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Hours of Operation:

(Fall hours effective September 7)

Broadview 380 Broadview Dr, Green Bay 54301

Monday-Friday	5 am - 10 pm
Saturday	6 am - 8 pm
Sunday	9 am - 4 pm

Downtown 235 N Jefferson St, Green Bay 54301

Monday-Friday	5 am - 9 pm
Saturday	6 am - 5 pm
Sunday	Closed

East Side 1740 S Huron Rd, Green Bay 54311

Monday-Friday	5 am - 10 pm
Saturday	6 am - 8 pm
Sunday	7 am - 6 pm

West Side 601 Cardinal Ln, Green Bay 54313

Monday-Friday	5 am - 10 pm
Saturday	6 am - 8 pm
Sunday	7 am - 6 pm

Holiday Hours:

Labor Day **Monday, September 6**
All Centers closed

Thanksgiving Day **Thursday, November 25**

Broadview	7 am - 11 am
Downtown	closed
East Side	7 am - 11 am
West Side	7 am - 11 am

(920) 436-9622

www.GreenBayYMCA.org

program guide

Fall 1 & 2, 2010



Fall 1 Session
September 7 - October 24

Fall 2 Session
October 25 - December 19

(no classes November 22 - 28, December 20 - January 2)

Members register beginning August 2, General Public, August 9
Register online at 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

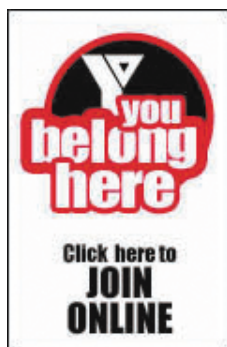
You may pay your membership dues in one of two ways:

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.



The YMCA is a non-profit, benevolent organization that demonstrates their mission by

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

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

Downtown

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

East Side

Day: Monday - Tuesday 8:00 am - 1:30 pm
Thursday - Friday 8:00 am - 1:30 pm
Wednesday 8:00 am - 3:00 pm
Saturday 8:00 am - 12:00 pm
Evening: Monday, Wednesday 3:45 pm - 8:00 pm
Tuesday & Thursday 3:45 pm - 8:30 pm
Friday 3:45 pm - 6:00 pm

West Side

Day: Monday - Friday 8:00 am - 1:30 pm
Saturday 8:00 am - 12:30 pm
Evening: 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 with rhythmic breathing; front and back float 5 seconds without support; jump into water and return to side without assistance; demonstrate and improve self confidence; swim on front and back 5 yards without support; perform elementary backstroke arms with flutter kick 5 yards without support; swim on side with flutter kick 5 yards without support; flutter kick on front, back and side with kickboard 10 yards.

guppy:

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

minnow:

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

fish:

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

flying fish:

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

shark:

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

GYM		One adult must accompany each child			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
🌀 Baby Bugs	6 months - stable walking	W	10:45 am	11:15 am	41478	42503	\$28	\$48
🌀 First Bugs	stable walking - 2 years	T	10:05 am	10:35 am	41477	42502	\$28	\$48
Jitter Bugs	2 - 3 years	T	10:40 am	11:10 am	41481	42506	\$28	\$48
Messy Bugs	2 - 3 years	M	6:00 pm	6:30 pm	41509	42507	\$28	\$48
🌀 Sports Bugs	2 - 3 years	Th	9:35 am	10:05 am	41480 <small>football</small>	42505 <small>soccer</small>	\$28	\$48
🌀 Tumble Bugs	2 - 3 years	T	9:20 am	9:50 am	41479	42504	\$28	\$48
Downtown								
🌀 Parent and Child Gymnastics NEW!	2 - 4 years	M	5:15 pm	5:45 pm	41694	42602	\$28	\$48
Parent and Child Gymnastics NEW!	2 - 4 years	W	5:15 pm	5:45 pm	41695	42603	\$28	\$48
Parent and Child Gymnastics NEW!	2 - 4 years	Sa	11:30 am	12:00 pm	41696	42604	\$28	\$48
East Side								
First Bugs	stable walking - 2 years	M	10:25 am	10:55 am	42002	42860	\$28	\$48
First Bugs	stable walking - 2 years	W	9:00 am	9:30 am	42000	42858	\$28	\$48
Tumble Bugs	2 - 3 years	T	10:30 am	11:00 am	41999	42857	\$28	\$48
Sports Bugs	2 - 3 years	Sa	9:05 am	9:35 am	42001 <small>football</small>	42859 <small>soccer</small>	\$28	\$48
Dancin' Bugs	2 - 3 years	W	4:50 pm	5:20 pm	42003	n/a	\$28	\$48
Parent and Child Dance NEW!	2 - 4 years	M	10:15 am	10:45 am	42004	42862	\$28	\$48
Parent and Child Dance NEW!	2 - 4 years	W	4:50 pm	5:20 pm	n/a	42861	\$28	\$48
Parent and Child Dance NEW!	2 - 4 years	Sa	9:00 am	9:30 am	42005	42863	\$28	\$48
Parent and Child Gymnastics NEW!	2 - 4 years	Sa	9:30 am	10:00 am	42040	42816	\$28	\$48
Parent and Child Sports	3 - 4 years	W	6:45 pm	7:15 pm	42008 <small>football</small>	42864 <small>soccer</small>	\$28	\$48
West Side								
* Baby Bugs	6 months - stable walking	T	9:10 am	9:40 am	42306	43115	\$28	\$48
* Baby Bugs	6 months - stable walking	T	5:30 pm	6:00 pm	42308	43117	\$28	\$48
Baby Bugs	6 months - stable walking	Th	10:40 am	11:10 am	42305	43114	\$28	\$48

🌀 also offered as a combo

parent/child

Fall 1 classes run **September 7 - October 24, 2010**

Fall 2 classes run **October 25 - December 19, 2010**

Registration begins **August 2** (members) or **August 9** (general public)

GYM

One adult must accompany each child

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
West Side								
First Bugs	stable walking - 2 years	M	10:10 am	10:40 am	42310	43119	\$28	\$48
First Bugs	stable walking - 2 years	T	6:15 pm	6:45 pm	42321	43130	\$28	\$48
First Bugs	stable walking - 2 years	W	9:25 am	9:55 am	42318	43127	\$28	\$48
First Bugs	stable walking - 2 years	W	6:00 pm	6:30 pm	42314	43123	\$28	\$48
★ First Bugs	stable walking - 2 years	Th	9:50 am	10:20 am	42307	43116	\$28	\$48
Dancin' Bugs	2 - 3 years	F	10:20 am	10:50 am	42309	43118	\$28	\$48
★ Jitter Bugs	2 - 3 years	Sa	10:00 am	10:30 am	n/a	43157	\$28	\$48
Messy Bugs	2 - 3 years	T	10:40 am	11:10 am	42315	43124	\$28	\$48
Messy Bugs	2 - 3 years	F	9:25 am	9:55 am	42317	n/a	\$28	\$48
★ Sports Bugs	2 - 3 years	T	9:50 am	10:20 am	42319 t-ball	43128 football	\$28	\$48
★ Sports Bugs	2 - 3 years	Sa	10:00 am	10:30 am	42320 basketball	43129 basketball	\$28	\$48
★ Tumble Bugs	2 - 3 years	M	10:05 am	10:35 am	42313	43122	\$28	\$48
Tumble Bugs	2 - 3 years	W	6:45 pm	7:15 pm	42311	43120	\$28	\$48
★ Tumble Bugs	2 - 3 years	Th	10:30 am	11:00 am	42312	43121	\$28	\$48
Parent and Child Dance NEW!	2 - 4 years	T	10:35 am	11:05 am	42316	43125	\$28	\$48
Parent and Child Dance NEW!	2 - 4 years	Th	6:45 pm	7:15 pm	n/a	43126	\$28	\$48
Parent and Child Gymnastics NEW!	2 - 4 years	Th	6:45 pm	7:15 pm	42350	n/a	\$28	\$48
★ Parent and Child Sports	3 - 4 years	T	6:15 pm	6:45 pm	42291 t-ball	43102 football	\$28	\$48
★ Parent and Child Sports	3 - 4 years	W	10:45 am	11:15 am	42292 basketball	43103 kickball	\$28	\$48

★ also offered as a combo





parent/child

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

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
Baby Bugs and Stroller Aerobics	6 months - stable walking	W	10:45 am	12:00 pm	41474	42499	\$28	\$75
First Bugs and Swim	stable walking - 2 years	T	10:05 am	11:20 am	41475	42500	\$47	\$72
Sports Bugs and Swim	2 - 3 years	Th	9:35 am	10:50 am	41476 <small>football</small>	42501 <small>soccer</small>	\$47	\$72
Tumble Bugs and Swim	2 - 3 years	T	9:20 am	10:35 am	41473	42498	\$47	\$72
Downtown								
Parent and Child Gymnastics and Swim NEW!	2 - 4 years	M	5:15 pm	6:30 pm	41697	42605	\$47	\$72
East Side								
Baby Bugs and Swim	6 months - stable walking	T	9:45 am	10:55 am	41993	42852	\$47	\$72
Sport Bugs and Swim	2 - 3 years	T	9:05 am	10:15 am	41994 <small>football</small>	42853 <small>soccer</small>	\$47	\$72
Sport Bugs and Swim	2 - 3 years	W	6:10 pm	7:20 pm	41995 <small>football</small>	42854 <small>soccer</small>	\$47	\$72
Jitter Bugs and Swim	2 - 3 years	M	9:45 am	10:55 am	41996	42855	\$47	\$72
Messy Bugs and Swim	2 - 3 years	W	9:40 am	10:50 am	41997	42856	\$47	\$72
Parent and Child Sports and Swim NEW!	3 - 4 years	Sa	9:45 am	10:55 am	41915 <small>basketball</small>	42788 <small>soccer</small>	\$47	\$72
West Side								
Baby Bugs and Swim	6 months - stable walking	T	9:10 am	10:25 am	42300	43110	\$47	\$72
Baby Bugs and Swim <small>(pool 1st)</small>	6 months - stable walking	T	4:45 pm	6:00 pm	42301	43111	\$47	\$72
First Bugs and Swim <small>(pool 1st)</small>	stable walking - 2 years	Th	9:05 am	10:20 am	42302	43112	\$47	\$72
Jitter Bugs and Swim	2 - 3 years	Sa	10:00 am	11:15 am	n/a	43158	\$47	\$72
Parent and Child Sports and Swim NEW! <small>(pool 1st)</small>	3 - 4 years	T	5:30 pm	6:45 pm	42252 <small>t-ball</small>	43047 <small>football</small>	\$47	\$72
Parent and Child Sports and Swim NEW!	3 - 4 years	W	10:45 am	12:00 pm	42253 <small>basketball</small>	43048 <small>football</small>	\$47	\$72
Sports Bugs and Swim	2 - 3 years	T	9:50 am	11:05 am	42298	43109	\$47	\$72
Sports Bugs and Swim	2 - 3 years	Sa	10:00 am	11:15 am	42303	43113	\$47	\$72
Tumble Bugs and Swim	2 - 3 years	M	10:05 am	11:20 am	42296	43107	\$47	\$72
Tumble Bugs and Swim <small>(pool 1st)</small>	2 - 3 years	Th	9:45 am	11:00 am	42297	43108	\$47	\$72

☛ also offered as a combo

parent/child

Fall 1 classes run **September 7 - October 24, 2010**

Fall 2 classes run **October 25 - December 19, 2010**

Registration begins **August 2** (members) or **August 9** (general public)

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

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
🌟 Shrimp	6 - 12 months	T	11:25 am	11:55 am	41390	42447	\$28	\$48
🌟 Perch	13 - 24 months	T	10:50 am	11:20 am	41359	42411	\$28	\$48
Perch	13 - 24 months	T	5:45 pm	6:15 pm	41358	42410	\$28	\$48
Perch	13 - 24 months	Th	6:15 pm	6:45 pm	41360	42412	\$28	\$48
Perch	13 - 24 months	Sa	10:45 am	11:15 am	41361	42413	\$28	\$48
🌟 Mighty Mite	2 - 4 years	T	10:05 am	10:35 am	41353	42405	\$28	\$48
Mighty Mite	2 - 4 years	T	6:30 pm	7:00 pm	41357	42409	\$28	\$48
🌟 Mighty Mite	2 - 4 years	Th	10:20 am	10:50 am	41355	42407	\$28	\$48
Mighty Mite	2 - 4 years	Th	5:30 pm	6:00 pm	41354	42406	\$28	\$48
Mighty Mite	2 - 4 years	Sa	10:00 am	10:30 am	41356	42408	\$28	\$48
Downtown								
Shrimp	6 - 12 months	M	5:30 pm	6:00 pm	41556	42558	\$28	\$48
Shrimp	6 - 12 months	Th	5:00 pm	5:30 pm	41557	42559	\$28	\$48
Shrimp	6 - 12 months	Sa	9:00 am	9:30 am	41698	42560	\$28	\$48
Perch	13 - 24 months	M	6:30 pm	7:00 pm	41536	42533	\$28	\$48
Perch	13 - 24 months	Sa	8:30 am	9:00 am	41537	42534	\$28	\$48
🌟 Mighty Mite	2 - 4 years	M	6:00 pm	6:30 pm	41533	42530	\$28	\$48
Mighty Mite	2 - 4 years	Th	5:30 pm	6:00 pm	41534	42531	\$28	\$48
Mighty Mite	2 - 4 years	Sa	9:30 am	10:00 am	41535	42532	\$28	\$48
East Side								
Shrimp	6 - 12 months	M	5:50 pm	6:20 pm	41826	42729	\$28	\$48
Shrimp	6 - 12 months	W	5:00 pm	5:30 pm	41827	42730	\$28	\$48
Perch	13 - 24 months	M	6:25 pm	6:55 pm	41787	42688	\$28	\$48
Perch	13 - 24 months	T	9:10 am	9:40 am	41789	42690	\$28	\$48
Perch	13 - 24 months	W	6:10 pm	6:40 pm	41788	42689	\$28	\$48
Perch	13 - 24 months	Sa	11:00 am	11:30 am	41790	42691	\$28	\$48
Mighty Mite	2 - 4 years	M	5:15 pm	5:45 pm	41786	42687	\$28	\$48
Mighty Mite	2 - 4 years	M	7:00 pm	7:30 pm	41784	42685	\$28	\$48
Mighty Mite	2 - 4 years	W	9:45 am	10:15 am	41783	42684	\$28	\$48
Mighty Mite	2 - 4 years	W	5:35 pm	6:05 pm	41782	42683	\$28	\$48
Mighty Mite	2 - 4 years	Sa	11:35 am	12:05 pm	41785	42686	\$28	\$48

🌟 also offered as a combo





parent/child

SWIM		One adult must accompany each child			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
West Side								
Shrimp	6 - 12 months	M	6:10 pm	6:40 pm	42139	42970	\$28	\$48
★ Shrimp	6 - 12 months	T	9:55 am	10:25 am	42140	42971	\$28	\$48
★ Shrimp	6 - 12 months	T	4:45 pm	5:15 pm	42141	42972	\$28	\$48
Perch	13 - 24 months	M	6:45 pm	7:15 pm	42101	42930	\$28	\$48
★ Perch	13 - 24 months	Th	9:05 am	9:35 am	42102	42931	\$28	\$48
Mighty Mite	2 - 4 years	M	10:50 am	11:20 am	42094	42923	\$28	\$48
Mighty Mite	2 - 4 years	M	5:35 pm	6:05 pm	42091	42920	\$28	\$48
Mighty Mite	2 - 4 years	M	7:20 pm	7:50 pm	42092	42921	\$28	\$48
★ Mighty Mite	2 - 4 years	T	10:35 am	11:05 am	42093	42922	\$28	\$48
★ Mighty Mite	2 - 4 years	T	5:30 pm	6:00 pm	42097	42926	\$28	\$48
★ Mighty Mite	2 - 4 years	W	11:30 am	12:00 pm	42095	42924	\$28	\$48
★ Mighty Mite	2 - 4 years	Th	9:45 am	10:15 am	42099	42928	\$28	\$48
Mighty Mite	2 - 4 years	Th	6:00 pm	6:30 pm	42098	42927	\$28	\$48
★ Mighty Mite	2 - 4 years	Sa	10:45 am	11:15 am	42351	42929	\$28	\$48
Mighty Mite	2 - 4 years	Sa	11:20 am	11:50 am	42096	42925	\$28	\$48

3-4 GYM		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
★ PE	3 - 4 years	W	1:15 am	1:45 am	41470	42495	\$28	\$48
★ Sports	3 - 4 years	T	9:30 am	10:00 am	41467 football	42492 hockey	\$28	\$48
★ Sports	3 - 4 years	F	10:15 am	10:45 am	41468 t-ball	n/a	\$28	\$48
★ Sports	3 - 4 years	Sa	9:55 am	10:25 am	41469 football	42494 soccer	\$28	\$48
West Side								
PE	3 - 4 years	M	9:30 am	10:00 am	42288	43099	\$28	\$48
PE	3 - 4 years	T	5:40 pm	6:10 pm	42290	43101	\$28	\$48
★ PE	3 - 4 years	W	10:10 am	10:40 am	42294	43104	\$28	\$48
PE	3 - 4 years	F	9:20 am	9:50 am	42295	43105	\$28	\$48
★ Sports	3 - 4 years	M	5:50 pm	6:20 pm	42287 t-ball	43098 football	\$28	\$48
★ Sports	3 - 4 years	T	9:10 am	9:40 am	42285 t-ball	43093 football	\$28	\$48
★ Sports	3 - 4 years	T	2:05 pm	2:35 pm	42289 t-ball	n/a	\$28	\$48

★ also offered as a combo

parent/child

Fall 1 classes run **September 7 - October 24, 2010**
 Fall 2 classes run **October 25 - December 19, 2010**
 Registration begins **August 2** (members) or **August 9** (general public)

3-4 GYM		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
West Side								
⊛ Sports	3 - 4 years	W	7:05 pm	7:35 pm	42286 basketball	43097 kickball	\$28	\$48
⊛ Sports	3 - 4 years	Th	9:10 am	9:40 am	42282 basketball	43096 kickball	\$28	\$48
⊛ Sports	3 - 4 years	F	10:15 am	10:45 am	42283 t-ball	n/a	\$28	\$48
⊛ Sports	3 - 4 years	Sa	10:50 am	11:20 am	42284 basketball	43095 kickball	\$28	\$48

3-4 COMBO		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
Gymnastics and Swim	3 - 4 years	Th	9:30 am	10:45 am	41449	42475	\$47	\$72
PE and Swim	3 - 4 years	W	1:15 am	2:30 pm	41445	42473	\$47	\$72
Sports and Swim	3 - 4 years	T	9:30 am	10:45 am	41443 football	42471 hockey	\$47	\$72
Sports and Swim	3 - 4 years	F	10:55 am	12:10 pm	41444 t-ball	n/a	\$47	\$72
Sports and Swim	3 - 4 years	Sa	9:55 am	11:10 am	41446 football	42474 soccer	\$47	\$72
Downtown								
Gymnastics & Swim	3 - 4 years	Sa	10:05 am	11:20 am	41594	42581	\$47	\$72
East Side								
Sports and Swim	3 - 4 years	M	9:40 am	10:55 am	41916 soccer	42789 football	\$47	\$72
Sports and Swim (pool 1st)	3 - 4 years	M	4:40 pm	5:55 pm	41914 soccer	42787 football	\$47	\$72
Sports and Swim	3 - 4 years	T	9:50 am	11:05 am	41920 football	42793 soccer	\$47	\$72
PE and Swim	3 - 4 years	W	9:45 am	11:00 am	41918	42791	\$47	\$72
PE and Swim	3 - 4 years	F	9:45 am	11:00 am	41919	42792	\$47	\$72
PE and Swim	3 - 4 years	Sa	9:00 am	10:15 am	41925	42797	\$47	\$72
Crafty Chefs and Swim	3 - 4 years	W	10:30 am	11:45 am	41917	n/a	\$47	\$72
Drama and Swim	3 - 4 years	W	10:30 am	11:45 am	n/a	42790	\$47	\$72
Gymnastics and Swim	3 - 4 years	T	9:05 am	10:20 am	41922	42795	\$47	\$72

⊛ also offered as a combo





ages 2½ - 4

3-4 COMBO

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
East Side								
Dance and Swim	3 - 4 years	F	9:00 am	10:15 am	41926	42798	\$47	\$72
Dance and Gymnastics <small>(gymnastics 1st)</small>	3 - 4 years	F	9:50 am	11:00 am	41924	42796	\$47	\$72
Gymnastics and Swim	3 - 4 years	F	10:30 am	11:45 am	41921	42794	\$47	\$72
West Side								
Dance and Gymnastics	3 - 4 years	M	9:30 am	10:40 am	42247	43045	\$47	\$72
Dance and Gymnastics	3 - 4 years	Sa	9:05 am	10:15 am	42251	43046	\$47	\$72
Dance and Swim	3 - 4 years	M	10:10 am	11:25 am	42245	43043	\$47	\$72
Dance and Swim	3 - 4 years	T	9:55 am	11:10 am	42244	43042	\$47	\$72
Drama and Swim	3 - 4 years	T	9:55 am	11:10 am	42246	43044	\$47	\$72
Gymnastics and Sports NEW!	3 - 4 years	Th	9:10 am	10:25 am	42237 <small>basketball</small>	43035 <small>kickball</small>	\$47	\$72
Gymnastics and Swim	3 - 4 years	M	5:05 pm	6:20 pm	42234	43032	\$47	\$72
Gymnastics and Swim	3 - 4 years	W	10:10 am	11:25 am	42235	43033	\$47	\$72
Gymnastics and Swim	3 - 4 years	Th	4:05 pm	5:20 pm	42236	43034	\$47	\$72
Gymnastics and Swim	3 - 4 years	F	10:15 am	11:30 am	42238	43036	\$47	\$72
PE and Swim	3 - 4 years	W	10:10 am	11:25 am	42243	43041	\$47	\$72
Sports and Swim	3 - 4 years	M	5:50 pm	7:05 pm	42239 <small>t-ball</small>	43037 <small>football</small>	\$47	\$72
Sports and Swim	3 - 4 years	T	9:10 am	10:25 am	42233 <small>t-ball</small>	43031 <small>football</small>	\$47	\$72
Sports and Swim <small>(pool 1st)</small>	3 - 4 years	T	1:15 pm	2:35 pm	42241 <small>t-ball</small>	n/a	\$47	\$72
Sports and Swim <small>(pool 1st)</small>	3 - 4 years	W	6:15 pm	7:35 pm	42240 <small>basketball</small>	43038 <small>kickball</small>	\$47	\$72
Sports and Swim	3 - 4 years	F	10:15 am	11:30 am	42242 <small>t-ball</small>	n/a	\$47	\$72

2½-4 SWIM

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
Goldfish	2 ½ - 3 years	T	10:50 am	11:20 am	41349	42401	\$28	\$48
Goldfish	2 ½ - 3 years	Th	4:45 pm	5:15 pm	41350	42402	\$28	\$48
Goldfish	2 ½ - 3 years	F	10:15 am	10:45 am	41351	42403	\$28	\$48
Goldfish	2 ½ - 3 years	Sa	9:15 am	9:45 am	41352	42404	\$28	\$48
Swim Lessons	3 - 4 years	M	4:00 pm	4:35 pm	41365	42419	\$28	\$48
Swim Lessons	3 - 4 years	M	4:40 pm	5:15 pm	41366	42420	\$28	\$48

also offered as a combo

Class descriptions located on pages 41 - 47

ages 2½ - 4

Fall 1 classes run **September 7 - October 24, 2010**

Fall 2 classes run **October 25 - December 19, 2010**

Registration begins **August 2** (members) or **August 9** (general public)

2½-4 SWIM

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
Swim Lessons	3 - 4 years	T	5:45 pm	6:20 pm	41367	42421	\$28	\$48
Swim Lessons	3 - 4 years	T	6:25 pm	7:00 pm	41368	42422	\$28	\$48
Swim Lessons	3 - 4 years	W	6:15 pm	6:50 pm	41369	42423	\$28	\$48
Swim Lessons	3 - 4 years	W	6:55 pm	7:30 pm	41370	42424	\$28	\$48
🌀 Swim Lessons	3 - 4 years	Th	10:55 am	11:30 am	41371	42425	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:45 pm	5:20 pm	41372	42426	\$28	\$48
Swim Lessons	3 - 4 years	Th	5:25 pm	6:00 pm	41373	42427	\$28	\$48
🌀 Swim Lessons	3 - 4 years	F	10:15 am	10:50 am	41374	42428	\$28	\$48
Swim Lessons	3 - 4 years	Sa	9:15 am	9:50 am	41375	42429	\$28	\$48
Swim Lessons	3 - 4 years	Sa	9:55 am	10:30 am	41376	42430	\$28	\$48
🌀 Swim Lessons	3 - 4 years	Sa	10:35 am	11:10 am	41377	42431	\$28	\$48
Downtown								
Goldfish	2 ½ - 3 years	M	5:00 pm	5:30 pm	41531	42528	\$28	\$48
Goldfish	2 ½ - 3 years	Th	6:00 pm	6:30 pm	41532	42529	\$28	\$48
Swim Lessons	3 - 4 years	W	5:30 pm	6:05 pm	41546	42547	\$28	\$48
Swim Lessons	3 - 4 years	W	6:15 pm	6:50 pm	41547	42548	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:05 am	10:40 am	41548	42549	\$28	\$48
🌀 Swim Lessons	3 - 4 years	Sa	10:45 am	11:20 am	41549	42550	\$28	\$48
East Side								
Goldfish	2 ½ - 3 years	M	11:05 am	11:35 am	41776	42676	\$28	\$48
Goldfish	2 ½ - 3 years	M	4:30 pm	5:00 pm	41777	42677	\$28	\$48
Goldfish	2 ½ - 3 years	T	4:00 pm	4:30 pm	41778	42678	\$28	\$48
Goldfish	2 ½ - 3 years	W	11:00 am	11:30 am	41779	42679	\$28	\$48
Goldfish	2 ½ - 3 years	W	5:20 pm	5:50 pm	41780	42680	\$28	\$48
Goldfish	2 ½ - 3 years	W	6:00 pm	6:30 pm	41781	42681	\$28	\$48
Goldfish	2 ½ - 3 years	Sa	9:45 am	10:15 am	42053	42682	\$28	\$48
Swim Lessons	3 - 4 years	M	9:35 am	10:10 am	41801	42702	\$28	\$48
Swim Lessons	3 - 4 years	M	3:55 pm	4:30 pm	41797	42698	\$28	\$48
Swim Lessons	3 - 4 years	M	5:25 pm	6:00 pm	41802	42703	\$28	\$48
Swim Lessons	3 - 4 years	M	6:10 pm	6:45 pm	41803	42704	\$28	\$48
Swim Lessons	3 - 4 years	M	6:55 pm	7:30 pm	41804	42705	\$28	\$48

🌀 also offered as a combo





ages 2½ - 4

2½-4 SWIM

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
East Side								
Swim Lessons	3 - 4 years	T	1:30 pm	2:05 pm	41800	42701	\$28	\$48
Swim Lessons	3 - 4 years	T	4:10 pm	4:45 pm	42353	42696	\$28	\$48
Swim Lessons	3 - 4 years	T	4:55 pm	5:30 pm	41793	42694	\$28	\$48
Swim Lessons	3 - 4 years	W	9:40 am	10:15 am	41798	42699	\$28	\$48
Swim Lessons	3 - 4 years	W	5:10 pm	5:45 pm	41796	42697	\$28	\$48
Swim Lessons	3 - 4 years	W	5:55 pm	6:30 pm	41799	42700	\$28	\$48
Swim Lessons	3 - 4 years	W	6:40 pm	7:15 pm	41791	42692	\$28	\$48
Swim Lessons	3 - 4 years	Th	1:30 pm	2:05 pm	41794	42695	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:10 pm	4:45 pm	41809	42711	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:55 pm	5:30 pm	41807	42709	\$28	\$48
★ Swim Lessons	3 - 4 years	F	9:40 am	10:15 am	41792	42693	\$28	\$48
★ Swim Lessons	3 - 4 years	F	11:10 am	11:45 am	41810	42712	\$28	\$48
Swim Lessons	3 - 4 years	Sa	8:55 am	9:30 am	41808	42710	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:25 am	11:00 am	41805	42707	\$28	\$48
Swim Lessons	3 - 4 years	Sa	11:15 am	11:50 am	41806	42708	\$28	\$48
West Side								
Goldfish	2 ½ - 3 years	M	10:50 am	11:20 am	42086	42914	\$28	\$48
Goldfish	2 ½ - 3 years	T	4:10 pm	4:40 pm	42087	42915	\$28	\$48
Goldfish	2 ½ - 3 years	T	5:25 pm	5:55 pm	42354	42919	\$28	\$48
Goldfish	2 ½ - 3 years	Th	9:45 am	10:15 am	42090	42918	\$28	\$48
Goldfish	2 ½ - 3 years	Th	4:10 pm	4:40 pm	42088	42916	\$28	\$48
Goldfish	2 ½ - 3 years	Th	5:25 pm	5:55 pm	42089	42917	\$28	\$48
★ Swim Lessons	3 - 4 years	M	10:50 am	11:25 am	42104	42932	\$28	\$48
Swim Lessons	3 - 4 years	M	12:20 pm	12:55 pm	42107	42935	\$28	\$48
★ Swim Lessons	3 - 4 years	M	5:45 pm	6:20 pm	42105	42933	\$28	\$48
★ Swim Lessons	3 - 4 years	M	6:30 pm	7:05 pm	42106	42934	\$28	\$48
Swim Lessons	3 - 4 years	T	9:05 am	9:40 am	42121	42949	\$28	\$48
★ Swim Lessons	3 - 4 years	T	9:50 am	10:25 am	42122	42950	\$28	\$48
★ Swim Lessons	3 - 4 years	T	10:35 am	11:10 am	42109	42937	\$28	\$48
★ Swim Lessons	3 - 4 years	T	1:15 pm	1:50 pm	42108	n/a	\$28	\$48
Swim Lessons	3 - 4 years	T	4:05 pm	4:40 pm	42110	42938	\$28	\$48
Swim Lessons	3 - 4 years	T	4:45 pm	5:20 pm	42112	42940	\$28	\$48
Swim Lessons	3 - 4 years	T	5:30 pm	6:05 pm	42113	42941	\$28	\$48
★ Swim Lessons	3 - 4 years	W	10:50 am	11:25 am	42123	42951	\$28	\$48
★ Swim Lessons	3 - 4 years	W	6:15 pm	6:50 pm	42125	42953	\$28	\$48

★ also offered as a combo

ages 2½ - 4

Fall 1 classes run **September 7 - October 24, 2010**
 Fall 2 classes run **October 25 - December 19, 2010**
 Registration begins **August 2** (members) or **August 9** (general public)

2½-4 SWIM		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
West Side								
Swim Lessons	3 - 4 years	W	7:00 pm	7:35 pm	42126	42954	\$28	\$48
Swim Lessons	3 - 4 years	Th	9:05 am	9:40 am	42124	42952	\$28	\$48
Swim Lessons	3 - 4 years	Th	9:50 am	10:25 am	42114	42942	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:05 pm	4:40 pm	42115	42943	\$28	\$48
★ Swim Lessons	3 - 4 years	Th	4:45 pm	5:20 pm	42116	42944	\$28	\$48
Swim Lessons	3 - 4 years	Th	5:25 pm	6:00 pm	42117	42945	\$28	\$48
★ Swim Lessons	3 - 4 years	F	10:55 am	11:30 am	42127	42955	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:00 am	10:35 am	42118	42946	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:45 am	11:20 am	42120	42948	\$28	\$48
Swim Lessons	3 - 4 years	Sa	11:30 am	12:05 pm	42119	42947	\$28	\$48

5-6 GYM		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
★ PE	5 - 6 years	T	10:10 am	10:40 am	41511	42496	\$28	\$48
★ Sports	5 - 6 years	F	10:55 am	11:25 am	n/a	42522 soccer	\$28	\$48
Sports	5 - 6 years	Sa	10:30 am	11:00 am	41512 football	42497 soccer	\$28	\$48
East Side								
PE	5 - 6 years	F	10:30 am	11:00 am	n/a	42889	\$28	\$48
PE	5 - 6 years	Sa	9:45 am	10:15 am	42047	42888	\$28	\$48
Preschool Tae Kwon Do & Self Defense	5 - 6 years	Sa	10:15 am	10:45 am	41992	42851	\$17	\$34
Sports	5 - 6 years	W	5:30 pm	6:00 pm	42048 football	42850 soccer	\$28	\$48
West Side								
PE	5 - 6 years	Th	6:45 pm	7:15 pm	42355	43162	\$28	\$48
★ Sports	5 - 6 years	T	2:05 pm	2:35 pm	n/a	43159 football	\$28	\$48
★ Sports	5 - 6 years	T	5:00 pm	5:30 pm	42356 t-ball	43160 football	\$28	\$48
★ Sports	5 - 6 years	W	6:10 pm	6:40 pm	42357 kickball	43106 basketball	\$28	\$48

★ also offered as a combo





ages 5 - 6

5-6 GYM		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
West Side								
🏀 Sports	5 - 6 years	F	10:15 am	10:45 am	n/a	43161 basketball	\$28	\$48

5-6 COMBO		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
PE and Swim	5 - 6 years	T	10:10 am	11:30 am	41513	42476	\$49	\$75
Sports and Swim	5 - 6 years	F	10:55 am	12:15 pm	n/a	42523 soccer	\$49	\$75
Downtown								
Gymnastics and Swim	5 - 6 years	W	6:05 pm	7:40 pm	41699	42664	\$52	\$78
East Side								
PE and Swim (pool 1st)	5 - 6 years	M	5:15 pm	6:35 pm	42049	42890	\$49	\$75
West Side								
Gymnastics and Swim (pool 1st)	5 - 6 years	M	12:20 pm	2:00 pm	n/a	43163	\$52	\$78
Gymnastics and Swim (pool 1st)	5 - 6 years	M	4:00 pm	5:35 pm	42358	43164	\$52	\$78
Gymnastics and Swim (pool 1st)	5 - 6 years	Th	4:00 pm	5:40 pm	42359	43049	\$52	\$78
Gymnastics and Swim	5 - 6 years	Sa	9:45 am	11:20 am	42360	43050	\$52	\$78
Sports and Swim (pool 1st)	5 - 6 years	T	1:10 pm	2:35 pm	n/a	43165 football	\$49	\$75
Sports and Swim	5 - 6 years	T	5:00 pm	6:20 pm	42361 t-ball	43051 football	\$49	\$75
Sports and Swim	5 - 6 years	W	6:10 pm	7:30 pm	42362 kickball	43052 basketball	\$49	\$75
Sports and Swim	5 - 6 years	F	10:15 am	11:35 am	n/a	43166 football	\$49	\$75

ENRICHMENT		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
East Side								
Crafty Chefs	3 - 6 years	Sa	10:30 am	11:00 am	41986	n/a	\$28	\$48
Drama	3 - 6 years	Sa	10:30 am	11:00 am	n/a	42849	\$28	\$48
West Side								
Crafty Chefs NEW!	3 - 6 years	F	9:25 am	9:55 am	n/a	43167	\$28	\$48
Drama	3 - 6 years	T	9:55 am	10:25 am	42280	43091	\$28	\$48
We've Got the Beat NEW!	3 - 6 years	Th	11:05 am	11:35 am	42281	43092	\$28	\$48

🏀 also offered as a combo

5+ SWIM LESSONS

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm	41378	42432	\$28	\$48
Swim Lessons	5 - 13 years	M	4:45 pm	5:25pm	41379	42433	\$28	\$48
Swim Lessons	5 - 13 years	M	5:30 pm	6:10 pm	41380	42434	\$28	\$48
Swim Lessons	5 - 13 years	T	10:50 am	11:30 am	41381	42435	\$28	\$48
Swim Lessons	5 - 13 years	T	5:00 pm	5:40 pm	41382	42436	\$28	\$48
Swim Lessons	5 - 13 years	T	5:45 pm	6:25 pm	41383	42437	\$28	\$48
Swim Lessons	5 - 13 years	T	6:30 pm	7:10 pm	41384	42438	\$28	\$48
Swim Lessons	5 - 13 years	W	6:15 pm	6:55 pm	41385	42439	\$28	\$48
Swim Lessons	5 - 13 years	W	7:00 pm	7:40 pm	41386	42440	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:45 pm	5:25 pm	41387	42441	\$28	\$48
Swim Lessons	5 - 13 years	Th	5:30 pm	6:10 pm	41388	42442	\$28	\$48
Swim Lessons	5 - 13 years	F	11:35 am	12:15 pm	41389	42443	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:15 am	9:55 am	41514	42444	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:00 am	10:40 am	41515	42445	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:45 am	11:25 am	41516	42446	\$28	\$48
Adult Swim Lessons	14+ years	T	7:15 pm	8:00pm	41517	42400	\$28	\$48
Private Swim Lessons	5 - adult	3 lessons			41393	42449	\$44	\$69
Private Swim Lessons	5 - adult	7 lessons			41392	42448	\$89	\$159
Downtown								
🌀 Swim Lessons	5 - 6 years	W	7:00 pm	7:40 pm	41701	42554	\$28	\$48
Swim Lessons	5 - 13 years	M	5:30 pm	6:10 pm	41551	42551	\$28	\$48
Swim Lessons	5 - 13 years	M	6:15 pm	6:55 pm	41552	42552	\$28	\$48
🌀 Swim Lessons	5 - 13 years	W	4:55 pm	5:35 pm	41553	42553	\$28	\$48
Swim Lessons	5 - 13 years	W	5:40 pm	6:20 pm	41554	42555	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:45 am	10:25 am	41555	42556	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:30 am	11:10 am	41700	42557	\$28	\$48
Private Swim Lessons	5 - 13 years	3 lessons			41559	42562	\$44	\$69
Private Swim Lessons	5 - 13 years	7 lessons			41558	42561	\$89	\$159
East Side								
Swim Lessons	5 - 13 years	M	3:45 pm	4:25 pm	41814	42716	\$28	\$48

🌀 also offered as a combo





aquatics 5+

5+ SWIM LESSONS

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
East Side								
Swim Lessons	5 - 13 years	M	4:30 pm	5:10 pm	41815	42717	\$28	\$48
★ Swim Lessons	5 - 13 years	M	5:15 pm	5:55 pm	41819	42721	\$28	\$48
Swim Lessons	5 - 13 years	M	6:00 pm	6:40 pm	41825	42727	\$28	\$48
Swim Lessons	5 - 13 years	M	6:45 pm	7:25 pm	42050	42728	\$28	\$48
★ Swim Lessons	5 - 13 years	T	4:00 pm	4:40 pm	41822	42724	\$28	\$48
Swim Lessons	5 - 13 years	T	4:45 pm	5:25 pm	41823	42725	\$28	\$48
Swim Lessons	5 - 13 years	W	5:00 pm	5:40 pm	41820	42722	\$28	\$48
Swim Lessons	5 - 13 years	W	5:45 pm	6:25 pm	41816	42718	\$28	\$48
Swim Lessons	5 - 13 years	W	6:30 pm	7:10 pm	41817	42719	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm	41811	42713	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:45 pm	5:25 pm	41818	42720	\$28	\$48
Swim Lessons	5 - 13 years	Sa	8:45 am	9:25 am	41812	42714	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:30 am	10:10 am	41813	42715	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:15 am	10:55 am	41821	42723	\$28	\$48
Swim Lessons	5 - 13 years	Sa	11:00 am	11:40 am	41824	42726	\$28	\$48
Adaptive Swim Lessons	8 - 14 years	T	4:40 pm	5:20 pm	41831	42733	\$28	\$48
Adult Swim Lessons	14+ years	M	6:30 am	7:15 am	42051	42674	\$28	\$48
Adult Swim Lessons	14+ years	Th	5:45 pm	6:30 pm	42052	42675	\$28	\$48
Private Swim Lessons	5 - adult	3 lessons			41830	42732	\$44	\$69
Private Swim Lessons	5 - adult	7 lessons			41829	42731	\$89	\$159
West Side								
★ Swim Lessons	5 - 13 years	M	12:20 pm	1:00 pm	n/a	43182	\$28	\$48
★ Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm	42133	42961	\$28	\$48
Swim Lessons	5 - 13 years	M	4:50 pm	5:30 pm	42128	42956	\$28	\$48
Swim Lessons	5 - 13 years	M	5:40 pm	6:20 pm	42363	42967	\$28	\$48
★ Swim Lessons	5 - 13 years	T	1:10 pm	1:50 pm	n/a	43168	\$28	\$48
★ Swim Lessons	5 - 13 years	T	4:00 pm	4:40 pm	42129	42957	\$28	\$48
Swim Lessons	5 - 13 years	T	4:50 pm	5:30 pm	42130	42958	\$28	\$48
★ Swim Lessons	5 - 13 years	T	5:40 pm	6:20 pm	42131	42959	\$28	\$48
★ Swim Lessons	5 - 13 years	W	6:00 pm	6:40 pm	42364	42968	\$28	\$48
★ Swim Lessons	5 - 13 years	W	6:50 pm	7:30 pm	42132	42960	\$28	\$48
★ Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm	42134	42962	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:50 pm	5:30 pm	42135	42963	\$28	\$48
★ Swim Lessons	5 - 13 years	Th	5:40 pm	6:20 pm	42136	42964	\$28	\$48
★ Swim Lessons	5 - 13 years	F	10:55 am	11:35 am	n/a	43169	\$28	\$48

★ also offered as a combo

Class descriptions located on pages 41 - 47

aquatics 5+

Fall 1 classes run **September 7 - October 24, 2010**

Fall 2 classes run **October 25 - December 19, 2010**

Registration begins **August 2** (members) or **August 9** (general public)

5+ SWIM LESSONS		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
West Side								
Swim Lessons	5 - 13 years	Sa	9:00 am	9:40 am	42137	42965	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:50 am	10:30 am	42138	42966	\$28	\$48
🌀 Swim Lessons	5 - 13 years	Sa	10:40 am	11:20 am	42365	42969	\$28	\$48
Private Swim Lessons	5 - adult	3 lessons			42144	42974	\$44	\$69
Private Swim Lessons	5 - adult	7 lessons			42143	42973	\$89	\$159

AQUATIC SPECIALTY		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
Master Swim Class	14+ years	M	6:00 am	7:00 am	41396	42451	\$28	\$48
Red Cross Lifeguard Training September 18 & 19, 25 & 26	16+ years	Sa Su	9:00 am	5:00 pm	41560		\$153	\$178
Red Cross Lifeguard Training October 28, 29, 30, 31	16+ years	Th - Su	9:00 am	5:00 pm		42452	\$153	\$178
East Side								
Master Swim	14+ years	W	6:00 am	7:00 am	41833	42734	\$28	\$48
West Side								
Adult Swim Lessons	14+ years	W	7:45 pm	8:45 pm	42367	42912	\$28	\$48
Adult Swim Lessons	14+ years	Th	10:30 am	11:30 am	42368	42913	\$28	\$48
Master Swim	14+ years	M	6:30 pm	7:30 pm	42147	42975	\$28	\$48
Master Swim	14+ years	W	7:45 pm	8:45pm	42366	42976	\$28	\$48

🌀 also offered as a combo





SWIM TEAM

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
Competitive Stroke	6 - 13 years	M	6:00 pm	6:45 pm	41362	42414	\$40	\$80
Competitive Stroke	6 - 13 years	Th	6:30 pm	7:15 pm	41363	42415	\$40	\$80
Pre-season Stroke & Training Sessions	9 - 18 years	M	7:00 pm	8:30 pm			\$5	\$15
Pre-season Stroke & Training Sessions	9 - 18 years	Th	7:00 pm	8:30pm			\$5	\$15

Downtown

Silver Sharks	6 - 14 years	MTh	4:30 pm	5:15 pm	41710	42541	\$55	\$85
Pre-season Stroke & Training Sessions	9 - 18 years	W	7:00 pm	8:30 pm			\$5	\$15

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. Usually three practices are offered per week.	6 - 14 years	\$350
Silver I & II (Age Group): For those with competitive swimming experience. Silver I by approval of Head Coach. Must be able to swim 16 x 50 on 1:15. Silver I swimmers are expected to swim 5 x 100 Free holding under 1:20. Silver swimmers are expected to attend 3-4 practices a week. Usually four practices are offered per week.	6 - 15 years	Silver I: \$510 Silver II: \$460
Gold III (Separate training group): For those with competitive swimming experience. By approval of the Head Coach. Must be able to swim 20 x 100 on 1:45. Gold swimmers are expected to attend 4-5 practices a week. Usually five practices offered per week.	11 - 18 years	\$600
Gold I (National Team) & Gold II (Main Gold Training Group): For those who wish to compete in the YMCA National Swimming Championships or compete at a top level. Must be able to swim 20 x 200 on 3:00. All Gold I & II swimmers must be invited by the Head Coach and are expected to attend all scheduled workouts including additional morning, afternoon and weekend workouts.	12+ years	Gold I: \$750 Gold II: \$650

Fees cover the swim seasons only: Fall / Winter Season: October 11 - March 20 and Spring/Summer Season: May 11 - July 21. During fall registration swimmers may pay the inclusive fee which includes all additional stroke clinics and additional practices out of season.

gymnastics

Fall 1 classes run **September 7 - October 24, 2010**

Fall 2 classes run **October 25 - December 19, 2010**

Registration begins **August 2** (members) or **August 9** (general public)

GYMNASTICS

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
<p>Gymstars <i>By Invitation Only</i> 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.</p>								
Broadview								
🌀 Gymnastics	3 - 4 years	Th	9:30 am	10:00 am	41450	42477	\$28	\$48
Downtown								
Gymnastics	3 - 4 years	M	6:20 pm	6:50 pm	41598	42583	\$28	\$48
Gymnastics	3 - 4 years	W	4:25 pm	4:55 pm	41600	42584	\$28	\$48
🌀 Gymnastics	3 - 4 years	Sa	10:05 am	10:35 am	41602	42585	\$28	\$48
Gymnastics	5 - 6 years	M	4:10 pm	4:55 pm	41711	42586	\$35	\$55
🌀 Gymnastics	5 - 6 years	W	6:05 pm	6:50 pm	41712	42587	\$35	\$55
Gymnastics	5 - 6 years	Sa	9:50 am	10:35 am	41713	42588	\$35	\$55
Intro to Gymnastics	7 - 11 years	M	6:05 pm	6:50 pm	41614	42592	\$35	\$55
Intro to Gymnastics	7 - 11 years	W	4:10 pm	4:55 pm	41615	42593	\$35	\$55
Intro to Gymnastics	7 - 11 years	Sa	9:00 am	9:45 am	41616	42594	\$35	\$55
Boys	6 - 11 years	M	6:05 pm	6:50 pm	41604	42589	\$35	\$55
Boys	6 - 11 years	W	4:10 pm	4:55 pm	41605	42590	\$35	\$55
Boys	6 - 11 years	Sa	10:40 am	11:25 am	41714	42591	\$35	\$55
Youth Level 1	6 - 11 years	M	4:10 pm	4:55 pm	41631	42612	\$35	\$55
Youth Level 1	6 - 11 years	M	6:05 pm	6:50 pm	41632	42613	\$35	\$55
Youth Level 1	6 - 11 years	W	4:10 pm	4:55 pm	41633	42614	\$35	\$55
Youth Level 1	6 - 11 years	W	6:05 pm	6:50 pm	41634	42615	\$35	\$55
Youth Level 1	6 - 11 years	Sa	9:00 am	9:45 am	41635	42616	\$35	\$55
Youth Level 1	6 - 11 years	Sa	10:40 am	11:25 am	41636	42617	\$35	\$55
Youth Level 2	6 - 11 years	M	4:10 pm	4:55 pm	41637	42618	\$35	\$55
Youth Level 2	6 - 11 years	M	6:05 pm	6:50 pm	41638	42619	\$35	\$55
Youth Level 2	6 - 11 years	W	4:10 pm	4:55 pm	41639	42620	\$35	\$55
Youth Level 2	6 - 11 years	W	6:05 pm	6:50 pm	41640	42621	\$35	\$55
Youth Level 2	6 - 11 years	Sa	9:00 am	9:45 am	41641	42622	\$35	\$55
Youth Level 2	6 - 11 years	Sa	10:40 am	11:25 am	41642	42623	\$35	\$55
Pre-Team NEW!	6 - 11 years	M	5:00 pm	6:00 pm	41643	42624	\$45	\$79
Pre-Team NEW!	6 - 11 years	W	5:00 pm	6:00 pm	41644	42625	\$45	\$79

🌀 also offered as a combo





gymnastics

GYMNASTICS

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Downtown								
Pre-Team NEW!	6 - 11 years	Sa	11:30 am	12:30 pm	41645	42626	\$45	\$79
Teen (advanced)	11 - 17 years	M	4:10 pm	5:10 pm	41627	42606	\$45	\$79
Teen (advanced)	11 - 17 years	W	6:05 pm	7:05 pm	41628	42607	\$45	\$79
Teen (advanced)	11 - 17 years	Sa	11:30 am	12:30 pm	41629	42608	\$45	\$79
Teen (beginner)	11 - 17 years	M	4:10 pm	5:10 pm	41630	42609	\$45	\$79
Teen (beginner)	11 - 17 years	W	6:05 pm	7:05 pm	41716	42610	\$45	\$79
Teen (beginner)	11 - 17 years	Sa	11:30 am	12:30 pm	41717	42611	\$45	\$79
Open Workout	6+ years	F	7:00 pm	9:00 pm	n/a	n/a	\$5	\$10
Open Workout	6+ years	Sa	12:30 pm	2:30 pm	n/a	n/a	\$5	\$10
East Side								
Gymnastics	3 - 4 years	M	6:00 pm	6:30 pm	41927	42799	\$28	\$48
Gymnastics	3 - 4 years	T	5:25 pm	5:55 pm	41928	42800	\$28	\$48
Gymnastics	3 - 4 years	W	6:00 pm	6:30 pm	41929	42801	\$28	\$48
Gymnastics	3 - 4 years	W	6:50 pm	7:20 pm	41930	42802	\$28	\$48
Gymnastics	3 - 4 years	Th	6:05 pm	6:35 pm	41931	42803	\$28	\$48
Gymnastics	3 - 4 years	Sa	10:30 am	11:00 am	41932	42804	\$28	\$48
Gymnastics	5 - 6 years	M	5:45 pm	6:30 pm	42054	42805	\$35	\$55
Gymnastics	5 - 6 years	T	4:30 pm	5:15 pm	42055	42806	\$35	\$55
Gymnastics	5 - 6 years	W	6:35 pm	7:20 pm	42056	42807	\$35	\$55
Gymnastics	5 - 6 years	Th	5:00 pm	5:45 pm	42057	42808	\$35	\$55
Gymnastics	5 - 6 years	Th	5:50 pm	6:35 pm	42058	42809	\$35	\$55
Gymnastics	5 - 6 years	Sa	10:15 am	11:00 am	42059	42810	\$35	\$55
Intro to Gymnastics	6 - 11 years	M	6:35 pm	7:20 pm	41946	42811	\$35	\$55
Intro to Gymnastics	6 - 11 years	T	4:30 pm	5:15 pm	41947	42812	\$35	\$55
Intro to Gymnastics	6 - 11 years	W	6:35 pm	7:20 pm	41948	42813	\$35	\$55
Intro to Gymnastics	6 - 11 years	Th	5:50 pm	6:35 pm	41949	42814	\$35	\$55
Intro to Gymnastics	6 - 11 years	Sa	11:05 am	11:50 am	41950	42815	\$35	\$55
Youth Level 1	6+ years	M	6:35 pm	7:20 pm	41952	42817	\$35	\$55
Youth Level 1	6+ years	T	6:00 pm	6:45 pm	41953	42818	\$35	\$55
Youth Level 1	6+ years	W	5:45 pm	6:30 pm	41954	42819	\$35	\$55
Youth Level 1	6+ years	Th	5:00 pm	5:45 pm	41955	42820	\$35	\$55
Youth Level 1	6+ years	Sa	11:05 am	11:50 am	41956	42821	\$35	\$55
Youth Level 2	6+ years	M	6:35 pm	7:20 pm	41958	42823	\$35	\$55
Youth Level 2	6+ years	T	6:00 pm	6:45 pm	41959	42824	\$35	\$55
Youth Level 2	6+ years	W	5:45 pm	6:30 pm	41960	42825	\$35	\$55

gymnastics

Fall 1 classes run **September 7 - October 24, 2010**

Fall 2 classes run **October 25 - December 19, 2010**

Registration begins **August 2** (members) or **August 9** (general public)

GYMNASTICS

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
East Side								
Youth Level 2	6+ years	Th	5:00 pm	5:45 pm	41961	42826	\$35	\$55
Youth Level 2	6+ years	Sa	11:05 am	11:50 am	41957	42822	\$35	\$55
West Side								
🌟 Gymnastics	3 - 4 years	M	9:30 am	10:00 am	42256	43054	\$28	\$48
🌟 Gymnastics	3 - 4 years	M	5:05 pm	5:35 pm	42369	43056	\$28	\$48
🌟 Gymnastics	3 - 4 years	W	10:10 am	10:40 am	42370	43058	\$28	\$48
🌟 Gymnastics	3 - 4 years	Th	9:55 am	10:25 am	42255	43053	\$28	\$48
🌟 Gymnastics	3 - 4 years	Th	4:05 pm	4:35 pm	42259	43059	\$28	\$48
🌟 Gymnastics	3 - 4 years	F	10:15 am	10:45 am	42257	43055	\$28	\$48
🌟 Gymnastics	3 - 4 years	Sa	9:05 am	9:35 am	42258	43057	\$28	\$48
🌟 Gymnastics	5 - 6 years	M	1:15 pm	2:00 pm	n/a	43170	\$35	\$55
🌟 Gymnastics	5 - 6 years	M	4:50 pm	5:35 pm	42371	43060	\$35	\$55
🌟 Gymnastics	5 - 6 years	Th	4:55 pm	5:40 pm	42372	43061	\$35	\$55
🌟 Intro to Gymnastics	7 - 11 years	Th	4:55 pm	5:40 pm	42261	43063	\$35	\$55
Advanced Intro to Gymnastics NEW!	7 - 11 years	Th	5:45 pm	6:30 pm	42373	43604	\$35	\$55

GYMNASTICS COMBO

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
West Side								
Intro to Gymnastics and Swim <small>(pool 1st)</small>	7 - 11 years	Th	4:00 pm	5:40 pm	42374	43065	\$52	\$78
Intro to Gymnastics and Swim	7 - 11 years	Sa	9:45 am	11:20 am	42260	43062	\$52	\$78

🌟 also offered as a combo





YOUTH DANCE

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
East Side								
Ballet, Tap, Jazz	3 - 4 years	M	9:30 am	10:00 am	41872	42760	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	M	4:45 pm	5:15 pm	41873	42761	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	T	5:00 pm	5:30 pm	n/a	42762	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	T	5:35 pm	6:05 pm	41874	n/a	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	W	5:25 pm	5:55 pm	41875	n/a	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	F	9:00 am	9:30 am	41876	42764	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	Sa	9:35 am	10:05 am	41877	42765	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	Sa	9:45 am	10:15 am	41878	n/a	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	Sa	10:20 am	10:50 am	41879	n/a	\$28	\$48
Ballet, Tap, Jazz	5 - 6 years	M	5:20 pm	6:00 pm	42060	42768	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	T	5:35 pm	6:15 pm	n/a	42769	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	T	6:10 pm	6:50 pm	42061	n/a	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	W	6:00 pm	6:40 pm	42062	n/a	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	F	9:40 am	10:20 am	n/a	42770	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	Sa	9:00 am	9:40 am	42063	42771	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	Sa	10:10 am	10:50 am	42064	42772	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	Sa	10:55 am	11:35 am	42065	n/a	\$30	\$51
Beginner Dance	7+ years	M	6:50 pm	7:35 pm	41890	n/a	\$35	\$55
Beginner Dance	7+ years	T	7:00 pm	7:45 pm	41891	42779	\$35	\$55
Pom Squad	6 - 11 years	Th	5:45 pm	6:15 pm	41888	42776	\$28	\$48
Youth Hip Hop	7 - 12 years	Th	6:20 pm	6:50 pm	41887	42775	\$28	\$48
Dance Like a Pop Star	8 - 13 years	M	6:05 pm	6:45 pm	41889	42777	\$30	\$51
Break Dancing	10+ years	F	4:20 pm	5:05 pm	n/a	42780	\$35	\$55
Break Dancing	10+ years	F	5:10 pm	5:55 pm	42066	n/a	\$35	\$55
West Side								
🌀 Ballet, Tap, Jazz	3 - 4 years	M	10:10 am	10:40 am	42189	43013	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	M	6:10 pm	6:40 pm	42185	43009	\$28	\$48
🌀 Ballet, Tap, Jazz	3 - 4 years	T	9:55 am	10:25 am	42186	43010	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	T	5:00 pm	5:30 pm	42188	43012	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	W	5:35 pm	6:05 pm	42187	43011	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	Th	6:20 pm	6:50 pm	42190	n/a	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	F	9:40 am	10:10 am	42192	43016	\$28	\$48
🌀 Ballet, Tap, Jazz	3 - 4 years	Sa	9:45 am	10:15 am	42191	43015	\$28	\$48
Ballet, Tap, Jazz	5 - 6 years	M	5:25 pm	6:05 pm	42375	n/a	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	T	5:35 pm	6:15 pm	42376	n/a	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	W	4:50 pm	5:30 pm	42377	43019	\$30	\$51

🌀 also offered as a combo

dance

Fall 1 classes run **September 7 - October 24, 2010**

Fall 2 classes run **October 25 - December 19, 2010**

Registration begins **August 2** (members) or **August 9** (general public)

YOUTH DANCE		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
West Side								
Ballet, Tap, Jazz	5 - 6 years	Th	5:35 pm	6:15 pm	42378	n/a	\$30	\$51
Beginner Dance	7+ years	Th	6:55 pm	7:35 pm	42203	43026	\$35	\$55
Dance Like A Pop Star	8 - 13 years	W	6:45 pm	7:25 pm	42204	43027	\$30	\$51
Lyrical, Tap NEW!	7+ years	M	6:45 pm	7:30 pm	42205	n/a	\$35	\$55
Pom Squad	6 - 11 years	T	6:20 pm	6:50 pm	42201	n/a	\$28	\$48
Stomp, Tap NEW!	7 - 13 years	Sa	10:20 am	10:50 am	42379	43029	\$28	\$48
Youth Hip hop	7 - 13 years	W	6:10 pm	6:40 pm	42202	43025	\$28	\$48

STUDIO DANCE		REGISTER ONLINE!			www.GreenBayYMCA.org			
	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
East Side								
Dancin' For Fun	3 years	W	5:25 pm	5:55 pm	n/a	42899	\$119	\$149
Dancin' For Fun	3 years	Sa	10:35 am	11:05 am	n/a	42903	\$119	\$149
Kinder Studio	4 years	T	5:20 pm	6:05 pm	n/a	42898	\$128	\$158
Kinder Studio	4 years	Sa	9:45 am	10:30 am	n/a	42904	\$128	\$158
Beginner Studio	5 - 6 years	T	6:10 pm	6:55 pm	n/a	42902	\$128	\$158
Beginner Studio	5 - 6 years	W	6:00 pm	6:45 pm	n/a	42900	\$128	\$158
Intermediate Studio	7+ years	M	6:50 pm	7:35 pm	n/a	42901	\$128	\$158
Intermediate Studio	7+ years	W	6:50 pm	7:35 pm	n/a	42905	\$128	\$158
Break Dancing Studio	7+ years	F	5:10 pm	5:55 pm	n/a	42906	\$128	\$158
West Side								
Dancin' for Fun	3 years	Th	4:45 pm	5:15 pm	n/a	43172	\$119	\$149
Kinder Dance	4 years	Th	5:20 pm	6:05 pm	n/a	43179	\$128	\$158
Beginner Dance	5 - 6 years	T	4:15 pm	5:00 pm	n/a	43177	\$128	\$158
Beginner Dance	5 - 6 years	Th	6:10 pm	6:55 pm	n/a	43171	\$128	\$158
Pom Squad, Hip Hop	6+ years	T	5:55 pm	6:40 pm	n/a	43174	\$128	\$158
Advanced Ballet, Lyrical Dance NEW!	7+ years	M	6:45 pm	7:30 pm	n/a	43178	\$128	\$158
Advanced Tap, Jazz NEW!	7+ years	T	6:45 pm	7:30 pm	n/a	43175	\$128	\$158
Advanced Tap/Jazz and Ballet/Lyrical NEW!	7+ years	MT	6:45 pm	7:30 pm	n/a	43176	\$210	\$252
Intermediate Dance	7+ years	T	5:05 pm	5:50 pm	n/a	43173	\$128	\$158





dance

ADULT DANCE

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Downtown								
Zumba	14+ years	W	12:30 pm	1:00 pm			FREE	n/a
Zumba	14+ years	W	6:30 pm	7:15 pm			FREE	n/a
East Side								
Ballroom Dance	14+ years	F	6:30 pm	7:30 pm	41886	42774	\$30	\$51
Intro to Line Dancing	14+ years	MW	10:20 am	10:50 am	41766	42665	FREE	\$46
Line Dancing	14+ years	MW	10:50 am	11:50 am	41768	42666	FREE	\$54
Zumba	14+ years	M	7:55 pm	8:40 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	8:40 pm			FREE	n/a
Zumba	14+ years	Th	5:45 am	6:30 am			FREE	n/a
Zumba	14+ years	Th	9:45 am	10:30 am			FREE	n/a
Zumba	14+ years	Sa	7:00 am	7:45 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
West Side								
Ballroom	14+ years	F	6:00 pm	7:00 pm	42199	43022	\$30	\$51
Dance Pilates	14+ years	T	8:15 am	9:15 am	42198	43021	\$35	\$55
Intro to Line Dancing	14+	TTh	10:15 am	10:45 am	42083	42910	FREE	\$46
Line Dancing	14+	TTh	10:45 am	11:45 am	42084	42911	FREE	\$54
Zumba	14+ years	MTThF	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	Sa	10:15 am	11:00 am			FREE	n/a
Zumba	14+ years	Su	12:15 pm	1:00 pm			FREE	n/a



Sports

Fall 1 classes run **September 7 - October 24, 2010**

Fall 2 classes run **October 25 - December 19, 2010**

Registration begins **August 2** (members) or **August 9** (general public)

AFTER SCHOOL SPORTS

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
Racquetball	7 - 9 years	T	4:00 pm	4:45 pm	41482	42508	\$20	\$40
Racquetball	10 - 13 years	Th	4:00 pm	4:45 pm	41483	42509	\$20	\$40
East Side								
Home School Gym	5 - 13 years	W	1:15 pm	1:50 pm	41962	42827	\$28	\$48
⊕ Home School Swim	5 - 13 years	W	2:05 pm	2:45 pm	41963	42828	\$28	\$48
Home School Gym and Swim	5 - 13 years	W	1:15 pm	2:45 pm	41964	42829	\$47	\$72
Home School Sports and Swim <small>(pool 1st)</small>	3 - 4 years	W	1:15 pm	2:30 pm	41965 <small>soccer</small>	42830 <small>football</small>	\$47	\$72
Skateboarding <small>September 7, 9, 14, 16, 21, 23</small>	7 - 13 years	TTh	4:30 pm	5:15 pm	42524		\$25	\$40
Skateboarding <small>September 7, 9, 14, 16, 21, 23</small>	7 - 13 years	TTh	5:30 pm	6:15 pm	42525		\$25	\$40

ADULT SPORTS

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
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+ years	M - F	11:30 am	2:00 pm			FREE	n/a
Adult Full Court Basketball	19+ years	F	6:00 am	7:30 am			FREE	n/a

⊕ also offered as a combo





YOUTH SPORTS

Registration for Youth Sports begins **July 30, 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. First day of Youth Sports is Saturday, September 18, 2010. Deadline for registration is Sept. 10th 2010. \$10 late fee applied after deadline.

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		Barcode	YMCA Member	General Public
Broadview								
Micro-Soccer	4 years	Sa	9:00 am	10:00 am		41730	\$31	\$49
Micro-Soccer	5 - 6 years	Sa	10:15 am	11:15am		41729	\$31	\$49
Micro-Flag Football	5 - 6 years	Sa	11:30 am	12:30pm		41735	\$31	\$49
Girl's Volleyball	grades 3 - 4	Sa	Times Vary	9:30, 10:30 or 11:30 am		41748	\$31	\$49
Fall Baseball	6 - 8 years	W	6:00 pm	7:00 pm		41753	\$31	\$49
East Side								
Micro-Soccer	4 years	Sa	9:00 am	10:00 am		41733	\$31	\$49
Micro-Soccer	7 - 8 years	Sa	9:00 am	10:00 am		41731	\$31	\$49
Micro-Soccer	5 - 6 years	Sa	10:15 am	11:15 am		47132	\$31	\$49
Micro-Flag Football	5 - 6 years	Sa	11:30 am	12:30 pm		41747	\$31	\$49
Girl's Volleyball	grades 1 - 2	Sa	Times Vary	9:00, 10:00 or 11:00 am		41749	\$31	\$49
West Side								
Micro-Soccer	4 years	Sa	9:00 am	10:00 am		41734	\$31	\$49
Micro-Soccer	7 - 8 years	Sa	9:00 am	10:00 am		41728	\$31	\$49
Micro-Soccer	5 - 6 years	Sa	10:15 am	11:15 am		41726	\$31	\$49
Micro-Flag Football	5 - 6 years	Sa	11:30 am	12:30 pm		41736	\$31	\$49
Lacrosse	grades 3 - 5	Sa	1:30 pm	2:45 pm		41751	\$31	\$49
Lacrosse	grades 6 - 8	Sa	3:00 pm	4:15 pm		41752	\$31	\$49
Girl's Volleyball	grades 5 - 6	Sa	Times vary	9, 10 or 11 am		41750	\$31	\$49
Helen Keller School								
Flag Football	7 - 8 years	Sa	9:00 am	10:00 am		41738	\$31	\$49
Flag Football	9 - 10 years	Sa	10:15 am	11:15 am		41741	\$31	\$49
Our Lady of Lourdes School								
Flag Football	7 - 8 years	Sa	9:00 am	10:00 am		41744	\$31	\$49
Flag Football	9 - 10 years	Sa	10:15 am	11:15 am		41745	\$31	\$49
Flag Football	5 - 6 years	Sa	11:30am	12:30 pm		41746	\$31	\$49
Preble Park								
Flag Football	7 - 8 years	Sa	9:00 am	10:00 am		41739	\$31	\$49
Flag Football	9 - 10 years	Sa	10:15 am	11:15 am		41742	\$31	\$49

Sports

Fall 1 classes run **September 7 - October 24, 2010**

Fall 2 classes run **October 25 - December 19, 2010**

Registration begins **August 2** (members) or **August 9** (general public)

YOUTH SPORTS

	Age	Day	Start	End		Barcode	YMCA Member	General Public
Webster Park								
Flag Football	7 - 8 years	Sa	9:00 am	10:00 am		41737	\$31	\$49
Flag Football	9 - 10 years	Sa	10:15 am	11:15 am		41740	\$31	\$49
5 on 5 Football	11 - 13 years	Sa	11:30 am	12:30 pm		41743	\$31	\$49

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

	Age	Day	Start	End		Barcode	YMCA Member	General Public
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Youth In Government (YIG) Provides teens in grades 7 - 12 with the opportunity to study the law making process through active participation. Delegations from around the state gather in Madison each Spring and take over the Wisconsin State Capitol building to elect its student government, write legislative bills and present case arguments with our own Green Bay delegation. **Please contact Heidi at 436-1243 for more information.**

Meetings will be held at the Broadview YMCA beginning Tuesday, September 21st. Cost is \$215 per person.

Broadview

Power Zone	8 - 13 years	MW	3:30 pm	4:15 pm			FREE	n/a
Y-Night <i>(Starts Sept. 10th)</i>	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Youth LSC Orientation	11 - 13 years	Th	5:00 pm	8:00 pm			FREE	n/a

Downtown

Kids in the Kitchen and Swim <i>(pool 1st)</i>	7 - 10 years	W	4:55 pm	6:30 pm	n/a	42663 Healthy Desserts	\$52	\$72
Showtime and Swim NEW! <i>(pool 1st)</i>	7 - 10 years	W	4:55 pm	6:30 pm	41723	n/a	\$52	\$72
Girls Night Out <i>starts Sept 27 (Washington and Aldo Leopold Schools)</i>	grade 6	M	6:00 pm	8:00 pm			\$10	\$10
Red Cross Babysitting	11 - 15 years	Sept 18	8:30 am	4:30 pm	41683		\$40	\$50
Red Cross Babysitting	11 - 15 years	Oct 16	8:30 am	4:30 pm	41722		\$40	\$50
Red Cross Babysitting	11 - 15 years	Nov 13	8:30 am	4:30 pm		42646	\$40	\$50
Red Cross Babysitting	11 - 15 years	Dec 11	8:30 am	4:30 pm		42647	\$40	\$50
Y Klub (starts Sept 10)	grades 4 - 8	F	6:00 pm	9:00 pm			FREE	\$2
Y Zone NEW <i>Starts Sept 8 (age 6 and under welcome with parent)</i>	7 - 13 years	MWTh	4:30 pm	7:30 pm			FREE	n/a

East Side

Cardio Blast	8 - 13 years	Th	5:20 pm	5:50 pm	n/a		FREE	n/a
Girls Night Out <i>(Red Smith, Lux/Casco, Denmark schools)</i>	grade 6	Th	6:00 pm	8:00 pm			\$10	\$10
Discovery Zone	7 - 10 years	Sa	9:40 am	10:25 am	n/a	42886	\$32	\$52

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		Barcode	YMCA Member	General Public
East Side								
Power Zone	8 - 13 years	MTW	4:00 pm	6:00 pm			FREE	n/a
Kids in the Kitchen	7 - 10 years	Sa	9:40 am	10:25 am	42067	n/a	\$32	\$52
Y-Night <i>Starts Sept 10th!</i>	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Youth Hooping	8 - 13 years	Th	5:20 pm	5:50 pm		n/a	FREE	n/a
Youth LSC Orientation	11 - 13 years	Th	4:30 pm	7:30 pm			FREE	n/a
Youth LSC Orientation	11 - 13 years	Sa	12:00 pm	3:00pm			FREE	n/a
Youth Spin	8 - 13 years	Th	4:45 pm	5:15 pm	41871	42759	\$17	\$34
Youth Spin and Swim <i>pool 1st</i>	8 - 13 years	T	4:00 pm	5:15 pm	42068	42887	\$34	\$68
West Side								
Construction Junction	7 - 10 years	W	5:05 pm	5:50 pm	42397	n/a	\$32	\$52
Construction Junction & Swim	7 - 10 years	W	5:05pm	6:40 pm	42347	n/a	\$52	\$72
Girls Night Out <i>(Lineville School)</i>	grade 6	M	6:30 pm	8:30 pm			\$10	\$10
Discovery Zone	7 - 10 years	W	5:05 pm	5:50 pm	n/a	43156 <i>Krazy Koncoctions</i>	\$32	\$52
Discovery Zone & Swim	7 - 10 years	W	5:05 pm	6: 40 pm	n/a	43154 <i>Krazy Koncoctions</i>	\$52	\$72
Power Zone	8 - 13 years	M	4: 30 pm	5:30 pm			FREE	n/a
Power Zone	8 - 13 years	TWTh	4:30 pm	6:30 pm			FREE	n/a
Kids in the Kitchen	7 - 10 years	T	4:50 pm	5:35 pm	42346 <i>Snack Attack</i>	n/a	\$32	\$52
Kids in the Kitchen & Swim <i>(Pool 1st)</i>	7 - 10 years	T	4:00 pm	5:35 pm	42345 <i>Snack Attack</i>	n/a	\$52	\$72
The Artsy Crafter	7 - 10 years	T	4:50 pm	5:35 pm	n/a	43153	\$32	\$52
The Artsy Crafter & Swim	7 - 10 years	T	4:00 pm	5:35 pm	n/a	43152	\$52	\$72
The Lookout <i>(opens Fall 2)</i>	8 - 13 years	MTh	4:30 pm	7:30 pm			FREE	n/a
The Lookout <i>(opens Fall 2)</i>	8 - 13 years	Sa	10:00 am	12:00 pm			FREE	
Y Girls Run	8- 13 years	T	4:30 pm	6:00 pm			\$15	\$15
Y-Night	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Youth Hooping NEW!	8 - 13 years	M	5:30 pm	6:00 pm			FREE	n/a
Youth Hooping NEW!	8 - 13 years	T	6:30 pm	7:00 pm			FREE	n/a
Youth LSC Orientation	11 - 13 years	W	5:00 pm	8:00 pm			FREE	n/a
Youth LSC Orientation	11 - 13 years	Sa	11:00 am	2:00 pm			FREE	n/a
Youth Spin	8 - 13 years	Th	5:00 pm	5:30 pm	42178	43002	\$17	\$34
Youth Spin & Swim	8 - 13 years	Th	5:00 pm	6:20 pm	42348	43156	\$34	\$68

SCHOOL AGE CHILD CARE

Before And After School Care

Before school: approximately 6:30-9:00 am After school: approximately 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.** Registration for the 2010-2011 school year began in April. Call 436-9675 for information and availability.

Kid's Day Out

Full-day of school-age child care held at the Downtown and West Side YMCAs on "no school" days. Activities include swimming, arts and crafts, field trips, games and more. Program hours are 6:30 am - 6:00 pm. Registration for the 2010 - 2011 no-school dates begins in September. Call 436-9675 for information.

Kids Day Out Dates: October 28, 29, November 19, 24, 26, December 23, 27, 28, 29, 30.



IMPORTANT DATES!

10/11 KID'S DAY OUT REGISTRATION:

SEPTEMBER 2010

SCHOOLS SERVED:

Ashwaubenon

Cormier, Pioneer, Valley View

East De Pere

Dickinson, Fox View, Heritage, Notre Dame, Susie C. Altmayer

West De Pere

Westwood, Our Lady of Lourdes, Hemlock Creek

Green Bay

Aldo Leopold, Baird, Beaumont, Doty, Holy Family, Jackson, Kennedy, King, Langlade, MacArthur, Pilgrim Lutheran, Providence, Red Smith, Resurrection, St. Joseph, St. Matthew's, Webster, Wequiock, Wilder

Howard-Suamico

Forest Glen, Howard, Lineville, Meadowbrook, Suamico, St. John the Baptist, Bay Harbor





FAMILY

	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
<p>Family Pool and Gym Family gym and swim times are regularly available at all four YMCAs. Enjoy a dip in the pool or challenge each other to a game of horse. At the West Side, play in the lemonhead water fountains and take a wild ride down our indoor water slide. Try the figure-8 water slide and the water drop buckets at the East Side. Pool and gym schedules are available at or near your YMCA's front desk or on the internet at: www.GreenBayYMCA.org.</p>							
<p>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.</p>							
<p>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.</p>							
Broadview							
Family Night	Sa	6:00 pm	8:00 PM			FREE	\$12
Family Zumba 6 - 13 years with adult	Th	4:00 pm	4:45 pm			FREE	n/a
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
Downtown							
<p>Community Swim at Downtown YMCA on Saturdays from 3:30 pm - 5:00 pm. General Public pays \$1 to swim!</p>							
Family Hooping NEW! 8 - 13 years with adult	M	5:30 pm	6:00 pm			FREE	n/a
Family Zumba 6 - 13 years with adult	M	6:00 pm	6:45 pm			FREE	n/a
Rainbow Rompers parent/child	Sa	2:30 pm	3:30 pm			FREE	\$5
East Side							
<p>East Side Saturday Family Nights: 6 - 8 pm. One special Saturday per month join us in the pool, bounce away in an inflatable, make arts & crafts, watch a movie or enjoy Rainbow Rompers. Saturday theme nights include Sept 25 - Football Fanatics; Oct 30 - Halloween at the Y; Nov 20 - Let's Give Thanks; and Dec 18 - Holiday Hoopla.</p>							
<p>Community Swim at East Side YMCA on Sundays from 4:00 pm - 6:00 pm. General public pays \$1 to swim!.</p>							
<p>Book Share one 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.</p>							
Family Night	T	6:00 pm	8:00 pm			FREE	\$12/family
Family Zumba 6 - 13 years with adult	Th	4:30 pm	5:15 pm			FREE	n/a
Rainbow Rompers parent/child	Th	9:45 am	11:15 am			FREE	\$5
West Side							
Family Night	Sa	6:00 pm	8:00 pm			Free	\$12/family
Family Zumba 6 - 13 years with adult	W	6:45 pm	7:30 pm			FREE	n/a
Rainbow Rompers parent/child; 6 years and under with adult	M	5:30 pm	7:00 pm			FREE	\$5
Rainbow Rompers parent/child, 6 years and under with adult	Th	11:00 am	12:00 pm			FREE	\$5
Rainbow Rompers parent/child, 6 years and under with adult	F	10:00 am	11:30 am			FREE	\$5
Rainbow Rompers parent/child, 6 years and under with adult	Sa	6:00 pm	8:00 pm			FREE	\$5

ADULT - YOGA, PILATES, CYCLING

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
Cycle/Strength	14+ years	T	5:00 pm	6:00 pm	41418	42468	\$34	\$68
Cycle/Strength	14+ years	Th	9:10 am	10:10 am	41415	42465	\$34	\$68
Cycling	14+ years	M	7:00 am	7:45 am	41412	42462	\$26	\$52
Cycling	14+ years	T	6:45 am	7:30 am	41419	42469	\$26	\$52
Cycling	14+ years	W	7:00 am	7:45 am	41414	42464	\$26	\$52
Cycling	14+ years	Th	5:00 pm	5:45 pm	41413	42463	\$26	\$52
Cycling	14+ years	F	12:15 pm	1:00 pm	41416	42466	\$26	\$52
Cycling	14+ years	Su	9:15 am	10:00 am	41417	42467	\$26	\$52
Cycling Punch Pass	14+ years						\$50	n/a
Pilates	14+ years	T	10:10 am	10:55 am	41461	42490	\$26	\$52
Pilates	14+ years	F	10:00 am	10:45 am	41462	42491	\$26	\$52
Power Yoga	14+ years	M	6:05 pm	6:50 pm	41494	42521	\$26	\$52
Yoga	14+ years	T	9:15 am	10:00 am	41489	42516	\$26	\$52
Yoga	14+ years	W	9:05 am	9:50 am	41491	42518	\$26	\$52
Yoga	14+ years	Th	5:15 pm	6:00 pm	41492	42519	\$26	\$52
Yoga	14+ years	F	9:05 am	9:50 am	41490	42517	\$26	\$52
Yogilates with Props	14+ years	Th	8:45 am	9:45 am	41493	42520	\$34	\$68
Downtown								
Pilates	14+ years	W	5:30 pm	6:15 pm	41675	42638	\$26	\$52
Pilates	14+ years	F	12:15 pm	1:00 pm	41676	42639	\$26	\$52
Yoga	14+ years	M	6:15 am	7:00 am	41693	42661	\$26	\$52
Yoga	14+ years	M	12:15 pm	1:00 pm	41689	42657	\$26	\$52
Yoga	14+ years	T	5:30 pm	6:15 pm	41691	42659	\$26	\$52
Yoga	14+ years	W	12:15 pm	1:00 pm	41692	42660	\$26	\$52
Yoga	14+ years	F	12:15 pm	1:00 pm	41690	42658	\$26	\$52
Yogilates with Props	14+ years	T	12:00 pm	1:00 pm	41718	42662	\$34	\$68
East Side								
Cycle/Strength	14+ years	Th	9:30 am	10:30 am	41858	42755	\$34	\$68
Cycling	14+ years	M	5:45 am	6:30 am	41861	42757	\$26	\$52
Cycling	14+ years	M	5:30 pm	6:15 pm	41860	42756	\$26	\$52
Cycling	14+ years	M	6:30 pm	7:15 pm	41848	42746	\$26	\$52
Cycling	14+ years	T	8:30 am	9:15 am	41850	42748	\$26	\$52





ADULT - YOGA, PILATES, CYCLING

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
East Side								
Cycling	14+ years	T	5:45 pm	6:30 pm	41852	42750	\$26	\$52
Cycling	14+ years	W	5:45 am	6:30 am	41857	42754	\$26	\$52
Cycling	14+ years	W	9:30 am	10:15 am	41847	42745	\$26	\$52
Cycling	14+ years	W	5:30 pm	6:15 pm	41853	42751	\$26	\$52
Cycling	14+ years	W	6:30 pm	7:15 pm	41849	42747	\$26	\$52
Cycling	14+ years	Th	5:45 pm	6:30 pm	41851	42749	\$26	\$52
Cycling	14+ years	F	5:45 am	6:30 am	41854	42752	\$26	\$52
Cycling	14+ years	F	9:30 am	10:15 am	41856	42753	\$26	\$52
Cycling	14+ years	Sa	7:00 am	7:45 am	n/a	42744	\$26	\$52
Cycling	14+ years	Sa	8:00 am	8:45 am	n/a	42908	\$26	\$52
Cycling Endurance Ride	14+ years	Su	9:00 am	10:30 am	n/a	42909	\$52	\$104
Pilates	14+ years	T	6:00 pm	6:45 pm	41981	42845	\$26	\$52
Pilates	14+ years	W	9:25 am	10:10 am	41983	42847	\$26	\$52
Pilates	14+ years	Th	6:00 pm	6:45 pm	41982	42846	\$26	\$52
Pilates	14+ years	F	9:25 am	10:10 am	41984	42848	\$26	\$52
Slow Flow Yoga	14+ years	W	7:15 pm	8:00 pm	42027	42885	\$26	\$52
Yoga	14+ years	M	8:30 am	9:15 am	42019	42877	\$26	\$52
Yoga	14+ years	M	6:15 pm	7:00 pm	42020	42878	\$26	\$52
Yoga	14+ years	T	10:00 am	10:45 am	42021	42879	\$26	\$52
Yoga	14+ years	W	8:30 am	9:15 am	42022	42880	\$26	\$52
Yoga	14+ years	W	6:15 pm	7:00 pm	42023	42881	\$26	\$52
Yoga	14+ years	Th	10:00 am	10:45 am	42024	42882	\$26	\$52
Yoga	14+ years	Th	7:00 pm	7:45 pm	42025	42883	\$26	\$52
Yoga	14+ years	Sa	7:00 am	7:45 am	42026	42884	\$26	\$52
West Side								
Cycling/Pilates	14+ years	W	6:15 pm	7:15 pm	42170	42994	\$34	\$68
Cycling/Yoga	14+ years	T	6:00 pm	7:00 pm	42169	42993	\$34	\$68
Cycling	14+ years	M	5:15 am	6:00 am	42184	43008	\$26	\$52
Cycling	14+ years	M	9:15 am	10:00 am	42161	42987	\$26	\$52
Cycling	14+ years	M	4:30 pm	5:15 pm	42163	43183	\$26	\$52
Cycling	14+ years	M	7:15 pm	8:00 pm	42174	42998	\$26	\$52
Cycling	14+ years	T	5:45 am	6:30 am	42164	43181	\$26	\$52
Cycling	14+ years	T	8:30 am	9:15 am	42167	42991	\$26	\$52
Cycling	14+ years	T	7:15 pm	8:00 pm	42172	42996	\$26	\$52
Cycling	14+ years	W	5:15 am	6:00 am	42177	43001	\$26	\$52

ADULT - YOGA, PILATES, CYCLING

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
West Side								
Cycling	14+ years	W	9:15 am	10:00 am	42162	42988	\$26	\$52
Cycling	14+ years	W	4:30 pm	5:15 pm	42175	42999	\$26	\$52
Cycling	14+ years	Th	5:45 am	6:30 am	42165	42989	\$26	\$52
Cycling	14+ years	Th	8:30 am	9:15 am	42181	43005	\$26	\$52
Cycling	14+ years	Th	5:45 pm	6:30 pm	42166	43180	\$26	\$52
Cycling	14+ years	Th	6:45 pm	7:30 pm	42173	42997	\$26	\$52
Cycling	14+ years	F	5:15 am	6:00 am	42183	43007	\$26	\$52
Cycling	14+ years	F	9:15 am	10:00 am	42176	43000	\$26	\$52
Cycling	14+ years	Sa	9:15 am	10:00 am	42179	43003	\$26	\$52
Cycling	14+ years	Su	10:15 am	11:00 am	42180	43004	\$26	\$52
Cycling Extreme	14+ years	M	6:00 pm	7:00 pm	42168	42992	\$34	\$68
Pilates	14+ years	M	8:15 am	9:00 am	42270	43086	\$26	\$52
Pilates	14+ years	M	7:30 pm	8:15 pm	42272	43088	\$26	\$52
Pilates	14+ years	W	8:15 am	9:00 am	42273	43089	\$26	\$52
Pilates	14+ years	Th	4:30 pm	5:15 pm	42274	43090	\$26	\$52
Pilates	14+ years	W	7:30 pm	8:15 pm	42271	43087	\$26	\$52
Power Yoga	14+ years	Th	6:30 pm	7:15 pm	42342	43151	\$26	\$52
Yoga	14+ years	M	6:30 pm	7:15 pm	42338	43147	\$26	\$52
Yoga	14+ years	T	8:15 am	9:00 am	42334	43143	\$26	\$52
Yoga	14+ years	W	6:30 pm	7:15 pm	42335	43144	\$26	\$52
Yoga	14+ years	Th	8:15 am	9:00 am	42336	43145	\$26	\$52
Yoga	14+ years	Th	7:30 pm	8:15 pm	42337	43146	\$26	\$52
Yogilates with Props	14+ years	M	10:30 am	11:30 am	42339	43148	\$34	\$68
Yogilates with Props	14+ years	W	10:30 am	11:30 am	42340	43149	\$34	\$68
Yogilates with Props	14+ years	Th	5:30 pm	6:30 pm	42341	43150	\$34	\$68





STRENGTH TRAINING REGISTER ONLINE! www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
Body Fit	14+ years	M	10:20 am	11:05 am	41397	42453	\$26	\$52
Body Fit	14+ years	M	6:45 pm	7:30 pm	41518	42455	\$26	\$52
Body Fit	14+ years	T	5:45 am	6:30 am	41398	42454	\$26	\$52
Body Fit	14+ years	T	6:10 pm	6:55 pm	41400	42456	\$26	\$52
Body Fit	14+ years	W	10:20 am	11:05 am	41401	42457	\$26	\$52
Body Fit	14+ years	Th	5:45 am	6:30 am	41402	42458	\$26	\$52
Body Fit	14+ years	Th	6:10 pm	6:55 pm	41405	42459	\$26	\$52
Body Fit	14+ years	F	10:20 am	11:05 am	41407	42461	\$26	\$52
Body Fit	14+ years	Sa	6:30 am	7:15 am	41406	42460	\$26	\$52
Group Strength Training	14+ years	M W	5:45 am	6:15 am	41487	42512	\$39	\$78
Sculpt N' Shed	14+ years	M W	7:15 pm	8:15 pm	41519	42513	\$71	\$142
Sculpt N' Shed	14+ years	T Th	6:15 am	7:15 am	41520	42514	\$71	\$142
Shape Up	14+ years	M W	6:00 pm	7:00 pm	41485	42511	\$71	\$142
Shape Up	14+ years	T Th	7:15 pm	8:15 pm	41484	42510	\$71	\$142
Downtown								
Body Fit	14+ years	T	12:15 pm	1:00 pm	41561	42563	\$26	\$52
Body Fit	14+ years	Th	12:15 pm	1:00 pm	41562	42564	\$26	\$52
Group Strength Training	14+ years	M W	5:30 pm	6:00 pm	41687	42651	\$39	\$78
Intensity X	14+ years	M W F	5:45 am	6:45 am	41686	n/a	\$96	\$192
Xerball	14+ years	M	12:15 pm	1:00 pm	41688	42652	\$26	\$52
Xerball	14+ years	T	7:00 am	7:45 am	41719	42653	\$26	\$52
Xerball	14+ years	W	12:15 pm	1:00 pm	47120	42654	\$26	\$52
Xerball	14+ years	Th	7:00 am	7:45 am	41721	42655	\$26	\$52
East Side								
Body Fit	14+ years	M	5:30 am	6:15 am	41835	42736	\$26	\$52
Body Fit	14+ years	M	4:40 pm	5:25 pm	41834	42735	\$26	\$52
Body Fit	14+ years	T	10:00 am	10:45 am	41842	42743	\$26	\$52
Body Fit	14+ years	T	7:00 pm	7:45 pm	41836	42737	\$26	\$52
Body Fit	14+ years	W	5:45 am	6:30 am	41837	42738	\$26	\$52
Body Fit	14+ years	W	4:40 pm	5:25 pm	41838	42739	\$26	\$52
Body Fit	14+ years	Th	10:40 am	11:25 am	41840	42741	\$26	\$52
Body Fit	14+ years	Th	7:00 pm	7:45 pm	41839	42740	\$26	\$52
Body Fit	14+ years	Sa	8:30 am	9:15 am	41841	42742	\$26	\$52
Group Strength Training	14+ years	M W	7:00 am	7:30 am	42072	42872	\$39	\$78
Group Strength Training	14+ years	T Th	6:15 am	6:45 am	42016	42868	\$39	\$78
Group Strength Training	14+ years	T Th	6:45 am	7:15 am	42017	42870	\$39	\$78

strength

Fall 1 classes run **September 7 - October 24, 2010**

Fall 2 classes run **October 25 - December 19, 2010**

Registration begins **August 2** (members) or **August 9** (general public)

STRENGTH TRAINING

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
East Side								
Group Strength Training	14+ years	TTh	9:00 am	9:30 am	42018	42871	\$39	\$78
Sculpt N' Shed	14+ years	TTh	7:30 am	8:30 am	42073	42869	\$71	\$142
Shape Up	14+ years	MW	8:50 am	9:50 am	42015	42867	\$71	\$142
Shape Up	14+ years	TTh	9:45 am	10:45 am	42013	42865	\$71	\$142
Shape Up	14+ years	TTh	7:00 pm	8:00 pm	42014	42866	\$71	\$142
Xerball	14+ years	M	7:00 am	7:45 am	42074	42873	\$26	\$52
Xerball	14+ years	M	7:20 pm	8:05 pm	42075	42874	\$26	\$52
Xerball	14+ years	W	7:00 am	7:45 am	42076	42875	\$26	\$52
West Side								
Body Fit	14+ years	M	8:15 am	9:00 am	42148	42977	\$26	\$52
Body Fit	14+ years	T	6:30 am	7:15 am	42155	42984	\$26	\$52
Body Fit	14+ years	T	12:00 pm	12:45 pm	42149	42978	\$26	\$52
Body Fit	14+ years	T	5:30 pm	6:15 pm	42150	42979	\$26	\$52
Body Fit	14+ years	W	8:15 am	9:00 am	42151	42980	\$26	\$52
Body Fit	14+ years	Th	6:30 am	7:15 am	42152	42981	\$26	\$52
Body Fit	14+ years	Th	12:00 pm	12:45 pm	42154	42983	\$26	\$52
Body Fit	14+ years	Th	5:30 pm	6:15 pm	42153	42982	\$26	\$52
Body Fit	14+ years	F	8:15 am	9:00 am	42157	42985	\$26	\$52
Body Fit	14+ years	Sa	9:15 am	10:00 am	42158	42986	\$26	\$52
Group Strength Training	14+ years	TTh	8:30 am	9:00 am	42329	43134	\$39	\$78
Group Strength Training	14+ years	TTh	9:30 am	10:00 am	42330	43136	\$39	\$78
Intensity X	14+ years	MWF	12:00 pm	1:00 pm	42389	43139	\$96	\$192
Sculpt N' Shed	14+ years	MWF	8:30 am	9:30 am	42331	43137	\$96	\$192
Sculpt N' Shed	14+ years	MWF	10:00 am	11:00 am	42386	43138	\$96	\$192
Sculpt N' Shed	14+ years	MW	8:30 am	9:30 am	42328	43132	\$71	\$142
Sculpt N' Shed	14+ years	MW	10:00 am	11:00 am	42387	43133	\$71	\$142
Sculpt N' Shed	14+ years	TTh	5:30am	6:30am	42388	43135	\$71	\$142
Shape Up	14+ years	TTh	7:00 pm	8:00 pm	42327	43131	\$71	\$142



martial arts

Fall 1 classes run **September 7 - October 24, 2010**

Fall 2 classes run **October 25 - December 19, 2010**

Registration begins **August 2** (members) or **August 9** (general public)

MARTIAL ARTS

REGISTER ONLINE!

www.GreenBayYMCA.org

	Age	Day	Start	End	Fall 1	Fall 2	YMCA Member	General Public
Broadview								
Tae Kwon Do (beginner)	7+ years	Th	5:15 pm	6:15 pm	41451	42478	\$36	\$72
Tae Kwon Do (advanced)	7+ years	Th	6:15 pm	7:15 pm	41452	42479	\$36	\$72
East Side								
Tae Kwon Do (beginner)	7+ years	T	5:45 pm	6:45 pm	41966	42831	\$36	\$72
Tae Kwon Do (advanced)	7+ years	T	6:50 pm	7:50 pm	41967	42832	\$36	\$72
Tae Kwon Do (beginner)	7+ years	Sa	9:00 am	10:00 am	41968	42833	\$36	\$72
Tai Chi	14+ years	T	8:00 am	8:45 am	41970	42834	\$26	\$52
West Side								
Pankration NEW!	14+ years	M	8:00 pm	9:00 pm	42394	43073	\$36	\$72
Pankration NEW!	14+ years	T	7:30 pm	8:30 pm	42395	43074	\$36	\$72
Pankration NEW!	14+ years	Th	7:30 pm	8:30 pm	42396	43075	\$36	\$72
Tae Kwon Do (all levels)	7+ years	M	6:00 pm	7:00 pm	42263	43067	\$36	\$72
Tae Kwon Do (all levels)	7+ years	M	7:00 pm	8:00 pm	42264	43068	\$36	\$72
Tae Kwon Do (all levels)	7+ years	T	6:30 pm	7:30 pm	42265	43069	\$36	\$72
Tae Kwon Do (all levels)	7+ years	Th	6:30 pm	7:30 pm	42391	43070	\$36	\$72
Tae Kwon Do (all levels)	7+ years	Sa	9:00 am	10:00 am	42392	43071	\$36	\$72
Tae Kwon Do (all levels)	7+ years	Sa	10:00 am	11:00 am	42393	43072	\$36	\$72

BIBLE STUDY

Tone your spirit through the non-denominational, Bible-based Stonecroft series. Purchase your Bible for \$5.50 and the session study book for \$6.50, payable at the first meeting. Open to everyone. YMCA membership is not required. Check out these topics, times and places to learn more about the Bible.

For more information, or to register, call Sandy at (920) 866-9274, Nancy at (920) 437-6358, or Janie at (920) 499-4031.

FALL 1

Broadview: Tuesdays, September 7 - October 19
Genesis II 9:45 - 11:00 am

Downtown: Thursdays, September 9 - October 21
Genesis II 12:00 - 1:00 pm

East Side: Tuesdays, September 7 - October 19
Gospel of Mark 6:30 - 8:00 pm

West Side: Tuesdays, September 7 - October 19
Christ in the Psalms 10:30 - 11:45 am

FALL 2

Broadview: Tuesdays, October 26 - December 14
Genesis II, cont'd 9:45 - 11:00 am


Downtown: Thursdays, October 28 - December 16
Genesis II, cont'd 12:00 - 1:00 pm

East Side: Tuesdays, October 26 - December 14
Gospel of Mark, cont'd 6:30 - 8:00 pm

West Side: Tuesdays, October 26 - December 14
Christ in the Psalms, cont'd 10:30 - 11:45 am

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



A photograph of a woman and a young girl. The woman, on the left, has her arm around the girl's shoulder and is smiling broadly. The girl, in the center, is also smiling and looking towards the camera. They are both wearing dark clothing. The background is a warm, out-of-focus indoor setting with some lights.

In 2003, tragedy struck our family when we lost my husband and the father of my then 2 month-old daughter Athena. My life changed forever with the loss of my best friend and the many relationships that came with it.

After two years of slowly going through the motions, my dear friend Sara asked me to start working out with her and decided it was time to get a Y membership. With the help of financial assistance through the Strong Kids Campaign, I have been able to continue to be a member. The Y has provided my family with a place of solitude, interaction and social networking as well as an overall healthy place to build our new life.

My daughter has enjoyed many of the programs and has met many new friends. I could not have imagined going through the last six years without some sense of stability and structure, which the Y has provided for my daughter and me.

The Y is and will continue to be an active part of our lives. We thank God that there is such a place that we can feel so at home at. Words cannot express our sincere thanks to the Strong Kids Campaign.

Monique and Athena

CAMP U-NAH-LI-YA

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

Y's Men's Service Club

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

Cabin Rentals & Group Retreats

Camp U-Nah-Li-Ya is ideal for a family getaway, reunion, or retreat any time of the year. Camp boasts cozy cabins with fireplaces and endless activities such as swimming, canoeing, hiking, kayaking, and campfires. The surrounding Nicolet National Forest has wonderful recreation, shopping, and dining opportunities as well. Through various housing and meal options, we can accommodate your own family or retreat groups from 25-200 people. Contact the Camp Office for more information at (715) 276-7116.

Father-Daughter Weekends

September 10-12, September 17-19, September 24-26. Take part in this popular annual tradition with your daughter(s) while enjoying swimming, boating, target sports, art projects, campfires, talent shows, and good ole' relaxation in the Northwoods. Open to all ages! Call the Camp Office at (715) 276-7116 for registration and pricing information.

Visit Camp U-Nah-Li-Ya online at
www.campunahliya.org

Women's Wellness Weekend

October 2-4. Designed especially for women 18 and older, this rejuvenating one-night getaway will re-energize your mind, body, and spirit. Choose your own schedule with abundant offerings including yoga, fitness, creative arts, campfires, nature hikes, canoeing, journaling, nutrition, and much more. Encompassing all of the facets of total wellness, this weekend is the ultimate escape to recapture the balance of life and enjoy some peaceful time in the beautiful Northwoods. Camp fee includes meals, lodging, and all sessions. Visit the Special Events tab at www.GreenBayYMCA.org for more information.

Mother/Child Weekend

October 9-10. Moms are raving about this one-night stay at Camp U-Nah-Li-Ya. Activities include arts & crafts, nature hikes, scavenger hunts, pumpkin decorating, archery, games, and more. Open to all ages! Call the Camp Office at (715) 276-7116 for registration and pricing information.

Haunted Woods

October 23. Looking for a spooky event for the whole family? Join us at camp for a guided trip down the haunted trails, camp crafts, and trick-or-treating! This free event is open to all ages. Please call the Camp Office at (715) 276-7116 so we know how many "ghouls" to expect.

CAMP WABANSI

YMCA Camp Wabansi is a traditional outdoor day camp located in beautiful Door County. Owned and operated by the Greater Green Bay YMCA, Camp Wabansi offers campers and guests a chance to appreciate the natural outdoors on 35 wooded acres and 2000 feet of sandy beach on the bay of Green Bay. The summer of 2010 marked 61 years of service to youth and families at Camp Wabansi. Innovative in programming and rich in traditions, Wabansi continues to be a favorite outdoor destination for generations of families.

Rentals

Consider Camp Wabansi for a scenic yet close-to-home destination for your next event. Just a ½ hour drive north of Green Bay, the camp facilities include a large outdoor picnic pavilion, sandy beach, six sleeping cabins, an archery range, games field, and wooded trails. The Jim Aumann Activity Center houses both large and small gathering rooms, a kitchen with a serving window, and modern restrooms. Wabansi's stunning bay view and rustic character have been the perfect setting for family reunions, company retreats, wedding receptions, and more. Contact the Camp Office at (920) 436-9613 for more information or visit Camp Wabansi online at www.campwabansi.org.



Class Descriptions

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 - 3 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!

PARENT/CHILD DANCE NEW! *ages 2 - 4 years*

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

JITTER BUGS *ages 2 - 3 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!

MESSY BUGS *ages 2 - 3 years*

Parent/child. Do crafts with your child and let us clean up the mess! Each week features a different take-home craft. Paint, mix, and be creative!

PARENT/CHILD GYMNASTICS *ages 2 - 4 years*

Is your child ready for the next step? More gymnastics skill instruction than Tumble bugs, but geared toward the child not quite ready to be on their own. Learn to spot your child on basic gymnastics skills on all four events. **NEW!**

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.

SPORT BUGS *ages 2 - 3 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 - 3 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.

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

CRAFTY CHEFS NEW! *age 3 - 6 years*

We keep the mess here, and you take home a craft project, or eat a healthy snack each week. Practice measuring, stirring, and creating a fun, nutritious snack one week, make a craft the next. Finish the session with a take-home recipe book of all your favorite creations! (Note: Children with food allergies must contact Kelly Valentine 920-436-9567 (WS) or Holly Tritabaugh 920-436-1249 (ES) before enrolling.)

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.

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.

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.

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.

WE'VE GOT THE BEAT NEW! *age 3 - 6 years*

Sing and beat the rhythm to songs that are fun to sing! Use real percussion instruments to learn about rhythm and perform the new songs on the last class.

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.

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.

AQUATICS

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.

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.

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.

MASTER SWIM *ages 16+*

This class will provide you with a lap swim workout as well as stroke technique advice that will allow you to enhance confidence and improve your swim. Designed for all levels.

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.

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

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.

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.

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.

ADVANCED INTRO TO GYMNASTICS **NEW!** *ages 7+*

Has your child passed Intro to Gymnastics, but you just can't get to a Level 1 class? This class offers the opportunity to work on more progressive skills at a location convenient to you!

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 - relevé 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

PRE-TEAM GYMNASTICS **NEW!** *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: Youth Level 2 skills passed.**

Pre-team works on the following skills:

- Floor** - backhandsprings, round off rebound, extension rolls
- Bars** - front hip circle, shoot through, high casting
- Beam** - split jumps, mini handstands, side handstand dismounts
- Vault** - handstand fall

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.

GYMSTARS *By Invitation Only*

Our Competitive Gymnastics team for girls members is dedicated to working hard on improving their skills as they compete against other YMCA and USAG 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 USAG Level 3 skill level to be invited to join and compete with the team. For more information, call Beth Kennerhed at 920-436-9651.



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.

BALLERINA PRINCESS TEA PARTY *ages 3 - 6 year*

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

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+*

Be the B-Boy or Girl who steals the show! Work on body control and smooth moves set to current, age appropriate music. Dancers have a chance to dance off at the end of class!

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

A great dance class for those "twens" 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.

LINE DANCING

Mix fun and exercise together while learning great dance steps to a variety of music. Intro to Line Dancing class also offered.

LYRICAL/TAP **NEW!** *ages 6+*

***Prerequisite – intermediate dance, or experience from another studio**

An advanced dance class for those ready for more. Lyrical tells the story of the music through movement. Tap continues to challenge through the introduction of new moves and faster combinations.

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.

STOMP, TAP **NEW!** *ages 7 - 13 years*

Use household objects to hit, stomp, shake and keep the beat. Learn basic tap moves to enhance the rhythm and show off your production the last week of class.

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.

STUDIO DANCE

Participants must be the age listed by December 1. The Studio Program meets weekly for 21 weeks spanning the Fall 2, Winter and Spring 1 sessions. Dancers advance through this program based on age and dance levels they complete. The program year culminates with a recital in the spring. Costume fee for the recital is separate. If you have any questions about the studio program, please contact Beth Kennerhed at 436-9651. Registration for this program is only in Fall. Class sizes are limited. No exceptions once a class is filled. *Dancin' For Fun - age 3, Kinder Dance - age 4, Beginner Dance - age 5 - 6, Intermediate Dance - ages 7+, Pom Squad, Hip Hop - ages 6+* are all returning from last season and continue to work and build on basic skills with the addition of two new options listed below.

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.

ADVANCED BALLET/LYRICAL; ADVANCED TAP/JAZZ

ages 14+

Lyrical is an advanced form of ballet that helps tell the story of the music. In Tap/Jazz, work continues on more advanced combinations and greater speed of tapping. Focus on your favorite style and get more dance time, or take both days for a discount!

BREAKDANCE/HIP-HOP

ages 7+

Practice the street moves that have made this dance form popular for decades. Final routines will showcase individual talents, as well as group choreography.

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.

ZUMBA®

ages 14+

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

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.

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.**

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.**

YOUTH & TEEN

CARDIO BLAST

ages 8 - 13 years

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

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.

DISCOVERY ZONE

ages 7 - 10 years

Learn more about the amazing world of science by enjoying our fun science experiments and discovering cool, new facts! Experiments are an awesome part of science that allow participants to engage in fun and exciting hands on learning experiences that they are sure to enjoy.

KIDS IN THE KITCHEN

ages 7 - 10 years

Children learn to make healthy foods they'll be eager to bring home and make for the whole family. Participants will learn about nutrition, teamwork, and following directions. Bring your appetite, but we won't spoil your dinner!

POWER ZONE

ages 8 - 13 years

Have fun in a staff organized environment where the activities change every day. Activities may include: DDR, sports, fitness classes and much more. Youth may use Power Zone at their leisure.

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.

SHOW TIME

ages 7 - 10 years

Participants develop self-confidence as they play games and practice skills needed to become a performer in the home or the next star in the school play.

THE ARTSY CRAFTER

ages 7 - 10 years

If you love to make crafts and be creative, then this is the class for you! Each week we will make a new creation to take home.

THE LOOKOUT

ages 8 - 13 years

The Lookout is a supervised space where tweens can play DDR, Guitar Hero, Wii, Air Hockey and just hang out.

Y GIRLS RUN

ages 8 - 13 years

We're training for the 5k Jingle Bell Run in December. Y Girls Run is for girls who want a group to train with or who have never run in a race before. Workouts will include cross training, nutrition information and all the prep you will need to run a race. All girls will receive a training shirt for participating in the program.

Y KLUB

grades 4 - 8

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

Y NIGHT

grades 5 - 8

Every Friday night across the community, kids in grades 5-8 gather at the Broadview, East Side and West Side YMCA to shoot hoops, swim, play Wii, Guitar Hero or participate in weekly scheduled events in a chaperoned, positive and safe environment. Must have student or photo ID to register.

Y ZONE

ages 7 - 13 years

Stop in to our newly renovated room at the Downtown YMCA available on Mondays, Wednesdays and Thursdays from 4:30 - 7:30 pm. Youth age 7-13 can use this staffed area to play games, participate in planned nightly fitness or craft activities or just hang out. A monthly calendar of planned activities is available.

YOUTH HOOPING NEW!

ages 8 - 13 years

Let's hoop it up with this low impact, high energy cardio workout using weighted hula hoops and great music!



Fall 1 classes run **September 7 - October 24, 2010**

Fall 2 classes run **October 25 - December 19, 2010**

Registration begins **August 2** (members) or **August 9** (general public)

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 work out together. The course encompasses the mission and core values of the YMCA, the benefits and risk of exercise and the policies of the Lifestyle Center. Participants learn how to use the cardiovascular equipment and are introduced to the strength training machines (participation is required). Upon successful demonstration of the equipment, youth will earn a new membership card noting they have completed the orientation. Parents are welcome to learn along with their children.

YOUTH SPIN *ages 8 - 13 years*

Great opportunity for youth to do what they really enjoy - riding a bike! The instructor will guide them through various age/height appropriate cycling techniques that will help them burn fat, build muscle and have fun! (Youth must be able to safely fit on the bicycle)

*Youth Spin/Swim combo class also offered

YOUTH YOGA *ages 8 - 13 years*

Learn how to be flexible and have a blast doing poses like cobra, lion, and dead bug.

FAMILY

FAMILY HOOPING *ages 8 - 13 years w/parent*

Spend time with your family while getting a great core, leg and arm workout. This low impact, high energy cardio workout using weighted hula hoops will be fun for the whole family. **NEW!**

FAMILY SPIN *ages 8+*

Get healthier and bond with your child in this challenging cycling experience! The instructor will guide you through various cycling techniques that will help you burn fat, build muscle and have fun together! (Youth must be able to safely fit on the bicycle.)

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. Children 6-13 must be accompanied by adult.

FAMILY ZUMBA *ages 6+*

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

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. 60-minute Cycling Extreme and 90-minute Cycling Endurance classes also offered.

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.

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 30-minute stationary cycling workout, followed by 30 minutes of yoga.

CYCLING PUNCH PASS *ages 14+*

On a space-available basis. Check the schedule at the front desk.

VIRTUAL CYCLING NEW! *ages 14+*

Take the boredom out of your cardio workout! Enjoy an exciting, instructor-guided tour of various locations, in the comfort of your YMCA. The instructor will lead you through a motivational, stationary cycling experience, while you virtually tour a video of different locations, such as the Grand Canyon. You will see where you are going and have music and instructor cues to bring your virtual tour to life.

PILATES *ages 14+*

No matter your age or level of fitness, Pilates can help you look and feel your best. Pilates uses a combination of mat exercises that will improve your core strength, flexibility, postural balance and agility.

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 levels.

YOGILATES WITH PROPS *ages 14+*

Combine Pilates' core-body mat work and the fluid postures of Hatha Yoga with the added benefit of props such as tubes, bands, weights and medicine balls. Expand your Yoga and Pilates experience using yogic breathing while concentrating on the prop and alignment. This class is for intermediate/advanced levels.

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! This class is for intermediate/advanced levels.

SLOW FLOW YOGA *ages 14+*

Slow down and relax as you move fluidly through various yoga poses which will strengthen and lengthen your muscles. Class emphasis on breathing and relaxation.

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.

GROUP STRENGTH TRAINING *ages 14+*

Short on time? This trainer-motivated strength training class gets results. Program designs change each session.

INTENSITY X *ages 14+*

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

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.

SCULPT N' SHED

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+

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

XERBALL

ages 14+

Perform a variety of exercises using a weighted medicine ball that will incorporate upper & lower body as well as core. You will learn proper technique and form while enhancing your strength.

PRE-/POST NATAL

FIT FOR TWO-WATER

ages 14+

Have fun socializing with other expectant moms while preparing you and your newborn for the stress of labor and delivery. This fun, relaxing, low-impact workout in the water includes cardiovascular conditioning, flexibility, and strength work.

PRENATAL YOGA

ages 14+

Keep limber, tone your muscles, and improve your balance and circulation, with little, if any, impact on your joints. Following Yoga's mental, physical and spiritual movements focus will be put on breathing and relaxation, helping you to prepare for the demands of labor, birth and motherhood.

STROLLER AEROBICS

child ages 6 weeks - 1 year

Bond with your baby while getting that exercise routine rolling! Jumpstart weight loss, strengthen muscles, increase your energy and bond with other new moms. This class will use a variety of equipment, the stroller and even your baby to get you where you want to be.

SPECIALTY HEALTH & FITNESS

BODY COMPOSITION

Four-site caliper test to determine lean vs fat body mass. Includes computer printout results. By appointment only. Call (920) 436-9622 to schedule. Recommended every 6 months to see significant body composition changes.

FITNESS ANALYSIS

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

PERSONAL TRAINING

ages 11+

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

SPECIAL NEEDS RECREATION NIGHT

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.

TRI TRAINING

ages 14+

This class will allow you to learn technique & efficiency for all three disciplines (swimming, biking & running) as well as how to transition between each. We will have varying workouts each week designed for all levels and provide training tips for first-timers and experienced triathletes.

MARTIAL ARTS

PANKRATION NEW!

ages 14+

An ancient form of exercise that uses a variety of different martial arts forms and techniques. Pankration is considered a method of self defense.

TAE KWON DO

ages 7 - adult

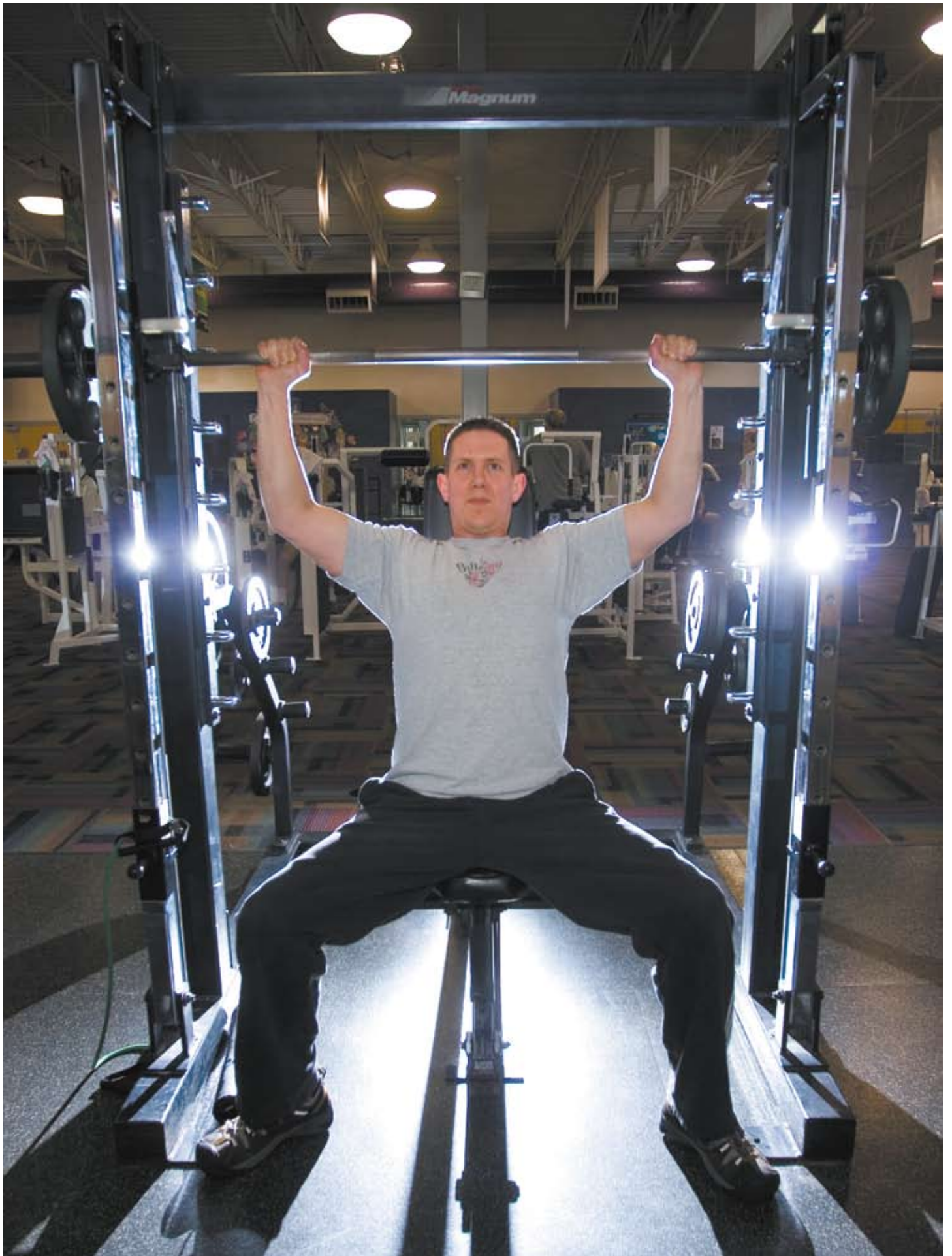
Exercise, self-defense, self-discipline and fun. All levels offered from beginner through advanced. Instructors are black belt qualified, and will help you achieve your goals in this popular martial art.

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



Nicole Vanness



Nicole's mother bought her a three month membership as a Mother's Day gift. Nicole had been overweight since high school, but once she started working out and saw immediate results she was hooked! A year and a half later she has lost 100 pounds! She is a diehard participant in Zumba, enjoys boot camp and frequently asks the coaches for help.

Nicole has noticed that she has more energy than ever before. She can run around and chase after her 3 year-old son, Michael, who also visits the YMCA frequently.

Nicole has really enjoyed being a YMCA member which you can see by the smile on her face when she walks in the door. "I am astounded that the employees know my name and always comment on how well I have done. have even been told that I am their inspiration to get healthy and I am their success story. It makes me feel GREAT to know I inspire others."

FALL PROGRAM REGISTRATION DATES

FALL 1: September 7 - October 24

FALL 2: October 25 - December 19

no classes November 22 - 28

Members:

August 2, 7:00 am

General Public:

August 19, 7:00 am

Phone:

(920) 436-9595

Online:

www.GreenBayYMCA.org

CONTACT US

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(715) 276-7116

Camp Wabansi

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Brussels, WI 54204

(920) 436-9613