

# Fall Family Fun

at the

# YMCA



more than a gym...a community



what can you get  
FOR LESS THAN  
\$2 a DAY?

- pool use
- + waterslides
- + cardio machines
- + basketball courts
- + locker and shower facilities
- + racquetball
- + organized workouts
- + after school activities
- + weight equipment
- + organized family fun
- + 135+ years of YMCA heritage!



**YMCA Members** enjoy 100s of hours of free family and open gym and swim time, dedicated family nights and Family Zumba three days per week. Give our new Family Spin a try on Tuesday nights! Consult our website for complete gym, swim, group fitness and program schedules. All this and so much more for less that \$2 a day!

**Not a YMCA member?** Join us for Community Swim time on Saturdays and Sundays, where everyone is just \$1! Learn to juggle on Tuesday nights at the West Side YMCA for free. Get free admission into the Green Bay YMCA during America on the Move week and National Family Week. Have safe, scary fun at Halloween at the Y on October 24. All this and more at low or no-cost. Better yet, stop in and join and receive all we have to offer for less that \$2 a day!

[www.GreenbayYMCA.org](http://www.GreenbayYMCA.org)

Broadview 380 Broadview Dr | Downtown 235 N Jefferson St | East Side 1740 S Huron Rd | West Side 601 Cardinal Ln

# September

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**COMMUNITY SWIM 6**  
East Side 12 - 2 PM  
Enjoy our pools, water slide and splash area for just \$1 per person! No YMCA membership required.  
**DIVE-IN MOVIE**  
Broadview 12 - 2 PM  
*Hannah Montana: The Movie*



**COMMUNITY SWIM 13**  
East Side 4-6 PM

**LOBBY ACTIVITIES 14**  
Downtown 4:30-7 PM  
**FAMILY ZUMBA**  
Downtown 6:45-7:30 PM

**COMMUNITY SWIM 20**  
East Side 4-6 PM

**LOBBY ACTIVITIES 21**  
Downtown 4:30-7 PM  
**FAMILY ZUMBA**  
Downtown 6:45-7:30 PM

**COMMUNITY SWIM 27**  
East Side 4-6 PM

**LOBBY ACTIVITIES 28**  
Downtown 4:30-7 PM  
**FAMILY ZUMBA**  
Downtown 6:45-7:30 PM

**FAMILY NIGHT 1**  
East Side 6-8 PM

**FAMILY ZUMBA 2**  
West Side 6:45-7:30 PM

**FAMILY ZUMBA 3**  
Broadview 4-4:45 PM  
**FAMILY NIGHT**  
West Side 6-8 PM

**COMMUNITY SWIM 5**  
Downtown 11:30 AM-1 PM

**FAMILY NIGHT 8**  
East Side 6-8 PM  
**FAMILY SPIN**  
West Side 4:30-5:15 PM  
**JUGGLING CLUB**  
West Side 7-9 PM

**FAMILY ZUMBA 9**  
West Side 6:45-7:30 PM

**FAMILY ZUMBA 10**  
Broadview 4-4:45 PM  
**FAMILY NIGHT**  
West Side 6-8 PM  
**FAMILY ZUMBA**  
East Side 4:30-5:15 PM

**COMMUNITY SWIM 12**  
Downtown 3:30-5 PM  
**FAMILY NIGHT**  
Broadview 6-8 PM  
*"RAINBOW ROMPERS"*  
**FAMILY TIME**  
ES & WS 6-8 PM  
Y/BELLEVUE REC TRIP  
Chicago

**FAMILY NIGHT 15**  
East Side 6-8 PM  
**FAMILY SPIN**  
West Side 4:30-5:15 PM  
**JUGGLING CLUB**  
West Side 7-9 PM

**FAMILY ZUMBA 16**  
West Side 6:45-7:30 PM

**FAMILY ZUMBA 17**  
Broadview 4-4:45 PM  
**FAMILY NIGHT**  
West Side 6-8 PM  
**FAMILY ZUMBA**  
East Side 4:30-5:15 PM

**COMMUNITY SWIM 19**  
Downtown 3:30-5 PM  
**FAMILY NIGHT**  
Broadview 6-8 PM  
*"BOUNCE HOUSE"*

**FAMILY NIGHT 22**  
East Side 6-8 PM  
**FAMILY SPIN**  
West Side 4:30-5:15 PM  
**JUGGLING CLUB**  
West Side 7-9 PM

**FAMILY ZUMBA 23**  
West Side 6:45-7:30 PM

**FAMILY ZUMBA 24**  
Broadview 4-4:45 PM  
**FAMILY NIGHT**  
West Side 6-8 PM  
**FAMILY ZUMBA**  
East Side 4:30-5:15 PM

**COMMUNITY SWIM 26**  
Downtown 3:30-5 PM  
**FAMILY NIGHT**  
Broadview 6-8 PM  
*"GAME NIGHT"*  
Count your steps at the Step Out Walk to Fight Diabetes toward our America on the Move total!

**FAMILY NIGHT 29**  
East Side 6-8 PM  
**FAMILY SPIN**  
West Side 4:30-5:15 PM  
**JUGGLING CLUB**  
West Side 7-9 PM

**FAMILY ZUMBA 30**  
West Side 6:45-7:30 PM

**AMERICA ON THE MOVE WEEK 20-27**  
Your Green Bay YMCA is open and free to anyone who wants to get active!



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**COMMUNITY SWIM 4**  
East Side 4-6 PM  
**DIVE-IN MOVIE**  
Broadview 12 - 2 PM  
*Monsters, Inc.*

**LOBBY ACTIVITIES 5**  
Downtown 4:30-7 PM  
**FAMILY ZUMBA**  
Downtown 6:45-7:30 PM

**COMMUNITY SWIM 11**  
East Side 4-6 PM

**LOBBY ACTIVITIES 12**  
Downtown 4:30-7 PM  
**FAMILY ZUMBA**  
Downtown 6:45-7:30 PM

**COMMUNITY SWIM 18**  
East Side 4-6 PM

**LOBBY ACTIVITIES 19**  
Downtown 4:30-7 PM  
**FAMILY ZUMBA**  
Downtown 6:45-7:30 PM

**COMMUNITY SWIM 25**  
East Side 4-6 PM

**LOBBY ACTIVITIES 26**  
Downtown 4:30-7 PM  
**FAMILY ZUMBA**  
Downtown 6:45-7:30 PM

**FAMILY NIGHT 6**  
East Side 6-8 PM  
**FAMILY SPIN**  
West Side 4:30-5:15 PM  
**JUGGLING CLUB**  
West Side 7-9 PM

**FAMILY ZUMBA 7**  
West Side 6:45-7:30 PM

**FAMILY NIGHT 13**  
East Side 6-8 PM  
**FAMILY SPIN**  
West Side 4:30-5:15 PM  
**JUGGLING CLUB**  
West Side 7-9 PM

**FAMILY ZUMBA 14**  
West Side 6:45-7:30 PM

**FAMILY NIGHT 20**  
East Side 6-8 PM  
**FAMILY SPIN**  
West Side 4:30-5:15 PM  
**JUGGLING CLUB**  
West Side 7-9 PM

**FAMILY ZUMBA 21**  
West Side 6:45-7:30 PM

**FAMILY NIGHT 27**  
East Side 6-8 PM  
**FAMILY SPIN**  
West Side 4:30-5:15 PM  
**JUGGLING CLUB**  
West Side 7-9 PM

**FAMILY ZUMBA 28**  
West Side 6:45-7:30 PM



**FAMILY ZUMBA 1**  
Broadview 4-4:45 PM  
**FAMILY NIGHT**  
West Side 6-8 PM  
**FAMILY ZUMBA**  
East Side 4:30-5:15 PM

**Y NITE 2**  
BV, ES, WS 7-10 PM  
**Y KLUB**  
Downtown 6-9 PM

**COMMUNITY SWIM 3**  
Downtown 3:30-5 PM  
**FAMILY NIGHT**  
Broadview 6-8 PM  
*"RAINBOW ROMPERS"*

**FAMILY ZUMBA 8**  
Broadview 4-4:45 PM  
**FAMILY NIGHT**  
West Side 6-8 PM  
**FAMILY ZUMBA**  
East Side 4:30-5:15 PM

**Y NITE 9**  
BV, ES, WS 7-10 PM  
**Y KLUB**  
Downtown 6-9 PM

**COMMUNITY SWIM 10**  
Downtown 3:30-5 PM  
**FAMILY NIGHT**  
Broadview 6-8 PM  
*"BOUNCE HOUSE"*

**FAMILY ZUMBA 15**  
Broadview 4-4:45 PM  
**FAMILY NIGHT**  
West Side 6-8 PM  
**FAMILY ZUMBA**  
East Side 4:30-5:15 PM

**Y NITE 16**  
BV, ES, WS 7-10 PM  
**Y KLUB**  
Downtown 6-9 PM

**COMMUNITY SWIM 17**  
Downtown 3:30-5 PM  
**FAMILY NIGHT**  
Broadview 6-8 PM  
*"GAME NIGHT"*

**FAMILY ZUMBA 22**  
Broadview 4-4:45 PM  
**FAMILY NIGHT**  
West Side 6-8 PM  
**FAMILY ZUMBA**  
East Side 4:30-5:15 PM

**Y NITE 23**  
BV, ES, WS 7-10 PM  
**Y KLUB**  
Downtown 6-9 PM

**HALLOWEEN AT THE Y 24**  
**FREE FOR EVERYONE!**  
Broadview, East Side and West Side runs from 6-8 PM.  
Downtown runs from 6-8:30 PM with a FREE family dinner and FREE costumes! (while supplies last)

**FAMILY ZUMBA 29**  
Broadview 4-4:45 PM  
**FAMILY NIGHT**  
West Side 6-8 PM  
**FAMILY ZUMBA**  
East Side 4:30-5:15 PM

**Y NITE 30**  
BV, ES, WS 7-10 PM  
**Y KLUB**  
Downtown 6-9 PM

**COMMUNITY SWIM 31**  
Downtown 3:30-5 PM  
**FAMILY NIGHT**  
Broadview 6-8 PM  
*"RAINBOW ROMPERS"*

# October

# november

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>COMMUNITY SWIM</b> East Side 4-6 PM <b>DIVE-IN MOVIE</b> Broadview 12-2 PM	2 <b>LOBBY ACTIVITIES</b> Downtown 4:30-7 PM <b>FAMILY ZUMBA</b> Downtown 6:45-7:30 PM	3 <b>FAMILY NIGHT</b> East Side 6-8 PM <b>FAMILY SPIN</b> West Side 4:30-5:15 PM <b>JUGGLING CLUB</b> West Side 7-9 PM	4 <b>FAMILY ZUMBA</b> West Side 6:45-7:30 PM	5 <b>FAMILY ZUMBA</b> Broadview 4-4:45 PM <b>FAMILY NIGHT</b> West Side 6-8 PM <b>FAMILY ZUMBA</b> East Side 4:30-5:15 PM	6 <b>Y NITE</b> BV, ES, WS 7-10 PM <b>Y KLUB</b> Downtown 6-9 PM	7 <b>COMMUNITY SWIM</b> Downtown 3:30-5 PM <b>FAMILY NIGHT</b> Broadview 6-8 PM "BOUNCE HOUSE" <b>FAMILY TIME</b> ES and WS 6-8 PM
8 <b>COMMUNITY SWIM</b> East Side 4-6 PM	9 <b>LOBBY ACTIVITIES</b> Downtown 4:30-7 PM <b>FAMILY ZUMBA</b> Downtown 6:45-7:30 PM	10 <b>FAMILY NIGHT</b> East Side 6-8 PM <b>FAMILY SPIN</b> West Side 4:30-5:15 PM <b>JUGGLING CLUB</b> West Side 7-9 PM	11 <b>FAMILY ZUMBA</b> West Side 6:45-7:30 PM	12 <b>FAMILY ZUMBA</b> Broadview 4-4:45 PM <b>FAMILY NIGHT</b> West Side 6-8 PM <b>FAMILY ZUMBA</b> East Side 4:30-5:15 PM	13 <b>Y NITE</b> BV, ES, WS 7-10 PM <b>Y KLUB</b> Downtown 6-9 PM	14 <b>COMMUNITY SWIM</b> Downtown 3:30-5 PM <b>FAMILY NIGHT</b> Broadview 6-8 PM "GAME NIGHT"
15 <b>COMMUNITY SWIM</b> East Side 4-6 PM	16 <b>LOBBY ACTIVITIES</b> Downtown 4:30-7 PM <b>FAMILY ZUMBA</b> Downtown 6:45-7:30 PM	17 <b>FAMILY NIGHT</b> East Side 6-8 PM <b>FAMILY SPIN</b> West Side 4:30-5:15 PM <b>JUGGLING CLUB</b> West Side 7-9 PM	18 <b>FAMILY ZUMBA</b> West Side 6:45-7:30 PM	19 <b>FAMILY ZUMBA</b> Broadview 4-4:45 PM <b>FAMILY NIGHT</b> West Side 6-8 PM <b>FAMILY ZUMBA</b> East Side 4:30-5:15 PM	20 <b>Y NITE</b> BV, ES, WS 7-10 PM <b>Y KLUB</b> Downtown 6-9 PM	21 <b>COMMUNITY SWIM</b> Downtown 3:30-5 PM <b>FAMILY NIGHT</b> Broadview 6-8 PM "THANKSGIVING CRAFT" <b>Y/BELLEVEUE RECTRIP</b> Guernee Mills
22 <b>COMMUNITY SWIM</b> East Side 4-6 PM	<b>HOLIDAY TRIMMINGS CLUB 23-24</b> Head to a Green Bay YMCA location between 8am-6pm. Privately, a YMCA staff member will record your weight. You'll get free use of the YMCA for one week, a voucher to waive the joiner fee, and a training packet so you'll have a place and plan to dash away the weight. Check out the YMCA website at <a href="http://www.GreenBayYMCA.org">www.GreenBayYMCA.org</a> for weekly health & fitness tips and advice on handling temptations of the season.		25 <b>FAMILY ZUMBA</b> West Side 6:45-7:30 PM	26 <b>FESTIVAL FOODS TURKEY TROT</b> 9 AM start <b>T'GIVING HOURS</b> BV, ES & WS 7-11 AM DT CLOSED	27 <b>Y NITE</b> BV, ES, WS 7-10 PM <b>Y KLUB</b> Downtown 6-9 PM	28 <b>COMMUNITY SWIM</b> Downtown 3:30-5 PM <b>FAMILY NIGHT</b> Broadview 6-8 PM "RAINBOW ROMPERS"
29 <b>COMMUNITY SWIM</b> East Side 4-6 PM	30 <b>LOBBY ACTIVITIES</b> Downtown 4:30-7 PM <b>FAMILY ZUMBA</b> Downtown 6:45-7:30 PM		<b>NATIONAL FAMILY WEEK 22-28</b> Get free admission to all Green Bay YMCA locations when you bring in a non-perishable food item to our food drive. Special events happening at all locations; check out website for more information. <a href="http://www.GreenBayYMCA.org">www.GreenBayYMCA.org</a>			



## SHARE THE Y WITH A FRIEND!

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME TEL: \_\_\_\_\_ WORK TEL: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

### Eligibility Restrictions:

Good for one YOUTH, one ADULT, or one FAMILY admission into the Greater Green Bay YMCA. Ages fourteen and older must present valid photo I.D. All facility use guidelines apply. The YMCA reserves the right to refuse or revoke admission to anyone based on these guidelines. Guest Pass expires December 31, 2009.



### AMERICA ON THE MOVE WEEK

September 20 - 27  
Your Green Bay YMCA is open and free to anyone who wants to get active! We are encouraging everyone to take steps towards a healthier lifestyle. We'll put Green Bay on the map as we contribute toward the nation's goal of TEN BILLION STEPS. Log your steps or let us help convert your workout into steps this week. Check out our website for more information.  
[www.GreenBayYMCA.org](http://www.GreenBayYMCA.org)

### HALLOWEEN AT THE Y

Saturday, October 24  
Ghosts, goblins and ghouls come to play at the YMCA. Bring the whole family to explore spooky hallways, play scary games, swim in the pool and perhaps dare to do more! FREE FOR EVERYONE! Broadview, East Side and West Side runs from 6-8 pm. Downtown runs from 6-8:30 pm with a free family dinner and free costumes! (While supplies last.)

### HOLIDAY TRIMMINGS CLUB

**Dash away temptation!** Visit the YMCA on November 23rd or 24th between 8am-6pm. Privately, a YMCA staff member will record your weight. You'll get free use of the YMCA for one week, a voucher to waive the joiner fee, and a training packet so you'll have a place and plan to dash away the weight. Visit [www.GreenBayYMCA.org](http://www.GreenBayYMCA.org) for more information.

### NATIONAL FAMILY WEEK

November 22 - 28  
Get free admission to all Green Bay YMCA locations when you bring in a non-perishable food item to our food drive. Special events happening at all locations; check out website for more information.  
[www.GreenBayYMCA.org](http://www.GreenBayYMCA.org)

**FAMILY NIGHT** - Join us in the pool, challenge each other on the basketball court, make arts & crafts, watch movies or enjoy Rainbow Rompers. YMCA members are free!

**FAMILY TIME** - Family Gym, Family Swim, Rainbow Rompers. East Side and West Side YMCAs, Saturday 6-8 pm

**LOBBY ACTIVITIES** - Participate in table activities while siblings are in YMCA classes.

**FAMILY ZUMBA** - It's a party at Family Zumba. Shake and shimmy your way to health with your family while listening to Latin and international music. YMCA members are free!

**FAMILY SPIN** - Fun, upbeat cycling class with great music. Children ages 6-11 must be accompanied by an adult.

**COMMUNITY SWIM** - East Side and Downtown YMCAs. Enjoy our pools, water slide (East Side only) and splash area (East Side only) for just \$1 per person! No YMCA membership required.

**JUGGLING CLUB** - Free for everyone, no YMCA membership required. Learn how to juggle, meet other area jugglers. West Side Y, Tuesdays 7-9 pm.

