



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FAMILIES GROW HERE

PROGRAM GUIDE WINTER 2012

GREATER GREEN BAY YMCA
WINTER SESSION
January 2 - February 19

OUR COMMITMENT TO YOUTH DEVELOPMENT AND HEALTHY LIVING

has never been more evident than in our swim lessons. From 6 months to adult, from terrified of water through advanced, we have taught thousands of children and adults the basics of water safety and swimming.

PARENT/CHILD SWIM CLASSES

ages 6 months - 4 years:

Our parent/child programs are developmentally appropriate to your child's age, allowing them to explore the water environment and begin basic skill development. One adult must accompany each child in the water.

2½ - 3 YEAR OLD SWIM LEVELS

goldfish:

An introduction to the 3-4 year old swim lessons. Water games, songs and fun are emphasized in this water adaptation class. ***This class is without parent.**

Prerequisite: must have taken a parent/child class prior to enrollment.

3 - 4 YEAR OLD SWIM LEVELS

waterbug:

Entering the pool safely; front and back float 5 seconds with support, blowing bubbles; showing comfort when jumping into water with assistance; improving self-confidence; complete endurance swim on front without instructor assistance and kick on back with arm movement with support.

pike:

Entering the pool safely, back/front float for 5 seconds with support; perform 5 bobs while submerging entire head; jumping into the pool independently with comfort; swim on front and back for 10 yards with support; perform front glide with face in the water and back glide with support.

eel:

Perform 5 bobs submerging head using rhythmic breathing; front/back floats for 5 seconds without support; jump into water fully submerging; perform front and back glides without support; swim on front and back 5 yards without support.

ray:

Front and back float for 10 seconds; perform 10 bobs with rhythmic breathing; demonstrate rotary breathing, jump into deep water and swim 5 yards, tread water for 10 seconds; perform front and back glide 2 body lengths without support; front crawl with rhythmic breathing 10 yards without support; back crawl and elementary backstroke 10 yards without support; flutter kick on side 10 yards with intro to sidestroke arm motion without support; demonstrate breaststroke arm motion with flutter kick 10 yards with support.

5 - 13 YEAR OLD SWIM LEVELS

tadpole:

Blow bubbles with face in the water; 5 bobs submerging entire head, front and back float 5 seconds with support; jump into the water with assistance; demonstrate and improve self confidence; swim on front and back 10 yards with support.

polliwog:

5 bobs with rhythmic breathing; front and back float 5 seconds without support; jump into water and return to side without assistance; demonstrate and improve self confidence; swim on front and back 5 yards without support; perform elementary backstroke arms with flutter kick 5 yards without support; swim on side with flutter kick 5 yards without support; flutter kick on front, back and side with kickboard 10 yards.

guppy:

Front and back float 10 seconds and return to a vertical position; jump into deep water and return to side; tread water 15 seconds without support; perform front and back glide without support; perform front and back crawl 15 yards; perform elementary backstroke arms with intro to whip kick 15 yards; perform sidestroke arms with flutter kick 15 yards; flutter kick on front, back and side with kickboard 25 yards.

minnow:

Back float 10 seconds in deep water; jump into deep water and swim 10 yards; tread water 30 seconds; demonstrate and improve self confidence in deep water; swim front crawl, back crawl, elementary backstroke and breaststroke 25 yards; swim sidestroke with intro to scissors kick 25 yards; perform whipkick on front and back with kickboard 25 yards; perform a feet first surface dive; demonstrate open turns.

fish:

Treading water 1 minute; swim front crawl, back crawl and breaststroke 50 yards using open turns; swim elementary backstroke and sidestroke 50 yards; kick scissors kick and dolphin kick 25 yards.

flying fish:

Treading water for 3 minutes using a variety of kicks; swim front crawl and back crawl 100 yards with turns; swim elementary backstroke and sidestroke 100 yards; swim breaststroke 100 yards using open turns; swim butterfly 25 yards.

shark:

Tread water without using arms 1 minute; swim front crawl and back crawl 200 yards using flip turns; swim breaststroke and the individual medley 200 yards; swim butterfly 50 yards.



PARENT/CHILD GYM One adult must accompany each child

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
East Side								
First Bugs	stable walking - 2 years	M	10:25 am	10:55 am		50451	\$29	\$50
First Bugs	stable walking - 2 years	M	6:10 pm	6:40 pm		50452	\$29	\$50
First Bugs	stable walking - 2 years	W	10:30 am	11:00 am		50453	\$29	\$50
Parent/Child Dance	2 - 4 years	Sa	10:20 am	10:50 am		50455	\$29	\$50
Parent/Child Gymnastics	2 - 4 years	Sa	9:40 am	10:10 am		50421	\$29	\$50
Parent/Child Sports	2 - 4 years	Sa	9:05 am	9:35 am		50454 basketball	\$29	\$50
West Side								
First Bugs	stable walking - 2 years	W	6:20 pm	6:50 pm		50630	\$29	\$50
First Bugs	stable walking - 2 years	Sa	9:10 am	9:40 am		50631	\$29	\$50
Parent/Child Dance	2 - 4 years	Th	9:15 am	9:45 am		50632	\$29	\$50
Parent/Child Sports	2 - 4 years	W	5:45 pm	6:15 pm		50633 hockey	\$29	\$50

PARENT/CHILD COMBO One adult must accompany each child

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
East Side								
Parent/Child Sports and Swim	2 - 4 years	M	9:45 am	10:55 am		50447 hockey	\$49	\$74
Parent/Child Sports and Swim	2 - 4 years	T	9:05 am	10:15 am		50448 basketball	\$49	\$74
West Side								
First Bugs and Swim	stable walking - 2 years	Th	9:10 am	10:25 am		50624	\$49	\$74
Parent/Child Gymnastics and Swim	2 - 4 years	M	10:10 am	11:20 am		50625	\$49	\$74
Parent/Child Gymnastics and Swim	2 - 4 years	Th	9:50 am	11:05 am		50626	\$49	\$74
Parent/Child Gymnastics and Swim <small>pool 1st</small>	2 - 4 years	Th	6:00 pm	7:15 pm		50627	\$49	\$74
Parent/Child Sports and Swim	2 - 4 years	W	10:10 am	11:25 am		50628 volleyball	\$49	\$74
Parent/Child Sports and Swim	2 - 4 years	Sa	10:00 am	11:15 am		50629 hockey	\$49	\$74

PARENT/CHILD

PARENT/CHILD SWIM

One adult must accompany each child

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
Broadview								
Perch	13 - 24 months	T	10:10 am	10:40 am		49967	\$29	\$50
Perch	13 - 24 months	T	5:45 pm	6:15 pm		49968	\$29	\$50
Perch	13 - 24 months	Th	6:05 pm	6:35 pm		49969	\$29	\$50
Perch	13 - 24 months	Sa	10:45 am	11:15 am		49970	\$29	\$50
Mighty Mite	2 - 4 years	T	10:10 am	10:40 am		49963	\$29	\$50
Mighty Mite	2 - 4 years	T	6:30 pm	7:00 pm		49964	\$29	\$50
Mighty Mite	2 - 4 years	Th	5:30 pm	6:00 pm		49965	\$29	\$50
Mighty Mite	2 - 4 years	Sa	10:00 am	10:30 am		49966	\$29	\$50
Downtown								
Shrimp	6 - 12 months	Sa	8:30 am	9:00 am		50063	\$29	\$50
Perch	13 - 24 months	Sa	9:05 am	9:35 am		50046	\$29	\$50
Mighty Mite	2 - 4 years	Sa	9:40 am	10:10 am		50045	\$29	\$50
East Side								
Shrimp	6 - 12 months	M	6:10 pm	6:40 pm		50358	\$29	\$50
Shrimp	6 - 12 months	W	5:15 pm	5:45 pm		50359	\$29	\$50
Shrimp	6 - 12 months	Sa	10:30 am	11:00 am		50360	\$29	\$50
Perch	13 - 24 months	M	6:45 pm	7:15 pm		50318	\$29	\$50
Perch	13 - 24 months	T	9:10 am	9:40 am		50319	\$29	\$50
Perch	13 - 24 months	W	10:20 am	10:50 am		50320	\$29	\$50
Perch	13 - 24 months	W	5:50 pm	6:20 pm		50321	\$29	\$50
Perch	13 - 24 months	F	10:30 am	11:00 am		50322	\$29	\$50
Perch	13 - 24 months	Sa	11:10 am	11:40 am		50478	\$29	\$50
Mighty Mite	2 - 4 years	M	5:35 pm	6:05 pm		50313	\$29	\$50
Mighty Mite	2 - 4 years	W	9:45 am	10:15 am		50314	\$29	\$50
Mighty Mite	2 - 4 years	W	6:25 pm	6:55 pm		50315	\$29	\$50
Mighty Mite	2 - 4 years	F	11:10 am	11:40 am		50316	\$29	\$50
Mighty Mite	2 - 4 years	Sa	9:55 am	10:25 am		50317	\$29	\$50

PARENT/CHILD SWIM

One adult must accompany each child

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
West Side								
Shrimp	6 - 12 months	M	6:10 pm	6:40 pm		50541	\$29	\$50
Shrimp	6 - 12 months	T	6:00 pm	6:30 pm		50542	\$29	\$50
Perch	13 - 24 months	M	6:45 pm	7:15 pm		50507	\$29	\$50
⊛ Perch	13 - 24 months	Th	9:55 am	10:25 am		50508	\$29	\$50
⊛ Mighty Mite	2 - 4 years	M	10:50 am	11:20 am		50504	\$29	\$50
Mighty Mite	2 - 4 years	M	5:35 pm	6:05 pm		50501	\$29	\$50
Mighty Mite	2 - 4 years	M	7:20 pm	7:50 pm		50502	\$29	\$50
⊛ Mighty Mite	2 - 4 years	W	10:55 am	11:25 am		50644	\$29	\$50
⊛ Mighty Mite	2 - 4 years	Th	10:35 am	11:05 am		50503	\$29	\$50
⊛ Mighty Mite	2 - 4 years	Th	6:00 pm	6:30 pm		50505	\$29	\$50
⊛ Mighty Mite	2 - 4 years	Sa	10:45 am	11:15 am		50506	\$29	\$50

3-4 GYM

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
Broadview								
⊛ Sports	3 - 4 years	T	9:30 am	10:00 am		50027 hockey	\$29	\$50
East Side								
⊛ Sports	3 - 4 years	M	5:25 pm	5:55 pm		50444 basketball	\$29	\$50
Sports	3 - 4 years	W	6:50 pm	7:20 pm		50445 basketball	\$29	\$50
Sports	3 - 4 years	Sa	9:00 am	9:30 am		50446 basketball	\$29	\$50
West Side								
⊛ Sports	3 - 4 years	M	5:50 pm	6:20 pm		50621 volleyball	\$29	\$50
⊛ Sports	3 - 4 years	W	6:20 pm	6:50 pm		50622 hockey	\$29	\$50
⊛ Sports	3 - 4 years	F	10:15 am	10:45 am		50623 hockey	\$29	\$50
⊛ Sports	3 - 4 years	Sa	10:50 am	11:20 am		50645 hockey	\$29	\$50

⊛ also offered as a combo

AGES 2½-6

Winter classes run **January 2 - February 19, 2012**

Registration begins **November 28** (members)

or **December 5** (general public)

3-6 COMBO

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
Broadview								
Sports and Swim	3 - 4 years	T	9:30 am	10:45 am		50012 hockey	\$49	\$74
Downtown								
Gymnastics and Swim	3 - 4 years	M	5:15 pm	6:30 pm		50087	\$49	\$74
Gymnastics and Swim	3 - 4 years	Sa	10:00 am	11:20 am		50086	\$49	\$74
East Side								
Dance and Gymnastics gymnastics 1st	3 - 4 years	F	9:50 am	11:00 am		50402	\$49	\$74
Dance and Swim	3 - 4 years	F	9:00 am	10:15 am		50403	\$49	\$74
Gymnastics and Swim	3 - 4 years	T	9:05 am	10:20 am		50401	\$49	\$74
Gymnastics and Swim	3 - 4 years	F	10:30 am	11:45 am		50400	\$49	\$74
Sports and Swim	3 - 4 years	M	9:40 am	10:55 am		50395 basketball	\$49	\$74
Sports and Swim pool 1st	3 - 4 years	M	4:40 pm	5:55 pm		50394 basketball	\$49	\$74
Sports and Swim	3 - 4 years	T	9:50 am	11:05 am		50396 basketball	\$49	\$74
Sports and Swim	3 - 4 years	W	9:45 am	11:00 am		50397 hockey	\$49	\$74
Sports and Swim	3 - 4 years	F	9:45 am	11:00 am		50398 hockey	\$49	\$74
Hoppin' Fun Dance & Swim Party	3 - 6 years	Dec 27	9:45 am	11:15 am		50399	\$15	\$30
Little Mermaid Princess Splash	3 - 6 years	Dec 29	9:45 am	11:15 am		50479	\$15	\$30
West Side								
Dance and Gymnastics gymnastics 1st	3 - 4 years	M	9:30 am	10:40 am		50594	\$49	\$74
Dance and Gymnastics gymnastics 1st	3 - 4 years	Sa	9:05 am	10:15 am		50593	\$49	\$74
Dance and Swim	3 - 4 years	M	10:10 am	11:25 am		50592	\$49	\$74
Dance and Swim	3 - 4 years	Th	9:55 am	11:10 am		50591	\$49	\$74
Gymnastics and Swim pool 1st	3 - 4 years	M	12:15 pm	1:35 pm		50581	\$49	\$74
Gymnastics and Swim	3 - 4 years	Th	9:10 am	10:25 am		50582	\$49	\$74
Gymnastics and Swim	3 - 4 years	Th	4:05 pm	5:20 pm		50583	\$49	\$74
Gymnastics and Swim	3 - 4 years	F	10:15 am	11:30 am		50586	\$49	\$74
Gymnastics and Swim pool 1st	5 - 6 years	M	4:00 pm	5:40 pm		50596	\$54	\$80
Gymnastics and Swim pool 1st	5 - 6 years	Th	4:00 pm	5:40 pm		50597	\$54	\$80
Gymnastics and Swim	5 - 6 years	Sa	9:45 am	11:20 am		50595	\$54	\$80
Sports and Swim pool 1st	3 - 4 years	M	12:15 pm	1:35 pm		50588 volleyball	\$49	\$74



AGES 2½-6

Winter classes run **January 2 - February 19, 2012**

Registration begins **November 28** (members)
or **December 5** (general public)

3-6 COMBO

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
West Side								
Sports and Swim	3 - 4 years	M	5:50 pm	7:05 pm		50580 volleyball	\$49	\$74
Sports and Swim	3 - 4 years	W	10:10 am	11:25 am		50590 hockey	\$49	\$74
Sports and Swim	3 - 4 years	W	6:20 pm	7:35 pm		50589 hockey	\$49	\$74
Sports and Swim	3 - 4 years	Th	9:50 am	11:10 am		50584 volleyball	\$49	\$74
Sports and Swim	3 - 4 years	F	10:15 am	11:35 am		50585 hockey	\$49	\$74
Sports and Swim <small>pool 1st</small>	3 - 4 years	Sa	10:00 am	11:20 am		50587 hockey	\$49	\$74
Hoppin' Fun Dance & Swim Party	3 - 6 years	Dec 21	10:00 am	11:30 am		50662	\$15	\$30

2½-4 SWIM

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
Broadview								
Goldfish	2½ - 3 years	T	9:30 am	10:00 am		49959	\$29	\$50
Goldfish	2½ - 3 years	Th	4:45 pm	5:15 pm		49960	\$29	\$50
Goldfish	2½ - 3 years	F	10:15 am	10:45 am		49961	\$29	\$50
Goldfish	2½ - 3 years	Sa	9:15 am	9:45 am		49962	\$29	\$50
Swim Lessons	3 - 4 years	M	4:00 pm	4:35 pm		49977	\$29	\$50
Swim Lessons	3 - 4 years	M	4:40 pm	5:15 pm		49978	\$29	\$50
🌀 Swim Lessons	3 - 4 years	T	10:10 am	10:45 am		49981	\$29	\$50
Swim Lessons	3 - 4 years	T	5:45 pm	6:20 pm		49979	\$29	\$50
Swim Lessons	3 - 4 years	T	6:25 pm	7:00 pm		49980	\$29	\$50
Swim Lessons	3 - 4 years	Th	4:45 pm	5:20 pm		49982	\$29	\$50
Swim Lessons	3 - 4 years	Th	5:25 pm	6:00 pm		49983	\$29	\$50
Swim Lessons	3 - 4 years	F	10:15 am	10:50 am		49984	\$29	\$50
Swim Lessons	3 - 4 years	Sa	9:15 am	9:50 am		49985	\$29	\$50
Swim Lessons	3 - 4 years	Sa	9:55 am	10:30 am		49986	\$29	\$50
Swim Lessons	3 - 4 years	Sa	10:35 am	11:10 am		49987	\$29	\$50
Downtown								
🌀 Swim Lessons	3 - 4 years	M	5:55 pm	6:30 pm		50056	\$29	\$50
Swim Lessons	3 - 4 years	W	5:30 pm	6:05 pm		50054	\$29	\$50
Swim Lessons	3 - 4 years	W	6:15 pm	6:50 pm		50055	\$29	\$50
🌀 Swim Lessons	3 - 4 years	Sa	10:45 am	11:20 am		50057	\$29	\$50

🌀 also offered as a combo

2½-4 SWIM

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
East Side								
Goldfish	2½ - 3 years	M	11:05 am	11:35 am		50305	\$29	\$50
Goldfish	2½ - 3 years	M	5:00 pm	5:30 pm		50306	\$29	\$50
Goldfish	2½ - 3 years	T	4:00 pm	4:30 pm		50307	\$29	\$50
Goldfish	2½ - 3 years	W	11:00 am	11:30 am		50308	\$29	\$50
Goldfish	2½ - 3 years	W	5:20 pm	5:50 pm		50309	\$29	\$50
Goldfish	2½ - 3 years	W	6:00 pm	6:30 pm		50310	\$29	\$50
Goldfish	2½ - 3 years	F	9:45 am	10:15 am		50311	\$29	\$50
Goldfish	2½ - 3 years	Sa	9:15 am	9:45 am		50312	\$29	\$50
Swim Lessons	3 - 4 years	M	9:35 am	10:10 am		50332	\$29	\$50
Swim Lessons	3 - 4 years	M	3:55 pm	4:30 pm		50329	\$29	\$50
Swim Lessons	3 - 4 years	M	5:25 pm	6:00 pm		50333	\$29	\$50
Swim Lessons	3 - 4 years	M	6:10 pm	6:45 pm		50334	\$29	\$50
Swim Lessons	3 - 4 years	M	6:55 pm	7:30 pm		50335	\$29	\$50
Swim Lessons	3 - 4 years	T	4:10 pm	4:45 pm		50327	\$29	\$50
Swim Lessons	3 - 4 years	T	4:55 pm	5:30 pm		50325	\$29	\$50
Swim Lessons	3 - 4 years	W	9:40 am	10:15 am		50330	\$29	\$50
Swim Lessons	3 - 4 years	W	5:10 pm	5:45 pm		50328	\$29	\$50
Swim Lessons	3 - 4 years	W	5:55 pm	6:30 pm		50331	\$29	\$50
Swim Lessons	3 - 4 years	W	6:40 pm	7:15 pm		50323	\$29	\$50
Swim Lessons	3 - 4 years	Th	4:10 pm	4:45 pm		50341	\$29	\$50
Swim Lessons	3 - 4 years	Th	4:55 pm	5:30 pm		50339	\$29	\$50
🌀 Swim Lessons	3 - 4 years	F	9:40 am	10:15 am		50324	\$29	\$50
🌀 Swim Lessons	3 - 4 years	F	10:25 am	11:00 am		50336	\$29	\$50
🌀 Swim Lessons	3 - 4 years	F	11:10 am	11:45 am		50326	\$29	\$50
Swim Lessons	3 - 4 years	Sa	8:55 am	9:30 am		50340	\$29	\$50
Swim Lessons	3 - 4 years	Sa	9:40 am	10:15 am		50342	\$29	\$50
Swim Lessons	3 - 4 years	Sa	10:25 am	11:00 am		50337	\$29	\$50
Swim Lessons	3 - 4 years	Sa	11:10 am	11:45 am		50338	\$29	\$50

🌀 also offered as a combo

AGES 2½-6

Winter classes run **January 2 - February 19, 2012**

Registration begins **November 28** (members)

or **December 5** (general public)

2½-4 SWIM

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
West Side								
Goldfish	2½ - 3 years	M	10:50 am	11:20 am		50495	\$29	\$50
Goldfish	2½ - 3 years	T	4:10 pm	4:40 pm		50496	\$29	\$50
Goldfish	2½ - 3 years	T	5:25 pm	5:55 pm		50497	\$29	\$50
Goldfish	2½ - 3 years	Th	10:35 am	11:05 am		50500	\$29	\$50
Goldfish	2½ - 3 years	Th	4:10 pm	4:40 pm		50498	\$29	\$50
Goldfish	2½ - 3 years	Th	5:25 pm	5:55 pm		50499	\$29	\$50
🌟 Swim Lessons	3 - 4 years	M	10:50 am	11:25 am		50509	\$29	\$50
🌟 Swim Lessons	3 - 4 years	M	12:15 pm	12:50 pm		50512	\$29	\$50
Swim Lessons	3 - 4 years	M	5:45 pm	6:20 pm		50510	\$29	\$50
🌟 Swim Lessons	3 - 4 years	M	6:30 pm	7:05 pm		50511	\$29	\$50
Swim Lessons	3 - 4 years	T	4:05 pm	4:40 pm		50513	\$29	\$50
Swim Lessons	3 - 4 years	T	4:50 pm	5:25 pm		50514	\$29	\$50
Swim Lessons	3 - 4 years	T	5:35 pm	6:10pm		50515	\$29	\$50
🌟 Swim Lessons	3 - 4 years	W	10:50 am	11:25 am		50524	\$29	\$50
Swim Lessons	3 - 4 years	W	6:05 pm	6:40 pm		50525	\$29	\$50
🌟 Swim Lessons	3 - 4 years	W	7:00 pm	7:35 pm		50526	\$29	\$50
🌟 Swim Lessons	3 - 4 years	Th	9:50 am	10:25 am		50516	\$29	\$50
🌟 Swim Lessons	3 - 4 years	Th	10:35 am	11:10 am		50523	\$29	\$50
Swim Lessons	3 - 4 years	Th	4:05 pm	4:40 pm		50517	\$29	\$50
🌟 Swim Lessons	3 - 4 years	Th	4:45 pm	5:20 pm		50518	\$29	\$50
Swim Lessons	3 - 4 years	Th	5:25 pm	6:00 pm		50519	\$29	\$50
🌟 Swim Lessons	3 - 4 years	F	11:00 am	11:35 am		50522	\$29	\$50
🌟 Swim Lessons	3 - 4 years	Sa	10:00 am	10:35 am		50520	\$29	\$50
Swim Lessons	3 - 4 years	Sa	10:45 am	11:20 am		50521	\$29	\$50

🌟 also offered as a combo

5+ SWIM LESSONS

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
Broadview								
Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm		49988	\$29	\$50
Swim Lessons	5 - 13 years	M	4:45 pm	5:25pm		49989	\$29	\$50
Swim Lessons	5 - 13 years	M	5:30 pm	6:10 pm		49990	\$29	\$50
Swim Lessons	5 - 13 years	T	5:00 pm	5:40 pm		49991	\$29	\$50
Swim Lessons	5 - 13 years	T	5:45 pm	6:25 pm		49992	\$29	\$50
Swim Lessons	5 - 13 years	T	6:30 pm	7:10 pm		49993	\$29	\$50
Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm		49994	\$29	\$50
Swim Lessons	5 - 13 years	Th	4:45 pm	5:25 pm		49995	\$29	\$50
Swim Lessons	5 - 13 years	Th	5:30 pm	6:10 pm		49996	\$29	\$50
Swim Lessons	5 - 13 years	Sa	9:15 am	9:55 am		49997	\$29	\$50
Swim Lessons	5 - 13 years	Sa	10:00 am	10:40 am		49998	\$29	\$50
Swim Lessons	5 - 13 years	Sa	10:45 am	11:25 am		50157	\$29	\$50
Adult Swim Lessons	14+ years	T	7:15 pm	8:00 pm		49957	\$29	\$50
Adult Swim Lessons	14+ years	Th	6:15 pm	7:00 pm		49958	\$29	\$50
Private Swim Lessons		3 lessons				50001	\$45	\$71
Private Swim Lessons		7 lessons				50000	\$91	\$164
Downtown								
Swim Lessons	5 - 13 years	M	5:35 pm	6:15 pm		50058	\$29	\$50
Swim Lessons	5 - 13 years	M	6:20 pm	7:00 pm		50059	\$29	\$50
Swim Lessons	5 - 13 years	W	5:40 pm	6:20 pm		50060	\$29	\$50
Swim Lessons	5 - 13 years	Sa	9:45 am	10:25 am		50061	\$29	\$50
Swim Lessons	5 - 13 years	Sa	10:35 am	11:15 am		50062	\$29	\$50
Adult Swim Lessons	14 + years	W	5:00 pm	5:45 pm		50142	\$29	\$50
Private Swim Lessons		3 lessons				50065	\$45	\$71
Private Swim Lessons		7 lessons				50064	\$91	\$164
East Side								
Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm		50346	\$29	\$50
Swim Lessons	5 - 13 years	M	4:50 pm	5:30 pm		50347	\$29	\$50
Swim Lessons	5 - 13 years	M	5:40 pm	6:20 pm		50351	\$29	\$50
Swim Lessons	5 - 13 years	M	6:30 pm	7:10 pm		50357	\$29	\$50
Swim Lessons	5 - 13 years	M	7:20 pm	8:00 pm		50480	\$29	\$50
Swim Lessons	5 - 13 years	T	4:00 pm	4:40 pm		50354	\$29	\$50
Swim Lessons	5 - 13 years	T	4:45 pm	5:25 pm		50355	\$29	\$50
Swim Lessons	5 - 13 years	W	5:00 pm	5:40 pm		50352	\$29	\$50

5+ SWIM LESSONS

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
East Side								
Swim Lessons	5 - 13 years	W	5:50 pm	6:30 pm		50348	\$29	\$50
Swim Lessons	5 - 13 years	W	6:40 pm	7:20 pm		50349	\$29	\$50
Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm		50343	\$29	\$50
Swim Lessons	5 - 13 years	Th	4:45 pm	5:25 pm		50350	\$29	\$50
Swim Lessons	5 - 13 years	Sa	8:45 am	9:25 am		50344	\$29	\$50
Swim Lessons	5 - 13 years	Sa	9:35 am	10:15 am		50345	\$29	\$50
Swim Lessons	5 - 13 years	Sa	10:25 am	11:05 am		50353	\$29	\$50
Swim Lessons	5 - 13 years	Sa	11:15 am	11:55 am		50356	\$29	\$50
Adaptive Swim Lessons	8 - 14 years	T	4:40 pm	5:20 pm		50366	\$29	\$50
Adult Swim Lessons	14+ years	Th	5:45 pm	6:30 pm		50481	\$29	\$50
Private Swim Lessons		3 lessons				50365	\$45	\$71
Private Swim Lessons		7 lessons				50364	\$91	\$164
West Side								
☼ Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm		50532	\$29	\$50
Swim Lessons	5 - 13 years	M	4:50 pm	5:30 pm		50527	\$29	\$50
Swim Lessons	5 - 13 years	M	5:40 pm	6:20 pm		50538	\$29	\$50
Swim Lessons	5 - 13 years	T	4:00 pm	4:40 pm		50528	\$29	\$50
Swim Lessons	5 - 13 years	T	4:50 pm	5:30 pm		50529	\$29	\$50
Swim Lessons	5 - 13 years	T	5:40 pm	6:20 pm		50530	\$29	\$50
Swim Lessons	5 - 13 years	W	6:00 pm	6:40 pm		50539	\$29	\$50
Swim Lessons	5 - 13 years	W	6:50 pm	7:30 pm		50531	\$29	\$50
☼ Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm		50533	\$29	\$50
Swim Lessons	5 - 13 years	Th	4:50 pm	5:30 pm		50534	\$29	\$50
Swim Lessons	5 - 13 years	Th	5:40 pm	6:20 pm		50535	\$29	\$50
Swim Lessons	5 - 13 years	Sa	9:00 am	9:40 am		50536	\$29	\$50
Swim Lessons	5 - 13 years	Sa	9:50 am	10:30 am		50537	\$29	\$50
☼ Swim Lessons	5 - 13 years	Sa	10:40 am	11:20 am		50540	\$29	\$50
Adult Swim Lessons	14+ years	W	7:45 pm	8:30 pm		50649	\$29	\$50
Private Swim Lessons		3 lessons				50544	\$45	\$71
Private Swim Lessons		7 lessons				50543	\$91	\$164

☼ also offered as a combo

AQUATIC SPECIALTY

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
Broadview								
Master Swim Class	14+ years	M	6:00 am	7:00 am		50003	\$34	\$55
Kayaking Basic Skills <small>Feb 12, 19, 26, and March 4</small>	12+ years	Su	3:30 pm	6:00 pm		50042	\$90	\$110
Kayaking Rescue and Roll <small>March 18, 25, April 1, and 15</small>	12+ years	Su	3:30 pm	6:00 pm		50158	\$90	\$110
Downtown								
Red Cross Lifeguard Training <small>December 27 - 30</small>	15½ + years	T - F	8:30 am	4:30 pm		50143	\$173	\$198
East Side								
Master Swim	14+ years	T	6:00 pm	7:00 pm		50367	\$34	\$55
West Side								
Master Swim	14+ years	M	6:30 pm	7:30 pm		50650	\$34	\$55
Master Swim	14+ years	Th	6:30 pm	7:30 pm		50547	\$34	\$55

SWIM TEAM

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
Downtown								
Competitive Stroke	6 - 13 years	M	6:00 pm	6:45 pm		49971	\$40	\$80
Competitive Stroke	6 - 13 years	Th	6:30 pm	7:15 pm		49972	\$40	\$80
<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

GYMNASTICS

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
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								
Downtown								
Cheer Squad	6 - 11 years	F	4:15 pm	5:15 pm		50118	\$46	\$81
⊗ Gymnastics	3 - 4 years	M	5:15 pm	5:45 pm		50088	\$29	\$50
Gymnastics	3 - 4 years	W	5:15 pm	5:45 pm		50089	\$29	\$50
⊗ Gymnastics	3 - 4 years	Sa	10:00 am	10:30 am		50090	\$29	\$50
Gymnastics	5 - 6 years	M	4:15 pm	5:00 pm		50091	\$36	\$57
Gymnastics	5 - 6 years	W	5:00 pm	5:45 pm		50092	\$36	\$57
Gymnastics	5 - 6 years	Sa	9:45 am	10:30 am		50093	\$36	\$57
Intro to Gymnastics	7 - 11 years	W	4:15 pm	5:00 pm		50096	\$36	\$57
Intro to Gymnastics	7 - 11 years	Sa	9:00 am	9:45 am		50097	\$36	\$57
Boys	6 - 11 years	M	5:00 pm	5:45 pm		50094	\$36	\$57
Boys	6 - 11 years	Sa	10:30 am	11:15 am		50095	\$36	\$57
Youth Level 1	6 - 11 years	M	4:15 pm	5:00 pm		50103	\$36	\$57
Youth Level 1	6 - 11 years	M	5:00 pm	5:45 pm		50104	\$36	\$57
Youth Level 1	6 - 11 years	W	4:15 pm	5:00 pm		50105	\$36	\$57
Youth Level 1	6 - 11 years	W	5:00 pm	5:45 pm		50106	\$36	\$57
Youth Level 1	6 - 11 years	Sa	9:00 am	9:45 am		50107	\$36	\$57
Youth Level 1	6 - 11 years	Sa	10:30 am	11:15 am		50108	\$36	\$57
Youth Level 2	6 - 11 years	M	4:15 pm	5:00 pm		50109	\$36	\$57
Youth Level 2	6 - 11 years	M	5:00 pm	5:45 pm		50110	\$36	\$57
Youth Level 2	6 - 11 years	W	4:15 pm	5:00 pm		50111	\$36	\$57
Youth Level 2	6 - 11 years	W	5:00 pm	5:45 pm		50112	\$36	\$57
Youth Level 2	6 - 11 years	Sa	9:00 am	9:45 am		50113	\$36	\$57
Youth Level 2	6 - 11 years	Sa	10:30 am	11:15 am		50114	\$36	\$57
Preteam	6 - 11 years	M	5:45 pm	6:45 pm		50115	\$46	\$81
Preteam	6 - 11 years	W	5:45 pm	6:45 pm		50116	\$46	\$81
Preteam	6 - 11 years	Sa	11:15 am	12:15 pm		50117	\$46	\$81
Teen <i>Beginner/Advanced</i>	11 - 17 years	M	4:15 pm	5:15 pm		50100	\$46	\$81
Teen <i>Beginner/Advanced</i>	11 - 17 years	W	5:00 pm	6:00 pm		50101	\$46	\$81
Teen <i>Beginner/Advanced</i>	11 - 17 years	Sa	11:15 am	12:15 pm		50102	\$46	\$81
Parkour NEW!	14+ years	Sa	3:30 pm	4:30 pm		50144	\$36	\$57

⊗ also offered as a combo

GYMNASTICS

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
East Side								
Gymnastics	3 - 4 years	M	6:00 pm	6:30 pm		50404	\$29	\$50
Gymnastics	3 - 4 years	T	5:20 pm	5:50 pm		50405	\$29	\$50
Gymnastics	3 - 4 years	W	6:00 pm	6:30 pm		50406	\$29	\$50
Gymnastics	3 - 4 years	W	6:50 pm	7:20 pm		50407	\$29	\$50
Gymnastics	3 - 4 years	Th	6:05 pm	6:35 pm		50408	\$29	\$50
Gymnastics	3 - 4 years	Sa	10:40 am	11:10 am		50409	\$29	\$50
Gymnastics	5 - 6 years	M	5:45 pm	6:30 pm		50410	\$36	\$57
Gymnastics	5 - 6 years	T	5:05 pm	5:50 pm		50411	\$36	\$57
Gymnastics	5 - 6 years	W	6:35 pm	7:20 pm		50412	\$36	\$57
Gymnastics	5 - 6 years	Th	5:00 pm	5:45 pm		50413	\$36	\$57
Gymnastics	5 - 6 years	Th	5:50 pm	6:35 pm		50414	\$36	\$57
Gymnastics	5 - 6 years	Sa	10:25 am	11:10 am		50415	\$36	\$57
Intro to Gymnastics	7 - 11 years	M	6:35 pm	7:20 pm		50416	\$36	\$57
Intro to Gymnastics	7 - 11 years	T	5:05 pm	5:50 pm		50417	\$36	\$57
Intro to Gymnastics	7 - 11 years	W	6:35 pm	7:20 pm		50418	\$36	\$57
Intro to Gymnastics	7 - 11 years	Th	5:50 pm	6:35 pm		50419	\$36	\$57
Intro to Gymnastics	7 - 11 years	Sa	11:15 am	12:00 pm		50420	\$36	\$57
Youth Level 1	6 - 11 years	M	6:35 pm	7:20 pm		50422	\$36	\$57
Youth Level 1	6 - 11 years	T	6:00 pm	6:45 pm		50423	\$36	\$57
Youth Level 1	6 - 11 years	W	5:45 pm	6:30 pm		50424	\$36	\$57
Youth Level 1	6 - 11 years	Th	5:00 pm	5:45 pm		50425	\$36	\$57
Youth Level 1	6 - 11 years	Sa	11:15 am	12:00 pm		50426	\$36	\$57
Youth Level 2	6 - 11 years	M	6:35 pm	7:20 pm		50428	\$36	\$57
Youth Level 2	6 - 11 years	T	6:00 pm	6:45 pm		50429	\$36	\$57
Youth Level 2	6 - 11 years	W	5:45 pm	6:30 pm		50430	\$36	\$57
Youth Level 2	6 - 11 years	Th	5:00 pm	5:45 pm		50431	\$36	\$57
Youth Level 2	6 - 11 years	Sa	11:15 am	12:00 pm		50427	\$36	\$57

GYMNASTICS

GYMNASTICS

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
West Side								
⊛ Gymnastics	3 - 4 years	Th	9:10 am	9:40 am		50600	\$29	\$50
⊛ Gymnastics	3 - 4 years	Th	4:05 pm	4:35 pm		50599	\$29	\$50
⊛ Gymnastics	3 - 4 years	F	10:15 am	10:45 am		50601	\$29	\$50
⊛ Gymnastics	3 - 4 years	Sa	9:05 am	9:35 am		50598	\$29	\$50
⊛ Gymnastics	5 - 6 years	M	4:55 pm	5:40 pm		50602	\$36	\$57
⊛ Gymnastics	5 - 6 years	Th	4:55 pm	5:40 pm		50603	\$36	\$57
⊛ Intro to Gymnastics	7 - 11 years	Th	4:55 pm	5:40 pm		50605	\$36	\$57
⊛ Intro to Gymnastics	7 - 11 years	Sa	9:45 am	10:30 am		50604	\$36	\$57
Advanced Intro to Gymnastics	7 - 11 years	Th	5:45 pm	6:30 pm		50606	\$36	\$57

⊛ also offered as a combo

GYMNASTICS COMBO

	Age	Day	Start	End		Winter 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		50607	\$54	\$80

GYMNASTICS CAMPS

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
Downtown								
Tumble Fun	4 - 5 years	Dec 27	9:00 am	2:30 pm		50145	\$29	\$46
Tumble Fun	4 - 5 years	Dec 28	9:00 am	2:30 pm		50146	\$29	\$46
Tumble Fun	4 - 5 years	Dec 29	9:00 am	2:30 pm		50147	\$29	\$46
3-day Tumble Fun Camp	4 - 5 years	Dec 27-29	9:00 am	2:30 pm		50148	\$73	\$115
Youth Camp	6+ years	Dec 27	9:00 am	4:00 pm		50149	\$35	\$55
Youth Camp	6+ years	Dec 28	9:00 am	4:00 pm		50150	\$35	\$55
Youth Camp	6+ years	Dec 29	9:00 am	4:00 pm		50151	\$35	\$55
3-day Youth Camp	6+ years	Dec 27-29	9:00 am	4:00 pm		50152	\$84	\$137
East Side								
Tumble Fun Camp	4 - 5 years	Dec 28	9:00 am	2:30 pm		50482	\$29	\$46
Tumble Fun Camp	4 - 5 years	Dec 30	9:00 am	2:30 pm		50483	\$29	\$46
Youth Camp	6+ years	Dec 28	9:00 am	4:00 pm		50484	\$35	\$55
Youth Camp	6+ years	Dec 30	9:00 am	4:00 pm		50485	\$35	\$55



DANCE

YOUTH DANCE

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
East Side								
Ballet, Tap, Jazz	3 - 4 years	M	9:10 am	9:40 am		50371	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	M	5:45 pm	6:15 pm		50372	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	T	5:00 pm	5:30 pm		50373	\$29	\$50
⊗ Ballet, Tap, Jazz	3 - 4 years	F	9:00 am	9:30 am		50375	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	Sa	9:00 am	9:30 am		50374	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	Sa	9:10 am	9:40 am		50376	\$29	\$50
Ballet, Tap, Jazz	5 - 6 years	M	6:20 pm	7:00 pm		50377	\$31	\$53
Ballet, Tap, Jazz	5 - 6 years	Sa	9:35 am	10:15 am		50378	\$31	\$53
Youth Dance	6 - 13 years	M	7:05 pm	7:35 pm		50393 <i>hip hop</i>	\$29	\$50
Youth Dance	6 - 13 years	Th	6:35 pm	7:05 pm		50392 <i>poms</i>	\$29	\$50
West Side								
Ballet, Tap, Jazz	3 - 4 years	W	5:35 pm	6:05 pm		50555	\$29	\$50
⊗ Ballet, Tap, Jazz	3 - 4 years	Th	9:55 am	10:25 am		50556	\$29	\$50
Ballet, Tap, Jazz	3 - 4 years	Th	6:20 pm	6:50 pm		50557	\$29	\$50
⊗ Ballet, Tap, Jazz	3 - 4 years	Sa	9:45 am	10:15 am		50559	\$29	\$50
Ballet, Tap, Jazz	5 - 6 years	W	4:50 pm	5:30 pm		50560	\$31	\$53
Ballet, Tap, Jazz	5 - 6 years	Th	5:35 pm	6:15 pm		50561	\$31	\$53
Ballerina Princess Tea Party	3 - 6 years	Dec 20	9:30 am	11:00 am		50558	\$15	\$30
Youth Dance	6 - 13 years	W	6:10 pm	6:40 pm		50579 <i>hip hop</i>	\$29	\$50

⊗ also offered as a combo

ADULT DANCE

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
East Side								
Line Dancing	14+ years	M W	10:30 am	12:00 pm		50379	FREE	\$126
Line Dancing	14+ years	T	5:30 pm	7:00 pm		50380	FREE	\$63
West Side								
Line Dancing	14+ years	T	10:15 am	11:45 am		50563	FREE	\$63
Line Dancing	14+ years	Th	10:15 am	11:45 am		50564	FREE	\$63
Line Dancing	14+ years	T Th	10:15 am	11:45 am		50562	FREE	\$126

YOUTH & FAMILY FUN AT THE Y!

HAVE FUN AS A FAMILY:

Family Night
Rainbow Rompers
Family Zumba
Family Cycling

ACTIVITIES FOR YOUR CHILDREN WHILE YOU ARE WORKING OUT:

Power Zone
Y Night/Y Klub
Y Zone
Cardio Blast
Youth Cycling
Youth Lifestyle Center Orientation

Check out our website at www.greenbayymca.org
for more information on all of these programs.
See our Youth and Family Activity Calendar for
center-specific offerings and times.



FOR MORE INFORMATION ABOUT YOUTH & FAMILY PROGRAMMING, PLEASE CONTACT:

BROADVIEW & EAST SIDE

HEIDI MARQUARDT
920.436.9566 (BV) 920.436.1243 (ES)
heidi.marquardt@greenbayymca.org

DOWNTOWN

JILL LAVARDA
920.436.9526
jill.lavarda@greenbayymca.org

WEST SIDE

AMY REINEKING
920.436.9656
amy.reineking@greenbayymca.org

Need a place for your child on no-school
days? Check out our website for Kid's Day
Out dates and availability!

YOUTH & FAMILY CALENDAR

October 24 - December 18, 2011

FALL 2 2011



BV Broadview Y
DT Downtown Y
ES East Side Y
WS West Side Y

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BV	9:00-11:00am RAINBOW ROMPERS 3:30-4:15pm POWER ZONE		3:30-4:30pm POWER ZONE 4:30-6:00pm Y ZONE	10:15-11:30am RAINBOW ROMPERS 5:00-8:00pm YOUTH LSC ORIENTATION	7:00-10:00pm Y NIGHT	6:00-8:00pm FAMILY NIGHT
DT	4:30-7:30pm Y ZONE 6:00-6:45pm FAMILY ZUMBA		4:30-7:30pm Y ZONE	4:30-7:30pm Y ZONE	6:00-9:00pm Y KLUB	9:00-11:00am Y ZONE
ES	4:00-6:00pm POWER ZONE	4:00-6:00pm POWER ZONE 4:45-5:15pm YOUTH CYCLING 6:00-8:00pm FAMILY NIGHT	4:00-6:00pm POWER ZONE	9:45-11:15am RAINBOW ROMPERS 4:30-7:30pm YOUTH LSC ORIENTATION 4:45-5:15pm FAMILY CYCLING 5:30-6:00pm CARDIO BLAST 6:15-7:00pm FAMILY ZUMBA	7:00-10:00pm Y NIGHT	9:00-9:30am YOUTH CYCLING 10:00am-1:00pm YOUTH LSC ORIENTATION 10:15-11:00am FAMILY ZUMBA 6:00-8:00pm FAMILY NIGHTS Oct. 29, Nov. 19, Dec. 17
WS	5:00-7:00pm Y ZONE 5:30-7:00pm RAINBOW ROMPERS 6:30-7:00pm CARDIO BLAST	4:30-6:30pm POWER ZONE	5:00-8:00pm YOUTH LSC ORIENTATION 6:15-6:45pm YOUTH CYCLING 6:45-7:30pm FAMILY ZUMBA	4:30-6:30PM POWER ZONE	10:00-11:30am RAINBOW ROMPERS 7:00-10:00pm Y NIGHTS	9:00-12:00pm Y ZONE 6:00-8:00pm RAINBOW ROMPERS/ FAMILY SWIM 6:00-8:00pm FAMILY NIGHTS Nov. 12, Dec. 10

YOUTH SPORTS LEAGUES REGISTRATION PROCESS

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 DECEMBER 5 & 6, 2011

Join us at any of the four area 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: DECEMBER 5, 2011

5PM – 8PM

OPEN: DECEMBER 6, 2011

5PM – 8PM

Broadview YMCA
380 Broadview Dr, Green Bay 54301

Downtown YMCA
235 N Jefferson St, Green Bay 54301

East Side YMCA
1740 S Huron Rd, Green Bay 54311

West Side YMCA
601 Cardinal Ln, Green Bay 54313

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.

LATE REGISTRATION

Registration is done on a first come, first served basis. There will be online registration December 7-15 for current jersey owners.

After December 16th, a \$10 late fee will be assessed to all Youth Sports Registrations for the Winter 1 Session. **The deadline to register for Winter 1 Sports is December 22nd.**

After February 1st, a \$10 late fee will be assessed to all Winter 2 classes. **The deadline to register for Winter 2 Sports is February 9th.**

Please contact the Youth Sports Department after December 6th, Monday-Friday, 9am-5pm, for registration information at 920.436.9551.

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.



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.

WINTER

BROADVIEW:

Tuesdays, January 3 - February 14

"Who is Jesus?"

9:45 - 11:00 am

DOWNTOWN:

Thursdays, January 5 - February 16

"Who is Jesus?"

12:00 - 1:00 pm

EAST SIDE:

Tuesdays, January 3 - February 14

"What is God Like?"

6:30 - 8:00 pm

WEST SIDE:

Tuesdays, January 3 - February 14

"Who is Jesus?"

10:30 - 11:45 am



HEALTH & FITNESS

YOGA								
	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
Broadview								
Yoga	14+ years	W	9:15 am	10:00 am		50037	\$15	\$78
Yoga	14+ years	W	10:15 am	11:00 am		50038	\$15	\$78
Yoga	14+ years	F	9:00 am	9:45 am		50039	\$15	\$78
Downtown								
Yoga	14+ Years	M	12:15 pm	1:00 pm		50141	\$15	\$78
Yoga	14+ Years	T	5:30 pm	6:15 pm		50139	\$15	\$78
Yoga	14+ Years	W	12:15 pm	1:00 pm		50140	\$15	\$78
Yoga	14+ Years	Th	12:15 pm	1:00 pm		50153	\$15	\$78
Yoga	14+ Years	Th	5:15 pm	6:00 pm		50664	\$15	\$78
East Side								
Yoga	14+ years	M	8:30 am	9:15 am		50470	\$15	\$78
Yoga	14+ years	M	6:15 pm	7:00 pm		50471	\$15	\$78
Yoga	14+ years	T	10:00 am	10:45 am		50472	\$15	\$78
Yoga	14+ years	T	7:20 pm	8:05 pm		50486	\$15	\$78
Yoga	14+ years	W	8:30 am	9:15 am		50473	\$15	\$78
Yoga	14+ years	W	6:15 pm	7:00 pm		50474	\$15	\$78
Yoga	14+ years	W	7:15 pm	8:00 pm		50477	\$15	\$78
Yoga	14+ years	Th	10:00 am	10:45 am		50475	\$15	\$78
Yoga	14+ years	Th	7:20 pm	8:05 pm		50487	\$15	\$78
Yoga	14+ years	Sa	7:00 am	7:45 am		50476	\$15	\$78
Yoga	14+ years	Sa	8:50 am	9:35 am		50488	\$15	\$78
West Side								
Yoga	14+ years	M	6:30 pm	7:15 pm		50638	\$15	\$78
Yoga	14+ years	M	9:00 am	9:45 am		50639	\$15	\$78
Yoga	14+ years	T	8:30 am	9:15 am		50640	\$15	\$78
Yoga	14+ years	W	9:00 am	9:45 am		50642	\$15	\$78
Yoga	14+ years	Th	8:30 am	9:15 am		50641	\$15	\$78
Yoga	14+ years	Th	7:30 pm	8:15 pm		50643	\$15	\$78

STRENGTH TRAINING

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
Broadview								
Body Fit	14+ years	M	10:20 am	11:05 am		50004	\$15	\$78
Body Fit	14+ years	T	5:45 am	6:30 am		50005	\$15	\$78
Body Fit	14+ years	T	5:30 pm	6:15 pm		50006	\$15	\$78
Body Fit	14+ years	W	10:20 am	11:05 am		50007	\$15	\$78
Body Fit	14+ years	Th	5:45 am	6:30 am		50008	\$15	\$78
Body Fit	14+ years	Th	5:30 pm	6:15 pm		50009	\$15	\$78
Body Fit	14+ years	F	10:20 am	11:05 am		50010	\$15	\$78
Body Fit	14+ years	Sa	6:30 am	7:15 am		50011	\$15	\$78
Group TRX Suspension Training	14+ years	M	11:15 am	12:00 pm		50646	\$32	\$80
Group TRX Suspension Training	14+ years	T	9:15 am	10:00 am		50647	\$32	\$80
Group TRX Suspension Training	14+ years	Th	4:30 pm	5:15 pm		50648	\$32	\$80
Kettlebells	14+ years	T	10:30 am	11:00 am		50034	\$26	\$65
Kettlebells	14+ years	Th	5:30 pm	6:00 pm		50035	\$26	\$65
Downtown								
Body Fit	14+ Years	M	12:15 pm	1:00 pm		50665	\$15	\$78
Body Fit	14+ Years	T	5:15 pm	6:00 pm		50067	\$15	\$78
Body Fit	14+ Years	W	12:15 pm	1:00 pm		50066	\$15	\$78
Kettlebells	14+ years	M	5:30 pm	6:00 pm		50154	\$26	\$65
Kettlebells	14+ years	T	12:15 pm	12:45 pm		50136	\$26	\$65
Kettlebells	14+ years	W	5:30 pm	6:00 pm		50155	\$26	\$65
Kettlebells	14+ years	Th	12:15 pm	12:45 pm		50137	\$26	\$65
Shape Up	14+ years	M W	12:00 pm	1:00 pm		50156	\$84	\$210
East Side								
Body Fit	14+ years	M	4:40 pm	5:25 pm		50489	\$15	\$78
Body Fit	14+ years	T	5:45 am	6:30 am		50368	\$15	\$78
Body Fit	14+ years	W	4:40 pm	5:25 pm		50490	\$15	\$78
Body Fit	14+ years	Th	5:45 am	6:30 am		50369	\$15	\$78
Body Fit	14+ years	F	9:15 am	10:00 am		50491	\$15	\$78
Body Fit	14+ years	Sa	7:25 am	8:10 am		50370	\$15	\$78
Group TRX Suspension Training	14+ years	M F	8:00 am	8:45 am		50458	\$64	\$160
Group TRX Suspension Training	14+ years	M W	8:50 am	9:35 am		50492	\$64	\$160
Group TRX Suspension Training	14+ years	M W	7:35 pm	8:20 pm		50459	\$64	\$160
Group TRX Suspension Training	14+ years	T	10:15 am	11:00 am		50460	\$32	\$80
Group TRX Suspension Training	14+ years	T Th	12:15 pm	1:00 pm		50493	\$64	\$160
Group TRX Suspension Training	14+ years	T	7:00 pm	7:45 pm		50468	\$32	\$80
Group TRX Suspension Training	14+ years	Th	10:15 am	11:00 am		50461	\$32	\$80
Group TRX Suspension Training	14+ years	Sa	7:00 am	7:45 am		50494	\$32	\$80

HEALTH & FITNESS

STRENGTH TRAINING

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
East Side								
Kettlebells	14+ years	M	6:20 am	6:50 am		50462	\$26	\$65
Kettlebells	14+ years	T	8:50 am	9:20 am		50463	\$26	\$65
Kettlebells	14+ years	Th	8:50 am	9:20 am		50464	\$26	\$65
Kettlebells	14+ years	F	6:20 am	6:50 am		50465	\$26	\$65
Kettlebells	14+ years	Sa	8:50 am	9:20 am		50466	\$26	\$65
Kettlebells	14+ years	Su	8:15 am	8:45 am		50467	\$26	\$65
Shape Up	14+ years	M W	8:50 am	9:50 am		50457	\$84	\$210
Shape Up	14+ years	T Th	9:45 am	10:45 am		50456	\$84	\$210
West Side								
Body Fit	14+ years	M	8:15 am	9:00 am		50548	\$15	\$78
Body Fit	14+ years	T	12:00 pm	12:45 pm		50549	\$15	\$78
Body Fit	14+ years	T	5:30 pm	6:15 pm		50550	\$15	\$78
Body Fit	14+ years	W	8:15 am	9:00 am		50551	\$15	\$78
Body Fit	14+ years	Th	12:00 pm	12:45 pm		50552	\$15	\$78
Body Fit	14+ years	Th	5:30 pm	6:15 pm		50553	\$15	\$78
Body Fit	14+ years	Sa	9:15 am	10:00 am		50554	\$15	\$78
Group TRX Suspension Training	14+ years	M	7:00pm	7:45pm		50655	\$32	\$80
Group TRX Suspension Training	14+ years	T Th	5:30 am	6:15 am		50656	\$64	\$160
Group TRX Suspension Training	14+ years	T Th	12:00 pm	12:45 pm		50657	\$64	\$160
Intensity X	14+ years	M W F	12:00 pm	1:00 pm		50653	\$99	\$247
Intensity X	14+ years	T Th	6:30 pm	7:30 pm		50634	\$66	\$165
Intensity X	14+ years	Sa	10:15 am	11:15 am		50654	\$33	\$82
Kettlebells	14+ years	T	8:30 am	9:00 am		50635	\$26	\$65
Kettlebells	14+ years	Th	8:30 am	9:00 am		50636	\$26	\$65
Kettlebells	14+ years	W	7:00 pm	7:30 pm		50651	\$26	\$65
Kettlebells	14+ years	Th	7:00 pm	7:30 pm		50652	\$26	\$65

SPECIALTY HEALTH & FITNESS

	Age	Day	Start	End		Winter Barcode	YMCA Member	General Public
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.								
Downtown								
Special Needs Rec Night	18+ years	T	6:00 pm	8:00 pm			Program Fee \$3	Special Event \$5
Arthritis Foundation Aquatics Class		M W F	11:30 am	12:15 pm		50043	FREE	\$62

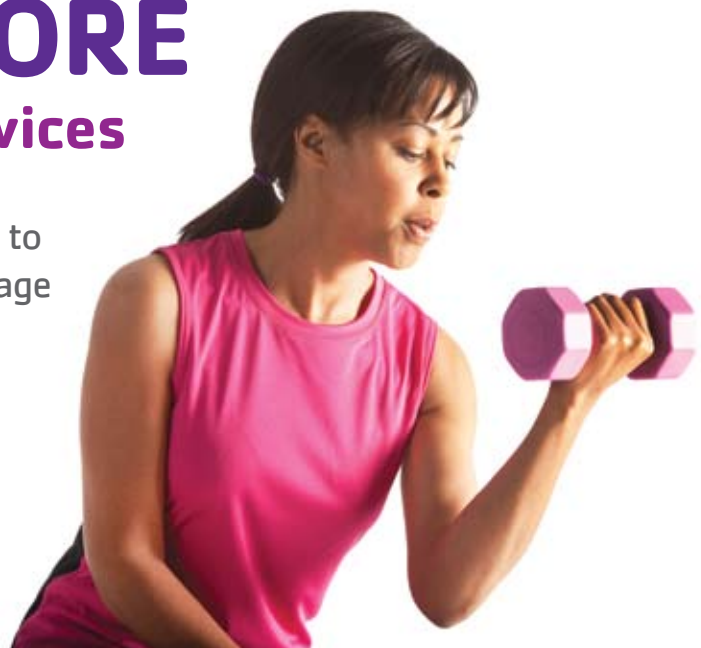
GROUP EXERCISE SCHEDULES

DOWNLOAD AT WWW.GREENBAYYMCA.ORG

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.



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's Club is a service club committed to helping youth through fundraising and volunteer work projects for Green Bay's Camping Services. The Y's Men raise money every year to help fund the needs of Camp U-Nah-Li-Ya and Camp Wabansi. Here's a great way to get involved in the community and expand your professional network. **If you are interested in volunteering, please call 715.276.7116.**

CABIN RENTALS & GROUP RETREATS

Camp is ideal for a family getaway, reunion or retreat anytime of the year. Come play at your northwoods winter wonderland. Camp boasts cozy cabins with fireplaces and endless activities such as sledding, ice fishing, ice skating, and cross country skiing. The surrounding area has recreation, shopping, and dining opportunities as well. We can accommodate your family or retreat groups of 25-200 people. Visit www.campunahliya.org or call 715.276.7116 for more information.

WINTER CAMP FOR KIDS

December 28 – 30, 2011

Come up to Camp U-Nah-Li-Ya during one of its most beautiful and fun-filled seasons. Spend part of your winter break at YMCA Camp U-Nah-Li-Ya catching up with summer camp friends, making new friends, and taking part in outdoor winter fun. Camp days are full of activities like snowshoeing, cross country skiing, sledding, camp games, boot hockey, ice skating, arts & crafts, camp songs, and a campfire program full of laughter and skits. This 3 day, 2 night program includes round trip transportation from Green Bay, lodging and meals, program equipment, and all activities. Call Camp to register, 715.276.7116.

YMCA Members: \$140

General Public: \$155



TEEN LEADERS REUNION

December 28 – 30, 2011

Counselors-In-Training and Assistant Counselors from past summers are invited to c'mon back to Unie for 3 days of winter fun during the Teen Leader Reunion. Teen Leaders will take part in winter activities and leadership opportunities and re-connect with their Teen Leader friends from summer. This 3-day, 2-night program includes round trip transportation from Green Bay, lodging and meals, program equipment, and all activities. Call Camp to register, 715.276.7116.

YMCA Members: \$100

General Public: \$115

FATHER/CHILD WEEKEND

February 10-12, 2012

Join us for a weekend of laughs, fun, and friendship. Activities include winter games, skits, campfires, boot hockey, cross-country skiing, ice skating, sledding, and ice fishing. This program is designed to create a special bond between father and child with memories you can reflect on for years to come!

Fathers: \$145 Ages 13-18: \$125

Ages 7-12: \$115 Ages 4-6: \$95

Ages 0-3: FREE

WINTER FAMILY DAY

February 11, 2012

Spend the day in our winter wonderland with cross-country skiing, sledding, snowshoeing, ice skating, boot hockey, and more. Warm up by the fire with s'mores and a cup of hot cocoa. Enjoy plenty of fun for the entire family. Includes a hearty lunch. \$15/person; \$50/family



SUMMER CAMP

REGISTRATION BEGINS DECEMBER 15!

WWW.CAMPUNAHLIYA.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 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.

parent/child swim

PARENT/CHILD SWIM LESSONS

6 months - 4 years

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.

SHRIMP

6 - 12 months

Parent/child. Bond with your child while participating in interactive fun games, songs and activities as they become more comfortable in and around 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. With guidance from your instructor, you will work one on one with your child focusing on basic swim skills and building confidence in and around 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.

HOPPIN' FUN DANCE & SWIM PARTY

3 - 6 years

Dancing, moving and grooving followed by fun play in the water! A great experience during the holiday break. Bring a swimsuit and towel - snack provided.

LITTLE MERMAID PRINCESS SPLASH

3 - 6 years

Pretend you are the Little Mermaid with games, a craft, snacks, and swimming! Bring a suit and towel.

🌟 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

Whether you are interested in getting comfortable in the water for the first time, want to improve your form or swim faster, we can develop a program to suit your needs. Private lessons are perfect for those who prefer one-on-one attention. An instructor will work with you to determine the best path to help you achieve your personal goals.

ADAPTIVE SWIM LESSONS

8 - 14 years

This class is designed to meet the emotional, cognitive and physical abilities of each individual. Participants will work in small groups with an instructor. 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.

KAYAKING

12+ years

Prior experience required (have beginner boat handling skills), must be 12+ years or older; under 18 needs adult written approval and waiver signed.

The class is run by Northeast Wisconsin Paddlers Inc members and meets once a week for four weeks. Designed to introduce students to the basic skills used by all kayakers, the course covers kayak safety, equipment, clothing, strokes, braces and introduces basic rescues.

Upon completion, the students will be on their way to becoming a prudent paddler, meaning he/she will be able to recognize hazards, assess risk, know his/her limits and have a good foundation for exercising good judgement.

KAYAKING – RESCUE & ROLL

12+ years

Prior experience required (have beginner boat handling skills), must be 12+ years or older; under 18 needs adult written approval and waiver signed.

Led by Northeast Wisconsin Paddlers, Inc., this class is designed to introduce students to the basic skills used to recover and/or re-enter the kayak once capsized. The course covers kayak safety, equipment, braces, self-rescues, assisted rescues, the sweep roll and the C-To-C roll. Upon completion of this course, the student should be able to perform the steps needed to not only exit their kayak in an emergency, but also how to get back into it while still on the water.

RED CROSS LIFEGUARD TRAINING

15½ + years

The class provides 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. The course fee includes certification in Lifeguard training, First Aid, CPR, and AED. It also includes the cost of the Lifeguard Manual, CPR resuscitation mask and certification cards. 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 and swim 15-yards with it.

ADULT SWIM LESSONS

14+ years

Whether your goal is to build confidence in the water, swim faster, learn the butterfly or get that flip turn just right, let us help you achieve it! Our adult swim lessons have an open format so that individual goals will set the pace. Increase your confidence, physical fitness and swimming ability while meeting a few other adults who are doing the same.

MASTER SWIM

14+ years

Get the ultimate in pool workouts! Whether you swim simply for the fitness benefits or you are a competitive swimmer, you can improve your stroke technique and physical fitness in this program. Participants should be able to swim 50 yards continuously prior to beginning this program.

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.

GYMNASTICS CAMPS

ages 4-5, 6+ years

No school? No problem! Tumble, bounce, and swim the day away in Gymnastics camp. A fun filled day for anyone who loves to be upside down. Craft and snack included. Bring sack lunch, swim suit and towel.

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!



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- Will not be offered 2/11. Saturdays 12:00 – 1:00 East Side location. Pay at the door \$5 members, \$10 general public.

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

PARKOUR NEW!

14+ years

Challenge yourself to jump higher, farther, and faster through Parkour, or Free Running. Parkour is defined as the art of moving effectively through the environment using only the human body to overcome obstacles. Our fully padded gymnastics center will allow you to create your own challenges; this class will teach you the basics of the hottest new sport in the country! How far you go is up to you! To see more, visit :

www.youtube.com/watch?v=eSgKw5zxZjM

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.

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.

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.

LINE DANCING

14+ years

This is a 90-minute class for all levels and includes an introduction to steps, warm up, cardiovascular dancing to fun country music and a cool down.

adult strength training

BODY FIT

14+ years

Progressive muscle conditioning class utilizing a uniquely designed barbell system, incorporating weights into a controlled exercise program set to music. Designed for men and women of all fitness levels. Throughout the session, expect an increase in strength & overall fitness.

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.

YOGA

14+ years

Make true relaxation a reality in your life while challenging your muscles, bones & joints using safe and gentle poses to encourage stronger posture & core. Simple relaxation techniques are used to release tension from the mind and body. All skill levels are encouraged to participate.

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.

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.





A little over two years ago, my femur broke while playing soccer with my son. It was found to be caused by a very rare form of bone cancer. The decision was made to replace my entire knee and most of my femur with titanium. Six surgeries and two years later, the cancer is gone and my leg is healing well.

The Y has been the place that I go to almost every day – whether I feel like it or not. Once I walk in the front door, I am greeted by someone who cares how I am doing. In the workout room, I see trainers who have helped me find ways to adapt my workouts based on my limitations. Some of the best days at the Y are the ones when I have to drag myself there – because the people I encounter often change my outlook on the day for the better.

The hours I spend at the Y keep me moving toward my goal of getting back to the activities I love to do – snowboarding, cycling and playing soccer with my kids.

-Kelly





GREATER GREEN BAY YMCA

235 N Jefferson St
Green Bay, WI 54301
www.GreenBayYMCA.org

**WINTER 2012 PROGRAM
REGISTRATION**

January 2 – February 19, 2012

MEMBERS :

November 28, 7:00 am

GENERAL PUBLIC:

December 5, 7:00 am

PHONE: 920.436.9595

ONLINE: www.GreenBayYMCA.org



CONTACT US

Telephone: 920.436.YMCA (9622)
Fax: 920.436.9699
Jobline: 920.436.YJOB (9562)
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

Inside:

- Parent/Child Classes p. 3-5
- Ages 2½-6 p. 6-10
- Swim Lessons Ages 5+..... p.11-12
- Swim Team p. 13
- Gymnastics p. 14-16
- Dance p. 18
- Youth & Teen p. 19
- Sports p. 20
- Bible Study p. 21
- Yoga p. 22
- Strength p. 23-24
- Specialty H&F p. 25
- Camp p. 26
- Class Descriptions p. 27-30

Hours of Operation:

(Winter hours effective January 2)

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:

Christmas Eve Saturday, December 24
All Centers 6 am – 1 pm

Christmas Day Sunday, December 25
All Centers closed

New Year's Eve Saturday, December 31
Broadview 6 am – 5 pm

Downtown 6 am – 3 pm
East Side 6 am – 5 pm
West Side 6 am – 5 pm

New Year's Day Sunday, January 1
Broadview 7 am – 2 pm

Downtown closed
East Side 7 am – 2 pm
West Side 7 am – 2 pm