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Hours of Operation:

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	9 am - 6 pm

West Side 601 Cardinal Ln, Green Bay 54313

Monday-Friday	5 am - 10 pm
Saturday	6 am - 8 pm
Sunday	9 am - 6 pm

Holiday Hours:

Easter **Sunday, April 4**
All Centers closed

Memorial Day **Monday, May 31**
All Centers closed

program guide

Spring 1 & 2, 2010



Spring 1 Session
February 22 - April 18 (no classes April 5-11)

Spring 2 Session
April 19 - June 6 (no classes May 29-31)

Members register beginning February 1, General Public, February 8
Register online at www.GreenBayYMCA.org

(920) 436-9622

www.GreenBayYMCA.org

join. volunteer. give.

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. YMCAs throughout Wisconsin are especially cooperative in providing full use of their facilities at no charge. 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*	Joiner Fee
Youth	\$16.00	None
Adult (19+)	\$41.00	\$50
Family	\$62.00	\$75
Senior (65+)	\$37.00	\$50
Senior Family	\$51.75	\$75

Prices effective January 1, 2010. The YMCA reserves the right to change membership fees with 30 days written notice to members.



Methods of Payment

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

1) 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.

2) Annual Payment

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



It's where you belong.

Procedures

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

Guests: Your friends are our friends and your guests 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 Policy: 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.

Financial Assistance Policy: Scholarships and financial assistance help to ensure that everyone belongs at the YMCA. For more information, contact us at (920) 436-9622.

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.

Credit/Refund Policy: 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.

Drop-In Child Care: *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

<i>Day:</i>	Monday - Friday	7:45 am - 1:30 pm
	Saturday	8:00 am - 12:00 pm
<i>Evening:</i>	Monday - Thursday	3:45 pm - 8:00 pm
	Friday	4:00 pm - 6:00 pm

Downtown

<i>Day:</i>	Monday - Friday	8:30 am - 1:00 pm
	Saturday	8:30 am - 12:00 pm
<i>Evening:</i>	Monday - Thursday	3:45 pm - 8:00 pm

East Side

<i>Day:</i>	Monday - Friday	8:00 am - 1:30 pm
	Tuesday	8:00 am - 3:00 pm
	Saturday	8:00 am - 12:00 pm
<i>Evening:</i>	Monday, Wednesday	3:45 pm - 8:00 pm
	Tuesday & Thursday	3:45 pm - 8:30 pm

West Side

<i>Day:</i>	Monday - Friday	8:00 am - 1:30 pm
	Saturday	8:00 am - 12:30 pm
<i>Evening:</i>	Monday - Friday	3:45 pm - 8:00 pm



Facility Use Guidelines

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.

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.

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.



YMCA Swim Lessons

The YMCA vision to build strong kids, strong families and strong communities is never 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 w/ 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;

GYM		One adult must accompany each child			www.GreenBayYMCA.org			
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
Broadview								
Baby Bugs	6 months - stable walking	T	10:40 am	11:10 am	37770	39015	\$28	\$48
First Bugs	stable walking - 2 years	T	10:05 am	10:35 am	37769	39014	\$28	\$48
Tumble Bugs	2 - 3 years	T	9:20 am	9:50 am	37771	39016	\$28	\$48
Tumble Bugs	2 - 3 years	Th	9:35 am	10:05 am	37773	39018	\$28	\$48
Sport Bugs	2 - 3 years	W	10:30 am	11:00 am	37772 soccer	39017 t-ball	\$28	\$48
East Side								
Baby Bugs	6 months - stable walking	W	5:30 pm	6:00 pm	38388	39499	\$28	\$48
First Bugs	stable walking - 2 years	W	10:20 am	10:50 am	38382	39492	\$28	\$48
First Bugs	stable walking - 2 years	Th	6:25 pm	6:55 pm	38386	39497	\$28	\$48
First Bugs	stable walking - 2 years	Sa	10:25 am	10:55 am	38380	39490	\$28	\$48
Dancin' Bugs	2 - 3 years	M	10:25 am	10:55 am	38741	39495	\$28	\$48
Tumble Bugs	2 - 3 years	T	10:30 am	11:00 am	38377	39487	\$28	\$48
Tumble Bugs	2 - 3 years	Sa	9:30 am	10:00 am	38384	39494	\$28	\$48
Sport Bugs	2 - 3 years	W	9:00 am	9:30 am	38381 t-ball	39491 kickball	\$28	\$48
Sport Bugs	2 - 3 years	Th	5:45 pm	6:15 pm	38379 soccer	39489 t-ball	\$28	\$48
Sport Bugs	2 - 3 years	Sa	9:05 am	9:35 am	38383 soccer	39493 t-ball	\$28	\$48
Jitter Bugs	2 - 3 years	T	5:25 pm	5:55 pm	38378	39488	\$28	\$48
Jitter Bugs	2 - 3 years	F	9:05 am	9:35 am	38387	39498	\$28	\$48
West Side								
Baby Bugs	6 months - stable walking	T	9:05 am	9:35 am	38657	39779	\$28	\$48
Baby Bugs	6 months - stable walking	T	5:30 pm	6:00 pm	38659	39781	\$28	\$48
Baby Bugs	6 months - stable walking	W	9:25 am	9:55 am	38669	39791	\$28	\$48
First Bugs	stable walking - 2 years	M	9:20 am	9:50 am	38656	39778	\$28	\$48
First Bugs	stable walking - 2 years	W	6:00 pm	6:30 pm	38665	39787	\$28	\$48

GYM One adult must accompany each child www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
West Side								
First Bugs	stable walking - 2 years	Th	10:30 am	11:00 am	38658	39780	\$28	\$48
Dancin' Bugs	2 - 3 years	M	6:35 pm	7:05 pm	38661	39783	\$28	\$48
Dancin' Bugs	2 - 3 years	T	9:15 am	9:45 am	38671	39795	\$28	\$48
Dancin' Bugs	2 - 3 years	Th	6:45 pm	7:15 pm	n/a	39816	\$28	\$48
Dancin' Bugs	2 - 3 years	F	10:20 am	10:50 am	38660	39782	\$28	\$48
Tumble Bugs	2 - 3 years	M	10:05 am	10:35 am	38664	39786	\$28	\$48
Tumble Bugs	2 - 3 years	W	6:45 pm	7:15 pm	38662	39784	\$28	\$48
Tumble Bugs	2 - 3 years	Th	9:50 am	10:20 am	38663	39785	\$28	\$48
Tumble Bugs	2 - 3 years	Th	6:45 pm	7:15 pm	38668	39790	\$28	\$48
Sport Bugs	2 - 3 years	T	9:50 am	10:20 am	38670 volleyball	39792 basketball	\$28	\$48
Sport Bugs	2 - 3 years	W	10:45 am	11:15 am	38666 basketball	39788 volleyball	\$28	\$48
Sport Bugs	2 - 3 years	Sa	10:00 am	10:30 am	n/a	39794 volleyball	\$28	\$48
Jitter Bugs	2 - 3 years	T	10:40 am	11:10 am	38811	39793	\$28	\$48
Jitter Bugs	2 - 3 years	Sa	10:00 am	10:30 am	38812	n/a	\$28	\$48

COMBO One adult must accompany each child www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Broadview								
Baby Bugs & Swim	6 months - stable walking	T	10:40 am	11:55 am	37766	39011	\$47	\$72
First Bugs & Swim	stable walking - 2 years	T	10:05 am	11:20 am	37767	39012	\$47	\$72
Tumble Bugs & Swim	2 - 3 years	T	9:20 am	10:35 am	37765	39010	\$47	\$72
Tumble Bugs & Swim	2 - 3 years	Th	9:35 am	10:50 am	37768	39013	\$47	\$72
East Side								
Baby Bugs & Swim	6 months - stable walking	Sa	9:45 am	10:55 am	38376	39486	\$47	\$72
First Bugs & Swim	stable walking - 2 years	T	9:45 am	10:55 am	37371	39481	\$47	\$72
Jitter Bugs & Swim	2 - 3 years	M	9:45 am	10:55 am	38374	39484	\$47	\$72
East Side								
Dancin' Bugs & Swim	2 - 3 years	T	9:05 am	10:15 am	38373	39483	\$47	\$72
Tumble Bugs & Swim	2 - 3 years	W	9:40 am	10:50 am	38372	39482	\$47	\$72
Sport Bugs & Swim	2 - 3 years	W	6:10 pm	7:20 pm	38375 t-ball	39485 soccer	\$47	\$72



COMBO One adult must accompany each child www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
West Side								
Baby Bugs & Swim	6 months - stable walking	T	9:05 am	10:20 am	38650	39773	\$47	\$72
Baby Bugs & Swim	6 months - stable walking	T	4:45 pm	6:00 pm	38651	39774	\$47	\$72
First Bugs & Swim	stable walking - 2 years	Th	9:45 am	11:00 am	38652	39775	\$47	\$72
Dancin' Bugs & Swim	2 - 3 years	Th	6:00 pm	7:15 pm	n/a	39777	\$47	\$72
Tumble Bugs & Swim	2 - 3 years	M	10:05 am	11:20 am	38646	39769	\$47	\$72
Tumble Bugs & Swim	2 - 3 years	Th	9:05 am	10:20 am	38647	39770	\$47	\$72
Tumble Bugs & Swim	2 - 3 years	Th	6:00 pm	7:15 pm	38654	n/a	\$47	\$72
Sport Bugs & Swim	2 - 3 years	T	9:50 am	11:05 am	38648 volleyball	39771 basketball	\$47	\$72
Sport Bugs & Swim	2 - 3 years	W	10:45 am	12:00 pm	38653 basketball	39776 volleyball	\$47	\$72
Sport Bugs & Swim	2 - 3 years	Sa	10:00 am	11:15 am	n/a	39772	\$47	\$72
Jitter Bugs & Swim	2 - 3 years	Sa	10:00 am	11:15 am	38649	n/a	\$47	\$72

SWIM One adult must accompany each child www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
Broadview								
Shrimp	6 - 12 months	T	11:25 am	11:55 am	37668	38917	\$28	\$48
Perch	13 - 24 months	T	10:50 am	11:20 am	37663	38911	\$28	\$48
Perch	13 - 24 months	T	5:45 pm	6:15 pm	37662	38910	\$28	\$48
Perch	13 - 24 months	Th	6:15 pm	6:45 pm	37664	38912	\$28	\$48
Perch	13 - 24 months	Sa	10:45 am	11:15 am	37665	38913	\$28	\$48
Mighty Mite	2 - 4 years	T	10:05 am	10:35 am	37657	38905	\$28	\$48
Mighty Mite	2 - 4 years	T	6:30 pm	7:00 pm	37661	38909	\$28	\$48
Mighty Mite	2 - 4 years	Th	10:20 am	10:50 am	37659	38907	\$28	\$48
Mighty Mite	2 - 4 years	Th	5:30 pm	6:00 pm	37658	38906	\$28	\$48
Mighty Mite	2 - 4 years	Sa	10:00 am	10:30 am	37660	38908	\$28	\$48
Downtown								
Shrimp	6 - 12 months	Th	6:30 pm	7:00 pm	37851	39089	\$28	\$48
Shrimp	6 - 12 months	Sa	9:00 am	9:30 am	37852	39090	\$28	\$48
Perch	13 - 24 months	M	6:00 pm	6:30 pm	37843	39079	\$28	\$48
Perch	13 - 24 months	Th	5:30 pm	6:00 pm	37844	39080	\$28	\$48
Perch	13 - 24 months	Sa	9:30 am	10:00 am	37845	39081	\$28	\$48

SWIM		One adult must accompany each child			www.GreenBayYMCA.org			
	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Downtown								
Mighty Mite	2 - 4 years	M	6:30 pm	7:00 pm	37840	39076	\$28	\$48
Mighty Mite	2 - 4 years	Th	6:00 pm	6:30 pm	37841	39077	\$28	\$48
Mighty Mite	2 - 4 years	Sa	10:00 am	10:30 am	37842	39078	\$28	\$48
East Side								
Shrimp	6 - 12 months	M	5:50 pm	6:20 pm	38183	39286	\$28	\$48
Shrimp	6 - 12 months	W	5:00 pm	5:30 pm	38184	39287	\$28	\$48
Perch	13 - 24 months	M	6:25 pm	6:55 pm	38179	39282	\$28	\$48
Perch	13 - 24 months	T	9:10 am	9:40 am	38181	39284	\$28	\$48
Perch	13 - 24 months	W	6:10 pm	6:40 pm	38180	39283	\$28	\$48
Perch	13 - 24 months	Sa	11:35 am	12:05 pm	38182	39285	\$28	\$48
Mighty Mite	2 - 4 years	M	5:15 pm	5:45 pm	38178	39281	\$28	\$48
Mighty Mite	2 - 4 years	M	7:00 pm	7:30 pm	38176	39279	\$28	\$48
Mighty Mite	2 - 4 years	W	9:45 am	10:15 am	38174	39278	\$28	\$48
Mighty Mite	2 - 4 years	W	5:35 pm	6:05 pm	38173	39277	\$28	\$48
Mighty Mite	2 - 4 years	Sa	11:00 am	11:30 am	38177	39280	\$28	\$48
West Side								
Shrimp	6 - 12 months	M	4:55 pm	5:25 pm	38470	39590	\$28	\$48
Shrimp	6 - 12 months	M	6:10 pm	6:40 pm	38471	39591	\$28	\$48
Shrimp	6 - 12 months	T	9:50 am	10:20 am	38472	39592	\$28	\$48
Shrimp	6 - 12 months	T	4:45 pm	5:15 pm	38473	39593	\$28	\$48
Perch	13 - 24 months	M	6:45 pm	7:15 pm	38467	39587	\$28	\$48
Perch	13 - 24 months	Th	9:45 am	10:15 am	38468	39588	\$28	\$48
Perch	13 - 24 months	Sa	9:15 am	9:45 am	38469	39589	\$28	\$48
Mighty Mite	2 - 4 years	M	10:50 am	11:20 am	38460	39580	\$28	\$48
Mighty Mite	2 - 4 years	M	5:35 pm	6:05 pm	38457	39577	\$28	\$48
Mighty Mite	2 - 4 years	M	7:20 pm	7:50 pm	38458	39578	\$28	\$48
Mighty Mite	2 - 4 years	T	10:35 am	11:05 am	38459	39579	\$28	\$48
Mighty Mite	2 - 4 years	T	5:30 pm	6:00 pm	38463	39583	\$28	\$48
Mighty Mite	2 - 4 years	W	11:30 am	12:00 pm	38461	39581	\$28	\$48
Mighty Mite	2 - 4 years	Th	9:05 am	9:35 am	38465	39585	\$28	\$48
Mighty Mite	2 - 4 years	Th	6:00 pm	6:30 pm	38464	39584	\$28	\$48
Mighty Mite	2 - 4 years	Sa	10:45 am	11:15 am	38466	39586	\$28	\$48
Mighty Mite	2 - 4 years	Sa	11:20 am	11:50 am	38462	39582	\$28	\$48



ages 2½ - 4

3-4 GYM

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
Broadview								
Sports	3 - 4 years	T	9:30 am	10:00 am	37752 hockey	38997 t-ball	\$28	\$48
Sports	3 - 4 years	F	10:55 am	11:25 am	37753 t-ball	38998 hockey	\$28	\$48
PE	3 - 4 years	T	10:10 am	10:40 am	37754	38999	\$28	\$48
PE	3 - 4 years	W	1:15 pm	1:45 pm	37755	39000	\$28	\$48
PE	3 - 4 years	Th	10:15 am	10:45 am	37757	39002	\$28	\$48
PE	3 - 4 years	F	10:15 am	10:45 am	37756	39001	\$28	\$48
East Side								
Parent & Child Sports	3 - 4 years	W	6:30 pm	7:00 pm	38385 soccer	39496 t-ball	\$28	\$48
Parent & Child Sports	3 - 4 years	S	10:25 am	10:55 am	38389 t-ball	39500 soccer	\$28	\$48
Sports	3 - 4 years	Th	5:45 pm	6:15 pm	38352 hockey	39462 tennis	\$28	\$48
West Side								
PE	3 - 4 years	M	10:10 am	10:40 am	38618	39738	\$28	\$48
PE	3 - 4 years	T	9:55 am	10:25 am	38620	39740	\$28	\$48
PE	3 - 4 years	T	2:05 pm	2:35 pm	38619	39739	\$28	\$48
PE	3 - 4 years	T	4:05 pm	4:35 pm	38624	39744	\$28	\$48
PE	3 - 4 years	W	9:25 am	9:55 am	38625	39745	\$28	\$48
Parent & Child Sports	3 - 4 years	W	6:55 pm	7:25 pm	38667 volleyball	39789 basketball	\$28	\$48
Sports	3 - 4 years	T	5:45 pm	6:15 pm	38615 volleyball	39735 basketball	\$28	\$48
Sports	3 - 4 years	Th	9:10 am	9:40 am	38611 basketball	39732 volleyball	\$28	\$48
Sports	3 - 4 years	F	10:15 am	10:45 am	38612 volleyball	39733 basketball	\$28	\$48
Sports	3 - 4 years	Sa	10:50 am	11:20 am	38613 volleyball	39734 basketball	\$28	\$48

3-4 COMBO

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
Broadview								
Sports & Swim	3 - 4 years	T	9:30 am	10:45 am	37758 hockey	39003 t-ball	\$47	\$72
Sports & Swim	3 - 4 years	F	10:55 am	12:10 pm	37759 t-ball	39004 hockey	\$47	\$72
PE & Swim	3 - 4 years	T	10:10 am	11:25 am	37762	39007	\$47	\$72

ages 2½ - 4

Spring 1 classes run **February 22 - April 18, 2010**

Spring 2 classes run **April 19 - June 6, 2010**

Registration begins **February 1** (members) **February 8** (general public)

3-4 COMBO

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Broadview								
PE & Swim	3 - 4 years	W	1:15 pm	2:30 pm	37760	39005	\$47	\$72
PE & Swim	3 - 4 years	Th	10:15 am	11:30 am	37763	39008	\$47	\$72
PE & Swim	3 - 4 years	F	10:15 am	11:30 am	37761	39006	\$47	\$72
Gymnastics & Swim	3 - 4 years	Th	9:30 am	10:45 am	37764	39009	\$47	\$72
Downtown								
Sports & Swim	3 - 4 years	Sa	10:35 am	11:50 am	37962 basketball	39216 t-ball	\$47	\$72
East Side								
Sports & Swim	3 - 4 years	M	9:40 am	10:55 am	38359 hockey	39469 t-ball	\$47	\$72
Sports & Swim	3 - 4 years	M	4:40 pm	5:55 pm	38357 hockey	39467 t-ball	\$47	\$72
Sports & Swim	3 - 4 years	T	10:00 am	11:15 am	38363 t-ball	39473 soccer	\$47	\$72
PE & Swim	3 - 4 years	W	9:45 am	11:00 am	38361	39471	\$47	\$72
PE & Swim	3 - 4 years	F	9:45 am	11:00 am	38362	39472	\$47	\$72
PE & Swim	3 - 4 years	Sa	9:00 am	10:15 am	38368	39478	\$47	\$72
Chef & Swim	3 - 4 years	W	10:30 am	11:45 am	38349	39460	\$47	\$72
Gymnastics & Swim	3 - 4 years	T	9:15 am	10:30 am	38365	39475	\$47	\$72
Gymnastics & Swim	3 - 4 years	F	10:30 am	11:45 am	38364	39474	\$47	\$72
Dance & Swim	3 - 4 years	F	9:00 am	10:15 am	38369	39479	\$47	\$72
West Side								
Dance & Swim	3 - 4 years	M	10:10 am	11:25 am	38639	39759	\$47	\$72
Dance & Swim	3 - 4 years	T	9:55 am	11:10 am	38638	39758	\$47	\$72
PE & Swim	3 - 4 years	M	10:10 am	11:25 am	38631	39751	\$47	\$72
PE & Swim (pool 1st)	3 - 4 years	T	9:05 am	10:25 am	38641	39761	\$47	\$72
PE & Swim (pool 1st)	3 - 4 years	T	1:15 pm	2:35 pm	38635	39755	\$47	\$72
PE & Swim	3 - 4 years	T	4:05 pm	5:20 pm	38642	39762	\$47	\$72
Sports & Swim	3 - 4 years	M	5:50 pm	7:05 pm	38633 basketball	39753 volleyball	\$47	\$72
Sports & Swim	3 - 4 years	W	10:05 am	11:20 am	38636 basketball	39756 volleyball	\$47	\$72
Sports & Swim	3 - 4 years	Th	9:10 am	10:25 am	38627 basketball	39747 volleyball	\$47	\$72
Sports & Swim	3 - 4 years	F	10:15 am	11:30 am	38637 volleyball	39757 basketball	\$47	\$72
Sports & Swim	3 - 4 years	Sa	10:50 am	12:05 pm	38645 volleyball	39766 basketball	\$47	\$72
Gymnastics & Swim	3 - 4 years	M	5:05 pm	6:20 pm	38628	39748	\$47	\$72
Gymnastics & Swim	3 - 4 years	W	10:05 am	11:20 am	38629	39749	\$47	\$72



ages 2½ - 4

3-4 COMBO REGISTER ONLINE! www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
West Side								
Gymnastics & Swim	3 - 4 years	Th	4:05 pm	5:20 pm	38630	39750	\$47	\$72
Gymnastics & Swim	3 - 4 years	F	10:15 am	11:30am	38632	39752	\$47	\$72

2½-4 SWIM REGISTER ONLINE! www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
Broadview								
Goldfish	2½ - 3 years	T	10:50 am	11:20 am	37641	38888	\$28	\$48
Goldfish	2½ - 3 years	Th	4:45 pm	5:15 pm	37642	38889	\$28	\$48
Goldfish	2½ - 3 years	F	10:15 am	10:45 am	37643	38890	\$28	\$48
Goldfish	2½ - 3 years	Sa	9:15 am	9:45 am	37644	38891	\$28	\$48
Swim Lessons	3 - 4 years	M	4:00 pm	4:35 pm	37646	38892	\$28	\$48
Swim Lessons	3 - 4 years	M	4:40 pm	5:15 pm	37647	38893	\$28	\$48
Swim Lessons	3 - 4 years	T	5:45 pm	6:20 pm	37648	38894	\$28	\$48
Swim Lessons	3 - 4 years	T	6:25 pm	7:00 pm	37649	38895	\$28	\$48
Swim Lessons	3 - 4 years	W	6:15 pm	6:50 pm	37650	38896	\$28	\$48
Swim Lessons	3 - 4 years	W	6:55 pm	7:30 pm	37651	38897	\$28	\$48
Swim Lessons	3 - 4 years	Th	10:55 am	11:30 am	37652	38898	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:45 pm	5:20 pm	37653	38899	\$28	\$48
Swim Lessons	3 - 4 years	Th	5:25 pm	6:00 pm	37654	38900	\$28	\$48
Swim Lessons	3 - 4 years	F	10:15 am	10:50 am	37655	38901	\$28	\$48
Swim Lessons	3 - 4 years	Sa	9:15 am	9:50 am	37656	38902	\$28	\$48
Swim Lessons	3 - 4 years	Sa	9:55 am	10:30 am	37829	38903	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:35 am	11:10 am	37830	38904	\$28	\$48
Downtown								
Goldfish	2½ - 3 years	M	5:30 pm	6:00 pm	37834	39069	\$28	\$48
Goldfish	2½ - 3 years	Sa	8:30 am	9:00 am	38825	39070	\$28	\$48
Swim Lessons	3 - 4 years	M	7:05 pm	7:40 pm	37836	39072	\$28	\$48
Swim Lessons	3 - 4 years	W	5:15 pm	5:50 pm	37835	39071	\$28	\$48
Swim Lessons	3 - 4 years	W	5:55 pm	6:30 pm	37837	39073	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:35 am	11:10 am	37838	39074	\$28	\$48
Swim Lessons	3 - 4 years	Sa	11:15 am	11: 50 am	37839	39075	\$28	\$48
East Side								
Goldfish	2½ - 3 years	M	11:05 am	11:35 am	38149	39251	\$28	\$48
Goldfish	2½ - 3 years	M	4:30 pm	5:00 pm	38150	39252	\$28	\$48
Goldfish	2½ - 3 years	T	4:00 pm	4:30 pm	38151	39253	\$28	\$48

ages 2½ - 4

Spring 1 classes run **February 22 - April 18, 2010**

Spring 2 classes run **April 19 - June 6, 2010**

Registration begins **February 1** (members) **February 8** (general public)

2½-4 SWIM		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
East Side								
Goldfish	2½ - 3 years	W	11:00 am	11:30 am	38152	39254	\$28	\$48
Goldfish	2½ - 3 years	W	5:45 pm	6:15 pm	38751	39255	\$28	\$48
Goldfish	2½ - 3 years	Sa	9:45 am	10:15 am	38752	39256	\$28	\$48
Swim Lessons	3 - 4 years	M	9:35 am	10:10 am	38163	39267	\$28	\$48
Swim Lessons	3 - 4 years	M	3:50 pm	4:25 pm	38159	39263	\$28	\$48
Swim Lessons	3 - 4 years	M	5:25 pm	6:00 pm	38164	39268	\$28	\$48
Swim Lessons	3 - 4 years	M	6:10 pm	6:45 pm	38165	39269	\$28	\$48
Swim Lessons	3 - 4 years	M	6:55 pm	7:30 pm	38166	39270	\$28	\$48
Swim Lessons	3 - 4 years	T	4:05 pm	4:40 pm	38157	39261	\$28	\$48
Swim Lessons	3 - 4 years	T	4:55 pm	5:30 pm	38155	36259	\$28	\$48
Swim Lessons	3 - 4 years	W	9:40 am	10:15 am	38160	39264	\$28	\$48
Swim Lessons	3 - 4 years	W	1:40 pm	2:15 pm	38162	39266	\$28	\$48
Swim Lessons	3 - 4 years	W	5:05 pm	5:40 pm	38158	39262	\$28	\$48
Swim Lessons	3 - 4 years	W	5:50 pm	6:25 pm	38161	39265	\$28	\$48
Swim Lessons	3 - 4 years	W	6:35 pm	7:10 pm	38153	39257	\$28	\$48
Swim Lessons	3 - 4 years	Th	1:30 pm	2:05 pm	38156	39260	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:10 pm	4:45 pm	38171	39275	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:55 pm	5:30 pm	38169	39273	\$28	\$48
Swim Lessons	3 - 4 years	F	9:40 am	10:15 am	38154	39258	\$28	\$48
Swim Lessons	3 - 4 years	F	11:10 am	11:45 am	38172	39276	\$28	\$48
Swim Lessons	3 - 4 years	Sa	8:50 am	9:25 am	38170	39274	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:25 am	11:00 am	38167	39271	\$28	\$48
Swim Lessons	3 - 4 years	Sa	11:10 am	11:45 am	38168	39272	\$28	\$48
West Side								
Goldfish	2½ - 3 years	M	10:50 am	11:20 am	38429	39548	\$28	\$48
Goldfish	2½ - 3 years	T	4:10 pm	4:40 pm	38430	39549	\$28	\$48
Goldfish	2½ - 3 years	Th	9:45 am	10:15 am	38433	39552	\$28	\$48
Goldfish	2½ - 3 years	Th	4:10 pm	4:40 pm	38431	39550	\$28	\$48
Goldfish	2½ - 3 years	Th	5:25 pm	5:55 pm	38432	39551	\$28	\$48
Swim Lessons	3 - 4 years	M	10:50 am	11:25 am	38441	39560	\$28	\$48
Swim Lessons	3 - 4 years	M	11:30 am	12:05 pm	38434	39553	\$28	\$48





ages 5 - 6

2½-4 SWIM REGISTER ONLINE! www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
West Side								
Swim Lessons	3 - 4 years	M	12:20 pm	12:55 pm	38880	39570	\$28	\$48
Swim Lessons	3 - 4 years	M	5:45 pm	6:20 pm	38435	39554	\$28	\$48
Swim Lessons	3 - 4 years	M	6:30 pm	7:05 pm	38436	39555	\$28	\$48
Swim Lessons	3 - 4 years	M	7:15 pm	7:50 pm	38437	39556	\$28	\$48
Swim Lessons	3 - 4 years	T	9:05 am	9:40 am	38454	39574	\$28	\$48
Swim Lessons	3 - 4 years	T	9:50 am	10:25 am	38456	39576	\$28	\$48
Swim Lessons	3 - 4 years	T	10:35 am	11:10 am	38439	39558	\$28	\$48
Swim Lessons	3 - 4 years	T	1:15 pm	1:50 pm	38438	39557	\$28	\$48
Swim Lessons	3 - 4 years	T	4:05 pm	4:40 pm	38440	39559	\$28	\$48
Swim Lessons	3 - 4 years	T	4:45 pm	5:20 pm	38442	39561	\$28	\$48
Swim Lessons	3 - 4 years	T	5:30 pm	6:05 pm	38443	39562	\$28	\$48
Swim Lessons	3 - 4 years	W	6:15 pm	6:50 pm	38451	39571	\$28	\$48
Swim Lessons	3 - 4 years	W	7:00 pm	7:35 pm	38452	39572	\$28	\$48
Swim Lessons	3 - 4 years	Th	9:05 am	9:40 am	38453	39573	\$28	\$48
Swim Lessons	3 - 4 years	Th	9:50 am	10:25 am	38444	39563	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:05 pm	4:40 pm	38445	39564	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:45 pm	5:20 pm	38446	39565	\$28	\$48
Swim Lessons	3 - 4 years	Th	5:25 pm	6:00 pm	38447	39566	\$28	\$48
Swim Lessons	3 - 4 years	F	10:55 am	11:30 am	38455	39575	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:00 am	10:35 am	38448	39567	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:45 am	11:20 am	38450	39569	\$28	\$48
Swim Lessons	3 - 4 years	Sa	11:30 am	12:05 pm	38449	39568	\$28	\$48

5-6 GYM REGISTER ONLINE! www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
East Side								
PE	5 - 6 years	Th	6:25 pm	6:55 pm	38354	39464	\$28	\$48
Sports	5 - 6 years	T	5:25 pm	5:55pm	38351 kickball	39461 t-ball	\$28	\$48
Sports	5 - 6 years	F	9:05 am	9:35 am	38355 hockey	39465 soccer	\$28	\$48
Sports	5 - 6 years	Sa	9:45 am	10:15 am	38353 hockey	39463 soccer	\$28	\$48
West Side								
Sports	5 - 6 years	M	1:10 pm	1:40 pm	38622 basketball	39742 volleyball	\$28	\$48
Sports	5 - 6 years	T	9:10 am	9:40 am	38621 volleyball	39741 basketball	\$28	\$48

ages 5 - 6

Spring 1 classes run **February 22 - April 18, 2010**

Spring 2 classes run **April 19 - June 6, 2010**

Registration begins **February 1** (members) **February 8** (general public)

5-6 GYM		REGISTER ONLINE!				www.GreenBayYMCA.org			
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public	
West Side									
Sports	5 - 6 years	T	5:00 pm	5:30 pm	38623 basketball	39743 volleyball	\$28	\$48	
Sports	5 - 6 years	W	6:10 pm	6:40 pm	38617 volleyball	n/a	\$28	\$48	
Sports	5 - 6 years	Th	6:45 pm	7:15 pm	38616 basketball	n/a	\$28	\$48	

5-6 COMBO		REGISTER ONLINE!				www.GreenBayYMCA.org			
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public	
Downtown									
Gymnastics & Swim	5 - 6 years	W	5:00 pm	6:30 pm	37961	39215	\$52	\$78	
Kids in the Kitchen & Swim	6 + years	Th	5:00 pm	6:30 pm	38826	39217	\$52	\$78	
East Side									
PE and Swim Lessons	5 - 6 years	M	5:15 pm	6:35 pm	38366	39476	\$47	\$72	
Chef and Swim Lessons	5 - 6 years	W	10:30 am	11:45 am	38367	39477	\$47	\$72	
PE and Swim Lessons	5 - 6 years	W	5:00 pm	6:25 pm	38358	39468	\$47	\$72	
Drama and Swim Lessons	5 - 6 years	Th	4:00 pm	5:20 pm	38360	39470	\$47	\$72	
West Side									
Sports & Swim (pool 1st)	5 - 6 years	M	12:20 pm	1:40 pm	38634 basketball	39754 volleyball	\$47	\$72	
Sports & Swim	5 - 6 years	T	9:10 am	10:25 am	38643 volleyball	39763 basketball	\$47	\$72	
Sports & Swim	5 - 6 years	T	5:00 pm	6:20 pm	38644 basketball	39765 volleyball	\$47	\$72	
Sports & Swim	5 - 6 years	W	6:10 pm	7:30 pm	38640 volleyball	39760 basketball	\$47	\$72	
Gymnastics & Swim (pool 1st)	5 - 6 years	M	4:00 pm	5:35pm	38865	39764	\$52	\$78	
Gymnastics & Swim (pool 1st)	5 - 6 years	Th	4:00 pm	5:35 pm	38866	39767	\$52	\$78	
Gymnastics & Swim	5 - 6 years	Sa	9:45 am	11:20 am	38867	39768	\$52	\$78	

ENRICHMENT		REGISTER ONLINE!				www.GreenBayYMCA.org			
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public	
Broadview									
Let's Get Messy	3 - 4 years	F	9:15 am	9:45 am	37750	38994	\$28	\$48	





aquatics 5+

ENRICHMENT		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
Broadview								
Rainbow Rompers	parent/child	M	9:00 am	10:15 am			FREE	\$5
Rainbow Rompers	parent/child	Th	10:15 am	11:30 am			FREE	\$5
Pot o' Gold	3 - 6 years	Mar 12	10:30 am	12:00 pm	37751	n/a	\$15	\$30
April Showers, spring plants	3 - 6 years	Apr 9	10:30 am	12:00 pm	38692	n/a	\$15	\$30
Flower Bouquet for Mom	3 - 6 years	May 14	10:30 am	12:00 pm	n/a	38995	\$15	\$30
East Side								
Chef and Swim	3 - 4 years	W	10:30 am	11:45 am	38349	39460	\$47	\$72
Chef and Swim	5 - 6 years	W	10:30 am	11:45 am	38367	39477	\$47	\$72
Drama and Swim	5 - 6 years	Th	4:00 pm	5:20 pm	38360	39470	\$47	\$72
West Side								
Drama	3 - 6 years	Th	10:45 am	11:15 am	38610	n/a	\$28	\$48
Drama	3 - 6 years	F	9:25 am	9:55 am	n/a	39731	\$28	\$48
Let's Get Messy	3 - 6 years	Th	10:45 am	11:15 am	n/a	39727	\$28	\$48
Let's Get Messy	3 - 6 years	F	9:25 am	9:55 am	38606	n/a	\$28	\$48
Kinder Family Fun & Games	3 - 6 years	M	10:50 am	11:20 am	38607	39728	\$28	\$48
Kinder Family Fun & Games	3 - 6 years	T	6:15 pm	6:45 pm	38608	39729	\$28	\$48
Kinder Family Fun & Games	3 - 6 years	Sa	11:30 am	12:00 pm	38609	39730	\$28	\$48
Rainbow Rompers	parent/child	M	5:30 pm	7:00 pm			FREE	\$5
Rainbow Rompers	parent/child	Th	11:00 am	11:55 am			FREE	\$5
Rainbow Rompers	parent/child	F	10:00 am	11:30 am			FREE	\$5

5+ SWIM LESSONS		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
Broadview								
Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm	37679	38924	\$28	\$48
Swim Lessons	5 - 13 years	M	4:45 pm	5:25 pm	37680	38925	\$28	\$48
Swim Lessons	5 - 13 years	T	5:45 pm	6:25 pm	37681	38926	\$28	\$48
Swim Lessons	5 - 13 years	T	6:30 pm	7:10 pm	37682	38927	\$28	\$48
Swim Lessons	5 - 13 years	W	6:15 pm	6:55 pm	37683	38928	\$28	\$48
Swim Lessons	5 - 13 years	W	7:00 pm	7:40 pm	37684	38929	\$28	\$48
Swim Lessons	5 - 13 years	W	7:45 pm	8:25 pm	37685	38930	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:45 pm	5:25 pm	37686	38931	\$28	\$48
Swim Lessons	5 - 13 years	Th	5:30 pm	6:10 pm	37687	38932	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:15 am	9:55 am	37688	38933	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:00 am	10:40 am	37689	38934	\$28	\$48

5+ SWIM LESSONS		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Broadview								
Swim Lessons	5 - 13 years	Sa	10:45 am	11:25 am	37690	38935	\$28	\$48
Water Games	8 - 14 years	T	5:00 pm	5:30 pm			FREE	n/a
Adult Swim Lessons	14+ years	T	7:15 pm	8:00pm	37669	38918	\$28	\$48
Private Swim Lessons	5 - adult	7 lessons			37671	38919	\$89	\$159
Private Swim Lessons	5 - adult	3 lessons			37672	38920	\$44	\$69
Downtown								
Swim Lessons	5 - 13 years	M	5:30 pm	6:10 pm	37855	39094	\$28	\$48
Swim Lessons	5 - 13 years	M	6:15 pm	6:55 pm	37856	39095	\$28	\$48
Swim Lessons	5 - 13 years	W	5:55 pm	6:30 pm	37857	39096	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:30 am	10:10 am	37858	39097	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:15 am	10:55 am	37859	39098	\$28	\$48
Private Swim Lessons	5 - adult	7 lessons			37853	39091	\$89	\$159
Private Swim Lessons	5 - adult	3 lessons			37854	39092	\$44	\$69
Master Swim	14+ years	Th	6:00 am	7:00 am	38848	n/a	\$24	\$48
East Side								
Swim Lessons	5 - 13 years	M	3:45 pm	4:25 pm	38197	39297	\$28	\$48
Swim Lessons	5 - 13 years	M	4:30 pm	5:10 pm	38198	39298	\$28	\$48
Swim Lessons	5 - 13 years	M	5:15 pm	5:55 pm	38202	39302	\$28	\$48
Swim Lessons	5 - 13 years	M	6:00 pm	6:40 pm	38208	39308	\$28	\$48
Swim Lessons	5 - 13 years	T	4:00 pm	4:40 pm	38205	39305	\$28	\$48
Swim Lessons	5 - 13 years	T	4:45 pm	5:25 pm	38206	39306	\$28	\$48
Swim Lessons	5 - 13 years	W	5:00 pm	5:40 pm	38203	39303	\$28	\$48
Swim Lessons	5 - 13 years	W	5:45 pm	6:25 pm	38199	39299	\$28	\$48
Swim Lessons	5 - 13 years	W	6:30 pm	7:10 pm	38200	39300	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm	38194	39294	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:45 pm	5:25 pm	38201	39301	\$28	\$48
Swim Lessons	5 - 13 years	Sa	8:45 am	9:25 am	38195	39295	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:30 am	10:10 am	38196	39296	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:15 am	10:55 am	38204	39304	\$28	\$48
Swim Lessons	5 - 13 years	Sa	11:00 am	11:40 am	38207	39307	\$28	\$48
Adaptive Swim Lessons	8 - 14 years	T	4:35 pm	5:15 pm	38191	39291	\$28	\$48
Adult Swim Lessons	14+ years	M	7:00 pm	7:45 pm	38186	39288	\$28	\$48
Adult Swim Lessons	14+ years	Th	5:45 pm	6:30 pm	38192	39292	\$28	\$48
Private Swim Lessons	5 - adult	7 lessons			38188	39289	\$89	\$159
Private Swim Lessons	5 - adult	3 lessons			38189	39290	\$44	\$69
West Side								
Swim Lessons	5 - 13 years	M	12:20 pm	1:00 pm	38814	39605	\$28	\$48



aquatics 5+

5+ SWIM LESSONS		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
West Side								
Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm	38482	39599	\$28	\$48
Swim Lessons	5 - 13 years	M	4:50 pm	5:30 pm	38483	39600	\$28	\$48
Swim Lessons	5 - 13 years	T	9:50 am	10:30 am	38815	39613	\$28	\$48
Swim Lessons	5 - 13 years	T	4:00 pm	4:40 pm	38484	39601	\$28	\$48
Swim Lessons	5 - 13 years	T	4:50 pm	5:30 pm	38485	39602	\$28	\$48
Swim Lessons	5 - 13 years	T	5:40 pm	6:20 pm	38486	39603	\$28	\$48
Swim Lessons	5 - 13 years	W	6:00 pm	6:40 pm	38493	39611	\$28	\$48
Swim Lessons	5 - 13 years	W	6:50 pm	7:30 pm	38487	39604	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm	38488	39606	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:50 pm	5:30 pm	38489	39607	\$28	\$48
Swim Lessons	5 - 13 years	Th	5:40 pm	6:20 pm	38490	39608	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:00 am	9:40 am	38491	39609	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:50 am	10:30 am	38492	39610	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:40 am	11:20 am	38494	39612	\$28	\$48
Adult Swim Lessons	14+ years	W	7:45 pm	8:30 pm	38474	39594	\$28	\$48
Adult Swim Lessons	14+ years	Th	10:30 am	11:15 am	38477	39597	\$28	\$48
Private Swim Lessons	5 - adult	7 lessons			38475	39595	\$89	\$159
Private Swim Lessons	5 - adult	3 lessons			38476	39596	\$44	\$69

AQUATIC SPECIALTY		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
Broadview								
Red Cross Lifeguard Training May 1,2,8,9	16+	Sa, Su	8:00 am	4:00 pm	n/a	39093	\$153	\$178
Kayaking - Rescue & Roll March 21, 28, April 11, 18	12+	Su	3:30 pm	6:00 pm	37673	n/a	\$80	\$90
Downtown								
Master Swim	14+ years	Th	6:00 am	7:00 am	38848	n/a	\$24	\$48
Red Cross Lifeguard Training March 23, 24, 25, 26	16+	T - F	9:00 am	5:00 pm	37678	n/a	\$153	\$178
East Side								
F.A.S.T (Future Aquatic Staff Training)	11 - 15 years	Th	4:30 pm	5:30 pm	38193	n/a	\$38	\$58
West Side								
Aquatic Boot Camp	16+ years	M	5:40 pm	6:40 pm	38190	39598	\$28	\$48

SWIM TEAM REGISTER ONLINE! www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Broadview								
Competitive Stroke	6 -13 years	M	6:00 pm	6:45 pm	37666	38914	\$34	\$60
Competitive Stroke	6 -13 years	Th	6:30 pm	7:15 pm	37667	38915	\$34	\$60
Pre-season Stroke & Training Sessions	9 -18 years	M	7:00 pm	8:30 pm			\$5	\$10
Pre-season Stroke & Training Sessions	9 - 18 years	Th	7:00 pm	8:30 pm			\$5	\$10
Downtown								
Pre-season Stroke & Training Sessions	6 - 11 years	M	4:00 pm	5:30 pm			\$5	\$10
Pre-season Stroke & Training Sessions	6 - 11 years	Th	4:00 pm	5:30 pm			\$5	\$10
Pre-season Stroke & Training Sessions	9 -18 years	W	7:00 pm	8:30 pm			\$5	\$10

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. Anyone wishing to join the team should contact Coach Dave Korst for more information at 436-9624.

Spring/Summer Swim Team: We're looking for new members for the 2010 Spring/Summer season. All NEW swimmers wishing to join the team should contact Coach Dave Korst at (920) 436-9624.

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. May 5 - July 23	6-14 years	\$85
Silver II (Afternoon Age Group): For those with competitive swimming experience. Must be able to swim 16 x 50 freestyle on 1:15. Silver swimmers are expected to attend 3-4 practices a week. Usually four practices are offered per week. June 7 - July 24	8-14 years	\$100
Silver II/Gold II & III (Morning Age Group/Senior): For those with competitive swimming experience. Must be able to swim 20 x 100 freestyle on 1:45. Usually five practices are offered per week. Silver II & Gold II & III swimmers are expected to attend 4-5 practices a week. May 5 - July 24	9-18 years	\$125
Gold I (National Team): For those who wish to compete in the YMCA National Swimming Championships. All national team swimmers must be approved by the head coach and are expected to attend all scheduled workouts. May 5 - July 31	12+ years	\$150

Fees cover the above cover entire Spring/Summer Season: May 5 - July 23





gymnastics

GYMNASTICS

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
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Gymstars *By Invitation Only* Competitive Gymnastics Team for girls. Team members are 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 teamwork. ***A gymnast must be at a Level 4 skill level to be invited to join and compete with the team.*** For more information, call Beth Kennerhed at 436-9651.

Broadview

Gymnastics	3 - 4 years	Th	9:30 am	10:00 am	37729	38974	\$28	\$48
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Downtown

Gymnastics	3 - 4 years	M	6:00 pm	6:30 pm	38841	39155	\$28	\$48
Gymnastics	3 - 4 years	W	4:45 pm	5:15 pm	38842	39157	\$28	\$48
Gymnastics	3 - 4 years	Th	4:30 pm	5:00 pm	38843	39159	\$28	\$48
Gymnastics	3 - 4 years	Sa	10:00 am	10:30 am	38844	39160	\$28	\$48
Gymnastics	5 - 6 years	M	5:00 pm	5:45 pm	37909	39154	\$35	\$55
Gymnastics	5 - 6 years	W	5:00 pm	5:45 pm	37910	39156	\$35	\$55
Gymnastics	5 - 6 years	Sa	9:45 am	10:30 am	37911	39158	\$35	\$55
Intro to Gymnastics	7 - 11 years	M	4:15 pm	5:00 pm	37896	39141	\$35	\$55
Intro to Gymnastics	7 - 11 years	M	6:00 pm	6:45 pm	37897	39142	\$35	\$55
Intro to Gymnastics	7 - 11 years	W	4:15 pm	5:00 pm	37898	39143	\$35	\$55
Intro to Gymnastics	7 - 11 years	W	6:00 pm	6:45 pm	37899	39144	\$35	\$55
Intro to Gymnastics	7 - 11 years	Sa	9:45 am	10:30 am	37900	39145	\$35	\$55
Intro to Gymnastics	7 - 11 years	Sa	10:30 am	11:15 am	37901	39146	\$35	\$55
Youth Level 1	6+ years	M	4:15 pm	5:00 pm	37916	39165	\$35	\$55
Youth Level 1	6+ years	M	6:00 pm	6:45 pm	37917	39166	\$35	\$55
Youth Level 1	6+ years	W	4:15 pm	5:00 pm	37918	39167	\$35	\$55
Youth Level 1	6+ years	W	6:00 pm	6:45 pm	37919	39168	\$35	\$55
Youth Level 1	6+ years	Sa	9:00 am	9:45 am	37920	36169	\$35	\$55
Youth Level 1	6+ years	Sa	10:30 am	11:15 am	37921	39170	\$35	\$55
Youth Level 2	6+ years	M	4:15 pm	5:00 pm	37922	39171	\$35	\$55
Youth Level 2	6+ years	M	6:00 pm	6:45 pm	37923	39172	\$35	\$55
Youth Level 2	6+ years	W	4:15 pm	5:00 pm	37924	39173	\$35	\$55
Youth Level 2	6+ years	W	6:00 pm	6:45 pm	37925	39174	\$35	\$55
Youth Level 2	6+ years	Sa	9:00 am	9:45 am	37926	39175	\$35	\$55
Youth Level 2	6+ years	Sa	10:30 am	11:15 am	37927	39176	\$35	\$55
Boys	6+ years	M	5:00 pm	5:45 pm	37894	39131	\$35	\$55
Boys	6+ years	Sa	9:00 am	9:45 am	37895	39132	\$35	\$55
Teen (beginner)	11 - 17 years	W	6:00 pm	7:00 pm	37913	39162	\$45	\$79

GYMNASTICS			REGISTER ONLINE!			www.GreenBayYMCA.org		
	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Downtown								
Teen (beginner)	11 - 17 years	Sa	11:15 am	12:15 pm	37914	39163	\$45	\$79
Teen (advanced)	11 - 17 years	W	6:00 pm	7:00 pm	37912	39161	\$45	\$79
Teen (advanced)	11 - 17 years	Sa	11:15 am	12:15 pm	37915	39164	\$45	\$79
Invitational	6+ years	M	5:00 pm	6:00 pm	37902	39147	\$45	\$79
Invitational	6+ years	W	5:00 pm	6:00 pm	37903	39148	\$45	\$79
Invitational	6+ years	W	6:00 pm	7:00 pm	37904	39149	\$45	\$79
Invitational	6+ years	Sa	11:15 am	12:15 pm	37905	39150	\$45	\$79
Jr. Stars (pre-team)	6+ years	M	5:00 pm	6:00 pm	37906	39151	\$45	n/a
Jr. Stars (pre-team)	6+ years	W	5:00 pm	6:00 pm	37907	39152	\$45	n/a
Jr. Stars (pre-team)	6+ years	Sa	11:15 am	12:15 pm	37908	39153	\$45	n/a
Pre-team Dance	6+ years	M	4:15 pm	4:45 pm	37928	39177	\$25	\$45
Pre-team Dance	6+ years	W	4:15 pm	4:45 pm	37929	39178	\$25	\$45
Pre-team Dance	6+ years	Sa	10:30 am	11:00 am	37930	39179	\$25	\$45
Open Workout	6+ years	F	5:00 pm	7:00 pm			\$5	\$10
Open Workout	6+ years	Sa	12:30 pm	2:30 pm			\$5	\$10
East Side								
Gymnastics	3 - 4 years	M	6:00 pm	6:30 pm	38292	39398	\$28	\$48
Gymnastics	3 - 4 years	T	5:00 pm	5:30 pm	38294	39400	\$28	\$48
Gymnastics	3 - 4 years	T	5:55 pm	6:25 pm	38293	39399	\$28	\$48
Gymnastics	3 - 4 years	W	6:00 pm	6:30 pm	38299	39405	\$28	\$48
Gymnastics	3 - 4 years	W	6:50 pm	7:20 pm	38742	39408	\$28	\$48
Gymnastics	3 - 4 years	Th	6:05 pm	6:35 pm	38743	39409	\$28	\$48
Gymnastics	3 - 4 years	Sa	10:30 am	11:00 am	38296	39402	\$28	\$48
Gymnastics	5 - 6 years	M	5:45 pm	6:30 pm	38744	39410	\$35	\$55
Gymnastics	5 - 6 years	M	6:35 pm	7:20 pm	38295	39401	\$35	\$55
Gymnastics	5 - 6 years	T	4:45 pm	5:30 pm	38298	39404	\$35	\$55
Gymnastics	5 - 6 years	W	6:35 pm	7:20 pm	38297	39403	\$35	\$55
Gymnastics	5 - 6 years	Th	5:00 pm	5:45 pm	38300	39406	\$35	\$55
Gymnastics	5 - 6 years	Th	5:50 pm	6:35 pm	38745	39411	\$35	\$55
Gymnastics	5 - 6 years	F	9:35 am	10:20 am	38301	39407	\$35	\$55
Gymnastics	5 - 6 years	Sa	10:15 am	11:00 am	38746	39412	\$35	\$55





gymnastics

GYMNASTICS		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
East Side								
Intro to Gymnastics	7 - 11 years	M	5:45 pm	6:30 pm	38286	39392	\$35	\$55
Intro to Gymnastics	7 - 11 years	T	4:45 pm	5:30 pm	38287	39393	\$35	\$55
Intro to Gymnastics	7 - 11 years	W	6:35 pm	7:20 pm	38288	39394	\$35	\$55
Intro to Gymnastics	7 - 11 years	Th	5:50 pm	6:35 pm	38289	39395	\$35	\$55
Intro to Gymnastics	7 - 11 years	Sa	10:15 am	11:00 am	38290	39396	\$35	\$55
Intro to Gymnastics	7 - 11 years	Sa	11:05 am	11:50 am	38291	39397	\$35	\$55
Youth Level 1	6+ years	M	6:35 pm	7:20 pm	38304	39415	\$35	\$55
Youth Level 1	6+ years	T	5:40 pm	6:25 pm	38305	39416	\$35	\$55
Youth Level 1	6+ years	W	5:45 pm	6:30 pm	38306	39417	\$35	\$55
Youth Level 1	6+ years	Th	5:00 pm	5:45 pm	38307	39418	\$35	\$55
Youth Level 1	6+ years	Sa	11:05 am	11:50 am	38308	39419	\$35	\$55
Youth Level 2	6+ years	M	6:35 pm	7:20 pm	38310	39421	\$35	\$55
Youth Level 2	6+ years	T	5:40 pm	6:25 pm	38311	39422	\$35	\$55
Youth Level 2	6+ years	W	5:45 pm	6:30 pm	38312	39423	\$35	\$55
Youth Level 2	6+ years	Th	5:00 pm	5:45 pm	38313	39424	\$35	\$55
Youth Level 2	6+ years	Sa	11:05 am	11:50 am	38309	39420	\$35	\$55
Teen (beginner)	10+ years	M	7:25 pm	8:25 pm	38302	39413	\$45	\$79
Teen (advanced)	10+ years	M	7:25 pm	8:25 pm	38303	39414	\$45	\$79
West Side								
Gymnastics	3 - 4 years	M	9:10 am	9:40 am	38577	39698	\$28	\$48
Gymnastics	3 - 4 years	Th	9:55 am	10:25 am	38576	39697	\$28	\$48
Gymnastics	3 - 4 years	F	10:15 am	10:45 am	38578	39699	\$28	\$48
Gymnastics	3 - 4 years	Sa	9:10 am	9:40 am	38579	39700	\$28	\$48
Gymnastics	5 - 6 years	Th	4:55 pm	5:40 pm	38580	39701	\$35	\$55
Intro to Gymnastics	7 - 11 years	Th	5:45 pm	6:30 pm	38575	39696	\$35	\$55
Intro to Gymnastics & Swim	7 - 11 years	Sa	9:45 am	11:25am	38574	39695	\$52	\$78

Gymstars *By Invitation Only*

The Green Bay YMCA is proud of its Gymstars Competitive Gymnastics Team for girls. Team members are 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 teamwork. **A gymnast must be at a Level 4 skill level to be invited to join and compete with the team.** For more information, call Beth Kennerhed at 436-9651.

GYMNASTICS CAMPS REGISTER ONLINE! www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Downtown								
Tumble Fun Camp	4 - 5 years	Mar 23	9:00 am	2:30 pm	38853		\$27	\$44
Tumble Fun Camp	4 - 5 years	Mar 24	9:00 am	2:30 pm	38854		\$27	\$44
Tumble Fun Camp	4 - 5 years	Mar 25	9:00 am	2:30 pm	38855		\$27	\$44
3-day Tumble Fun Camp	4 - 5 years	Mar 23-25	9:00 am	2:30 pm	38856		\$66	\$90
Youth Camp	6+ years	Mar 23	9:00 am	4:00 pm	38849		\$33	\$52
Youth Camp	6+ years	Mar 24	9:00 am	4:00 pm	38850		\$33	\$52
Youth Camp	6+ years	Mar 25	9:00 am	4:00 pm	38851		\$33	\$52
3-day Youth Camp	6+ years	Mar 23-25	9:00 am	4:00 pm	38852		\$75	\$99
East Side								
Tumble Fun Camp	4 - 5 years	Apr 7	9:00 am	2:30 pm	38821		\$27	\$44
Tumble Fun Camp	4 - 5 years	Apr 9	9:00 am	2:30 pm	38822		\$27	\$44
Youth Camp	6+ years	Apr 7	9:00 am	4:00 pm	38818		\$33	\$52
Youth Camp	6+ years	Apr 9	9:00 am	4:00 pm	38819		\$33	\$52

YOUTH DANCE REGISTER ONLINE! www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Downtown								
Ballet, Tap, Jazz	3-4 years	T	5:15 pm	5:45 pm	37879	39116	\$28	\$48
Ballet, Tap, Jazz	5-6 years	T	5:50 pm	6:30 pm	37880	39117	\$30	\$51
Break Dancing	10+ years	W	7:30 pm	8:15 pm	37881	39118	\$35	\$55
East Side								
Ballet, Tap, Jazz	3 - 4 years	M	9:40 am	10:10 am	38249	39350	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	M	5:30 pm	6:00 pm	38250	39351	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	T	4:30 pm	5:00 pm	38253	39354	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	W	4:55 pm	5:25 pm	38254	39355	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	W	6:15 pm	6:45 pm	n/a	39362	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	F	9:00 am	9:30 am	38259	39360	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	F	10:20 am	10:50 am	38260	39361	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	Sa	9:10 am	9:40 am	n/a	39528	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	Sa	10:30 am	11:00 am	38258	39359	\$28	\$48
Ballerina Princess Tea Party	3 - 6 years	April 6	9:30 am	11:00 am	38261	n/a	\$15	\$30

Gymnastics Summer Camps can be found online at www.greenbayymca.org.





YOUTH DANCE REGISTER ONLINE! www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
East Side								
Ballet, Tap, Jazz	5 - 6 years	M	11:00 am	11:40 am	n/a	39529	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	M	4:45 pm	5:25 pm	38251	39352	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	T	5:55 pm	6:35 pm	38252	39353	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	T	6:40 pm	7:20 pm	n/a	39530	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	W	5:30 pm	6:10 pm	38255	39356	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	F	9:35 am	10:15 am	38256	39357	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	Sa	9:45 am	10:25 am	38257	39358	\$30	\$51
Beginner Dance	7+ years	M	6:50 pm	7:35 pm	n/a	39531	\$35	\$55
Beginner Dance	7+ years	T	5:05 pm	5:50 pm	38265	39366	\$35	\$55
Beginner Dance	7+ years	W	6:50 pm	7:35 pm	n/a	39532	\$35	\$55
Pom Squad	6 - 11 years	Th	5:00 pm	5:30 pm	38263	39364	\$28	\$48
Youth Hip-Hop	7 - 12 years	Th	5:35 pm	6:05 pm	38262	39363	\$28	\$48
Dance Like a Pop Star	8 - 13 years	M	6:05 pm	6:45 pm	38264	39365	\$30	\$51
Break Dancing	10+ years	Th	7:00 pm	7:45 pm	38266	39367	\$35	\$55
West Side								
Ballet, Tap, Jazz	3 - 4 years	M	10:10 am	10:40 am	38537	39654	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	M	5:30 pm	6:00 pm	38533	39650	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	T	9:55 am	10:25 am	38534	39651	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	T	5:00 pm	5:30 pm	38536	39653	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	W	5:35 pm	6:05 pm	38535	39652	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	Th	6:15 pm	6:45 pm	38538	39655	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	F	9:40 am	10:10 am	38540	39657	\$28	\$48
Ballerina Princess Tea Party	3 - 4 years	April 5	9:30 am	11:00 am	38539	n/a	\$15	\$30
Ballet, Tap, Jazz	5 - 6 years	M	4:50 pm	5:30 pm	38541	39658	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	T	5:30 pm	6:10 pm	38870	39659	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	W	4:50 pm	5:30 pm	38871	39660	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	Th	4:45 pm	5:25 pm	38872	39661	\$30	\$51
Baton Twirl	5 - 6 years	T	10:30 am	11:00 am	38542	39817	\$28	\$48
Pom Squad	7 - 13 years	M	6:00 pm	6:30 pm	38543	39662	\$28	\$48
Pom Squad	7 - 13 years	T	6:10 pm	6:40 pm	38868	39663	\$28	\$48
Beginner Dance	7 - 13 years	Th	6:50 pm	7:35 pm	38545	39665	\$32	\$54
Youth Hip-Hop	7 - 13 years	T	6:40 pm	7:10 pm	38869	39667	\$28	\$48
Youth Hip-Hop	7 - 13 years	W	6:10 pm	6:40 pm	38544	39664	\$28	\$48
Dance Like a Pop Star	7 - 13 years	W	6:45 pm	7:25 pm	38546	39666	\$30	\$51

ADULT DANCE		REGISTER ONLINE!		www.GreenBayYMCA.org				
	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Broadview								
Zumba	14+ years	T	7:00 pm	7:45 pm			FREE	n/a
Zumba	14+ years	F	4:30 pm	5:30 pm			FREE	n/a
Family Zumba	6-11 with parent, 12-13 alone	Th	4:00 pm	4:45 pm			FREE	n/a
Downtown								
Adult Tap	14+ years	T	6:30 pm	7:00 pm	37878	39115	\$30	\$51
Break Dancing	10+ years	W	7:30 pm	8:15 pm	37881	39118	\$35	\$55
Family Zumba	6-11 with parent, 12-13 alone	M	6:00 pm	6:45 pm			FREE	n/a
Zumba	14+ years	W	12:00 pm	12:30 pm			FREE	n/a
Zumba	14+ years	W	6:00 pm	6:45 pm			FREE	n/a
East Side								
Adult Tap	14+ years	Th	6:15 pm	6:45 pm	38247	39348	\$28	\$48
Ballroom Dance	14+ years	F	6:30 pm	7:30 pm	38248	39349	\$30	\$51
Break Dancing	10+ years	Th	7:00 pm	7:45 pm	38266	39367	\$35	\$55
Intro to Line Dancing	14+ years	MW	10:20 am	10:50 am	38140	39239	FREE	\$42
Line Dancing	14+ years	MW	10:50 am	11:50 am	38142	39241	FREE	\$51
Zumba	14+ years	M	7:55 pm	8:35 pm			FREE	n/a
Zumba	14+ years	T	5:45 am	6:30 am			FREE	n/a
Zumba	14+ years	T	8:15 am	9:00 am			FREE	n/a
Zumba	14+ years	T	6:00 pm	6:45 pm			FREE	n/a
Zumba	14+ years	W	7:55 pm	8:35 pm			FREE	n/a
Zumba	14+ years	Th	9:45 am	10:30 am			FREE	n/a
Zumba	14+ years	Sa	9:15 am	10:00 am			FREE	n/a
Zumba	14+ years	Sa	10:15 am	11:00 am			FREE	n/a
Family Zumba	6-11 with parent, 12-13 alone	Th	4:30 pm	5:15 pm			FREE	n/a
West Side								
Intro to Line Dancing	14+ years	TTh	10:15 am	10:45 am	38425	39538	FREE	\$42
Line Dancing	14+ years	TTh	10:45 am	11:45 am	38426	39539	FREE	\$51
Zumba	10+ years	M	9:15 am	10:00 am			FREE	n/a
Zumba	14+ years	TTh	9:15 am	10:00 am			FREE	n/a
Zumba	14+ years	T	6:30 pm	7:15 pm			FREE	n/a
Zumba	14+ years	F	9:15 am	10:00 am			FREE	n/a
Zumba	14+ years	Sa	10:15 am	11:00 am			FREE	n/a
Family Zumba	6-11 with parent, 12-13 alone	W	6:45 pm	7:30 pm			FREE	n/a



ADULT DANCE		REGISTER ONLINE!		www.GreenBayYMCA.org				
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
West Side								
Adult Tap	14+ years	W	7:30 pm	8:00 pm	38531	39648	\$28	\$48
Ballroom Dance	14+ years	F	6:00 pm	7:00 pm	38532	39649	\$30	\$51

AFTER SCHOOL SPORTS		REGISTER ONLINE!		www.GreenBayYMCA.org				
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
Broadview								
Racquetball	8 - 10 years	T	4:00 pm	4:45 pm	37775	39019	\$20	\$40
Racquetball	11 - 13 years	Th	4:00 pm	4:45 pm	37776	39020	\$20	\$40
East Side								
Adrenaline Push Skateboarding	7 - 13 years	TTh	4:30 pm	5:15 pm	n/a	39037	\$25	\$40
May 4, 6, 11, 13, 18, 20	7 - 13 years	TTh	5:30 pm	6:15 pm	n/a	39038	\$25	\$40

HOME SCHOOL PHYSICAL FITNESS		www.GreenBayYMCA.org						
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
East Side								
Gym	5 - 13 years	T	1:15 pm	1:50 pm	38314	39425	\$28	\$48
Swim	5 - 13 years	T	2:05 pm	2:45 pm	38315	39426	\$28	\$48
Gym & Swim	5 - 13 years	T	1:15 pm	2:45 pm	38316	39427	\$47	\$72
PE & Swim (pool 1st)	3 - 4 years	T	1:15 pm	2:30 pm	38317	39428	\$47	\$72

ADULT SPORTS		REGISTER ONLINE!		www.GreenBayYMCA.org				
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
Broadview								
Adult Full Court Basketball	19+ years	M - F	11:30 am	1:30 pm			FREE	n/a
Downtown								
Adult Full Court Basketball	19+ years	M - F	11:30 am	1:30 pm			FREE	n/a
East Side								
Adult Full Court Basketball	19+ years	M - 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+	M - F	11:30 am	2:00 pm			FREE	n/a

YOUTH SPORTS

Registration for Youth Sports begins March 1, 2010. Program start date is April 17 2010. Program flyers are available in all Green Bay YMCA lobbies. Please register in person, by mail, by phone at (920) 436-9595 or online at www.GreenBayYMCA.org.

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 Micki at 436-9551 for volunteer opportunities.

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Broadview								
Micro-Soccer	7 - 8 years	Sa	9:00 am	10:00 am	n/a	39041	\$31	\$49
Micro-Soccer	5 - 6 years	Sa	10:15 am	11:15 am	n/a	39040	\$31	\$49
Micro-Soccer	4 years	Sa	9:00 am	10:00 am	n/a	39039	\$31	\$49
Girl's Volleyball	grades 1 - 2	Sa	times vary		n/a	39051	\$31	\$49
East Side								
Micro-Soccer	5 - 6 years	Sa	10:15 am	11:15 am	n/a	39049	\$31	\$49
Micro-Soccer	4 years	Sa	9:00 am	10:00 am	n/a	39048	\$31	\$49
Girl's Volleyball	grades 3 - 4	Sa	times vary		n/a	39052	\$31	\$49
Micro-Football	5 - 6 years	Sa	11:30 am	12:30 pm	n/a	39062	\$31	\$49
West Side								
Micro-Soccer	5 - 6 years	Sa	9:00 am	10:00 am	n/a	39042	\$31	\$49
Micro-Soccer	7 - 8 years	Sa	9:00 am	10:00 am	n/a	39043	\$31	\$49
T-Ball	4 - 6 years	Sa	10:15 am	11:15 am	n/a	39058	\$31	\$49
Y-Ball	6 - 8 years	Sa	11:30 am	12:30 pm	n/a	39059	\$31	\$49
Girl's Volleyball	grades 5 - 6	Sa	times vary		n/a	39053	\$31	\$49
Lacrosse	grades 3 - 5	Sa	1:30 pm	2:30 pm	n/a	39060	\$31	\$49
Green Isle Park								
T-Ball	4 - 6 years	Sa	9:00 am	10:00 am	n/a	39054	\$31	\$49
Y-Ball	6 - 8 years	Sa	10:15 am	11:15 am	n/a	39055	\$31	\$49
Preble Park								
T-Ball	4 - 6 years	Sa	9:00 am	10:00 am	n/a	39056	\$31	\$49
Y-Ball	6 - 8 years	Sa	10:15 am	11:15 am	n/a	39057	\$31	\$49

Youth Sports Contacts

Broadview Sports, Adrenaline Push, Youth Sports Leagues
Micki Klemencic 436-9551

East Side Sports Classes
Front Desk 436-1200

West Side Sports Classes
Amy Reineking 436-9656





youth & teen

YOUTH & TEEN PROGRAMS REGISTER ONLINE! www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Broadview								
Family Zumba	6-11 with parent, 12-13 alone	Th	4:00 pm	4:45 pm			FREE	n/a
Youth LSC Orientation	11 - 13 years	Th	5:00 pm	8:00 pm			FREE	n/a
Fit Youth	11 - 13 years	T	4:30 pm	5:30 pm	37781	39025	\$24	\$48
Y-Night	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Power Zone	8 - 13 years	MW	3:30 pm	4:15 pm			FREE	n/a
Downtown								
Kids in the Kitchen & Swim	6 + years	Th	5:00 pm	6:30 pm	38826 <i>Snack Attack</i>	39217 <i>Food Around the World</i>	\$52	\$78
Y Klub <i>(Last night June 11)</i>	grades 4 - 8	F	6:00 pm	9:00 pm			FREE	\$2
Red Cross Babysitting	11 - 15 years	Mar 20	8:30 am	4:30 pm	37963		\$40	\$50
Red Cross Babysitting	11 - 15 years	Apr 24	8:30 am	4:30 pm		39221	\$40	\$50
Red Cross Babysitting	11 - 15 years	May 8	8:30 am	4:30 pm		39231	\$40	\$50
Family Zumba	6-11 with parent, 12-13 alone	M	6:00 pm	6:45 pm			FREE	N/A
East Side								
Power Zone	8 - 13 years	MTW	4:00 pm	6:00 pm			FREE	n/a
Y-Night	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Dance Like a Pop Star	8 - 13 years	M	6:05 pm	6:45 pm	38264	39365	\$30	\$51
Break Dancing	10+ years	Th	7:00 pm	7:45 pm	38266	39367	\$35	\$55
Teen Gymnastics (beginner)	11 - 17 years	M	7:25 pm	8:25 pm	38302	39413	\$45	\$79
Teen Gymnastics (advanced)	11 - 17 years	M	7:25 pm	8:25 pm	38303	39414	\$45	\$79
Family Spin	8 - 13 with adult	T	6:45 pm	7:15 pm	38881	39339	\$24	\$48
Family Yoga	6+ years	W	6:45 pm	7:15 pm	38750	39370	\$24	\$48
Family Zumba	6-11 with parent, 12-13 alone	Th	4:30 pm	5:15 pm			FREE	n/a
Fit Youth	11 - 13 years	M	4:30 pm	5:30 pm	38396	39508	\$24	\$48
Fit Youth	11 - 13 years	T	4:30 pm	5:30 pm	38397	39509	\$24	\$48
Fit Youth	11 - 13 years	W	4:30 pm	5:30 pm	38398	39510	\$24	\$48
Youth LSC Orientation	11 -13 years	Th	4:30 pm	7:30 pm			FREE	n/a
Youth One-on-One Training	11 - 13 years	7 sessions			38329	39440	\$135	n/a
Youth Spin	8 - 13 years	T Th	4:45 pm	5:15 pm	38246	39347	\$24	\$48
Youth Yoga	8 - 13 years	MW	4:50 pm	5:20 pm	38407	39520	\$24	\$48
West Side								
Red Cross Babysitting	11 - 15 years	June 12	8:30am	4:00pm		39232	\$40	\$50
Power Zone	8 - 13 years	M	4:30 pm	5:30 pm			FREE	

YOUTH & TEEN PROGRAMS REGISTER ONLINE! www.GreenBayYMCA.org

West Side								
Power Zone	8 - 13 years	T W Th	4:30 pm	6:30 pm			FREE	
The Lookout	8 - 13 years	T W	5:00 pm	8:00 pm			FREE	
Kids in the Kitchen & Swim <small>(pool 1st)</small>	7 - 10 years	M	4:00 pm	5:30 pm	38873	n/a	\$47	\$72
Kids in the Kitchen	7 - 10 years	M	4:50 pm	5:30 pm	38874	n/a	\$24	\$48
Get Your Food On & Swim <small>(pool 1st)</small>	7 - 10 years	M	4:00 pm	5:30 pm	n/a	39541	\$47	\$72
Get Your Food On	7 - 10 years	M	4:50 pm	5:30 pm	n/a	39542	\$24	\$48
Mad Scientists	7 - 10 years	T	4:50 pm	5:30 pm	38875	n/a	\$24	\$48
Mad Scientists & Swim	7 - 10 years	T	4:50 pm	6:25 pm	38876	n/a	\$47	\$72
Construction Junction	7 - 10 years	T	4:50 pm	5:30 pm	n/a	39543	\$24	\$48
Construction Junction & Swim	7 - 10 years	T	4:50 pm	6:25 pm	n/a	39544	\$47	\$72
G.A.T.O.R.S	7 - 10 years	W	5:20 pm	5:50 pm	38877	n/a	\$24	\$48
G.A.T.O.R.S & Swim	7 - 10 years	W	5:20 pm	6:40 pm	38878	n/a	\$47	\$72
Backyard Games	7 - 10 years	W	5:20 pm	5:50 pm	n/a	39545	\$24	\$48
Backyard Games & Swim	7 - 10 years	W	5:20 pm	6:40 pm	n/a	39546	\$47	\$72
Youth Spin & Swim	8 - 13 years	Th	5:00 pm	6:20 pm	38879	39547	\$47	\$72
Youth Spin	8 - 13 years	Th	5:00 pm	5:30 pm	38524	39641	\$15	\$30
Family Zumba	6-11 with parent, 12-13 alone	W	6:45 pm	7:30 pm	n/a	n/a	FREE	n/a
Y Night	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Youth LSC Orientation	11 - 13 years	Sa	9:00 am	12:00 pm			FREE	n/a
Fit Youth	11 - 13 years	M	6:00 pm	7:00 pm	38680	39804	\$24	\$48
Youth LSC Orientation	11 - 13 years	W	5:00 pm	8:00 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 19 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.** 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 2008 - 2009 no-school dates began in September. Call 436-9675 for information and availability. **Kids Day Out program dates include:** December 23, 28, 29, 30 January 22 February 26

Summer Child Care (ages 5 - 12) and Teen Adventure Program (ages 11 - 14)

Full-day programs held at various locations throughout the Green Bay area. Activities include field trips, swimming, sports, arts and crafts, volunteerism, library visits and more. Program hours are 7:00 am - 6:00 pm. Registration begins mid-February. Call 436-9675 for information.

Important Registration Dates

2010 Summer Child Care: February 7, 2010 **2010 Teen Adventure Program:** February 7, 2010 **2010-11 Before/After School Care:** April 20, 2010



FAMILY

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.

Family Nights Join us in the pool, challenge each other on the basketball court, make arts & crafts, watch movies 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 flyers for schedules and special theme nights.

Grab Bag Fun Reach for fun - grab the bag. 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.

Healthy Kids Day May 1st, 2010 10am to 4pm at Shopko Hall. Free to Everyone!

	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
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Broadview

Dive-In Movies- First Sunday of every month, 12-2 pm. Join us in the pool for swimming and a movie. Free for all YMCA members or \$12 for non-member families.

Family Night	Sa	6:00 pm	8:00 pm			FREE	\$12/family
Rainbow Rompers parent/child	M	9:00 am	10:15 am			FREE	\$5
Rainbow Rompers parent/child	Th	10:15 am	11:30 am			FREE	\$5
Family Zumba ages 6-11 with parent; ages 12-13 alone	Th	4:00 pm	4:45 pm			FREE	n/a

Downtown

Community Swim at Downtown YMCA on Saturdays from 3:30 pm - 5:00 pm. General Public pays \$1 to swim!

Spring Family Fun Night- Saturday May 8 6:00 pm - 8:30 pm at the Downtown YMCA Free for Everyone. Free dinner. Come and celebrate the warm weather and let us do the cooking. Participate in family activities such as swimming, gymnastics, crafts, games, and much more.!

Family Time- Mondays 4:30 - 7:00 pm. Join us in the lobby for crafts and games every Monday night!

Family Zumba ages 6-11 with parent; ages 12-13 alone	M	6:00 pm	6:45 pm			FREE	n/a
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East Side

Community Swim at East Side YMCA on Sundays from 4:00 pm - 6:00 pm. General public pays \$1 to swim!.

Saturday Family Nights at the East Side YMCA are January 9, February 13, March 13, April 10 and May 8. Join us from 6pm - 8pm for a variety of activities and special events.

Book Share once time per month. Take a book, leave a book or do both - you choose! For dates of upcoming Book Shares, contact the East Side Front Desk.

Family Night	T	6:00 pm	8:00 pm			FREE	\$12/family
Family Night	Jan 9	6:00 pm	8:00 pm			FREE	\$12/family
Family Night	Feb 13	6:00 pm	8:00 pm			FREE	\$12/family
Family Night	Mar 13	6:00 pm	8:00 pm			FREE	\$12/family
Family Night	Apr 10	6:00 pm	8:00 pm			FREE	\$12/family
Family Night	May 8	6:00 pm	8:00 pm			FREE	\$12/family
Rainbow Rompers parent/child	T	6:00 pm	8:00 pm			FREE	\$5
Rainbow Rompers parent/child	Th	9:45 am	11:15 am			FREE	\$5
Family LSC Orientation 11+ years	Sa	12:00 pm	3:00 pm			FREE	n/a
Family Spin ages 8 - 13 with parent	T	6:45 pm	7:15 pm	38881	39339	\$24	\$48
Family Yoga ages 6 - 13 with parent	W	6:45 pm	7:15 pm	38750	39370	\$24	\$48
Family Zumba ages 6-11 with parent; ages 12-13 alone	Th	4:30 pm	5:15 pm			FREE	n/a

FAMILY

West Side

Egg-Stravaganza Saturday April 3 from 2:00-4:00pm at the West Side YMCA. Enjoy an afternoon of face painting, treats, arts & crafts, games and an Easter Egg hunt (2:00-2:30 pm). Appropriate for children 7 and under. Pre-register now! Use barcode #39941

Members: \$3/child (\$9 max per family) **General Public:** \$5/child (\$15 max per family)

	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Family Night	Sa	6:00 pm	8:00 pm			FREE	\$12/family
Rainbow Rompers parent/child	M	5:30 pm	7:00 pm			FREE	\$5
Rainbow Rompers parent/child	Th	11:00 am	11:55 am			FREE	\$5
Rainbow Rompers parent/child	Th	6:00 pm	7:30 pm			FREE	\$5
Rainbow Rompers parent/child	F	10:00 am	11:30 am			FREE	\$5
Family Spin ages 8-13 with paren1	T	5:00 pm	5:30 pm	38517	39634	\$24	\$48
Family Zumba ages 6-11 with parent; ages 12-13 alone	W	6:45 pm	7:30 pm			FREE	n/a
Family Yoga ages 6-13 with parent	F	5:30 pm	6:00 pm	38547	39668	\$24	\$48

ACTIVE OLDER ADULTS

REGISTER ONLINE!

www.GreenBayYMCA.org

AOA Coordinators:

Broadview Valerie Rabas 436-9541

Downtown Shaun Nick 436-9519

East Side Laura Grovogel 436-1250

West Side Kari Jakubiec 436-9530

Book Club Meets at 10:30 am at the Weyers-Hilliard Library, adjacent to the West Side YMCA, the second Monday of each month. Call Kari at 436-9530 for more information.

Monthly Presentations Contact your AOA coordinator for upcoming presentation days and topics.

Trips Day Trips are offered throughout the year. If you would like to be on the mailing list for special events or information on the weight training demos, contact your AOA Coordinator.

Wellness Appointments During a wellness appointment, YMCA wellness coaches will provide you with options, direction, support, and motivation to help guide you to a healthier lifestyle. These 60 minute wellness appointments will help you feel comfortable and confident while exercising at the YMCA. Youth and family appointments are also available. The wellness appointments are FREE with your Y membership. For more information call (920) 436-9622 or stop by any of our four Green Bay locations.

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Broadview								
Senior Water Exercise		M W F	9:15 am	10:00 am			FREE	n/a
Waterworks		M W F	7:45 am	8:30 am			FREE	n/a
Gentle Fitness H2O		T Th	7:45 am	8:30 am			FREE	n/a
Sit and Be Fit		W	8:15 am	8:45 am			FREE	n/a



active older adults

ACTIVE OLDER ADULTS REGISTER ONLINE! www.GreenBayYMCA.org

Downtown

Senior Water Exercise		M W F	9:45 am	10:30 am			FREE	n/a
Lively Low Impact		M F	9:00 am	10:00 am			FREE	n/a
Sit & Be Fit		W	9:00 am	9:45 am			FREE	n/a
Arthritis Foundation Aquatics Program		M W F	11:30 am	12:15 pm	37883	39066	FREE	\$46

East Side

Book Share once time per month. Take a book, leave a book or do both - you choose! For dates of upcoming Book Shares, contact the East Side Front Desk.

Senior Water Exercise		M W F	8:45 am	9:30 am			FREE	n/a
Waterworks		M W F	7:30 am	8:15 am			FREE	n/a
Waterworks		W	7:35 pm	8:20 pm			FREE	n/a
Waterworks		T Th	5:40 pm	6:25 pm			FREE	n/a
Waterworks		Sa	7:30 am	8:30 am			FREE	n/a
Ai Chi		M	7:45 pm	8:30 pm			FREE	n/a
Sit and Be Fit		T Th	9:00 am	9:45 am			FREE	n/a
Intro to Line Dancing		M W	10:20 am	10:50 am	38140	39239	FREE	\$42
Line Dancing		M W	10:50 am	11:50 am	38142	39241	FREE	\$51
Tai Chi		T	8:00 am	8:45 am	38322	39433	\$24	\$48
Tai Chi		Th	8:00 am	8:45 am	38321	39432	\$24	\$48
Slow Flow Senior Yoga		T	7:45 am	8:30 am	38756	39244	\$24	\$48

West Side

Senior Water Exercise		M W F	10:05 am	10:50 am			FREE	n/a
Waterworks		M W F	7:45 am	8:45 am			FREE	n/a
Waterworks		T Th	7:30 pm	8:30 pm			FREE	n/a
Gentle Fitness H20		T	7:45 am	8:45 am			FREE	n/a
Ai Chi		Th	7:45 am	8:45 am			FREE	n/a
Sit and Be Fit		T Th	9:30 am	10:30 am			FREE	n/a
Intro to Line Dancing		T Th	10:15 am	10:45 am	38425	39538	FREE	\$42
Line Dancing		T Th	10:45 am	11:45 am	38426	39539	FREE	\$51
Tai Chi		M	7:15 pm	8:00 pm	38581	39702	\$24	\$48



ADULT - YOGA, PILATES, CYCLING

www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Broadview								
Yoga	14+ years	W	9:05 am	9:50 am	37784	39028	\$24	\$48
Yoga	14+ years	Th	5:15 pm	6:00 pm	37785	39029	\$24	\$48
Yoga	14+ years	F	9:05 am	9:50 am	37783	39027	\$24	\$48
Yoga with Props	14+ years	Th	8:15 am	8:55 am	37786	39030	\$26	\$52
Power Yoga	14+ years	M	6:05 pm	6:50 pm	37787	39031	\$24	\$48
Power Yoga	14+ years	Th	6:05 pm	6:50 pm	37788	39032	\$24	\$48
Yogilates	14+ years	T	9:05 am	9:50 am	37782	39026	\$24	\$48
Yogilates	14+ years	Th	9:05 am	9:50 am	37791	39035	\$24	\$48
Pilates	14+ years	T	6:05 pm	6:50 pm	37748	38992	\$24	\$48
Pilates	14+ years	Th	6:55 pm	7:40 pm	37749	38993	\$24	\$48
Pilates	14+ years	F	10:00 am	10:45 am	37746	38991	\$24	\$48
One-on-One Yoga or Pilates	14+ years	3 sessions			37789	39033	\$90	n/a
One-on-One Yoga or Pilates	14+ years	7 sessions			37790	39034	\$175	n/a
Cycling	14+ years	M	7:00 am	7:45 am	37699	38944	\$24	\$48
Cycling	14+ years	W	7:00 am	7:45 am	37701	38946	\$24	\$48
Cycling	14+ years	Th	5:00 pm	5:45 pm	37700	38945	\$24	\$48
Cycling	14+ years	F	7:00 am	7:45 am	37702	38947	\$24	\$48
Cycling	14+ years	F	12:15 pm	1:00 pm	37703	38948	\$24	\$48
Cycling	14+ years	Su	9:15 am	10:00 am	37704	38949	\$24	\$48
Cycle/Strength	14+ years	T	5:00 pm	6:00 pm	37705	38950	\$26	\$52
Downtown								
Yoga	14+ years	M	12:15 pm	1:00 pm	37968	39227	\$24	\$48
Yoga	14+ years	T	5:30 pm	6:15 pm	37969	39228	\$24	\$48
Power Yoga	14+ years	W	12:15 pm	1:00 pm	37970	39229	\$24	\$48
Zen Café	14+ years	Sa	9:15 am	10:00 am	37971	n/a	\$24	\$48
Pilates	14+ years	W	5:30 pm	6:15 pm	37959	39213	\$24	\$48
Pilates	14+ years	F	12:15 pm	1:00 pm	37960	39214	\$24	\$48
East Side								
Youth Yoga	8 - 13 years	MW	4:50 pm	5:20 pm	38407	39520	\$24	\$48
Yoga	14+ years	M	8:30 am	9:15 am	38411	39524	\$24	\$48





ADULT - YOGA, PILATES, CYCLING

www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
East Side								
Yoga	14+ years	M	6:15 pm	7:00 pm	38400	39512	\$24	\$48
Yoga	14+ years	T	5:45 am	6:30 am	38748	39516	\$24	\$28
Yoga	14+ years	T	10:00 am	10:45 am	38401	39513	\$24	\$48
Yoga	14+ years	W	8:30 am	9:15 am	38402	39514	\$24	\$48
Yoga	14+ years	W	6:15 pm	7:00 pm	38403	39515	\$24	\$48
Yoga	14+ years	Th	5:45 am	6:30 am	38749	39527	\$24	\$28
Yoga	14+ years	Th	10:00 am	10:45 am	38409	39522	\$24	\$48
Yoga	14+ years	Th	7:20 pm	8:05 pm	38412	39525	\$24	\$48
Yoga	14+ years	F	8:30 am	9:15 am	38404	39517	\$24	\$48
Yoga	14+ years	Sa	7:00 am	7:45 am	38410	39523	\$24	\$48
Slow Flow Yoga	14+ years	M	7:15 pm	8:00 pm	38405	39518	\$24	\$48
Slow Flow Yoga	14+ years	W	7:15 pm	8:00 pm	38406	39519	\$24	\$48
Prenatal Yoga	14+ years	Th	5:30 pm	6:15 pm	38399	39511	\$24	\$48
Pilates	14+ years	M	9:25 am	10:10 am	38344	39455	\$24	\$48
Pilates	14+ years	T	6:55 pm	7:40 pm	38340	39451	\$24	\$48
Pilates	14+ years	W	9:25 am	10:10 am	38342	39453	\$24	\$48
Pilates	14+ years	Th	6:25 pm	7:10 pm	38341	39452	\$24	\$48
Pilates	14+ years	F	9:25 am	10:10 am	38343	39454	\$24	\$48
One-on-One Yoga or Pilates	14+ years	3 sessions			38408	39521	\$90	n/a
One-on-One Yoga or Pilates	14+ years	7 sessions			38413	39526	\$175	n/a
Cycling	14+ years	M	5:45 am	6:30 am	38236	39336	\$24	\$48
Cycling	14+ years	M	9:30 am	10:15 am	38221	39321	\$24	\$48
Cycling	14+ years	M	5:30 pm	6:15 pm	38235	39335	\$24	\$48
Cycling	14+ years	M	6:45 pm	7:30 pm	38223	39323	\$24	\$48
Cycling	14+ years	T	6:00 am	6:45 am	38225	39325	\$24	\$48
Cycling	14+ years	T	8:30 am	9:15 am	38238	39338	\$24	\$48
Cycling	14+ years	T	5:45 pm	6:30 pm	38227	39327	\$24	\$48
Cycling	14+ years	W	5:45 am	6:30 am	38232	39332	\$24	\$48
Cycling	14+ years	W	9:30 am	10:15 am	38222	39322	\$24	\$48
Cycling	14+ years	W	6:45 pm	7:30 pm	38224	39324	\$24	\$48
Cycling	14+ years	Th	6:00 am	6:45 am	38226	39326	\$24	\$48
Cycling	14+ years	Th	5:45 pm	6:30 pm	38228	39328	\$24	\$48
Cycling	14+ years	F	6:00 am	6:45 am	38229	39329	\$24	\$48
Cycling	14+ years	F	9:30 am	10:15 am	38231	39331	\$24	\$48
Cycling	14+ years	Sa	7:00 am	7:45 am	38230	39330	\$24	\$48
Cycling	14+ years	Sa	8:00 am	8:45 am	38237	39337	\$24	\$48

ADULT - YOGA, PILATES, CYCLING

www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
East Side								
Drop-In Cycling	14+ years						\$5	\$10
Cycle/Strength	14+ years	W	5:30 pm	6:30 pm	38233	39333	\$26	\$52
Cycle/Strength	14+ years	Th	9:40 am	10:40 am	38234	39334	\$26	\$52
Youth Spin	8 - 13 years	T Th	4:45 pm	5:15 pm	38246	39347	\$24	\$48
West Side								
Yoga	14+ years	M	6:30 pm	7:15 pm	38685	39809	\$24	\$48
Yoga	14+ years	T	8:15 am	9:00 am	38681	39805	\$24	\$48
Yoga	14+ years	W	6:30 pm	7:15 pm	38682	39806	\$24	\$48
Yoga	14+ years	Th	8:15 am	9:00 am	38683	39807	\$24	\$48
Yoga	14+ years	Th	7:30 pm	8:15 pm	38684	39808	\$24	\$48
Power Yoga	14+ years	Th	6:30 pm	7:15 pm	38686	39810	\$24	\$48
Family Yoga	14+ years	F	5:30 pm	6:00 pm	38547	39668	\$24	\$48
Yogilates	14+ years	M	10:30 am	11:15 am	38687	39811	\$24	\$48
Yogilates	14+ years	W	10:30 am	11:15 am	38688	39812	\$24	\$48
Yogilates	14+ years	Th	5:15 pm	6:00 pm	38689	39813	\$24	\$48
Tai Chi	14+ years	M	7:15 pm	8:00 pm	38581	39702	\$24	\$48
Pilates	14+ years	M	9:00 am	9:45 am	38603	39724	\$24	\$48
Pilates	14+ years	M	7:15 pm	8:00 pm	38601	39722	\$24	\$48
Pilates	14+ years	W	9:00 am	9:45am	38604	39725	\$24	\$48
Pilates	14+ years	Th	4:30 pm	5:15 pm	38605	39726	\$24	\$48
Pilates	14+ years	W	7:15 pm	8:00 pm	38602	39723	\$24	\$48
One-On-One Yoga or Pilates	14+ years	3 sessions			38690	39814	\$90	n/a
One-On-One Yoga or Pilates	14+ years	7 sessions			38691	39815	\$175	n/a
Cycling	14+ years	M	5:15 am	6:00 am	38530	39647	\$24	\$48
Cycling	14+ years	M	9:15 am	10:00 am	38506	39624	\$24	\$48
Cycling	14+ years	M	4:30 pm	5:15 pm	38509	39626	\$24	\$48
Cycling	14+ years	M	7:15 pm	8:00 pm	38520	39637	\$24	\$48
Cycling	14+ years	T	5:45 am	6:30 am	38510	39627	\$24	\$48
Cycling	14+ years	T	8:30 am	9:15 am	38513	39630	\$24	\$48
Cycling	14+ years	T	7:15 pm	8:00 pm	38518	39635	\$24	\$48





adult

ADULT - YOGA, PILATES, CYCLING

www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
West Side								
Cycling	14+ years	W	5:15 am	6:00 am	38523	39640	\$24	\$48
Cycling	14+ years	W	9:15 am	10:00 am	38508	39625	\$24	\$48
Cycling	14+ years	W	4:30 pm	5:15 pm	38521	39638	\$24	\$48
Cycling	14+ years	Th	5:45 am	6:30 am	38511	39628	\$24	\$48
Cycling	14+ years	Th	8:30 am	9:15 am	38527	39644	\$24	\$48
Cycling	14+ years	Th	5:45 pm	6:30 pm	38512	39629	\$24	\$48
Cycling	14+ years	Th	6:45 pm	7:30 pm	38519	39636	\$24	\$48
Cycling	14+ years	F	5:15 am	6:00 am	38529	39646	\$24	\$48
Cycling	14+ years	F	9:15 am	10:00 am	38522	39639	\$24	\$48
Cycling	14+ years	Sa	9:15 am	10:00 am	38525	39642	\$24	\$48
Cycling	14+ years	Su	10:15 am	11:00 am	38526	39643	\$24	\$48
Cycling Extreme	14+ years	M	6:00 pm	7:00 pm	38514	39631	\$26	\$52
Cycling Extreme	14+ years	Sa	8:00 am	9:00 am	38528	39645	\$26	\$52
Drop-In Cycling	14+ years						\$5	\$10
Cycle/ Yoga	14+ years	T	6:00 pm	7:00 pm	38515	39632	\$26	\$52
Cycle/ Pilates	14+ years	W	6:15 pm	7:15 pm	38516	39633	\$26	\$52
Family Spin	8 - 13 years w/ parent	T	5:00 pm	5:30 pm	38517	39634	\$24	\$48
Youth Spin & Swim	8 - 13 years	Th	5:00 pm	6:20 pm	38879	39547	\$47	\$72
Youth Spin	8 - 13 years	Th	5:00 pm	5:30 pm	38524	39641	\$15	\$30

YMCA Group Fitness Schedules
can be found online at
www.GreenBayYMCA.org

Group Fitness Schedule

Fall 2 Session October 26, 2009 - January 2, 2010

Members Only, ages 14+

BROADVIEW CENTER		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Fit For Life	5:30 AM	Waterworks	6:00 AM	Fit For Life	5:30 AM	Waterworks	6:00 AM	Fit For Life	5:50 AM	Drop Water Conditioning	7:00 AM
Deep Water	6:00 AM	Cardio Kickboxing	7:45 AM	Drop Water	6:00 AM	Cardio Kickboxing	7:45 AM	Drop Water	6:00 AM	Fit For Life	7:30 AM
Waterworks	7:45 AM	Interval 1 & 2	8:00 AM	Waterworks	7:45 AM	Family Zumba	8:30 AM	Waterworks	7:45 AM	Waterworks	9:00 AM
Step	8:00 AM	Interval 1 & 2	8:45 PM	Yoga to Tone	8:00 AM	Interval 1 & 2	8:30 AM	Step	8:00 AM	Waterworks	9:00 AM
Senior Water	9:15 AM	Get On the Ball	9:00 PM	Get On the Ball	8:55 AM	Interval 1 & 2	8:30 AM	Senior Water	9:15 AM	Waterworks	9:15 AM
Interval 1 & 2	9:15 AM	Get On the Ball	9:00 PM	Senior Water	9:15 AM	Interval 1 & 2	8:30 AM	Interval 1 & 2	9:15 AM	Waterworks	9:15 AM
Shred & Sculpt	11:15 AM	Zumba	7:30 PM	Interval 1 & 2	9:15 AM	Interval 1 & 2	8:30 AM	Zumba	9:30 AM	Waterworks	9:30 AM
Fit For Life	12:10 PM			Shred & Sculpt	11:15 AM	Interval 1 & 2	8:30 AM	Waterworks	9:30 AM	Waterworks	9:30 AM
Cardio Kickboxing	4:30 PM			Fit For Life	12:10 PM	Cardio Kickboxing	4:30 PM	Fit For Life	12:10 PM	Fit For Life	12:10 PM
Fit For Life	5:20 PM			Cardio Kickboxing	4:30 PM	Fit For Life	5:30 PM	Cardio Kickboxing	4:30 PM	Fit For Life	5:30 PM
Fit For Life	5:40 PM			Fit For Life	5:30 PM	Waterworks	5:40 PM	Waterworks	5:40 PM	Fit For Life	5:30 PM
Waterworks	6:40 PM			Waterworks	5:40 PM	Fit For Life	6:40 PM	Fit For Life	6:40 PM	Fit For Life	6:40 PM
Flex and Balance	6:40 PM			Flex and Balance	6:40 PM	Drop Water Conditioning	7:15 PM	Drop Water Conditioning	7:15 PM	Drop Water Conditioning	7:15 PM
Drop Water Conditioning	7:15 PM			Drop Water Conditioning	7:15 PM						

DOWNTOWN CENTER		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Swim Lane	9:00 AM	Cardio Kickboxing	12:00 PM	Fit For Life	6:00 AM	Cardio Kickboxing	12:00 PM	Fit For Life	6:00 AM
Senior Water	9:45 AM	Get On the Ball	5:30 PM	Swim Lane	9:00 AM	Get On the Ball	5:30 PM	Swim Lane	9:00 AM
Artistic Program	11:20 AM	Drop Water Conditioning	5:30 PM	Senior Water	9:45 AM	Artistic Program	11:20 AM	Senior Water	9:45 AM
Express Fit 30	11:00 AM			Express Fit 30	11:00 AM	Express Fit 30	11:00 AM	Express Fit 30	11:00 AM
Step	12:00 PM			Step	12:00 PM	Step	12:00 PM	Step	12:00 PM
Get On the Ball	12:30 PM			Get On the Ball	12:30 PM	Get On the Ball	12:30 PM	Get On the Ball	12:30 PM
Express Fit 30	4:50 PM			Express Fit 30	4:50 PM	Express Fit 30	4:50 PM	Express Fit 30	4:50 PM
Flex and Balance	5:30 PM			Flex and Balance	5:30 PM	Flex and Balance	5:30 PM	Flex and Balance	5:30 PM
Family Zumba	6:00 PM			Family Zumba	6:00 PM	Family Zumba	6:00 PM	Family Zumba	6:00 PM

CLASS DESCRIPTIONS LAND

CARDIO KICKBOXING - An exciting, high energy workout using the fundamentals of boxing, including punches, kicks, and knee strikes, to burn calories and tone muscles. Includes cardio, strength, and balance training.

CIRCUIT WORKOUT - A complete body workout combining cardiovascular, strength, and flexibility exercises. Includes interval training and core work.

EXPRESS FIT 30 - Start on the floor, then move through a series of exercises that challenge your core and burn calories. Includes interval training and core work.

FAMILY FITNESS - Ages 4+ - All you need is an experienced instructor, a few parents, and a healthy toddler.

FIT FOR LIFE - A low-impact, low-impact walking or cycling class for people of all ages. Includes interval training and core work.

GET ON THE BALL - A fun, low-impact, low-impact class that focuses on core strength, balance, and flexibility. Includes interval training and core work.

INTERVAL 1 & 2 - A high energy, low-impact class that focuses on core strength, balance, and flexibility. Includes interval training and core work.

INVEST TO LIVE DANCING/LINE DANCING - Learn the basics of line dancing and invest in your future. Includes interval training and core work.

LIQUID LOW IMPACT - A low-impact, low-impact class that focuses on core strength, balance, and flexibility. Includes interval training and core work.

SET AND GO - A fun, low-impact, low-impact class that focuses on core strength, balance, and flexibility. Includes interval training and core work.

STEP - Step up to a new level of fitness with this fun and challenging class. Includes interval training and core work.

STRETCH & BALANCE - A fun, low-impact, low-impact class that focuses on core strength, balance, and flexibility. Includes interval training and core work.

SUNDAY MORNING WORKOUT - A great workout that focuses on core strength, balance, and flexibility. Includes interval training and core work.

WALK & TALK - Why walk when you can walk and talk? This fun and challenging class focuses on core strength, balance, and flexibility. Includes interval training and core work.

ZUMBA / FAMILY ZUMBA - A fun, low-impact, low-impact class that focuses on core strength, balance, and flexibility. Includes interval training and core work.

STRENGTH TRAINING

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Broadview								
Youth LSC Orientation	11 - 13 years	Th	5:00 pm	8:00 pm			FREE	n/a
Fit Youth	11 - 13 years	T	4:30 pm	5:30 pm	37781	39025	\$24	\$48
Shape Up	14+ years	MW	11:30 am	12:30 pm	37778	39022	\$66	\$132
Shape Up	14+ years	MW	7:15 pm	8:15 pm	37779	39023	\$66	\$132
Shape Up	14+ years	TTh	7:15 pm	8:15 pm	37777	39021	\$66	\$132
Body Fit	14+ years	M	10:20 am	11:05 am	37691	38936	\$24	\$48
Body Fit	14+ years	T	5:45 am	6:30 am	37692	38937	\$24	\$48
Body Fit	14+ years	T	6:10 pm	6:55 pm	37693	38938	\$24	\$48
Body Fit	14+ years	W	10:20 am	11:05 am	37694	38939	\$24	\$48
Body Fit	14+ years	Th	5:45 am	6:30 am	37695	38940	\$24	\$48
Body Fit	14+ years	Th	6:10 pm	6:55 pm	37696	38941	\$24	\$48
Body Fit	14+ years	F	10:20 am	11:05 am	37698	38943	\$24	\$48
Body Fit	14+ years	Sa	6:30 am	7:15 am	37697	38942	\$24	\$48
Group Strength Training	14+ years	MW	5:45 am	6:15 am	37780	39024	\$36	\$72
Youth One-On-One Training	11 - 13 years	7 session			37737	38982	\$135	n/a
One-on-One Training	14+ years	3 sessions			37734	38979	\$90	n/a
One-on-One Training	14+ years	7 sessions			37733	38978	\$175	n/a
Buddy Training	14+ years	3 sessions			37738	38983	\$135	n/a
Buddy Training	14+ years	7 sessions			37739	38984	\$260	n/a
Body Composition					37736	38981	FREE	\$10
Fitness Analysis					37735	38980	FREE	\$40
Downtown								
Body Fit	14+ years	T	6:00 am	6:45 am	37860	39099	\$24	\$48
Body Fit	14+ years	Th	6:00 am	6:45 am	37862	39100	\$24	\$48
Body Fit	14+ years	T	12:15 pm	1:00 pm	n/a	39233	\$24	\$48
Body Fit	14+ years	Th	12:15 pm	1:00 pm	n/a	39234	\$24	\$48
Group Strength Training	14+ years	MW	5:00 pm	5:30 pm	37967	39225	\$36	\$72
Group Strength Training	14+ years	TTh	12:15 pm	12:45 pm	38846	n/a	\$36	\$72
Sculpt N' Shed	14+ years	MW	5:30 pm	6:30 pm	37966	39224	\$44	\$88
Intensity X	14+ years	MWF	6:00 am	7:00 am	n/a	39226	\$90	\$180





STRENGTH TRAINING REGISTER ONLINE! www.GreenBayYMCA.org

	Age	Day	Start	End	Spring 1	Spring 2	YMCA Member	General Public
Downtown								
Youth One-On-One Training	11 - 13 years	7 sessions			37949	39204	\$135	n/a
One-On-One Training	14+ years	3 sessions			37948	39203	\$90	n/a
One-On-One Training	14+ years	7 sessions			37945	39200	\$175	n/a
Buddy Personal Training	14+ years	3 sessions			37950	39205	\$135	n/a
Buddy Personal Training	14+ years	7 sessions			37951	39206	\$260	n/a
Body Composition	14+ years				37946	39201	FREE	\$10
Fitness Analysis	14+ years				37947	39202	FREE	\$40
East Side								
Youth LSC Orientation	11 - 13 years	Th	4:30 pm	7:30 pm			FREE	n/a
Family LSC Orientation	11+ years	Sa	12:00 pm	3:00 pm			FREE	n/a
Fit Youth	11 - 13 years	M	4:30 pm	5:30 pm	38396	39508	\$24	\$48
Fit Youth	11 - 13 years	T	4:30 pm	5:30 pm	38397	39509	\$24	\$48
Fit Youth	11 - 13 years	W	4:30 pm	5:30 pm	38398	39510	\$24	\$48
Shape Up	14+ years	MW	8:50 am	9:50 am	38392	39503	\$66	\$132
Shape Up	14+ years	T Th	9:45 am	10:45 am	38390	39501	\$66	\$132
Shape Up	14+ years	T Th	7:00 pm	8:00 pm	38391	39502	\$66	\$132
Body Fit	14+ years	M	5:15 am	6:00 am	38210	39310	\$24	\$48
Body Fit	14+ years	M	4:40 pm	5:25 pm	38209	39309	\$24	\$48
Body Fit	14+ years	T	5:45 am	6:30 am	38219	39319	\$24	\$48
Body Fit	14+ years	T	10:15 am	11:00 am	38217	39317	\$24	\$48
Body Fit	14+ years	T	7:00 pm	7:45 pm	38211	39311	\$24	\$48
Body Fit	14+ years	W	5:45 am	6:30 am	38212	39312	\$24	\$48
Body Fit	14+ years	W	4:40 pm	5:25 pm	38213	39313	\$24	\$48
Body Fit	14+ years	Th	5:45 am	6:30 am	38220	39320	\$24	\$48
Body Fit	14+ years	Th	10:40 am	11:25 am	38215	39315	\$24	\$48
Body Fit	14+ years	Th	7:00 pm	7:45 pm	38214	39314	\$24	\$48
Body Fit	14+ years	F	5:45 am	6:30 am	38218	39318	\$24	\$48
Body Fit	14+ years	Sa	8:30 am	9:15 am	38216	39316	\$24	\$48
Group Strength Training	14+ years	MW	6:00 pm	6:30 pm	38394	39505	\$36	\$72
Group Strength Training	14+ years	T Th	6:15 am	6:45 am	38393	39504	\$36	\$72
Group Strength Training	14+ years	T Th	6:45 am	7:15 am	38395	39506	\$36	\$72
Group Strength Training	14+ years	T Th	5:15 pm	5:45 pm	38753	39507	\$36	\$72
Fit Today, Bride Tomorrow	14+ years	T Th	6:00 pm	7:00 pm	38754	n/a	\$110	\$220
Youth One-on-One Training	11 - 13 years	7 sessions			38329	39440	\$135	n/a
One-on-One Training	14+ years	3 sessions			38327	39438	\$90	n/a

STRENGTH TRAINING

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
East Side								
One-on-One Training	14+ years	7 sessions			38328	39439	\$175	n/a
Buddy Training	14+ years	3 sessions			38332	39443	\$135	n/a
Buddy Training	14+ years	7 sessions			38333	39444	\$260	n/a
Body Composition	14+ years				38325	39436	FREE	\$10
Fitness Analysis	14+ years				38326	39437	FREE	\$40
West Side								
Youth LSC Orientation	11 - 13 years	W	5:00 pm	8:00 pm			FREE	n/a
Youth LSC Orientation	11 - 13 years	Sa	9:00 am	12:00 pm			FREE	n/a
Fit Youth	11 - 13 years	M	6:00 pm	7:00 pm	38680	39804	\$24	\$48
Shape Up	14+ years	M W F	8:30 am	9:30 am	38673	39797	\$75	\$141
Shape Up	14+ years	M W	8:30 am	9:30 am	38672	39796	\$66	\$132
Shape Up	14+ years	M W	10:00 am	11:00 am	38674	39798	\$66	\$132
Shape Up	14+ years	T T H	7:00 pm	8:00 pm	38675	39799	\$66	\$132
Body Fit	14+ years	M	8:15 am	9:00 am	38495	39818	\$24	\$48
Body Fit	14+ years	T	6:35 am	7:20 am	38503	39621	\$24	\$48
Body Fit	14+ years	T	12:00 pm	12:45 pm	38496	39614	\$24	\$48
Body Fit	14+ years	T	5:30 pm	6:15 pm	38497	39615	\$24	\$48
Body Fit	14+ years	W	8:15 am	9:00 am	38498	39616	\$24	\$48
Body Fit	14+ years	W	6:30 pm	7:15 pm	38499	39617	\$24	\$48
Body Fit	14+ years	Th	6:35 am	7:20 am	38500	39618	\$24	\$48
Body Fit	14+ years	Th	12:00 pm	12:45 pm	38501	39619	\$24	\$48
Body Fit	14+ years	Th	5:30 pm	6:15 pm	38502	39620	\$24	\$48
Body Fit	14+ years	F	8:15 am	9:00 am	38504	39622	\$24	\$48
Body Fit	14+ years	Sa	9:15 am	10:00 am	38505	39623	\$24	\$48
Group Strength Training	14+ years	M W	7:00 pm	7:30 pm	38679	39803	\$36	\$72
Group Strength Training	14+ years	T Th	5:45 am	6:15 am	38676	39800	\$36	\$72
Group Strength Training	14+ years	T T H	8:30 am	9:00 am	38677	39801	\$36	\$72
Group Strength Training	14+ years	T T H	9:30 am	10:00 am	38678	39802	\$36	\$72
Youth One-On-One Training	11 - 13 years	7 sessions			38589	39710	\$135	n/a
One-On-One Training	14+ years	3 sessions			38585	39706	\$90	n/a

YMCA Group Fitness Schedules
can be found online at
www.GreenBayYMCA.org





STRENGTH TRAINING REGISTER ONLINE! www.GreenBayYMCA.org

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
West Side								
One-On-One Training	14+ years	7 sessions			38587	39708	\$175	n/a
Buddy Training	14+ years	3 sessions			38593	39714	\$135	n/a
Buddy Training	14+ years	7 sessions			38594	39715	\$260	n/a
Body Composition					38586	39707	FREE	\$10
Fitness Analysis					38588	39709	FREE	\$40

SPECIALTY HEALTH & FITNESS REGISTER ONLINE! www.GreenBayYMCA.org

Nutrition Corner Check out the Nutrition Corner at each center for nutrition articles and information.

Wellness Appointments: During a wellness appointment, YMCA wellness coaches will provide you with options, direction, support, and motivation to help guide you to a healthier lifestyle. These 60 minute wellness appointments will help you feel comfortable and confident while exercising at the YMCA. Youth and family appointments are also available. The wellness appointments are FREE with your Y membership. For more information call (920) 436-9622 or stop by any of our four Green Bay locations.

	Age	Day	Start	End	Spring1	Spring2	YMCA Member	General Public
Broadview								
Fit For Two-Water		T	7:20 pm	8:05 pm	37639	38887	\$24	\$48
Stroller Aerobics	6 weeks - 1 year	M W	11:15 am	12:00 pm	37638	38886	FREE	\$48
Downtown								
Master Swim	14+ years	Th	6:00 am	7:00 am	38848	n/a	\$24	\$48
Special Needs Recreation Night	18+ years	T	6:00 pm	8:00 pm			Program Fee \$3	Special Event \$5
Tri Training (Intermediate)	14+ years	Th	5:30 pm	7:00 pm	38847	39067	\$38	\$76
Massage Men only. Enjoy a relaxing massage at the Downtown YMCA. Call 436-9640 for an appointment. Open to members and the general public.								
East Side								
Prenatal Yoga	14+ years	Th	5:30 pm	6:15 pm	38399	39511	\$24	\$48
Stress Management	14+ years	T	6:00 pm	6:30 pm	38148	39248	\$24	\$28
Stroller Aerobics	6 weeks - 1 year	M W	11:10 am	11:55 am	38145	39245	FREE	\$48
Fit Today, Bride Tomorrow	14+ years	T Th	6:00 pm	7:00 pm	38754	n/a	\$110	\$220
Tri Training (Beginner)	14+ years	T Th	6:30 pm	7:45 pm	38755	39250	\$70	\$140

MARTIAL ARTS		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Spring1	Spring 2	YMCA Member	General Public
Broadview								
Tae Kwon Do (beginner)	7+ years	Th	5:15 pm	6:15 pm	37730	38975	\$33	\$66
*Family Tae Kwon Do (advanced)	6+ years	Th	6:15 pm	7:15 pm	37706	38951	\$33	\$66
*Full fee for first participant, and a \$4 discount for each additional family member								
One-On-One	7 +years	3 sessions			37731	38976	\$90	n/a
One-On-One	7 +years	7 sessions			37732	38977	\$175	n/a
East Side								
Tae Kwon Do (beginner)	7 +years	T	6:20 pm	7:20 pm	38318	39429	\$33	\$66
Tae Kwon Do (advanced)	7 +years	T	7:25 pm	8:25 pm	38319	39430	\$33	\$66
Tae Kwon Do (all levels)	7 +years	Sa	10:05 am	11:05 am	38320	39431	\$33	\$66
Family Tae Kwon Do*	7 +years	T	5:15 pm	6:15 pm	38267	39368	\$33	\$66
Family Tae Kwon Do*	7+ years	Sa	9:00 am	10:00 am	38268	39369	\$33	\$66
*Full fee for first participant, and a \$4 discount for each additional family member								
Preschool Tae Kwon Do and Self Defense	5 - 6 years	Sa	11:10 am	11:40 am	38370	39480	\$26	\$52
Tai Chi	14+ years	T	8:00 am	8:45 am	38322	39433	\$24	\$48
Tai Chi	14+ years	Th	8:00 am	8:45 am	38321	39432	\$24	\$48
One-on-One	7 +years	3 sessions			38323	39434	\$90	n/a
One-on-One	7 +years	7 sessions			38324	39435	\$175	n/a
West Side								
Tae Kwon Do (all levels)	7+ years	M	6:00 pm	7:00 pm	38582	39703	\$33	\$66
Family Tae Kwon Do (all levels)	6+ years	Th	6:45 pm	7:45 pm	38550	39671	\$33	\$66
Family Tae Kwon Do (beginner)	6+ years	Sa	9:00 am	10:00 am	38549	39670	\$33	\$66
Family Tae Kwon Do (advanced)	6+ years	Sa	10:00 am	11:00 am	38548	39669	\$33	\$66
*Full fee for first participant, and a \$4 discount for each additional family member								
Tai Chi	14+ years	M	7:15 pm	8:00 pm	38581	39702	\$24	\$48
One-On-One	14+ years	3 sessions			38583	39704	\$90	n/a
One-On-One	14+ years	7 sessions			38584	39705	\$175	n/a

Bible Study

Tone your spirit through the non-denominational, Bible-based Stonecroft series. Purchase your Bible for \$5 + tax and the session study book for \$6 (+ tax), 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.

SPRING 1

Broadview: Tuesdays, February 23 - April 13
What's Brewing? 9:45 - 11:00 am

Downtown: Thursdays, February 25 - April 15
What's Brewing? 12:00 - 1:00 pm

East Side: Tuesdays, February 23 - April 13
Where is the Holy Spirit? 6:30 - 8:00 pm

West Side: Tuesdays, February 23 - April 13
Genesis III 10:30 - 11:45 am

SPRING 2

Broadview: Tuesdays, April 20 - June 1
Where is the Holy Spirit? 9:45 - 11:00 am

Downtown: Thursdays, April 22 - June 3
Why Believe? Investigate Evidence for Faith!
 12:00 - 1:00 pm

East Side: Tuesdays, April 20 - June 1
What's Brewing? 6:30 - 8:00 pm

West Side: Tuesdays, April 20 - June 1
Genesis III, cont'd 10:30 - 11:45 am

Choosing the right camp for your child:

WHY CHOOSE A GREEN BAY YMCA CAMP?

All of our camps share one primary mission: to encourage character growth through caring, honesty, respect, and responsibility. Regardless of which camp you choose, you can be sure that the camp staff is committed to developing these traits through our camp activities. All of our camp staff are at least 18 years of age, undergo criminal background checks, are certified in First Aid and CPR, and receive extensive pre-camp training. Kamp Kermit and KIDS Camp are licensed by the State of Wisconsin and both of our off-site camps, Camp Wabansi and Camp U-Nah-Li-Ya, are accredited by the American Camp Association by satisfying hundreds of health, safety, and program quality standards. By selecting a Green Bay YMCA camp, you are investing in a safe, fun, and memorable experience for your child.

WHY CHOOSE KAMP KERMIT?

Your 4 or 5-year old child has participated in preschool and is preparing for kindergarten, is most comfortable in a smaller group of children, and can be happy being away from home for a half-day experience.



WHY CHOOSE CAMP WABANSI?

Your 7-13 year old child is striving for more independence, can handle "feeling" further away from home, enjoys outdoor exploration and activities, or is ready to try spending one night at camp in order to try overnight camp in the future.



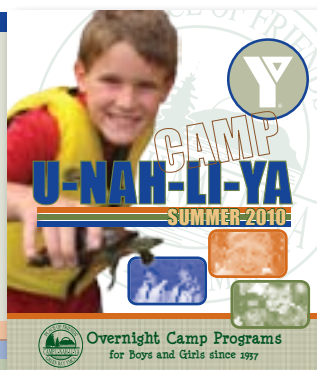
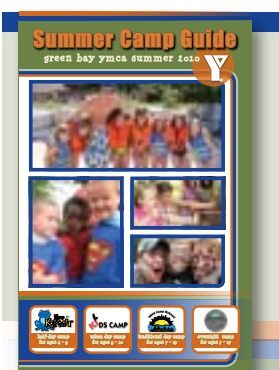
WHY CHOOSE KIDS CAMP?

Your 5-10 year old child can comfortably spend the whole day away from home, enjoys being around many other children in an urban setting, likes being outdoors, or may be trying out full-day camp for the first time.



WHY CHOOSE CAMP U-NAH-LI-YA?

Your 7-17 year old child has had positive experiences away from home, is striving for independence, or is ready for a more challenging outdoor adventure.



Pick up your copy of our 2010 All Camp or Camp U-Nah-Li-Ya summer guide at any Green Bay YMCA location. Or, download a copy at www.greenbayymca.org.

Class Descriptions

Classes listed here represent only a portion of the total number of programs we offer at the Greater Green Bay YMCA. 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

BABY BUGS *ages 6 months - stable walking*
Parent/child. Explore your baby's world with them. Touch, move, giggle and laugh while you and your child use all of your senses in the gym. Modified as your child develops to have fun! A great way to network with other new parents!

FIRST BUGS *ages 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.

DANCIN' BUGS *age 2 - 3½ years*
Parent/child. Learn the alphabet through dance! Dance with your child as you learn a song and dance for 4 new letters each week!

JITTER BUGS *ages 2 - 3½ years*
Parent/child. Rhythm and dance movement are at the center of Jitter Bugs. With the use of a variety of music makers, such as tambourines, bells, drums, shakers and more, we'll have you and your child move and grooving to the fun!

KINDER FAMILY FUN & GAMES *parent/child*
A parent child class that will give you and your 3-5 year old children an opportunity to step away from those things that need to get done at home, to play some good old fashioned and some new games together, along with other YMCA families.

SPORT BUGS *ages 2 - 3½ years*
Parent/child. Build solid, pre-sport skills through activities that help your child learn how to run, jump, hop, balance, catch and kick. Ball skills and drills will have you and your child participating in modified activities that are fun and sport-specific.

TUMBLE BUGS *ages 2 - 3½ years*
Parent/child. Tumbling and pre-gymnastics skills are the soul of Tumble Bugs. You and your child will learn the joy of moving while you sing, run, jump, climb, exercise and play. Social development through teamwork is stressed through fun activities each day.

RAINBOW ROMPERS

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 *ages 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 *ages 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 *ages 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

PE (PHY ED) *age 3 - 6 years*
Enjoy both our 3-4 year old and 5-6 year old options for this fun, activity-filled gym class. Cooperative games with loads of creativity get your child moving! Utilizing curriculum written by a licensed educator, children kick, run, throw, and catch their way through units designed to teach PE skills. program.

SPORTS *ages 3 - 6 years*
Learn basic sport skills through age appropriate activities. Sport classes create a foundation for a positive lifetime sports experience.
3-4 year old Sports: Learn sports basics.
5-6 year old Sports: Work on skills and play more sport specific games.
3-4 Parent and Child Sports: The same great Sports class, but you get to play too! One adult must accompany each child.

DRAMA

age 3 - 6 years

Combining dramatic arts and creative crafts, children help choose and become familiar with a popular children's story. Each week children work together practicing different characters, and costumes and scenery. The last week of the session parents are invited to see a production created and performed by their children.

LET'S GET MESSY

ages 3 - 6 years

Ooey, Gooney! Let's get messy with kids' fun creations! We keep the mess here and you take home the creation. This class encourages children to use fine motor skills and follow instructions. Every kid's dream... getting messy without Mom! Please dress children appropriately.

CHEFS

ages 3½ - 5 years

Bring out that little chef in your child. Each week, your child will learn about healthy eating habits by creating a nutritional snack with their own hands and safe, plastic cooking utensils. The best part is they get to eat their treat!

Note: Children with food allergies must contact Kelly Valentine at (920) 436-9567 (WS) or Holly Tritabaugh at (920) 436-1249 (ES) before enrolling.

COMBO CLASSES

Some gym classes are combined with a swim lessons at a combination price. Gym and pool times are approximately 30-40 minutes with a 15 minute transition. Classes are offered at select centers, see class listings for details on classes that have this option.

SWIM LESSONS

SWIM LESSONS

ages 3 - 13

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 *ages 6 - 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 *ages 8 - 14 years*

Swimming is a great form of exercise for children with primary 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 *ages 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 - RESCUE & ROLL *ages 12+*

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 out on the water.

RED CROSS LIFEGUARD TRAINING*ages 16+*

Provide the necessary training to become a lifeguard. Participants must be 16 by the last date of this class and must attend all class sessions to be eligible for certification. The course fee includes certification in Lifeguard Training, First Aid, and CPR. Participants will also receive their own CPR resuscitation mask. At the first class, participants will be required to swim 300 yards using front crawl and breaststroke, and retrieve a ten-pound brick from the bottom of the pool. The Lifeguard Training manual must be purchased prior to the first class at the Red

WATER GAMES*ages 8 - 14 years*

Members only. Come join us for some fun in the pool! Instructors will lead relays, contests, water polo, and more. There's no need to register, just show up on the pool deck and get ready to make a splash! Participants must be comfortable swimming in deep water.

ADULT SWIM LESSONS*ages 14+*

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.

AQUATIC BOOT CAMP*ages 16+*

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

GYMNASTICS**3-4 GYMNASTICS***ages 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*ages 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.

INTRO TO GYMNASTICS*ages 7 - 11 years*

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

YOUTH GYMNASTICS*ages 6+ years*

Our Youth Gymnastics 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.

LEVEL 1:

**Prerequisite: Intro to Gymnastics skills passed.*

Youth Level 1 works on the following skills:

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

LEVEL 2:

**Prerequisite: Youth level 1 skills passed*

Youth level 2 works on the following skills:

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*ages 6 - 10 years*

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

TEEN GYMNASTICS*ages 11 - 17 years*

This one-hour class uses the boy's and girl's equipment. Considerable individualized instruction.

OPEN WORKOUT*ages 6+*

Work on skill development in a non-structured environment with a qualified coach supervising all activity. Current class participants only.

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.

INVITATIONAL GYMNASTICS *ages 6+*

***Prerequisite:** Youth level 2 skills passed.

Invitational works on the following skills:

Floor - back handsprings, round offs, rebound, extension rolls

Bars - front hip circle, shoot through, high casting

Beam - split jumps, mini handstands, side handstands

Vault - handstand fall

JUNIOR STARS (PRE-TEAM) *ages 6+*

***Prerequisite:** Invitational skills passed.

Concentrate on body form and technique while developing the skills necessary for a competitive gymnastics team. Junior Stars perform in 2-3 public appearances over the course of the year.

GYMSTARS *By Invitation Only*

Our Competitive Gymnastics team for girls, members are 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 teamwork. A gymnast must be at a Level 4 skill level to be invited to join and compete with the team. For more information, call Beth Kennerhed at (920) 436-9651.

DANCE

BALLET, TAP & JAZZ *age 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 last day of class is an informal observation day.

BALLET, TAP & JAZZ *ages 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 last class is an informal observation day.

BALLET, TAP, JAZZ & SWIM *ages 3 - 6 years*

Combines the Ballet, Tap & Jazz class with the appropriate swim program.

BEGINNING DANCE *ages 7+*

Review basic skills and build upon more structured tap, ballet and jazz technique. Dancers focus on proper body placement, learning steps to music and building self-esteem while having a great time.

BATON TWIRL *ages 5 - 6 years*

Basic twirling class. Use of ribbons and batons increase coordination. Participants may have opportunities to walk in parades throughout the year.

BREAK DANCING *ages 10+*

Review basic skills and build upon more structured tap, ballet and jazz technique. Dancers focus on proper body placement, learning steps to music and building self-esteem while having a great time.

DANCE LIKE A POP STAR *ages 8 - 13 years*

A great dance class for those "tweens" who love pop music. Learn the real moves to the songs sung by Hannah Montana, High School Musical and the Jonas Brothers! Fast paced and exciting way to follow along with your favorite music. Modified hip hop and jazz dances are choreographed to promote success and movement for participants.

POM SQUAD *ages 6 - 11 years*

This fun, high-energy class incorporates basic dance moves with energetic music and pom-poms. Work on dance routines as a group, utilizing all dancers for visual effect.

YOUTH HIP-HOP DANCE *ages 7 - 12 years*

Incorporates basic hip hop moves with high-energy music in a gradual progression. Learn fun and funky routines with individualized instruction.

ADULT TAP *ages 14+*

Dust off those tap shoes and join us for some fun, high energy dancing! Appropriate for all levels of ability – we'll have your toes tapping all the way home!

BALLROOM® *ages 14+*

Learn the basics of Ballroom dance while having fun as a couple or meeting new singles. Each week features a new dance utilizing basic steps and practice time.

INTRO TO LINE DANCING

Learn the basics of line dancing.

LINE DANCING

Learn the oldest and latest, greatest dance steps to fun country music. Good exercise and good fun.

ZUMBA® *ages 14+*

Combines high energy and motivating Latin and international music with unique moves that are fun and easy to do. Ditch the workout, join the party!

FAMILY ZUMBA®

Children ages 6-11 must be accompanied by an adult.

SPORTS

AFTER SCHOOL SPORTS *ages 6 - 13 years*

Children learn the basic skills of a variety of sports while playing lead up and modified games. We focus on fun, skill development, improved body awareness, confidence, coordination and teamwork.

YOUTH SPORTS LEAGUES

Youth Sports Leagues give kids the chance 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.

OPEN VOLLEYBALL *ages 16+*

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.**

ADULT FULL COURT BASKETBALL

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

YOUTH & TEEN

BACKYARD GAMES NEW! *ages 7 - 10 years*

SPUD, Kick the Can and Red Light - Green Light are just some of the great backyard games that we'll play. Learn new games, stay active and gain leadership skills.

CONSTRUCTION JUNCTION *ages 7 - 10 years*

Can we build it? Yes we can! Work individually or as a team to create projects each week. Possible creations may include: spaghetti bridges, egg drop containers, and tin foil boats. **NEW!**

G.A.T.O.R.S. NEW! *ages 7 - 10 years*
(Games, Activities, Tag, Obstacles, Relays, & Sports))
Join in the fun as we try all of the above activities and learn team work and sportsmanship at the same time.

GET YOUR FOOD ON! NEW! *ages 7 - 10 years*
Learn the importance of eating healthy and being active. Find out how fun food can be by taste testing, learning how to read a food label, discovering the Food Guide Pyramid and so much more! Make a healthy snack at the end of class based on what you learned that day and enjoy your creation.

KIDS IN THE KITCHEN NEW! *ages 7 - 10 years*
Children learn to cook a healthy snack that they'll be eager to bring home and cook for your family. Participants will also learn about nutrition, teamwork and following directions. Bring your appetite, but we won't spoil your dinner!

MAD SCIENTISTS NEW! *ages 7 - 10 years*
Create a new experiment each week such as slime or edible play dough. All of our creations will be put together in a manual for you and your child to recreate at home.

POWER ZONE *ages 8 - 13 years*
Have fun after school in a staff organized environment where the activities change every day. Activities may include DDR, sports, fitness classes and much more. Youth may use the Power Zone at their leisure.

play DDR, Guitar Hero, Wii, Air Hockey. It's a place to hang out with friends and purchase healthy snacks..

RED CROSS BABYSITTING *ages 11 - 15 years*
Develop the skills necessary to become the "World's Greatest Babysitter." Our training covers five critical areas: leadership, safety and safe play, basic care, first aid and professionalism. Must be 11 prior to the first day of class.

THE LOOKOUT *ages 8 - 13 years*
The Lookout is a supervised space where tweens can

YOUTH SPIN *ages 8 - 13 years*
Fun, upbeat cycling fitness class with great music.

YOUTH YOGA *ages 8 - 13 years*
Learn how to be flexible and have a blast doing poses like cobra, lion and the dead bug.

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. Check out the teen website for monthly schedules. www.gbymcateens.org

Y NIGHT *grades 5 - 8*
Every Friday night across our community, teens in grades 5-8 gather at either the Broadview, East Side or West Side YMCA to shoot hoops, swim, watch a movie or participate in the weekly scheduled event in a chaperoned, positive and safe environment. Must have student or photo ID to register.

ACTIVE OLDER ADULTS

AI CHI
Free, YMCA Members only. Learn to go with the flow. A relaxing spirit, mind and body experience conducted in the water with an emphasis on flexibility and breathing techniques.

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

GENTLE FITNESS H2O
Free, YMCA Members only. If you're new to exercise and love the water or just need to take a load off your feet, this one's for you. Helps to improve your stabilization, flexibility and balance.

INTRO TO LINE DANCING
Learn the basics of line dancing.

LINE DANCING
Learn the oldest and latest, greatest dance steps to fun country music. Good exercise and good fun.

LIVELY LOW IMPACT
Free, YMCA Members only. An energetic, effective, low-impact and varied intensity aerobic class for those who like to move but don't want to bounce.

SENIOR WATER EXERCISE
Free, YMCA Members only. For the active older adult who is young at heart. Exercise to big band and other fun music. A great workout that's easy on the joints.

SIT AND BE FIT
Free, YMCA Members only. A chair-based class that builds strength, flexibility and balance. The benefits you gain with this basic exercise program will last a lifetime.

SLOW FLOW SENIOR YOGA NEW!
This beginner and slower level yoga class is specifically designed for our Active Older Adult population. Increase your balance, strength, and flexibility with the comfort of being surrounded by your own age group.

WATERWORKS
Free, YMCA Members only. A great cardiovascular workout that's easy on the joints, this shallow water class uses water's natural resistance to get your heart rate up and strengthen your muscles. Swimming skills not required.

ADULTS

CYCLING *ages 14+*
An exciting, motivational stationary cycling program. Instructor takes the class on an inspirational ride using music and cues to mirror a road experience.

CYCLING EXTREME *ages 14+*
Studio cycling for one full hour.

CYCLE/YOGA *ages 14+*
Combine mind and body. Use focused performance imagery to get the best of both worlds. Instructor takes the class on a 25-minute cardio workout, followed by 30 minutes of yoga.

CYCLE/PILATES *ages 14+*
Try this cross-training workout that combines 30 minutes of cycling with 25 minutes of Pilates. The perfect way to fit it all in.

CYCLE/STRENGTH *ages 14+*
This 60-minute class mixes the challenging workout of studio cycling with body conditioning using bands and free weights.

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.

DROP-IN CYCLING

ages 14+

On a space-available basis. Check the schedule at the East Side and West Side front desk.

FAMILY SPIN

ages 8+

Fun, upbeat cycling class with great music. Children ages 8-13 must be accompanied by an adult.

YOUTH SPIN

ages 8 - 13 years

Fun, upbeat cycling fitness class with great music.

INTENSITY X **NEW!**

ages 14+

Are you tired of doing the same thing in the gym day after day and not getting the results you want? Here is the wake-up call your body and mind need to transform you into what you've always dreamed you 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?

PILATES

ages 14+

A method of body conditioning developed over 90 years ago. Emphasizes core strength and the ability to use your body's power center, focusing on the quality of movement instead of quantity. All exercises are done on a mat.

TRI TRAINING

ages 14+

This class offers you a great way to stay in shape during the triathlon offseason. Whether you are a beginner triathlete who has never have done a triathlon, a veteran or an intermediate triathlete who wants to make some improvements, all will benefit from the class! Throughout the 7 weeks you will work on swim, bike and running techniques as well as work on strength and conditioning, so when the season starts you will be ready!

YOGA

ages 14+

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 level.

YOGA WITH PROPS

ages 14+

Use props such as tubes, bands, weights, medicine balls, stability balls and more, to expand your yoga experience. Increase your strength using yogic breathing while concentrating on the prop you are working with. Each week will be a new technique to try! **Prior yoga knowledge is helpful but not necessary.**

FAMILY YOGA

ages 6+

Family style yoga class that introduces yoga to both children and adults. Parent and child learn basic yoga poses through fun names and sounds. For parent (mom or dad) with children 6 years or older.

POWER YOGA

ages 14+

High energy, athletic style of yoga which connects breath and movement in a continuous flow that expands upon traditional yoga. If you don't think that yoga can be challenging, try this class. Intermediate/advanced level class. **Prior yoga experience is recommended.**

SLOW FLOW YOGA

ages 14+

A great way to unwind from your day. Slow down and relax as you move fluidly through your poses which strengthen and lengthen your muscles. Class emphasis on breathing and relaxation.

YOGILATES

ages 14+

Time for only one mind/body class? Combine Pilates' core-body mat work and the fluid postures of Hatha yoga. Focusing on breath and alignment, you'll increase strength, balance and flexibility.

ONE-ON-ONE YOGA OR PILATES

ages 14+

Practice and better your yoga or Pilates skills in a one-on-one class with a YMCA yoga or Pilates instructor. Personalize your workout with 2 package options of three or seven 45 minute classes. Sessions expire one year from date of purchase. Director will work with you and the instructor to set up a convenient time.

ZEN CAFE

ages 14+

Join us on Saturday mornings and clear your mind and strengthen your body with Yoga (great for all levels of fitness). When you are finished with your class, join us in the lobby for hot tea, coffee and friendship!

YOUTH & ADULT STRENGTH TRAINING

BODY FIT

ages 14+

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.

FIT YOUTH

ages 11 - 13

Have fun in this active and educational class for youth! Each class includes a minimum of 30 minutes of physical activity (strength training, cardiovascular exercise, games) as well as healthy lifestyle principles, nutrition and wellness games and activities. (Please note: before utilizing the Lifestyle Center on their own, all youth ages 11-13 must attend a Youth Lifestyle Center Orientation.)

FAMILY LSC ORIENTATION

ages 11 - 13 years

Join your child for a Lifestyle Center Orientation and let us educate you and your child about health, wellness, and fitness. Participants learn how to use the cardiovascular and strength equipment (participation required), the rules and policies of the LSC, as well as the Mission and Core Values of the YMCA. Upon successful demonstration of the equipment, children (ages 11 - 13) will receive a new membership card stating they have completed the orientation and are able to use the LSC.

FIT TODAY, BRIDE TOMORROW!

ages 14+

Look your best on your wedding day with this 10-week cardio and strength training class. Let us help you, your bridesmaids, and your girlfriends slim down and tone up for the big day! Exercise twice a week plus five weeks of an additional third day to learn and practice stress management techniques to battle wedding planning tension.

GROUP STRENGTH TRAINING

ages 14+

Short on time? This trainer-motivated strength training class gets results. Program designs change each session. Free Body Composition test offered to all class participants.

SCULPT N' SHED **NEW**

ages 14+!

60 minutes is all the time you will need to get your strength and cardio in for the day. Inspiring trainers will pump you through your full body free weight workout, before hitting the cardio machines for an interval program that will keep the calories burning. Results you want, in the little time you have!

SHAPE UP*ages 14+*

Lose fat and gain muscle tone. Shape Up takes your body through a reduction in body fat weight and gain in lean body weight for an 11-pound body change! Trainers motivate and guide you through a total fitness routine including weights and aerobic machines. Pre and post fitness evaluations are included to track results.

YOUTH LSC ORIENTATION *ages 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 workout together. The course encompasses the Mission and Core Values of the YMCA, the benefits and risks 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.

PRE-/POST NATAL**FIT FOR TWO-WATER***ages 14+*

Prenatal water exercise class. Exercise safely during pregnancy.

PRENATAL YOGA*ages 14+*

Specially designed to maintain strength, flexibility and posture throughout your pregnancy.

STROLLER AEROBICS*child ages 6 weeks - 1 year*

Spend time with your new baby while exercising.

SPECIALTY HEALTH & FITNESS**BUDDY TRAINING***ages 14+*

YMCA Members only. Workout with a buddy and a YMCA trainer with 45-minute sessions that expire one year from the date of purchase.

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.

MASTER SWIM NEW*ages 14+*

Love the water, but want to get more out of your pool workouts or improve your form? Participate in designed lap swimming workouts while receiving correctional technique feedback the entire time. You'll be swimming like a dolphin in no time!

ONE-ON-ONE TRAINING*ages 14+*

YMCA Members only. Revamp your old workout or get help from a trainer with specific training. Whatever your goal, we're here to help. Personalize your workout with a 45-minute one-on-one session or a five-session package. Sessions expire one year from date of purchase. Also offering one-on-one group exercise including yoga and pilates!

SPECIAL NEEDS RECREATION NIGHT*ages 18+*

Recreational gym and swim program with monthly special events for adults with cognitive and physical challenges. For more information contact Christina at (920) 436-9525.

STRESS MANAGEMENT*ages 14+*

Stress can be both good and bad. Learn about the types of stress as well as how to manage and cope with stress as it arises.

YOUTH ONE-ON-ONE TRAINING*ages 11 - 13 years*

YMCA Members only. Personalize your workout, improve your athletic performance, get active and have fun! One-on-one training is available to obtain your Lifestyle Orientation card, allowing you to workout in the Lifestyle center. Sessions expire one year from date of purchase.

MARTIAL ARTS**TAE KWON DO***ages 7 - adult*

Exercise, self-defense, self-discipline and fun. All levels offered from beginner through advanced. Instructors are black belt qualified, and will help you achieve your goals in this popular martial art.

FAMILY TAE KWON DO*ages 6+*

Exercise, self-defense, self-discipline and fun all in one class. Not just for families, individuals are also welcome in this class. Six-year olds must be accompanied by a participating adult. Full fee for first participant, and a \$4 discount for each additional family member.

PRESCHOOL TAE KWON DO AND SELF-DEFENSE*ages 5 - 6 years*

Help your preschooler learn how to focus their energy with Tae Kwon Do hand and foot techniques. Improve balance and coordination skills with an emphasis on discipline and respect. Taught by a qualified Black Belt instructor.

ONE-ON-ONE MARTIAL ARTS*ages 7+*

Practice and better your Tae Kwon Do skills in a one-on-one class with a YMCA Martial Arts instructor. Lessons offered in 3 or 7 45 minute sessions which expire one year from date of purchase. Director will work with you and the instructor to set up a convenient time.

TAI CHI*ages 14+*

Referred to as "yoga in motion", Tai Chi is a series of slow, continuous movements that are done without strain which provide exercise for every part of the body. Benefits include improved balance, coordination, concentration and muscle tone. It can be a powerful tool for relaxation, increased focus and concentration, as well as release of tension.

Greater Green Bay YMCA

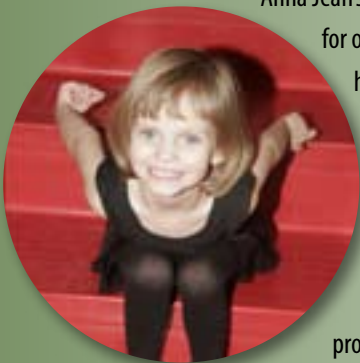
235 N Jefferson Street
Green Bay, WI 54301
www.GreenBayYMCA.org



Sue and Anna Jean

Anna Jean has gone thru some life changing events since she was born. She had open heart surgery at 2 months old to repair a hole in her heart. Her cardiologists wanted Anna Jean to be active to strengthen her heart. When

Anna Jean's mother Sue signed up for her family membership, she thought she would try it for one month. She later found out that the YMCA offers scholarships and applied. They have been members for 2 years now.



In those two years Anna Jean and Sue have taken swimming classes and gym classes. This past Fall, Anna Jean took a dance class and since then it's all she talks about.

Anna Jean is a very tiny little girl who has gone through more major medical procedures than most adults do in a life time. She finds her joy in dancing, expressing emotions with movement and making fun sounds with her tap shoes.

With help from the Strong Kids scholarship, Anna Jean will truly shine up on the stage and dance like she has always wanted too with a strong heart.

SPRING PROGRAM REGISTRATION DATES

SPRING 1: February 22 - April 18
no classes April 5-11

SPRING 2: April 19 - June 6
no classes May 29-31

Members:

February 1, 7am

General Public:

February 8, 7am

Phone:

(920) 436-9595

Online:

www.GreenBayYMCA.org

CONTACT US

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Camp U-Nah-Li-Ya

12101 Y Camp Road

Suring, WI 54174

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Camp Wabansi

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