

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DIVE-IN MOVIE
Broadview 12-2 pm
Tooth Fairy



POWER ZONE
East Side-9-11 am
RAINBOW ROMPERS
Broadview-9-10:15 am
West Side-5:30-7:30 pm
FAMILY BOOT CAMP
East Side-6-6:45 pm

POWER ZONE
East Side-9-11 am
Broadview-2-4 pm
RAINBOW ROMPERS
Downtown-12-1 pm
FAMILY NIGHT
East Side-6-8 pm

POWER ZONE
East Side-9-11 am
WATER ZONE
Broadview-3-4 pm
FAMILY ZUMBA
West Side-6:45-7:30 pm

POWER ZONE
East Side 9-11 am
Broadview 2-4 pm
RAINBOW ROMPERS
Broadview 10:15-11:15 am
East Side 9:45-11:15 am
YOUTH ZUMBA
East Side 10:35-11:05 am
WATER ZONE
East Side 1-2 pm
FAMILY ZUMBA
Broadview 4-4:45 pm
East Side 3:30-4:15 pm

FRIDAY FRENZY
East Side 9-11 am
FAMILY ZUMBA
West Side 9:15-10 am
RAINBOW ROMPERS
West Side 10-11:30 am
COMMUNITY SWIM
Downtown 5:30-7 pm
\$1 per person

COMMUNITY SWIM
Downtown 11:30 am-1 pm
\$1 per person



COMMUNITY SWIM
East Side 12-2 pm
\$1 per person!



POWER ZONE
East Side 9-11 am
RAINBOW ROMPERS
Broadview 9-10:15 am
West Side 5:30-7:30 pm
FAMILY BOOT CAMP
East Side 6-6:45 pm
DODGEBALL TOURNAY
East side-1-3 pm

POWER ZONE
East Side 9-11 am
Broadview 2-4 pm
RAINBOW ROMPERS
Downtown 12-1 pm
FAMILY NIGHT
East Side 6-8 pm

POWER ZONE
East Side 9-11 am
WATER ZONE
Broadview 3-4 pm
FAMILY ZUMBA
West Side 6:45-7:30 pm



POWER ZONE
East Side 9-11 am
Broadview 2-4 pm
RAINBOW ROMPERS
Broadview 10:15-11:15 am
East Side 9:45-11:15 am
YOUTH ZUMBA
East Side 10:35-11:05 am
WATER ZONE
East Side 1-2 pm
FAMILY ZUMBA
Broadview 4-4:45 pm
East Side 3:30-4:15 pm
DIVE-IN MOVIE
Broadview-1-3 pm
Night at the Museum:Smithsonian

FRIDAY FRENZY
East Side 9-11 am
FAMILY ZUMBA
West Side 9:15-10 am
RAINBOW ROMPERS
West Side 10-11:30 am
COMMUNITY SWIM
Downtown 5:30-7 pm
\$1 per person

COMMUNITY SWIM
Downtown 11:30 am-1 pm
\$1 per person

8-13 year-olds may attend the following alone:
Power Zone, Water Zone, Friday Frenzy, Youth Zumba, Sport Challenges & Good Neighbor Day

COMMUNITY SWIM
East Side 12-2 pm
\$1 per person!

POWER ZONE
East Side 9-11 am
RAINBOW ROMPERS
Broadview 9-10:15 am
West Side 5:30-7:30 pm
FAMILY BOOT CAMP
East Side 6-6:45 pm

POWER ZONE
East Side 9-11 am
Broadview 2-4 pm
RAINBOW ROMPERS
Downtown 12-1 pm
DIVE-IN MOVIE
Broadview 1-3 pm
Spy Next Door
BLOCK PARTY
East Side-4:30-7:30 pm
Outdoor movie at dusk

POWER ZONE
East Side 9-11 am
WATER ZONE
Broadview 3-4 pm
FAMILY ZUMBA
West Side 6:45-7:30 pm

POWER ZONE
East Side 9-11 am
Broadview 2-4 pm
RAINBOW ROMPERS
Broadview 10:15-11:15 am
East Side 9:45-11:15 am
YOUTH ZUMBA
East Side 10:35-11:05 am
WATER ZONE
East Side 1-2 pm
FAMILY ZUMBA
Broadview 4-4:45 pm
East Side 3:30-4:15 pm

FRIDAY FRENZY
East Side 9-11 am
FAMILY ZUMBA
West Side 9:15-10 am
RAINBOW ROMPERS
West Side 10-11:30 am
COMMUNITY SWIM
Downtown 5:30-7 pm
\$1 per person

COMMUNITY SWIM
Downtown -11:30-1 pm
\$1 per person



COMMUNITY SWIM
East Side 12-2 pm
\$1 per person!



POWER ZONE
East Side 9-11 am
RAINBOW ROMPERS
Broadview 9-10:15 am
West Side 5:30-7:30 pm
FAMILY BOOT CAMP
East Side 6-6:45 pm

POWER ZONE
East Side 9-11 am
Broadview 2-4 pm
RAINBOW ROMPERS
Downtown 12-1 pm

POWER ZONE
East Side 9-11 am
WATER ZONE
Broadview 3-4 pm
FAMILY ZUMBA
West Side 6:45-7:30 pm
SAFETY DAY
East Side-1-3pm

POWER ZONE
East Side 9-11 am
Broadview 2-4 pm
RAINBOW ROMPERS
Broadview 10:15-11:15 am
East Side 9:45-11:15 am
YOUTH ZUMBA
East Side 10:35-11:05 am
WATER ZONE
East Side 1-2 pm
FAMILY ZUMBA
Broadview 4-4:45 pm
East Side 3:30-4:15 pm

FRIDAY FRENZY
East Side 9-11 am
FAMILY ZUMBA
West Side 9:15-10 am
RAINBOW ROMPERS
West Side 10-11:30 am
NO COMMUNITY SWIM
Downtown Pool Closed

NO COMMUNITY SWIM
Downtown Pool Closed

COMMUNITY SWIM
East Side 12-2 pm
\$1 per person!

POWER ZONE
East Side 9-11 am
RAINBOW ROMPERS
Broadview 9-10:15 am
West Side 5:30-7:30 pm
FAMILY BOOT CAMP
East Side 6-6:45 pm

POWER ZONE
East Side 9-11 am
Broadview 2-4 pm
RAINBOW ROMPERS
Downtown 12-1 pm
FAMILY NIGHT
East Side 6-8 pm

August Youth and Family Fun! 2010



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.



www.greenbayymca.org

Community Swim: Downtown and East Side YMCAs. Enjoy our pools, diving board (Downtown YMCA only) water slide and splash area (East Side YMCA only) for just \$1 per person. No YMCA membership required!

Safety Day Talk about ways to stay safe at home or while out and about. Also learn helpful first aid tips for any age.

Family Boot Camp: A fun way for you and your family to do a variety of cardio and strength exercises together. It will give your whole body a workout! Children 6 plus with adult.

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

Friday Frenzy: Wear a swimming suit or clothes that can get drenched . . . but not for the pool! We'll play outdoor water games like: Wet Sponge Attack; Drip, Drip, Drop; Sprinkler Fun and anything else to get WET!

Outdoor Family Movie Nights: Enjoy a family-friendly outdoor movie one Tuesday per month. Movies will be shown at dusk (*indoors at 7 pm in the event of rain*); bring a blanket or lawn chair. Scheduled movie nights include: August 17th.

Power Zone: Have fun in a staff organized environment where the activities change every day. Activities may include: dodgeball, kickball, tag, sports or any other kid's choice game! Most activities will be held outside with weather permitting.

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.

Sports Challenges: Monday, August 9th: Dodgeball Tournament
Create your own team or join friends here!

Water Zone: Just like Power Zone, but in the pool! Instructors will lead relays, contests, water polo and any game that can be played in the water!

East Side Block Party: Outdoor Party with FREE Family Games, Rainbow Rompers, Bounce Houses, Family Fitness Class Demos, Dunk Tank and Corn Roast! Food and drink will be available for purchase. An outdoor movie will be shown at dusk, so bring a blanket or lawn chair!

Zumba: It's a party! Shake and shimmy your way to health while listening to Latin and International music. YMCA members are free!

