 am	10:55 am	n/a	49371	\$49	\$74
Parent/Child Gymnastics and Swim	2 - 4 years	T	9:05 am	10:15 am	n/a	49372	\$49	\$74
Parent/Child Sports and Swim	2 - 4 years	T	9:05 am	10:15 am	48576 soccer	n/a	\$49	\$74
Parent/Child Sports and Swim	2 - 4 years	W	6:10 pm	7:20 pm	48577 soccer	49373 football	\$49	\$74
West Side								
First Bugs and Swim	stable walking - 2 years	Th	9:10 am	10:25 am	48838	49548	\$49	\$74
Parent/Child Gymnastics and Swim	2 - 4 years	M	10:10 am	11:20 am	48839	49549	\$49	\$74
Parent/Child Gymnastics and Swim	2 - 4 years	Th	9:50 am	11:05 am	48840	49550	\$49	\$74
Parent/Child Gymnastics and Swim (pool 1st)	2 - 4 years	Th	6:00 pm	7:15 pm	48841	49551	\$49	\$74
Parent/Child Sports and Swim	2 - 4 years	W	10:45 am	12:00 pm	48842 football	49552 basketball	\$49	\$74
Parent/Child Sports and Swim	2 - 4 years	Sa	10:00 am	11:15 am	48843 basketball	49553 football	\$49	\$74



PARENT/CHILD

Fall 1 classes run **September 6 - October 23, 2011**

Fall 2 classes run **October 24 - December 18, 2011**

Registration begins **Aug 8** (members) or **Aug 15** (general public)

PARENT/CHILD SWIM

One adult must accompany each child

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
Broadview								
♻️ Perch	13 - 24 months	T	9:40 am	10:10 am	48015	48906	\$29	\$50
Perch	13 - 24 months	T	5:45 pm	6:15 pm	48016	48907	\$29	\$50
Perch	13 - 24 months	Th	6:15 pm	6:45 pm	48017	48908	\$29	\$50
Perch	13 - 24 months	Sa	10:45 am	11:15 am	48018	48909	\$29	\$50
♻️ Mighty Mite	2 - 4 years	T	10:15 am	10:45 am	48010	48902	\$29	\$50
Mighty Mite	2 - 4 years	T	6:30 pm	7:00 pm	48011	48903	\$29	\$50
Mighty Mite	2 - 4 years	Th	5:30 pm	6:00 pm	48012	48904	\$29	\$50
Mighty Mite	2 - 4 years	Sa	10:00 am	10:30 am	48013	48905	\$29	\$50
Downtown								
Shrimp	6 - 12 months	Sa	8:30 am	9:00 am	48210	49018	\$29	\$50
Perch	13 - 24 months	Sa	9:05 am	9:35 am	48189	48999	\$29	\$50
Mighty Mite	2 - 4 years	Sa	9:40 am	10:10 am	48186	48996	\$29	\$50
East Side								
Shrimp	6 - 12 months	M	5:50 pm	6:20 pm	48433	49258	\$29	\$50
Shrimp	6 - 12 months	T	10:25 am	10:55 am	48434	49259	\$29	\$50
Shrimp	6 - 12 months	W	10:20 am	10:50 am	48435	49260	\$29	\$50
Shrimp	6 - 12 months	W	5:00 pm	5:30 pm	48621	49261	\$29	\$50
Shrimp	6 - 12 months	F	11:10 am	11:40 am	48622	49262	\$29	\$50
Shrimp	6 - 12 months	Sa	10:30 am	11:00 am	48623	49263	\$29	\$50
Perch	13 - 24 months	M	6:25 pm	6:55 pm	48392	49218	\$29	\$50
Perch	13 - 24 months	T	9:10 am	9:40 am	48394	49220	\$29	\$50
Perch	13 - 24 months	W	6:10 pm	6:40 pm	48393	49219	\$29	\$50
Perch	13 - 24 months	F	10:30 am	11:00 am	48395	49221	\$29	\$50
Perch	13 - 24 months	Sa	11:10 am	11:40 am	48624	49222	\$29	\$50
Mighty Mite	2 - 4 years	M	5:15 pm	5:45 pm	48390	49217	\$29	\$50
Mighty Mite	2 - 4 years	M	7:00 pm	7:30 pm	48388	49215	\$29	\$50
Mighty Mite	2 - 4 years	W	9:45 am	10:15 am	48387	49214	\$29	\$50
Mighty Mite	2 - 4 years	W	5:35 pm	6:05 pm	48386	49213	\$29	\$50
Mighty Mite	2 - 4 years	Sa	9:55 am	10:25 am	48389	49216	\$29	\$50

♻️ also offered as a combo

PARENT/CHILD SWIM

One adult must accompany each child

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
West Side								
Shrimp	6 - 12 months	M	6:10 pm	6:40 pm	48691	49457	\$29	\$50
Shrimp	6 - 12 months	T	6:00 pm	6:30pm	48692	49458	\$29	\$50
Perch	13 - 24 months	M	6:45 pm	7:15 pm	48649	49423	\$29	\$50
⊛ Perch	13 - 24 months	Th	9:55 am	10:25 am	48650	49424	\$29	\$50
⊛ Mighty Mite	2 - 4 years	M	10:50 am	11:20 am	48642	49420	\$29	\$50
⊛ Mighty Mite	2 - 4 years	M	5:35 pm	6:05 pm	48639	49417	\$29	\$50
⊛ Mighty Mite	2 - 4 years	M	7:20 pm	7:50 pm	48640	49418	\$29	\$50
⊛ Mighty Mite	2 - 4 years	Th	10:35 am	11:05 am	48641	49419	\$29	\$50
⊛ Mighty Mite	2 - 4 years	Th	6:00 pm	6:30 pm	48643	49421	\$29	\$50
⊛ Mighty Mite	2 - 4 years	Sa	10:45 am	11:15 am	48644	49422	\$29	\$50

⊛ also offered as a combo



AGES 2½-6

Fall 1 classes run **September 6 - October 23, 2011**

Fall 2 classes run **October 24 - December 18, 2011**

Registration begins **Aug 8** (members) or **Aug 15** (general public)

3-4 GYM

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
Broadview								
⊛ Sports	3 - 4 years	T	9:30 am	10:00 am	48111 basketball	48969 football	\$29	\$50
⊛ Sports	3 - 4 years	Sa	9:55 am	10:25 am	48112 football	48970 basketball	\$29	\$50
East Side								
⊛ Sports	3 - 4 years	M	5:25 pm	5:55 pm	48566 football	49364 soccer	\$29	\$50
Sports	3 - 4 years	W	6:50 pm	7:20 pm	48567 soccer	49365 football	\$29	\$50
Sports	3 - 4 years	Sa	9:45 am	10:15 am	48568 soccer	49366 football	\$29	\$50
West Side								
⊛ Sports	3 - 4 years	M	5:50 pm	6:20 pm	48824 basketball	49540 football	\$29	\$50
⊛ Sports	3 - 4 years	W	6:20 pm	6:50 pm	48825 football	49541 basketball	\$29	\$50
⊛ Sports	3 - 4 years	F	10:15 am	10:45 am	48826 football	49542 basketball	\$29	\$50

⊛ also offered as a combo

3-6 COMBO

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
Broadview								
Sports and Swim	3 - 4 years	T	9:30 am	10:45 am	48092 basketball	48956 football	\$49	\$74
Sports and Swim	3 - 4 years	Sa	9:55 am	11:10 am	48093 football	48957 basketball	\$49	\$74
Downtown								
Gymnastics and Swim	3 - 4 years	M	5:15 pm	6:30 pm	48275	49081	\$49	\$74
Gymnastics and Swim	3 - 4 years	Sa	10:00 am	11:20 am	48274	49080	\$49	\$74
East Side								
Dance and Gymnastics gymnastics 1st	3 - 4 years	F	9:50 am	11:00 am	48492	49301	\$49	\$74
Dance and Swim	3 - 4 years	F	9:00 am	10:15 am	48494	49302	\$49	\$74
Gymnastics and Swim	3 - 4 years	T	9:05 am	10:20 am	48491	49300	\$49	\$74
Gymnastics and Swim	3 - 4 years	F	10:30 am	11:45 am	48490	49299	\$49	\$74
Sports and Swim	3 - 4 years	M	9:40 am	10:55 am	48485 soccer	49294 football	\$49	\$74
Sports and Swim pool 1st	3 - 4 years	M	4:40 pm	5:55 pm	48484 football	49293 soccer	\$49	\$74
Sports and Swim	3 - 4 years	T	9:50 am	11:05 am	48486 soccer	49295 football	\$49	\$74

3-6 COMBO

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
East Side								
Sports and Swim	3 - 4 years	W	9:45 am	11:00 am	48487 football	49296 soccer	\$49	\$74
Sports and Swim	3 - 4 years	F	9:45 am	11:00 am	48488 football	49297 soccer	\$49	\$74
Sports and Swim	3 - 4 years	Sa	9:00 am	10:15 am	48489 football	49298 soccer	\$49	\$74
Trick or Treat Costume and Swim Party	3 - 6 years	Oct 20	9:30 am	11:00 am	48625	n/a	\$15	\$30
West Side								
Dance and Gymnastics gymnastics 1st	3 - 4 years	M	9:30 am	10:40 am	48771	49501	\$49	\$74
Dance and Gymnastics gymnastics 1st	3 - 4 years	Sa	9:05 am	10:15 am	48770	49500	\$49	\$74
Dance and Swim	3 - 4 years	M	10:10 am	11:25 am	48767	49498	\$49	\$74
Dance and Swim	3 - 4 years	M	5:05 pm	6:20 pm	48768	n/a	\$49	\$74
Dance and Swim	3 - 4 years	Th	9:55 am	11:10 am	48766	49497	\$49	\$74
Dance and Swim	5 - 6 years	T	4:50 pm	6:20 pm	49572	n/a	\$54	\$80
Gymnastics and Swim pool 1st	3 - 4 years	M	12:15 pm	1:35 pm	48756	49487	\$49	\$74
Gymnastics and Swim	3 - 4 years	Th	9:10 am	10:25 am	48757	49488	\$49	\$74
Gymnastics and Swim	3 - 4 years	Th	4:05 pm	5:20 pm	48758	49489	\$49	\$74
Gymnastics and Swim	3 - 4 years	F	10:15 am	11:30 am	48761	49492	\$49	\$74
Gymnastics and Swim pool 1st	5 - 6 years	M	4:00 pm	5:40 pm	48775	49504	\$54	\$80
Gymnastics and Swim pool 1st	5 - 6 years	Th	4:00 pm	5:40 pm	48776	49505	\$54	\$80
Gymnastics and Swim	5 - 6 years	Sa	9:45 am	11:20 am	48774	49503	\$54	\$80
Sports and Swim pool 1st	3 - 4 years	M	12:15 pm	1:35 pm	48763 basketball	49494 football	\$49	\$74
Sports and Swim	3 - 4 years	M	5:50 pm	7:05 pm	48755 basketball	49486 football	\$49	\$74
Sports and Swim	3 - 4 years	W	10:10 am	11:25 am	48765 football	49496 basketball	\$49	\$74
Sports and Swim	3 - 4 years	W	6:20 pm	7:35 pm	48764 football	49495 basketball	\$49	\$74
Sports and Swim	3 - 4 years	Th	9:50 am	11:10 am	48759 basketball	49490 football	\$49	\$74
Sports and Swim	3 - 4 years	F	10:15 am	11:30 am	48760 football	49491 basketball	\$49	\$74
Sports and Swim	3 - 4 years	Sa	10:50 am	12:05 pm	48762 basketball	49493 football	\$49	\$74
Trick or Treat Costume and Swim Party	3 - 6 years	Oct 25	10:00 am	11:30 am	48772	n/a	\$15	\$30

AGES 2½-6

Fall 1 classes run **September 6 - October 23, 2011**

Fall 2 classes run **October 24 - December 18, 2011**

Registration begins **Aug 8** (members) or **Aug 15** (general public)

2½-4 SWIM

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
Broadview								
Goldfish	2½ - 3 years	T	9:30 am	10:00 am	48006	48898	\$29	\$50
Goldfish	2½ - 3 years	Th	4:45 pm	5:15 pm	48007	48899	\$29	\$50
Goldfish	2½ - 3 years	F	10:15 am	10:45 am	48008	48900	\$29	\$50
Goldfish	2½ - 3 years	Sa	9:15 am	9:45 am	48009	48901	\$29	\$50
Swim Lessons	3 - 4 years	M	4:00 pm	4:35 pm	48024	48916	\$29	\$50
Swim Lessons	3 - 4 years	M	4:40 pm	5:15 pm	48025	48917	\$29	\$50
🌀 Swim Lessons	3 - 4 years	T	10:15 am	10:50 am	48028	48920	\$29	\$50
Swim Lessons	3 - 4 years	T	5:45 pm	6:20 pm	48026	48918	\$29	\$50
Swim Lessons	3 - 4 years	T	6:25 pm	7:00 pm	48027	48919	\$29	\$50
Swim Lessons	3 - 4 years	Th	4:45 pm	5:20 pm	48029	48921	\$29	\$50
Swim Lessons	3 - 4 years	Th	5:25 pm	6:00 pm	48030	48922	\$29	\$50
Swim Lessons	3 - 4 years	F	10:15 am	10:50 am	48031	48923	\$29	\$50
Swim Lessons	3 - 4 years	Sa	9:15 am	9:50 am	48032	48924	\$29	\$50
Swim Lessons	3 - 4 years	Sa	9:55 am	10:30 am	48033	48925	\$29	\$50
🌀 Swim Lessons	3 - 4 years	Sa	10:35 am	11:10 am	48034	48926	\$29	\$50
Downtown								
Goldfish	2½ - 3 years	Sa	10:15 am	10:45 am	48183	48993	\$29	\$50
🌀 Swim Lessons	3 - 4 years	M	5:55 pm	6:30 pm	48200	49009	\$29	\$50
Swim Lessons	3 - 4 years	W	5:30 pm	6:05 pm	48198	49007	\$29	\$50
Swim Lessons	3 - 4 years	W	6:15 pm	6:50 pm	48199	49008	\$29	\$50
🌀 Swim Lessons	3 - 4 years	Sa	10:45 am	11:20 am	48201	49010	\$29	\$50

🌀 also offered as a combo



2½-4 SWIM

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
East Side								
Goldfish	2½- 3 years	M	11:05 am	11:35 am	48378	49205	\$29	\$50
Goldfish	2½ - 3 years	M	4:30 pm	5:00 pm	48379	49206	\$29	\$50
Goldfish	2½ - 3 years	T	4:00 pm	4:30 pm	48380	49207	\$29	\$50
Goldfish	2½ - 3 years	W	11:00 am	11:30 am	48381	49208	\$29	\$50
Goldfish	2½ - 3 years	W	5:20 pm	5:50 pm	48382	49209	\$29	\$50
Goldfish	2½ - 3 years	W	6:00 pm	6:30 pm	48383	49210	\$29	\$50
Goldfish	2½ - 3 years	F	9:45 am	10:15 am	48384	49211	\$29	\$50
Goldfish	2½ - 3 years	Sa	9:15 am	9:45 am	48385	49212	\$29	\$50
Swim Lessons	3 - 4 years	M	9:35 am	10:10 am	48406	49232	\$29	\$50
Swim Lessons	3 - 4 years	M	3:55 pm	4:30 pm	48402	49229	\$29	\$50
Swim Lessons	3 - 4 years	M	5:25 pm	6:00 pm	48407	49233	\$29	\$50
Swim Lessons	3 - 4 years	M	6:10 pm	6:45 pm	48408	49234	\$29	\$50
Swim Lessons	3 - 4 years	M	6:55 pm	7:30 pm	48409	49235	\$29	\$50
Swim Lessons	3 - 4 years	T	4:10 pm	4:45 pm	48400	49227	\$29	\$50
Swim Lessons	3 - 4 years	T	4:55 pm	5:30 pm	48398	49225	\$29	\$50
Swim Lessons	3 - 4 years	W	9:40 am	10:15 am	48403	49230	\$29	\$50
Swim Lessons	3 - 4 years	W	11:10 am	11:45 am	48399	49226	\$29	\$50
Swim Lessons	3 - 4 years	W	5:10 pm	5:45 pm	48401	49228	\$29	\$50
Swim Lessons	3 - 4 years	W	5:55 pm	6:30 pm	48404	49231	\$29	\$50
Swim Lessons	3 - 4 years	W	6:40 pm	7:15 pm	48396	49223	\$29	\$50
Swim Lessons	3 - 4 years	Th	4:10 pm	4:45 pm	48415	49241	\$29	\$50
Swim Lessons	3 - 4 years	Th	4:55 pm	5:30 pm	48413	49239	\$29	\$50
⊛ Swim Lessons	3 - 4 years	F	9:40 am	10:15 am	48397	49224	\$29	\$50
⊛ Swim Lessons	3 - 4 years	F	10:25 am	11:00 am	48410	49236	\$29	\$50
⊛ Swim Lessons	3 - 4 years	F	11:10 am	11:45 am	48416	49242	\$29	\$50
Swim Lessons	3 - 4 years	Sa	8:55 am	9:30 am	48414	49240	\$29	\$50
Swim Lessons	3 - 4 years	Sa	10:25 am	11:00 am	48411	49237	\$29	\$50
Swim Lessons	3 - 4 years	Sa	11:10 am	11:45 am	48412	49238	\$29	\$50

⊛ also offered as a combo

continued on next page

AGES 2½-6

Fall 1 classes run **September 6 - October 23, 2011**

Fall 2 classes run **October 24 - December 18, 2011**

Registration begins **Aug 8** (members) or **Aug 15** (general public)

2½-4 SWIM

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
West Side								
Goldfish	2½ - 3 years	M	10:50 am	11:20 am	48632	49411	\$29	\$50
Goldfish	2½ - 3 years	T	4:10 pm	4:40 pm	48633	49412	\$29	\$50
Goldfish	2½ - 3 years	T	5:25 pm	5:55 pm	48634	49413	\$29	\$50
Goldfish	2½ - 3 years	Th	10:35 am	11:05 am	48637	49416	\$29	\$50
Goldfish	2½ - 3 years	Th	4:10 pm	4:40 pm	48635	49414	\$29	\$50
Goldfish	2½ - 3 years	Th	5:25 pm	5:55 pm	48636	49415	\$29	\$50
🌟 Swim Lessons	3 - 4 years	M	10:50 am	11:25 am	48652	49425	\$29	\$50
🌟 Swim Lessons	3 - 4 years	M	12:15 pm	12:50 pm	48655	49428	\$29	\$50
🌟 Swim Lessons	3 - 4 years	M	5:45 pm	6:20 pm	48653	49426	\$29	\$50
🌟 Swim Lessons	3 - 4 years	M	6:30 pm	7:05 pm	48654	49427	\$29	\$50
Swim Lessons	3 - 4 years	T	4:05 pm	4:40 pm	48657	49429	\$29	\$50
Swim Lessons	3 - 4 years	T	4:45 pm	5:20 pm	48658	49430	\$29	\$50
Swim Lessons	3 - 4 years	T	5:30 pm	6:05pm	48659	49431	\$29	\$50
🌟 Swim Lessons	3 - 4 years	W	10:50 am	11:25 am	48669	49440	\$29	\$50
Swim Lessons	3 - 4 years	W	6:15 pm	6:50 pm	48671	49441	\$29	\$50
🌟 Swim Lessons	3 - 4 years	W	7:00 pm	7:35 pm	48672	49442	\$29	\$50
🌟 Swim Lessons	3 - 4 years	Th	9:50 am	10:25 am	48660	49432	\$29	\$50
🌟 Swim Lessons	3 - 4 years	Th	10:35 am	11:10 am	48667	49439	\$29	\$50
Swim Lessons	3 - 4 years	Th	4:05 pm	4:40 pm	48661	49433	\$29	\$50
🌟 Swim Lessons	3 - 4 years	Th	4:45 pm	5:20 pm	48662	49434	\$29	\$50
Swim Lessons	3 - 4 years	Th	5:25 pm	6:00 pm	48663	49435	\$29	\$50
🌟 Swim Lessons	3 - 4 years	F	10:55 am	11:30 am	48666	49438	\$29	\$50
Swim Lessons	3 - 4 years	Sa	10:00 am	10:35 am	48664	49436	\$29	\$50
Swim Lessons	3 - 4 years	Sa	10:45 am	11:20 am	48665	49437	\$29	\$50

🌟 also offered as a combo



5+ SWIM LESSONS

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
Broadview								
Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm	48038	48928	\$29	\$50
Swim Lessons	5 - 13 years	M	4:45 pm	5:25pm	48039	48929	\$29	\$50
Swim Lessons	5 - 13 years	M	5:30 pm	6:10 pm	48040	48930	\$29	\$50
Swim Lessons	5 - 13 years	T	5:00 pm	5:40 pm	48041	48931	\$29	\$50
Swim Lessons	5 - 13 years	T	5:45 pm	6:25 pm	48042	48932	\$29	\$50
Swim Lessons	5 - 13 years	T	6:30 pm	7:10 pm	48043	48933	\$29	\$50
Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm	48044	48934	\$29	\$50
Swim Lessons	5 - 13 years	Th	4:45 pm	5:25 pm	48045	48935	\$29	\$50
Swim Lessons	5 - 13 years	Th	5:30 pm	6:10 pm	48046	48936	\$29	\$50
Swim Lessons	5 - 13 years	Sa	9:15 am	9:55 am	48047	48937	\$29	\$50
Swim Lessons	5 - 13 years	Sa	10:00 am	10:40 am	48048	48938	\$29	\$50
Swim Lessons	5 - 13 years	Sa	10:45 am	11:25 am	48049	48939	\$29	\$50
Adult Swim Lessons	14+ years	T	7:15 pm	8:00 pm	48004	48896	\$29	\$50
Adult Swim Lessons	14+ years	Th	6:15 pm	7:00 pm	48005	48897	\$29	\$50
Private Swim Lessons	5 - adult	3 lessons			48056	48943	\$45	\$71
Private Swim Lessons	5 - adult	7 lessons			48055	48942	\$91	\$164
Downtown								
Swim Lessons	5 - 13 years	M	5:35 pm	6:15 pm	48202	49011	\$29	\$50
Swim Lessons	5 - 13 years	M	6:20 pm	7:00 pm	48203	49012	\$29	\$50
Swim Lessons	5 - 13 years	W	5:40 pm	6:20 pm	48204	49013	\$29	\$50
Swim Lessons	5 - 13 years	Sa	9:45 am	10:25 am	48206	49014	\$29	\$50
Swim Lessons	5 - 13 years	Sa	10:35 am	11:15 am	48207	49015	\$29	\$50
Private Swim Lessons	5 - adult	3 lessons			48212	49020	\$45	\$71
Private Swim Lessons	5 - adult	7 lessons			48211	49019	\$91	\$164
East Side								
Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm	48420	49246	\$29	\$50
Swim Lessons	5 - 13 years	M	4:50 pm	5:30 pm	48421	49247	\$29	\$50
Swim Lessons	5 - 13 years	M	5:40 pm	6:20 pm	48425	49251	\$29	\$50
Swim Lessons	5 - 13 years	M	6:30 pm	7:10 pm	48431	49257	\$29	\$50
Swim Lessons	5 - 13 years	T	4:00 pm	4:40 pm	48428	49254	\$29	\$50
Swim Lessons	5 - 13 years	T	4:45 pm	5:25 pm	48429	49255	\$29	\$50
Swim Lessons	5 - 13 years	W	5:00 pm	5:40 pm	48426	49252	\$29	\$50
Swim Lessons	5 - 13 years	W	5:50 pm	6:30 pm	48422	49248	\$29	\$50

5+ SWIM LESSONS

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
East Side								
Swim Lessons	5 - 13 years	W	6:40 pm	7:20 pm	48423	49249	\$29	\$50
Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm	48417	49243	\$29	\$50
Swim Lessons	5 - 13 years	Th	4:45 pm	5:25 pm	48424	49250	\$29	\$50
Swim Lessons	5 - 13 years	Sa	8:45 am	9:25 am	48418	49244	\$29	\$50
Swim Lessons	5 - 13 years	Sa	9:35 am	10:15 am	48419	49245	\$29	\$50
Swim Lessons	5 - 13 years	Sa	10:25 am	11:05 am	48427	49253	\$29	\$50
Swim Lessons	5 - 13 years	Sa	11:15 am	11:55 am	48430	49256	\$29	\$50
Adaptive Swim Lessons	8 - 14 years	T	4:40 pm	5:20 pm	48438	49266	\$29	\$50
Adult Swim Lessons	14+ years	Th	5:45 pm	6:30 pm	48377	49204	\$29	\$50
Private Swim Lessons	5 - adult	3 lessons			48437	49265	\$45	\$71
Private Swim Lessons	5 - adult	7 lessons			48436	49264	\$91	\$164
West Side								
☼ Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm	48679	49448	\$29	\$50
Swim Lessons	5 - 13 years	M	4:50 pm	5:30 pm	48674	49443	\$29	\$50
Swim Lessons	5 - 13 years	M	5:40 pm	6:20 pm	48685	49454	\$29	\$50
Swim Lessons	5 - 13 years	T	4:00 pm	4:40 pm	48675	49444	\$29	\$50
Swim Lessons	5 - 13 years	T	4:50 pm	5:30 pm	48676	49445	\$29	\$50
☼ Swim Lessons	5 - 13 years	T	5:40 pm	6:20 pm	48677	49446	\$29	\$50
Swim Lessons	5 - 13 years	W	6:00 pm	6:40 pm	48686	49455	\$29	\$50
Swim Lessons	5 - 13 years	W	6:50 pm	7:30 pm	48678	49447	\$29	\$50
☼ Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm	48680	49449	\$29	\$50
Swim Lessons	5 - 13 years	Th	4:50 pm	5:30 pm	48681	49450	\$29	\$50
Swim Lessons	5 - 13 years	Th	5:40 pm	6:20 pm	48682	49451	\$29	\$50
Swim Lessons	5 - 13 years	Sa	9:00 am	9:40 am	48683	49452	\$29	\$50
☼ Swim Lessons	5 - 13 years	Sa	9:50 am	10:30 am	48684	49453	\$29	\$50
☼ Swim Lessons	5 - 13 years	Sa	10:40 am	11:20 am	48687	49456	\$29	\$50
Adaptive Swim Lessons	8 - 14 years	M	7:10 pm	7:50 pm	48697	49462	\$29	\$50
Adult Swim Lessons	14+ years	W	7:45 pm	8:30 pm	48631	49410	\$29	\$50
Private Swim Lessons	5 - adult	3 lessons			48694	49573	\$45	\$71
Private Swim Lessons	5 - adult	7 lessons			48693	49459	\$91	\$164

☼ also offered as a combo

AQUATICS 5+

Fall 1 classes run **September 6 - October 23, 2011**

Fall 2 classes run **October 24 - December 18, 2011**

Registration begins **Aug 8** (members) or **Aug 15** (general public)

AQUATIC SPECIALTY

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
Broadview								
Master Swim	14+ years	M	6:00 am	7:00 am	48058	48945	\$34	\$55
Red Cross Lifeguard Class <small>October 27 - 30</small>	15½ + years	Th - Su	8:30 am	4:30 pm	48213	n/a	\$173	\$198
Downtown								
Red Cross Lifeguard Class <small>December 27 - 30</small>	15½ + years	T - F	8:30 am	4:30 pm	n/a	49148	\$173	\$198
East Side								
Master Swim	14+ years	T	7:30 pm	8:30 pm	48439	49267	\$34	\$55
West Side								
Master Swim	14+ years	M	6:30 pm	7:30 pm	48696	49461	\$34	\$55
Master Swim	14+ years	Th	6:30 pm	7:30 pm	49681	49682	\$34	\$55



SWIM TEAM

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
Broadview								
Competitive Stroke	6 - 13 years	M	6:00 pm	6:45 pm	48019	48910	\$40	\$80
Competitive Stroke	6 - 13 years	Th	6:30 pm	7:15 pm	48020	48911	\$40	\$80
Pre-season Stroke & Training Sessions	9 - 18 years	M	7:00 pm	8:30 pm			\$5	\$15
Pre-season Stroke & Training Sessions	9 - 18 years	Th	7:00 pm	8:30pm			\$5	\$15
Downtown								
Silver Sharks	6 - 14 years	M Th	4:30 pm	5:15 pm	48190	49000	\$55	\$85
Pre-season Stroke & Training Sessions	9 - 18 years	W	7:00 pm	8:30 pm			\$5	\$15
<p>The Green Bay YMCA Swim Team has a proud history of being the premier competitive swimming program in the Green Bay area, producing many outstanding young men and women. Swimmers develop strong character values such as respect, responsibility, leadership and teamwork, as well as a strong work ethic. Opportunities exist for all levels of competitive swimmers; participation at the National level is available to those who wish to dedicate themselves to this goal. A full schedule of meets is offered for the team. Participation is recommended but not required. You must be a member of the Green Bay YMCA to be on the swim team.</p> <p>We're always looking for new GBY swim team members. All NEW swimmers wishing to join the team should contact Coach Dave Korst at (920) 436-9624.</p>								
Practice Groups:							Age	Cost
Bronze (Developmental): For all swimmers who are new to the sport of competitive swimming. Must be of Fish level or equivalent (able to swim 25 - 50 yards of Freestyle with rotary breathing). Bronze swimmers are expected to attend 2-3 practices a week. Usually three practices are offered per week.							6 - 14 years	\$375
Silver: For those with competitive swimming experience. Silver swimmers by approval of Head Coach. Must be able to swim 16 x 50 on 1:15. Silver swimmers are expected to attend 3-4 practices a week. Usually four practices are offered per week.							6 - 15 years	\$525
Gold III (Transitional group to Gold II): For those with competitive swimming experience. By approval of the Head Coach. Must be able to swim 20 x 100 on 1:45. Gold swimmers are expected to attend 4-5 practices a week. Usually five practices offered per week. Gold III practices may be scheduled with Silver depending on the size of the Gold I & II practice group.							11 - 18 years	\$600
Gold I (National Team) & Gold II (Main Gold Training Group): For those who wish to compete in the YMCA National Swimming Championships or train to compete at a top level. Must be able to swim 20 x 200 on 3:00. All Gold I & II swimmers must be invited by the Head Coach and are expected to attend all scheduled workouts. Gold I & II Try-outs will be held Wednesday, October 5 from 7:00 - 9:00pm at the DT Y.							12+ years	\$775 \$675
<p>Fees cover the swim seasons only: Fall / Winter Season: October 10 - March 11 and Spring/Summer Season: May 9 - July 19. During fall registration Gold swimmers may pay an additional fee which includes all additional stroke clinics and additional practices out of season. Silver and Bronze swimmers may pay an extra fee to include all additional stroke clinics (Fall & Spring).</p>								

GYMNASTICS

Fall 1 classes run **September 6 - October 23, 2011**

Fall 2 classes run **October 24 - December 18, 2011**

Registration begins **Aug 8** (members) or **Aug 15** (general public)

GYMNASTICS

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
<p>GYMSTARS By Invitation Only Our Competitive Gymnastics team for girl members is dedicated to working hard on improving their skills as they compete against other YMCA teams at local, state, and national meets. A wonderful goal for the beginning to intermediate gymnast, team members develop strong character values such as respect, responsibility, leadership, and team work. A gymnast must be at a USAG Level 3 skill level to be invited to join and compete with the team. For more information, call Beth Kennerhed at 920.436.9651</p>								
Downtown								
Cheer Squad NEW!	6 - 11 years	F	4:15 pm	5:15 pm	48371	49119	\$46	\$81
⊛ Gymnastics	3 - 4 years	M	5:15 pm	5:45 pm	48277	49082	\$29	\$50
Gymnastics	3 - 4 years	W	5:15 pm	5:45 pm	48278	49083	\$29	\$50
⊛ Gymnastics	3 - 4 years	Sa	10:00 am	10:30 am	48279	49084	\$29	\$50
Gymnastics	5 - 6 years	M	4:15 pm	5:00 pm	48282	49085	\$36	\$57
Gymnastics	5 - 6 years	W	5:00 pm	5:45 pm	48283	49086	\$36	\$57
Gymnastics	5 - 6 years	Sa	9:45 am	10:30 am	48284	49087	\$36	\$57
Intro to Gymnastics	7 - 11 years	W	4:15 pm	5:00 pm	48297	49098	\$36	\$57
Intro to Gymnastics	7 - 11 years	Sa	9:00 am	9:45 am	48298	49099	\$36	\$57
Boys	6 - 11 years	M	5:00 pm	5:45 pm	48285	49088	\$36	\$57
Boys	6 - 11 years	Sa	10:30 am	11:15 am	48286	49089	\$36	\$57
Youth Level 1	6 - 11 years	M	4:15 pm	5:00 pm	48308	49104	\$36	\$57
Youth Level 1	6 - 11 years	M	5:00 pm	5:45 pm	48309	49105	\$36	\$57
Youth Level 1	6 - 11 years	W	4:15 pm	5:00 pm	48310	49106	\$36	\$57
Youth Level 1	6 - 11 years	W	5:00 pm	5:45 pm	48311	49107	\$36	\$57
Youth Level 1	6 - 11 years	Sa	9:00 am	9:45 am	48312	49108	\$36	\$57
Youth Level 1	6 - 11 years	Sa	10:30 am	11:15 am	48313	49109	\$36	\$57
Youth Level 2	6 - 11 years	M	4:15 pm	5:00 pm	48314	49110	\$36	\$57
Youth Level 2	6 - 11 years	M	5:00 pm	5:45 pm	48315	49111	\$36	\$57
Youth Level 2	6 - 11 years	W	4:15 pm	5:00 pm	48316	49112	\$36	\$57
Youth Level 2	6 - 11 years	W	5:00 pm	5:45 pm	48317	49113	\$36	\$57
Youth Level 2	6 - 11 years	Sa	9:00 am	9:45 am	48318	49114	\$36	\$57
Youth Level 2	6 - 11 years	Sa	10:30 am	11:15 am	48319	49115	\$36	\$57
Preteam	6 - 11 years	M	5:45 pm	6:45 pm	48320	49116	\$46	\$81
Preteam	6 - 11 years	W	5:45 pm	6:45 pm	48321	49117	\$46	\$81
Preteam	6 - 11 years	Sa	11:15 am	12:15 pm	48322	49118	\$46	\$81
Teen (Beginner/Advanced)	11 - 17 years	M	4:15 pm	5:15 pm	48302	49101	\$46	\$81
Teen (Beginner/Advanced)	11 - 17 years	W	5:00 pm	6:00 pm	48303	49102	\$46	\$81
Teen (Beginner/Advanced)	11 - 17 years	Sa	11:15 am	12:15 pm	48304	49103	\$46	\$81

⊛ also offered as a combo

GYMNASTICS

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
East Side								
Gymnastics	3 - 4 years	M	6:00 pm	6:30 pm	48496	49304	\$29	\$50
Gymnastics	3 - 4 years	T	5:20 pm	5:50 pm	48497	49305	\$29	\$50
Gymnastics	3 - 4 years	W	6:00 pm	6:30 pm	48498	49306	\$29	\$50
Gymnastics	3 - 4 years	W	6:50 pm	7:20 pm	49499	49307	\$29	\$50
Gymnastics	3 - 4 years	Th	6:05 pm	6:35 pm	48500	49308	\$29	\$50
Gymnastics	3 - 4 years	Sa	10:40 am	11:10 am	48501	49309	\$29	\$50
Gymnastics	5 - 6 years	M	5:45 pm	6:30 pm	48503	49310	\$36	\$57
Gymnastics	5 - 6 years	T	5:05 pm	5:50 pm	48504	49311	\$36	\$57
Gymnastics	5 - 6 years	W	6:35 pm	7:20 pm	48505	49312	\$36	\$57
Gymnastics	5 - 6 years	Th	5:00 pm	5:45 pm	48506	49313	\$36	\$57
Gymnastics	5 - 6 years	Th	5:50 pm	6:35 pm	48507	49314	\$36	\$57
Gymnastics	5 - 6 years	Sa	10:25 am	11:10 am	48508	49315	\$36	\$57
Intro to Gymnastics	7 - 11 years	M	6:35 pm	7:20 pm	48519	49325	\$36	\$57
Intro to Gymnastics	7 - 11 years	T	5:05 pm	5:50 pm	48520	49326	\$36	\$57
Intro to Gymnastics	7 - 11 years	W	6:35 pm	7:20 pm	48521	49327	\$36	\$57
Intro to Gymnastics	7 - 11 years	Th	5:50 pm	6:35 pm	48522	49328	\$36	\$57
Intro to Gymnastics	7 - 11 years	Sa	11:15 am	12:00 pm	48523	49329	\$36	\$57
Youth Level 1	6 - 11 years	M	6:35 pm	7:20 pm	48525	49331	\$36	\$57
Youth Level 1	6 - 11 years	T	6:00 pm	6:45 pm	48526	49332	\$36	\$57
Youth Level 1	6 - 11 years	W	5:45 pm	6:30 pm	48527	49333	\$36	\$57
Youth Level 1	6 - 11 years	Th	5:00 pm	5:45 pm	48528	49334	\$36	\$57
Youth Level 1	6 - 11 years	Sa	11:15 am	12:00 pm	48529	49335	\$36	\$57
Youth Level 2	6 - 11 years	M	6:35 pm	7:20 pm	48531	49337	\$36	\$57
Youth Level 2	6 - 11 years	T	6:00 pm	6:45 pm	48532	49338	\$36	\$57
Youth Level 2	6 - 11 years	W	5:45 pm	6:30 pm	48533	49339	\$36	\$57
Youth Level 2	6 - 11 years	Th	5:00 pm	5:45 pm	48534	49340	\$36	\$57
Youth Level 2	6 - 11 years	Sa	11:15 am	12:00 pm	45830	49336	\$36	\$57



GYMNASTICS

Fall 1 classes run **September 6 - October 23, 2011**

Fall 2 classes run **October 24 - December 18, 2011**

Registration begins **Aug 8** (members) or **Aug 15** (general public)

GYMNASTICS

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
West Side								
⊛ Gymnastics	3 - 4 years	Th	9:10 am	9:40 am	48787	49508	\$29	\$50
⊛ Gymnastics	3 - 4 years	Th	4:05 pm	4:35 pm	48786	49507	\$29	\$50
⊛ Gymnastics	3 - 4 years	F	10:15 am	10:45 am	48788	49509	\$29	\$50
⊛ Gymnastics	3 - 4 years	Sa	9:05 am	9:35 am	48784	49506	\$29	\$50
⊛ Gymnastics	5 - 6 years	M	4:55 pm	5:40 pm	48789	49510	\$36	\$57
⊛ Gymnastics	5 - 6 years	Th	4:55 pm	5:40 pm	48790	49511	\$36	\$57
⊛ Intro to Gymnastics	7 - 11 years	Th	4:55 pm	5:40 pm	48792	49513	\$36	\$57
⊛ Intro to Gymnastics	7 - 11 years	Sa	9:45 am	10:30 am	48791	49512	\$36	\$57
Advanced Intro to Gymnastics	7 - 11 years	Th	5:45 pm	6:30 pm	48793	49514	\$36	\$57

⊛ also offered as a combo

GYMNASTICS COMBO

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
West Side								
Intro to Gymnastics and Swim <small>pool 1st</small>	7 - 11 years	Th	4:00 pm	5:40 pm	48794	49515	\$54	\$80





DANCE

Fall 1 classes run **September 6 - October 23, 2011**

Fall 2 classes run **October 24 - December 18, 2011**

Registration begins **Aug 8** (members) or **Aug 15** (general public)

YOUTH DANCE

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
East Side								
Ballet, Tap, Jazz	3 - 4 years	M	9:10 am	9:40 am	48470	49277	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	M	5:45 pm	6:15 pm	48471	49278	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	T	5:00 pm	5:30 pm	n/a	49279	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	T	5:35 pm	6:05 pm	48472	n/a	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	W	5:15 pm	5:45 pm	48473	n/a	\$29	\$50
⊛ Ballet, Tap, Jazz	3 - 4 years	F	9:00 am	9:30 am	48474	49281	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	Sa	9:00 am	9:30 am	n/a	49280	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	Sa	9:10 am	9:40 am	48626	49282	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	Sa	9:45 am	10:15 am	48627	n/a	\$29	\$50
Ballet, Tap, Jazz	5 - 6 years	M	6:20 pm	7:00 pm	48476	49284	\$31	\$53
Ballet, Tap, Jazz	5 - 6 years	T	6:10 pm	6:50 pm	48477	n/a	\$31	\$53
Ballet, Tap, Jazz	5 - 6 years	W	5:50 pm	6:30 pm	48478	n/a	\$31	\$53
Ballet, Tap, Jazz	5 - 6 years	Sa	10:20 am	11:00 am	48479	n/a	\$31	\$53
Ballet, Tap, Jazz	5 - 6 years	Sa	9:35 am	10:15 am	n/a	49287	\$31	\$53
Youth Dance	6 - 13 years	M	7:05 pm	7:35 pm	48482 hip hop	49291 poms	\$29	\$50
Youth Dance	6 - 13 years	Th	6:35 pm	7:05 pm	48481 poms	49290 hip hop	\$29	\$50
West Side								
⊛ Ballet, Tap, Jazz	3 - 4 years	M	5:05 pm	5:35 pm	48740	n/a	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	T	5:45 pm	6:15 pm	48890	n/a	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	W	5:35 pm	6:05 pm	48741	49471	\$29	\$50
⊛ Ballet, Tap, Jazz	3 - 4 years	Th	9:55 am	10:25 am	48891	49473	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	Th	6:20 pm	6:50 pm	48892	49474	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	F	10:05 am	10:35 am	48743	n/a	\$29	\$50
⊛ Ballet, Tap, Jazz	3 - 4 years	Sa	9:45 am	10:15 am	48742	49475	\$29	\$50
Ballet, Tap, Jazz	5 - 6 years	M	5:40 pm	6:20 pm	48745	n/a	\$31	\$53
⊛ Ballet, Tap, Jazz	5 - 6 years	T	4:50 pm	5:30 pm	48744	n/a	\$31	\$53
Ballet, Tap, Jazz	5 - 6 years	W	4:50 pm	5:30 pm	48746	49479	\$31	\$53
Ballet, Tap, Jazz	5 - 6 years	Th	5:35 pm	6:15 pm	48747	49480	\$31	\$53
Ballet, Tap, Jazz	5 - 6 years	F	10:40 am	11:20 am	48893	n/a	\$31	\$53
Ballerina Princess Tea Party	3 - 6 years	Nov 22	9:30 am	11:00 am	n/a	49574	\$15	\$30
Youth Dance	6 - 13 years	M	6:30 pm	7:00 pm	48750 poms	n/a	\$29	\$50
Youth Dance	6 - 13 years	W	6:10 pm	6:40 pm	48751 hip hop	49484 poms	\$29	\$50

⊛ also offered as a combo

STUDIO DANCE

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
East Side								
Dancin' For Fun	3 years	T	5:35 pm	6:05 pm	n/a	49186	\$123	\$163
Dancin' For Fun	3 years	F	9:40 am	10:25 am	n/a	49187	\$123	\$163
Dancin' For Fun	3 years	Sa	9:45 am	10:15 am	n/a	49188	\$123	\$163
Kinder Dance	4 years	W	5:15 pm	6:00 pm	n/a	49189	\$132	\$173
Kinder Dance	4 years	F	10:30 am	11:15 am	n/a	49190	\$132	\$173
Kinder Dance	4 years	Sa	10:20 am	11:05 am	n/a	49191	\$132	\$173
Beginner Dance	5 - 6 years	T	6:10 pm	6:55 pm	n/a	49192	\$132	\$173
Beginner Dance	5 - 6 years	W	6:05 pm	6:50 pm	n/a	49193	\$132	\$173
Beginner Dance	5 - 6 years	Sa	11:10 am	11:55 am	n/a	49194	\$132	\$173
Pom Squad, Hip Hop	6+ years	Th	5:45 pm	6:30 pm	n/a	49195	\$132	\$173
Intermediate Dance	7+ years	W	6:55 pm	7:40 pm	n/a	49196	\$132	\$173
West Side								
Dancin' for Fun	3 years	M	5:05 pm	5:35 pm	n/a	49575	\$123	\$163
Dancin' for Fun	3 years	F	10:05 am	10:35 am	n/a	49576	\$123	\$163
Dancin' for Fun	3 years	Sa	10:20 am	10:50 am	n/a	49577	\$123	\$163
Kinder Dance	4 years	M	5:40 pm	6:20 pm	n/a	49578	\$132	\$173
Kinder Dance	4 years	F	10:40 am	11:20 am	n/a	49579	\$132	\$173
Kinder Dance	4 years	Sa	10:55 am	11:35 am	n/a	49580	\$132	\$173
Beginner Dance	5 - 6 years	M	6:25 pm	7:10 pm	n/a	49581	\$132	\$173
Beginner Dance	5 - 6 years	T	4:30 pm	5:15 pm	n/a	49582	\$132	\$173
Pom Squad, Hip Hop	6+ years	M	7:15 pm	8:00 pm	n/a	49583	\$132	\$173
Intermediate Dance	7+ years	T	5:20 pm	6:05 pm	n/a	49584	\$132	\$173
Advanced Ballet, Lyrical Dance	7+ years	T	6:10 pm	6:55 pm	n/a	49585	\$132	\$173
Advanced Tap, Jazz	7+ years	T	7:00 pm	7:45 pm	n/a	49586	\$132	\$173
Advanced Tap/Jazz and Ballet/ Lyrical Dance	7+ years	T	6:10 pm	7:45 pm	n/a	49587	\$216	\$269

ADULT DANCE

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
East Side								
Line Dancing	14+ years	M W	10:20 am	11:50 am	48480	49288	FREE	\$126
Line Dancing	14+ years	M	5:30 pm	7:00 pm	48628	49289	FREE	\$63
West Side								
Line Dancing	14+ years	T Th	10:45 am	11:45 am	48749	49482	FREE	\$54

YOUTH SPORTS LEAGUES REGISTRATION PROCESS

EVERYONE MUST REGISTER IN PERSON

ALL SPORTS LEAGUES ARE FREE WITH YOUR FAMILY MEMBERSHIP!

YMCA Youth Memberships pay a smaller fee of \$31 while Non-YMCA Members will pay the general public price of \$59.

YOUTH SPORTS REGISTRATION NIGHTS AUGUST 8 & 9, 2011

Join us at the Broadview, East & West Side YMCA Centers for our registration nights. Space is limited. Phone and online registrations will no longer be accepted. Please see schedule below for details:

MEMBERS: AUGUST 8, 2011
5PM – 8PM

OPEN: AUGUST 9, 2011
5PM – 8PM

Broadview YMCA
380 Broadview Dr, Green Bay 54301

East Side YMCA
1740 S Huron Rd, Green Bay 54311

West Side YMCA
601 Cardinal Ln, Green Bay 54313

**PLEASE CONTACT MICKI
WITH ANY QUESTIONS
920.436.9551**

LATE REGISTRATION

After August 22nd, a \$10 late fee will be assessed to all Youth Sports registrations for the Fall 1 Session.

**THE DEADLINE TO REGISTER FOR FALL 1
SPORTS IS AUGUST 29TH.**

After October 17th, a \$10 late fee will be assessed to all Youth Sports registrations for the Fall 2 Session.

Please contact the Youth Sports department Monday-Friday, 9am-5pm for registration information at 920.436.9551.

JERSEYS

We will have reversible jerseys for \$15, which the child will be able to wear for any youth sports league he or she signs up for in the future. The \$15 jersey fee is a one-time fee.

VOLUNTEER COACHING

Please consider volunteering your time to be a Coach for your child's team. You can be the difference in a child's life.



YOUTH SPORTS LEAGUES

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Family Member	YMCA Youth Member	General Public
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See page 26 for registration procedure.

VOLUNTEERS NEEDED! We are looking for responsible adults to be volunteer coaches for our Youth Sports teams. The satisfaction you receive by helping to develop our community's young people is priceless. Call Sara at 436-9577 for volunteer opportunities.

Broadview

Micro-Soccer <i>starts September 10</i>	4 years	Sa	9:00 am	10:00 am	48160		FREE	\$31	\$59
Micro-Soccer <i>starts September 10</i>	5 - 6 years	Sa	10:15 am	11:15am	48159		FREE	\$31	\$59
Micro-Soccer <i>starts September 10</i>	7 - 8 years	Sa	9:00 am	10:00 am	48171		FREE	\$31	\$59
Micro-Flag Football <i>starts September 10</i>	5 - 6 years	Sa	11:30 am	12:30 pm	48144		FREE	\$31	\$59
Co-ed Volleyball <i>starts September 10</i>	grades 1 - 2	Sa	Times Vary	10:30 or 11:30 am	48165		FREE	\$31	\$59
Fall Baseball (Riverview Park) <i>starts September 14</i>	7 - 9 years	W	5:30 pm	6:30 pm	48174		FREE	\$31	\$59
Girl's Volleyball <i>starts November 12</i>	grades 2 - 3	Sa	Times Vary	10:30 or 11:30 am	n/a	48168	FREE	\$31	\$59

East Side

Micro-Flag Football <i>starts September 12</i>	5 - 6 years	M	5:30 pm	6:30 pm	48156		FREE	\$31	\$59
Micro-Soccer <i>starts September 10</i>	4 years	Sa	9:00 am	10:00 am	48163		FREE	\$31	\$59
Micro-Soccer <i>starts September 10</i>	7 - 8 years	Sa	9:00 am	10:00 am	48161		FREE	\$31	\$59
Micro-Soccer <i>starts September 10</i>	5 - 6 years	Sa	10:15 am	11:15 am	48162		FREE	\$31	\$59
Girl's Volleyball <i>starts September 10</i>	grades 3 - 4	Sa	Times Vary	9, 10 or 11 am	48166		FREE	\$31	\$59
Girl's Volleyball <i>starts November 12</i>	grades 4 - 5	Sa	Times Vary	9, 10 or 11 am	n/a	48169	FREE	\$31	\$59

West Side

Micro-Soccer <i>starts September 15</i>	4 years	Th	5:30 pm	6:30 pm	48157		FREE	\$31	\$59
Micro-Soccer <i>starts September 15</i>	5 - 6 years	Th	5:30 pm	6:30 pm	48158		FREE	\$31	\$59
Flag Football <i>starts September 10</i>	7 - 8 years	Sa	9:00 am	10:00 am	48147		FREE	\$31	\$59
Flag Football <i>starts September 10</i>	9 - 11 years	Sa	10:15 am	11:15 am	48150		FREE	\$31	\$59
Micro-Flag Football <i>starts September 10</i>	5 - 6 years	Sa	11:30 am	12:30 pm	48145		FREE	\$31	\$59
Lacrosse <i>starts September 10</i>	grades 3 - 5	Sa	1:00 pm	2:00 pm	48172		FREE	\$31	\$59
Lacrosse <i>starts September 10</i>	grades 6 - 8	Sa	2:15 pm	3:15 pm	48173		FREE	\$31	\$59
Girl's Volleyball <i>starts September 10</i>	grades 5 - 6	Sa	Times vary	9, 10 or 11 am	48167		FREE	\$31	\$59

continued on next page

SPORTS

Fall 1 classes run **September 6 - October 23, 2011**

Fall 2 classes run **October 24 - December 18, 2011**

Registration begins **Aug 8** (members) or **Aug 15** (general public)

YOUTH SPORTS LEAGUES

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Family Member	YMCA Youth Member	General Public
Our Lady of Lourdes School									
Flag Football starts September 10	7 - 8 years	Sa	9:00 am	10:00 am	48153		FREE	\$31	\$59
Flag Football starts September 10	9 - 11 years	Sa	10:15 am	11:15 am	48154		FREE	\$31	\$59
Flag Football starts September 10	5 - 6 years	Sa	11:30 am	12:30 pm	48155		FREE	\$31	\$59
Preble Park									
Flag Football starts September 10	7 - 8 years	Sa	9:00 am	10:00 am	48148		FREE	\$31	\$59
Flag Football starts September 10	9 - 11 years	Sa	10:15 am	11:15 am	48151		FREE	\$31	\$59
Webster Park									
Flag Football starts September 10	7 - 8 years	Sa	9:00 am	10:00 am	48146		FREE	\$31	\$59
Flag Football starts September 10	9 - 11 years	Sa	10:15 am	11:15 am	48149		FREE	\$31	\$59
5 on 5 Football starts September 10	12 - 14 years	Sa	11:30 am	12:30 pm	48152		FREE	\$31	\$59
East High School									
Basketball October 29, Nov. 5, 12, 19, December 3, 10, 17	Kindergarten	Sa	9:00 am	10:00 am	n/a	48177	FREE	\$31	\$59
Basketball October 29, Nov. 5, 12, 19, December 3, 10, 17	grades 1 - 2	Sa	9:00 am	10:00 am	n/a	48178	FREE	\$31	\$59
Basketball October 29, Nov. 5, 12, 19, December 3, 10, 17	grades 3 - 4	Sa	9:00 am	10:00 am	n/a	48179	FREE	\$31	\$59

AFTER SCHOOL SPORTS

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
East Side								
Skateboarding September 6, 8, 13, 15, 20, 22	7 - 13 years	T Th	4:30 pm	5:15 pm	48175		\$25	\$40
Skateboarding September 6, 8, 13, 15, 20, 22	7 - 13 years	T Th	5:30 pm	6:15 pm	48176		\$25	\$40

ADULT SPORTS

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
Broadview								
Adult Full Court Basketball	19+ years	M T W Th F	11:30 am	2:00 pm			FREE	n/a
Downtown								
Adult Full Court Basketball	19+ years	M-Sa	11:30am	1:30pm			FREE	n/a
Adult Full Court Basketball	19+ years	Th	7:00pm	9:00pm			FREE	n/a
East Side								
Adult Full Court Basketball	19+ years	M T W Th F	11:30 am	1:30 pm			FREE	n/a
Adult Full Court Basketball	19+ years	M	7:30 pm	10:00 pm			FREE	n/a
Adult Full Court Basketball	14+ years	W	4:00 pm	5:30 pm			FREE	n/a
Adult Full Court Basketball	16+ years	W	7:30 pm	10:00 pm			FREE	n/a
Open Volleyball	16+ years	Th	7:30 pm	10:00 pm			FREE	n/a
West Side								
Adult Full Court Basketball	19+ years	M T W Th F	11:30 am	2:00 pm			FREE	n/a
Adult Full Court Basketball	19+ years	F	6:00 am	8:30 am			FREE	n/a
Adult Full Court Basketball	19+ years	Sa	12:45 pm	2:30 pm			FREE	n/a

SLAM DUNK.

ADULT FULL-COURT BASKETBALL



YOUTH & TEEN

Fall 1 classes run **September 6 - October 23, 2011**

Fall 2 classes run **October 24 - December 18, 2011**

Registration begins **Aug 8** (members) or **Aug 15** (general public)

YOUTH AND TEEN PROGRAMS

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
Broadview								
Power Zone	8 - 13 years	M, W	3:30 pm	4:15 pm			FREE	n/a
Y Night <small>starts September 9th</small>	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Y Zone	8 - 13 years	W	4:30 pm	6:00 pm			FREE	n/a
Downtown								
Girls Night Out <small>Washington, Aldo, Franklin</small>	grade 6	M	6:00 pm	8:00 pm			\$10	\$10
Y Klub <small>starts September 9th</small>	grades 4 - 8	F	6:00 pm	9:00 pm			FREE	\$3
Y Zone	8 - 13 years	M W Th	4:30 pm	7:30 pm			FREE	n/a
East Side								
Cardio Blast	8 - 13 years	Th	5:30 pm	6:00 pm			FREE	n/a
Power Zone	8 - 13 years	M T W	4:00 pm	6:00 pm			FREE	n/a
Y Night <small>starts September 9</small>	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Youth Cycling <small>min Height 4'10"</small>	8 - 13 years	T	4:45 pm	5:15 pm			FREE	n/a
Youth Cycling <small>min Height 4'10"</small>	8 - 13 years	Sa	9:00 am	9:30 am			FREE	n/a
Youth LSC Orientation	11 - 13 years	Th	4:30 pm	7:30 pm			FREE	n/a
Youth LSC Orientation	11 - 13 years	Sa	10:00 am	1:00 pm			FREE	n/a
West Side								
Cardio Blast	8 - 13 years	M	6:30 pm	7:00 pm			FREE	n/a
Girls Night Out <small>Lineville Middle School & St Johns School</small>	grade 6	M	6:30 pm	8:30 pm			\$10	\$10
Girls Night Out <small>Lombardi Middle School</small>	grade 6	Th	6:30 pm	8:30 pm			\$10	\$10
Power Zone	8 - 13 years	T Th	4:30 pm	6:30 pm			FREE	n/a
Y Night <small>starts September 9</small>	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Y Zone <small>starts October 24</small>	8 - 13 years	M W	5:00 pm	7:00 pm			FREE	n/a
Youth Cycling <small>must be 4'10"</small>	8 - 13 years	W	6:15 pm	6:45 pm			FREE	n/a

SCHOOL AGE CHILD CARE

Before and After School Care

Before school: approx. 6:30-9:00 am After school: approx. 2:30-6:00 pm
Each of our 20 program locations provides a variety of activities for children ages 5 - 12. Staff plan their daily and weekly events with the interests of the children in mind. **We serve the following school districts: Ashwaubenon, Green Bay, East De Pere, West De Pere, and Howard-Suamico.** Registration for the 2011-2012 school year began in April. Call 436-9675 for information and availability.

Kid's Day Out

Full-day of school-age child care held at the Downtown and West Side YMCAs on "no school" days. Activities include swimming, arts and crafts, field trips, games and more. Program hours are 6:30 am - 6:00 pm. Registration for the 2011 - 2012 no-school dates begins in September. Call 436-9675 for information and availability.

Kid's Day Out program dates include: October 27, 28 November 18, 23, 25 December 23, 26, 27, 28, 29, 30

Important Registration Dates

2011 Kids Day Out (ages 5 - 12) September, 2011



FAMILY

	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
<p>FAMILY POOL AND GYM Family gym and swim times are regularly available at all four YMCAs. Enjoy a dip in the pool or challenge each other to a game of horse. At the West Side, play in the lemonhead water fountains and take a wild ride down our indoor water slide. Try the figure-8 water slide and the water drop buckets at the East Side. Pool and gym schedules are available at or near your YMCA's front desk or on the internet at: www.GreenBayYMCA.org</p>							
<p>GRAB BAG FUN The Grab Bag has the power to transform an ordinary racquetball court into your own "play palace." Packed with safe, soft equipment, the Grab Bag is great for all young children. Check at the front desk for court availability..</p>							
<p>HALLOWEEN AT THE Y Downtown YMCA Saturday October 22nd 6:00-8:30 pm (dinner provided); Broadview YMCA Saturday October 29th 3:00-5:00 pm; East Side and West Side YMCAs Saturday October 29th 6:00-8:00 pm. Celebrate Halloween with your family in a fun and safe environment at the YMCA. Activities may include: carnival games, bounce houses, arts & crafts, face painting, snacks and much more.</p>							
<p>US BANK EVE Saturday, December 31st, Downtown and East Side YMCA. Spend New Year's Eve with your family in a safe environment with lots of family friendly activities and entertainment. Tickets and more information available at the YMCA Front Desks on December 1st.</p>							
<p>Broadview</p>							
Family Night - Starts September 17th	Sa	6:00 pm	8:00 pm			FREE	\$12/family
Rainbow Rompers - 6 years and under with adult	M	9:00 am	11:00 am			FREE	\$5
Rainbow Rompers - 6 years and under with adult	Th	10:15 am	11:30 am			FREE	\$5
<p>Downtown</p>							
<p>Community Swim at the Downtown YMCA on Saturdays from 3:30 pm - 5:00 pm. General Public pays \$1 per person to swim!</p>							
Family Zumba - 6 - 13 years with adult	M	6:15pm	7:00pm			FREE	n/a
<p>East Side</p>							
<p>COMMUNITY SWIM at East Side YMCA on Sundays from 4:00 - 6:00 pm. General Public pays \$1 per person to swim!</p>							
<p>BOOK SHARE at the East Side YMCA two times per month. Take a book, leave a book or both, you choose! September 9 & 29, October 11 & 26, November 10 & 28, December 13 & 28.</p>							
<p>EAST SIDE SPECIAL SATURDAY FAMILY NIGHTS 6 - 8 pm. One special Saturday per month join us to bounce away in an inflatable, make an arts & craft project, enjoy the play equipment of Rainbow Rompers, or splash away in the pool. Each Saturday is themed around the upcoming holiday! October 29th - Halloween at the Y; November 19th - Let's Give Thanks; Dec 17th - Holiday Hoopla. Members FREE, General Public \$12 per/family.</p>							
Family Cycling - 6 - 13 years with adult, minimum height 4'10"	Th	4:45 pm	5:15 pm			FREE	n/a
Family Night	T	6:00 pm	8:00 pm			FREE	\$12/family
Family Zumba - 6 - 13 years with adult	Th	6:15 pm	7:00 pm			FREE	n/a
Family Zumba - 6 - 13 years with adult	Sa	10:15 am	11:00 am			FREE	n/a
Rainbow Rompers - 6 years and under with adult	Th	9:45 am	11:15 am			FREE	\$5
<p>West Side</p>							
Family Night - 2nd Saturday of the month, starting in November	Sa	6:00 pm	8:00 pm	n/a		FREE	\$12/family
Rainbow Rompers - 6 years and under with adult	M	5:30 pm	7:00 pm			FREE	\$5
Rainbow Rompers - 6 years and under with adult	F	10:00 am	11:30 am			FREE	\$5
Rainbow Rompers - 6 years and under with adult	Sa	6:00 pm	8:00 pm			FREE	\$5



CHANGE IS GOOD!

High Quality. Convenience. Great Value.

Now your Y membership is more valuable than ever. Check out the positive new changes we've made!

BODY FIT AND YOGA CLASSES

Members pay only \$15 per session!

CYCLING CLASSES

FREE for members.

Find our group cycling classes on our

Group Fitness Schedule.

See page 38 for more information.



YOGA								
	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
Broadview								
Yoga	14+ years	W	9:00 am	9:45 am	48131	48983	\$15	\$78
Yoga	14+ years	W	10:00 am	10:45 am	48132	48984	\$15	\$78
Yoga	14+ years	F	9:00 am	10:00 am	48133	48985	\$15	\$78
Downtown								
Yoga	14+ years	M	12:15 pm	1:00 pm	48370	49146	\$15	\$78
Yoga	14+ years	T	5:30 pm	6:15 pm	48367	49144	\$15	\$78
Yoga	14+ years	W	12:15 pm	1:00 pm	48369	49145	\$15	\$78
East Side								
Yoga	14+ years	M	8:30 am	9:15 am	48608	49397	\$15	\$78
Yoga	14+ years	M	6:15 pm	7:00 pm	48609	49398	\$15	\$78
Yoga	14+ years	T	10:00 am	10:45 am	48610	49399	\$15	\$78
Yoga	14+ years	W	8:30 am	9:15 am	48611	49400	\$15	\$78
Yoga	14+ years	W	6:15 pm	7:00 pm	48612	49401	\$15	\$78
Yoga	14+ years	Th	10:00 am	10:45 am	48613	49402	\$15	\$78
Yoga	14+ years	Sa	7:00 am	7:45 am	48614	49403	\$15	\$78
West Side								
Yoga	14+ years	M	6:30 pm	7:15 pm	48882	49568	\$15	\$78
Yoga	14+ years	T	8:30 am	9:15 am	48883	49569	\$15	\$78
Yoga	14+ years	Th	8:30 am	9:15 am	48884	49570	\$15	\$78
Yoga	14+ years	Th	7:30 pm	8:15 pm	48885	49571	\$15	\$78

DO MORE BE MORE

YMCA Personal Training Services

Sessions are 45 minutes in length and available to Y members and the general public, 11 years of age and up.

Contact a Member Experience Director at any location or visit the front desk to purchase personal training sessions.



HEALTH & FITNESS

Fall 1 classes run **September 6 - October 23, 2011**

Fall 2 classes run **October 24 - December 18, 2011**

Registration begins **Aug 8** (members) or **Aug 15** (general public)

STRENGTH TRAINING

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
Broadview								
Body Fit	14+ years	M	10:20 am	11:05 am	48059	48946	\$15	\$78
Body Fit	14+ years	T	5:45 am	6:30 am	48060	48947	\$15	\$78
Body Fit	14+ years	T	5:30 pm	6:15 pm	48061	48948	\$15	\$78
Body Fit	14+ years	W	10:20 am	11:05 am	48062	48949	\$15	\$78
Body Fit	14+ years	Th	5:45 am	6:30 am	48063	48950	\$15	\$78
Body Fit	14+ years	Th	5:30 pm	6:15 pm	48064	48951	\$15	\$78
Body Fit	14+ years	F	10:20 am	11:05 am	48068	48952	\$15	\$78
Body Fit	14+ years	Sa	6:30 am	7:15 am	48069	48953	\$15	\$78
Kettlebells	14+ years	T	10:15 am	10:45 am	48125	48980	\$26	\$65
Kettlebells	14+ years	Th	6:30 pm	7:00 pm	48126	48981	\$26	\$65
Shape Up	14+ years	M W	6:30 am	7:30 am	48123	48978	\$84	\$210
Shape Up	14+ years	M W	6:00 pm	7:00 pm	48124	48979	\$84	\$210
Downtown								
Kettlebells	14+ years	T	12:15 pm	12:45 pm	48363	49141	\$26	\$65
Kettlebells	14+ years	Th	12:15 pm	12:45 pm	48364	49142	\$26	\$65
East Side								
Group TRX Suspension Training	14+ years	M F	8:00 am	8:45 am	48594	49385	\$64	\$160
Group TRX Suspension Training	14+ years	M W	7:35 pm	8:20 pm	48595	49386	\$64	\$160
Group TRX Suspension Training	14+ years	T	10:15 am	11:00 am	48596	49387	\$32	\$80
Group TRX Suspension Training	14+ years	Th	10:15 am	11:00 am	48597	49388	\$32	\$80
Kettlebells	14+ years	M	6:20 am	6:50 am	48598	49389	\$26	\$65
Kettlebells	14+ years	M	4:45 pm	5:15 pm	48599	49390	\$26	\$65
Kettlebells	14+ years	W	6:20 am	6:50 am	48600	49391	\$26	\$65
Kettlebells	14+ years	W	4:45 pm	5:15 pm	48601	49392	\$26	\$65
Kettlebells	14+ years	F	6:20 am	6:50 am	48602	49393	\$26	\$65
Kettlebells	14+ years	Sa	8:15 am	8:45 am	48603	49394	\$26	\$65
Shape Up	14+ years	M W	8:50 am	9:50 am	48591	49382	\$84	\$210
Shape Up	14+ years	T Th	9:45 am	10:45 am	48590	49381	\$84	\$210

STRENGTH TRAINING

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
West Side								
Body Fit	14+ years	M	8:15 am	9:00 am	48698	49463	\$15	\$78
Body Fit	14+ years	T	12:00 pm	12:45 pm	48699	49464	\$15	\$78
Body Fit	14+ years	T	5:30 pm	6:15 pm	48700	49465	\$15	\$78
Body Fit	14+ years	W	8:15 am	9:00 am	48701	49466	\$15	\$78
Body Fit	14+ years	Th	12:00 pm	12:45 pm	48702	49467	\$15	\$78
Body Fit	14+ years	Th	5:30 pm	6:15 pm	48703	49468	\$15	\$78
Body Fit	14+ years	Sa	9:15 am	10:00 am	48704	49469	\$15	\$78
Intensity X	14+ years	M W F	12:00 pm	1:00 pm	48869	49562	\$99	\$247
Intensity X	14+ years	T Th Sa	6:30 pm	7:30 pm	48867	49560	\$99	\$247
Kettlebells	14+ years	T	8:30 am	9:00 am	48868	49561	\$26	\$65
Kettlebells	14+ years	Th	8:30 am	9:00 am	48871	49564	\$26	\$65
Kettlebells	14+ years	W	7:00 pm	7:30 pm	48870	49563	\$26	\$65
Kettlebells	14+ years	Th	7:00 pm	7:30 pm	48872	49565	\$26	\$65

SPECIALTY HEALTH & FITNESS

	Age	Day	Start	End	Fall 1 Barcode	Fall 2 Barcode	YMCA Member	General Public
<p>YMCA PERSONAL TRAINING– Customize your personal fitness program with 45-minute sessions for ages 11+. Rev up a stale exercise routine with fresh approaches to your workout. Break out of your fitness plateau- challenge yourself. Reduce the risk of injury by learning proper techniques. Stay motivated and committed to your exercise program. Contact the Member Experience Director at your YMCA location to purchase personal training sessions.</p>								
Broadview								
Body Composition	14+ years				48104	48963	FREE	\$10
Fitness Analysis	14+ years				48103	48962	FREE	\$40
Downtown								
Arthritis Foundation Aquatics Class		M W F	11:30 am	12:15 pm	48181	48992	FREE	\$62
Body Composition	14+ years				48341	49124	FREE	\$10
Fitness Analysis	14+ years				48342	49125	FREE	\$40
Special Needs Rec Night	18+ years	T	6:00 pm	8:00 pm			Program fee \$3	Special Events \$5
East Side								
Body Composition	14+ years				48544	49350	FREE	\$10
Fitness Analysis	14+ years				48545	49351	FREE	\$40
West Side								
Body Composition	14+ years				48805	49526	FREE	\$10
Fitness Analysis	14+ years				48804	49525	FREE	\$40



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHANGE IS GOOD!

High Quality. Convenience. Great Value.

We've added even more value to your Y membership by making **all Group Cycling classes FREE** and exclusive for members.

Register by the 1st of each month for your favorite cycling class by calling or stopping by the front desk.

Find our group cycling classes on our Group Fitness Schedule, available in each of our 4 program centers or on our website at www.GreenBayYMCA.org

GROUP FITNESS SCHEDULES

DOWNLOAD AT WWW.GREENBAYYMCA.ORG

BIBLE STUDY

Tone your spirit through the non-denominational, Bible-based Stonecroft series. Purchase your Bible for \$5.25 and the session study book for \$6.50, payable at the first meeting. Open to everyone. YMCA membership is not required. Check out these topics, times and places to learn more about the Bible. For more information, or to register, call Sandy at 920.866.9274, Nancy at 920.437.6358, or Janie at 920.499.4031.

FALL 1

BROADVIEW:

Tuesdays, September 6 - October 18
"Christ in the Psalms"
9:45 - 11:00 am

DOWNTOWN:

Thursdays, September 8 - October 20
"Christ in the Psalms"
12:00 - 1:00 pm

EAST SIDE:

Tuesdays, September 6 - October 18
I John (Our Life)
6:30 - 8:00 pm

WEST SIDE:

Tuesdays, September 6 - October 18
Gospel of Luke
10:30 - 11:45 am

FALL 2

BROADVIEW:

Tuesdays, October 25 - December 13
Continuation of "Christ in the Psalms"
9:45 - 11:00 am

DOWNTOWN:

Thursdays, October 27 - December 15
Continuation of "Christ in the Psalms"
12:00 - 1:00 pm

EAST SIDE:

Tuesdays, October 25 - December 13
Continuation of I John (Our Life)
6:30 - 8:00 pm

WEST SIDE:

Tuesdays, October 25 - December 13
Continuation of Gospel of Luke
10:30 - 11:45 am

CAMP U-NAH-LI-YA

Since 1937, Camp U-Nah-Li-Ya has offered kids and families memorable and rewarding outdoor experiences. With 140 acres of woodland, three bodies of water and miles of trails, outdoor recreation is unlimited through our summer resident camps, outdoor education and leadership, and family programs. Owned and operated by the Greater Green Bay YMCA, Camp U-Nah-Li-Ya is located just 65 miles north of Green Bay in the beautiful Nicolet National Forest.

Y'S MEN'S SERVICE CLUB

The Y's Men are dedicated to preserving Camp U-Nah-Li-Ya and Camp Wabansi for future generations to enjoy through annual work days and fundraising events. Here's a great way to meet community-minded individuals and expand your professional networking! If you are interested joining us, please call the Camp Office or visit the Y's Men on the web at www.campunahliya.org.

CABIN RENTALS & GROUP RETREATS

Camp U-Nah-Li-Ya is ideal for a family getaway, reunion, or retreat any time of the year. Camp boasts cozy cabins with fireplaces and endless activities such as swimming, canoeing, hiking, kayaking, and campfires. The surrounding Nicolet National Forest has wonderful recreation, shopping, and dining opportunities as well. Through various housing and meal options, we can accommodate your own family or retreat groups from 25-200 people. Contact the Camp Office for more information at 715.276.7116.

FATHER/DAUGHTER WEEKENDS

September 9-11, September 16-18, and September 23-25, 2011. Take part in this popular annual tradition with your daughter(s) while enjoying swimming, boating, target sports, art projects, campfires, talent shows, and good ole' relaxation in the Northwoods. Open to all ages! Call the Camp Office at 715.276.7116 for registration and pricing information.

FALL FAMILY DAY

October 8, 2011. Enjoy Camp with your family during on our most beautiful seasons! Try out our classic camp activities and enjoy a cup of cider by the campfire too.

MOTHER/CHILD WEEKEND

October 8-9, 2011. Why should dads have all the fun? Moms are raving about this one-night getaway at Camp U-Nah-Li-Ya. Activities include arts & crafts, nature hikes, scavenger hunts, pumpkin decorating, archery, games, and more. Open to all ages!

www.campunahliya.org

WOMEN'S WELLNESS WEEKEND

October 14-16, 2011. Designed for women 18 and older, this rejuvenating two-night getaway will re-energize your spirit, mind, and body. Encompassing all of the facets of total wellness, this weekend is the ultimate escape to recapture the balance of life with abundant sessions such as yoga, Zumba, nutrition, massage, canoeing, crafts, theme meals, and campfires. Visit the Special Events tab at www.greenbayymca.org for more information or contact the Camp Office at 715.276.7116.



CAMP WABANSI

YMCA Camp Wabansi is a traditional outdoor day camp located in beautiful Door County. Owned and operated by the Greater Green Bay YMCA, Camp Wabansi offers campers and guests a chance to appreciate the natural outdoors on 35 wooded acres and 2000 feet of sandy beach on the bay of Green Bay. The summer of 2011 marked 62 years of service to youth and families at Camp Wabansi. Innovative in programming and rich in traditions, Wabansi continues to be a favorite outdoor destination for generations of families.

RENTALS

Consider Camp Wabansi for a scenic yet close-to-home destination for your next event. Just a ½ hour drive north of Green Bay, the camp facilities include a large outdoor picnic pavilion, sandy beach, six sleeping cabins, an archery range, games field, and wooded trails. The Jim Aumann Activity Center houses both large and small gathering rooms, a kitchen with a serving window, and modern restrooms. Wabansi's stunning bay view and rustic character is the perfect setting for family reunions, company retreats, wedding receptions, and more. Contact the Camp Office at 920.436.9613 for more information or visit Camp Wabansi online at www.campwabansi.org.



CLASS DESCRIPTIONS

Visit our web site at www.GreenBayYMCA.org to find a complete listing of the hundreds of free classes we offer to our YMCA members.

parent/child gym

FIRST BUGS

stable walking - 2 years

Parent/child. Movement exploration is the heart of First Bugs. Spend time with your toddler introducing activities that will build hand-eye coordination, strength, motor skills and social development through the use of songs and activities.

PARENT/CHILD DANCE

2 - 4 years

Get ready to Boogie! Finally a dance class where you get to dance with your child. Partner your child in a variety of fun, exciting dances as you spend quality time dancing to the beat.

PARENT/CHILD FALL HARVEST FESTIVAL

2 - 4 years

Celebrate Autumn with this fun fall activity! Decorate pumpkins, play fall-themed games, and create a fall craft with your child.

PARENT/CHILD GYMNASTICS

2 - 4 years

Is your child always upside down or climbing the furniture? Have fun with your child as you explore the beginnings of gymnastics. Great for toddlers or for the child not quite ready to be on their own. Spotting techniques will be introduced on all four events.

PARENT/CHILD SPORTS

2 - 4 years

Help your child learn the basics of seasonal sports. Drills and activities are paired with teamwork to allow you and your child to experience sports in an age appropriate environment.

RAINBOW ROMPERS

6 years and under with adult

Fun for parents and their preschoolers in a supervised play space complete with gym equipment, balls, balloons and more. Connect with your child in an atmosphere that encourages play, play and more play.

parent/child swim

SHRIMP

6 - 12 months

Parent/child. Introduce your baby to fun and safety in the water. Your instructor will guide you through games, songs, and other activities to get your child acclimated to the water.

PERCH

13 months - 24 months

Parent/child. Join us to become your child's first swim instructor! You'll expand on your child's comfort level in the water and be introduced to pre-swimming skills through games, songs, and other activities.

MIGHTY MITE

2 - 4 years

Parent/child. Reinforce your child's pre-swimming skills through more challenging games, songs and activities. You will work together as a team as your child's confidence grows in the water.

ages 3-6 gym

SPORTS

3 - 4 years

Run, dribble, and shoot your way through seasonal sports. A fantastic introduction to sports through games, and age-appropriate activities. This class fosters independence, teamwork, and enhances listening skills.

TRICK OR TREAT COSTUME PARTY

3 - 6 years

Calling all Superheroes, Goblins, and Princesses! Join us for a fun Halloween costume party with games, crafts and swimming.

combo classes

Two classes for one combination price! Select classes combine a gym and swim or two gym classes into one visit to the Y. Class instructors will transport between classes so you can get fit too! Classes are offered at select centers; see class listings for details on classes that have this option. Please bring your child dressed for the pool, if applicable.

aquatics

SWIM LESSONS

3 - 13 years

Comprised of five main components, YMCA Youth Swim Lessons teach personal growth, personal safety, stroke development, water sports and games, and rescue skills. Each level builds on the preceding level with six levels covering all the strokes and safety skills. Diving fundamentals are taught at the Broadview and Downtown centers only.

PRIVATE SWIM LESSONS

5 - adult

The YMCA encourages participation in group lessons. Occasionally, one-on-one lessons are necessary for those fearful of the water or struggling to advance. Indicate which center you prefer and a director will contact you to arrange a convenient time. Lessons are 30-minutes in length.

ADAPTIVE SWIM LESSONS

8 - 14 years

Swimming is a great form of exercise for children with primary cognitive and physical disabilities. Focusing on stroke development, endurance, and fun, this class will help children gain the confidence and skills necessary to be safe and have fun in the water. Lots of one-on-one attention from trained instructors and volunteers ensures that everyone will learn skills appropriate for their abilities in a safe environment.

COMPETITIVE STROKE

6 - 13 years

Taught by Green Bay YMCA Swim Team coaches. Instruction program for the beginning competitive swimmer. Class teaches competitive stroke technique, skills and endurance. Must be able to swim one pool length non-stop.

Fall 1 classes run **September 6 – October 23, 2011**
Fall 2 classes run **October 24 – December 18, 2011**
Registration begins **Aug 8** (members) or **Aug 15** (general public)

RED CROSS LIFEGUARD TRAINING

15½ +

Get the necessary training to become a lifeguard. Participants must be 15½ years old by the last date of class and must attend all class sessions to be eligible for certification. Fee includes certification in Lifeguard Training, First Aid, CPR, and AED. It also includes the cost of the lifeguard manual. Participants also receive their own CPR resuscitation mask. At the first class, participants will be required to swim 300 yards, front crawl and breaststroke, and retrieve a ten-pound brick from the bottom of the pool.

ADULT SWIM LESSONS

14+ years

Adult swim lessons are available for people with all swimming abilities – from fearful of the water through advanced. Our lessons are designed to overcome fears and begin developing basic swimming skills. For those who are more comfortable, stroke development and refinement, along with endurance, are the focus. Basic water safety is emphasized with all participants.

MASTER SWIM

14+ years

Get the ultimate in pool workouts! This class will focus on creating and performing challenging lap swimming workouts. Designed for lap swimmers to keep their pool workouts interesting, challenging and productive. Stroke technique is also covered.

SILVER SHARKS

6 - 14 years

An introduction to the Green Bay Y swim team, offered in the summer and the fall. Meets two or three times per week; for the swimmer who is considering joining the Y swim team. Taught by Green Bay Y swim team coaches, participants are given a complete introduction to competitive swimming, including the four competitive strokes, starts, turns, endurance training and a practice swim meet. Must be able to swim a minimum of (25) yards unassisted front crawl demonstrating that they know how to rotary breathe. Participants should have goggles and swim cap if needed.



gymnastics

3-4 GYMNASTICS

3 - 4 years

Learn the basics of all four gymnastics events: vault, bars, beam, and floor. Throughout the year, your child will increase in strength, flexibility, coordination, and self-confidence while they tumble, swing and have fun.

5-6 GYMNASTICS

5 - 6 years

Continue to grow in your gymnastics skills and work on more refined movements on all four events. No prior gymnastics experience necessary.

CHEER SQUAD

6 - 11 years

Have fun with your friends! Practice your cheer jumps, routines, and stunts in a non-competitive class. Opportunities to cheer youth sports teams offered each session.

INTRO TO GYMNASTICS

7 - 11 years

No prior gymnastics experience necessary. Children learn the fundamentals of gymnastics by acquiring basic skills on all four events.

ADVANCED INTRO TO GYMNASTICS

7+ years

Has your child passed Intro to Gymnastics but you just can't get to a Level 1 class? Work on more progressive skills at a location convenient to you!



CLASS DESCRIPTIONS

Visit our web site at www.GreenBayYMCA.org to find a complete listing of the hundreds of free classes we offer to our YMCA members.

YOUTH GYMNASTICS

6 - 11 years

Utilize all of the equipment in the gymnastics center to enhance skill level while learning proper form and technique. This progressive class builds upon previous learned fundamentals. Please review prerequisites when choosing a level.

YOUTH LEVEL 1 WORKS ON THE FOLLOWING SKILLS:

*Prerequisite: Intro to Gymnastics skills passed.

Floor - cartwheels, handstand holds, jumps

Bars - casting, forward roll, skin-the-cat

Beam - releve walks, jumps, high kicks

Vault - squat-on, straight jump to stick

YOUTH LEVEL 2 WORKS ON THE FOLLOWING SKILLS:

*Prerequisite: Youth level 1 skills passed

Floor - backbend kick over, handstand roll, Levers, round-offs

Bars - pullover, back hip circle, under swing

Beam - Lever in & out, leaps, and turns

Vault - pike on, hollow body fall, table top position

BOYS GYMNASTICS

6 - 11 years

Incorporates all six events in boy's gymnastics to build strength and flexibility, as well as self-confidence and self-esteem.

TEEN GYMNASTICS

11 - 17 years

Uses the boy's and girl's equipment with considerable individualized instruction.

OPEN WORKOUT

6+ years

Current gymnastic class participants only.

Work on skill development in a non-structured environment with a qualified coach supervising all activity. Saturdays 12:30 - 2:30 at the Downtown location only. Pay at the door \$5 members, \$10 general public. Will not be offered Nov. 26, Dec. 24, Dec. 31.

GYMSTARS

By Invitation Only

Our Competitive Gymnastics team for girl members is dedicated to working hard on improving their skills as they compete against other YMCA teams at local, state, and national meets. A wonderful goal for the beginning to intermediate gymnast, team members develop strong character values such as respect, responsibility, leadership, and team work. A gymnast must be at a USAG Level 3 skill level to be invited to join and compete with the team. For more information, call Beth Kennerhed at 920.436.9651

PRETEAM

6 - 11 years

Utilize all of the equipment in the gymnastics center to enhance skill level while learning proper form and technique. This progressive class builds upon previous learned fundamentals. Please review prerequisites when choosing a level.

PRE-TEAM WORKS ON THE FOLLOWING SKILLS:

*Prerequisite: Youth Level 2 skills passed.

Floor - backhandsprings, round off rebound, extension rolls

Bars - front hip circle, shoot through, high casting

Beam - split jumps, mini handstands, side handstand dismounts

Vault - handstand fall

dance

BALLET, TAP & JAZZ

3 - 4 years

Introduction to the art of dance focusing on the basics of ballet, tap and jazz. Develop and enhance gross motor skills, listening skills, and positive peer interaction. Classes include fun and easy dance steps that change each session. Music and props are used to build coordination and self-esteem. The final class is an informal observation day.

BALLET, TAP & JAZZ

5 - 6 years

Learn the basic techniques and names for tap, ballet, & jazz dance steps. Emphasis is placed on proper body placement, learning steps to music, and having fun. The final class is an informal observation day.

BALLERINA PRINCESS TEA PARTY

3 - 6 years

Dress up as a beautiful princess, dance spin and twirl during this fun tea party. Craft and snack included.

YOUTH DANCE

6 - 13 years

High energy dance classes with current music your child can relate to. Youth dance classes foster confidence, teamwork, and healthy exercise through the love of dance.

Pom Squad- Work on dance routines as a group, utilizing all dancers for visual effect. Poms are provided - bring your smile!

Hip Hop- Learn fun and funky routines with individualized instruction. Utilizes basic hip hop moves that are age appropriate.

STUDIO DANCE

Participants must be the age listed by December 1, 2011.

The Studio Program meets weekly for 21 weeks spanning the Fall 2, Winter and Spring 1 sessions. Dancin' For Fun - age 3, Kinder Dance - age 4, Beginner Dance - age 5-6, Intermediate Dance - ages 7+, Advanced Ballet/Lyrical - ages 7+, Advanced Tap/Jazz - ages 7+, and Pom Squad, Hip Hop - ages 6+. The recital in April will be held in the Notre Dame Academy auditorium. Additional costume fee of \$30 - \$50 required.

LINE DANCING

14+ years

Mix fun and exercise together while learning great dance steps to a variety of music.

sports

YOUTH SPORTS LEAGUES

Kids get the opportunity to learn and play a variety of team sports. Character values such as caring, honesty, respect, responsibility and teamwork are instilled in each child through our word-of-the-week. Practice time and regular games are included in each 7-week program. **Free with family membership, in-person registration required. See page 26 for details.**

ADULT FULL COURT BASKETBALL

19+ years

Members only. Release your inner LeBron. Play one of the most popular sports in the world, invented by the YMCA. **Free, no registration necessary.**

OPEN VOLLEYBALL

16+ years

Members only. Bump, set and spike your way to the best player you can be. Join the fun and play the game the YMCA invented. Minimum of 8 players needed. **Free, no registration necessary.**

youth & teen

CARDIO BLAST

8 - 13 years

Experience a blast of energy with this fun and fast paced class. Combine the heart-pounding fun adults enjoy in their fitness classes with an extra spark just for you! Each week features a different fitness class to get kids moving.

POWER ZONE

8 - 13 years

Stay active in a staff organized environment where the activities change every day. Activities may include: sports, fitness classes, dodge ball, obstacle courses and more. Youth may use Power Zone at their leisure. Check out the Youth & Family Activity schedule for dates and times at each location.

Y KLUB

grades 4 - 8

C'mon and get out of the house! You and your friends belong where the action is. Join us every Friday night for activities such as dodgeball tournaments, self-defense, basketball, swimming, cooking classes, arts and crafts and much more. Contact Jill at 436-9526 for more information.

Y NIGHT

grades 5 - 8

Check out what's happening at the Y Friday night for 5th-8th graders from 7-10 pm. Youth have the opportunity to swim, play DDR, Guitar Hero, basketball, arts & crafts and participate in a special activity each week. Check out your center's calendar of activities for Y Night.

Y ZONE

8 - 13 years

Y Zone is a supervised space where youth can play games, participate in special activities, create an arts & crafts project or just hang out. Check out your center's calendar of activities for the Y Zone.

YOUTH CYCLING

8 - 13 years

Great opportunity to do what kids really enjoy - ride a bike! The instructor guides them through various age/height-appropriate cycling techniques that will help them burn fat, build muscle and have fun! **Youth must be able to safely fit on the bicycle.**

YOUTH LSC ORIENTATION

11 - 13 years

The purpose of this program is to educate youth in wellness and fitness, to establish a lifestyle of fitness at a young age, and to encourage parents and kids (ages 11-13) to work out together. The course encompasses the mission and core values of the YMCA, the benefits and risk of exercise and the policies of the Lifestyle Center. Participants learn how to use the cardiovascular equipment and are introduced to the strength training machines (participation is required). Upon successful demonstration of the equipment, youth will earn a new

membership card noting they have completed the orientation. Parents are welcome to learn along with their children.

family

FAMILY CYCLING

6 - 13 years w/parent

Keep your family time rolling with this 30 minute high energy cycling workout! The instructor will combine various cycling techniques and fun music to ensure the both kids and adults have a good time doing what they enjoy. **Youth must safely fit height requirement of 4'10".**

FAMILY NIGHT

Family Nights Join us in the pool, challenge each other on the basketball court, make arts & crafts, play a fun sport or enjoy Rainbow Rompers. Family Nights are held at the Broadview, East Side and West Side YMCAs and will feature special activities each month. Watch for monthly Family Night schedules at your center.

FAMILY ZUMBA

6+ years

Enjoy a cardio dance party great for all ages. Combine motivating and high energy Latin and international music with unique moves that are fun and easy to do. **Children 6-13 must be accompanied by an adult.**

adults

YOGA

14+ years

An ancient form of mental, physical and spiritual development movements involve balance, strength, flexibility and proper breathing. Yoga offers physical discipline to keep bodies healthy. **This class is a beginner/intermediate levels.**

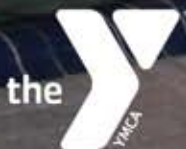
Our son Alex has Autism. One of the top preventable causes of death in autistic children is drowning. Looking to avoid this type of accident from occurring and understanding Alex's obsession with water, the YMCA allowed our son to have an "exception" for private swim lesson at the age of 3.

From day one, Madelyn has demonstrated patience, understanding and consistency for Alex. Alex is shy and very selectively connects with those around him. Madelyn joined his world and he in turn joined her. Alex absolutely loves their time together. Madelyn has established a solid foundation; Alex is able to wait until he is told it is okay to get in the water, put his head under water, holds his breath, blows bubbles and kick his legs to keep his head above water. Due to Madelyn's commitment to Alex, he can swim and hold his attention in the water, an exceptional accomplishment. Madelyn exemplifies the spirit of the Y; she is passionate about helping him succeed. We are very blessed and appreciative to have the Y and to have met Madelyn.

-Dave & Kerry Taylor



my y story



adult strength training

BODY FIT

14+ years

Muscle conditioning class utilizing a specially designed barbell system, incorporating weights into a controlled exercise program set to music. Designed for men and women of all fitness levels.

GROUP TRX SUSPENSION TRAINING

14+ years

Suspension training is a form of body weight resistance exercise that will increase your strength, cardiovascular health, flexibility, and balance. Spend 45 minutes using the TRX® Suspension Trainer™ once or twice per week to see improvement in your overall health and fitness. This class is appropriate for the beginner, average, and advanced exerciser.

KETTLEBELLS

14+ years

Burn fat and build total body strength by utilizing full-body movements that will increase endurance and mobility. Apply techniques developed over 300 years ago, today. Use the past to change your future.

INTENSITY X

14+ years

Are you tired of doing the same workout day after day and not seeing the results you want? Here is the wake-up call you need to transform your body into what you always hoped it could be! Covering all phases of exercise from strength training to cardio to core and flexibility; this muscle mix up will give you the results you are looking for. Ready for a change? Are you ready for some Intensity?

SHAPE UP

14+ years

Take your body through a reduction in body fat weight and gain in lean muscle mass! Trainers motivate and guide you through a total fitness routine including weights and aerobic machines. Pre and post fitness evaluation are included to track results.

specialty health & fitness

ARTHRITIS FOUNDATION AQUATICS PROGRAM

Arthritis Foundation-approved exercise class in a warm, shallow pool. Designed to improve joint flexibility and relieve pain and stiffness through gentle movements in the 90-degree water.

BODY COMPOSITION

Four-site caliper test to determine lean vs fat body mass. Includes computer printout results. By appointment only. Call 920.436.9622 to schedule. Recommended every 6 months to see significant body composition changes.

FITNESS ANALYSIS

A baseline test of your overall fitness level. Includes strength, flexibility and cardiovascular tests. Blood pressure, heart rate and body composition are also measured. Includes computer printout with follow up by YMCA staff. Recommended every 6 months to see significant fitness level changes.

PERSONAL TRAINING

14+ years

Customize your personal fitness program with 45-minute sessions offered in various packages for youth, adults and even with a buddy! Rev up a stale exercise routine with fresh approaches to your workout. Break out of your fitness plateau- challenge yourself. Reduce the risk of injury by learning proper techniques. Stay motivated and committed to your exercise program. Contact the Health and Fitness Director at your YMCA location or visit Member Services to purchase personal training sessions. Sessions expire one year from date of purchase.

SPECIAL NEEDS RECREATION NIGHT

14+ years

Recreational gym and swim program with monthly special events for adults with cognitive and physical challenges. For more information contact Marcia at 920.436.9667.

Hours of Operation:

(Fall hours effective September 6)

Broadview

380 Broadview Dr, Green Bay 54301

Monday-Friday 5 am – 10 pm

Saturday 6 am – 8 pm

Sunday 9 am – 4 pm

Downtown

235 N Jefferson St, Green Bay 54301

Monday-Friday 5 am – 9 pm

Saturday 6 am – 5 pm

Sunday Closed

East Side

1740 S Huron Rd, Green Bay 54311

Monday-Friday 5 am – 10 pm

Saturday 6 am – 8 pm

Sunday 7 am – 6 pm

West Side

601 Cardinal Ln, Green Bay 54313

Monday-Friday 5 am – 10 pm

Saturday 6 am – 8 pm

Sunday 7 am – 6 pm

Holiday Hours:

Labor Day Monday, September 5
All Centers closed

Thanksgiving Thursday, November 24
Broadview 7 am – 11 am
Downtown closed
East Side 7 am – 11 am
West Side 7 am – 11 am



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GREATER GREEN BAY YMCA
 235 N Jefferson St
 Green Bay, WI 54301
www.GreenBayYMCA.org

FALL PROGRAM REGISTRATION

Fall 1 September 6 - October 23, 2011
 Fall 2 October 24 - December 18, 2011

MEMBERS :

August 8, 7:00 am

GENERAL PUBLIC:

August 15, 7:00 am

PHONE: 920.436.9595

ONLINE: www.GreenBayYMCA.org

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CONTACT US

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 E-mail: ymca@GreenBayYMCA.org
 Web Site: www.GreenBayYMCA.org

CAMP U-NAH-LI-YA

12101 Y Camp Road
 Suring, WI 54174
 715.276.7116

CAMP WABANSI

1242 Bay Shore Rd
 Brussels, WI 54204
 920.436.9613

my Y story



THE ONLY LIMITATIONS I HAVE ARE THE ONES I SET ON MYSELF (My Motto)

In April 2009 my weight began affecting my health so much that I reached my breaking point and decided to take back control. On April 28, 2009, I had my first Personal Training session with a Y trainer. Even though it was difficult to walk sometimes after the personal training sessions, I loved the way I felt physically and mentally afterward. So far I have lost 83 lbs. and completed multiple 5Ks, as well as the Bellin Run.

Success for me has been based on attitude: Make your health a priority and find an exercise that you are passionate about. What does 2011 bring for me? I will reach my weight loss goal by losing half of my old self, and run the Green Bay Cellcom half marathon in May!

Boxing has been a great tool to help expose who I really am...I'm a fighter! Thank you YMCA, for being a big part of my journey.

-Dana

