



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**LEARN  
GROW  
THRIVE**



**GREATER GREEN BAY YMCA**  
Program Guide Winter 2011  
January 3 - February 20

# A BRAND NEW DAY

Over the past several months we have spent a lot of time listening - to our members, participants, child care parents, employees, partners, donors and the community as a whole. We've taken that information and are using it to set our course for the future.

The Y is about changing lives for the better. We view participation in our programs and services as a means to a greater end. Therefore, through our planning and brand revitalization efforts, we want to help our community learn more about our work so we can help people of all ages learn, grow, and thrive.

# LET US REINTRODUCE OURSELVES

For the first time in 43 years, the Y is unveiling a revitalized brand strategy to increase the understanding of the impact of our organization. Together, we are strengthening the foundations of community; we do this through nurturing the potential of children and teens, improving the health and well-being of our community and motivating people to give back and provide support to their neighbors. The Y is about changing lives for the better and through this refreshed voice, we hope to have more people take advantage of the YMCA's unique capacity to foster lasting personal and social change. Over the course of the next several months we will be simplifying how we describe our programs, you'll read, see and hear more about the new way we communicate. You will see our new logo which is vibrant, colorful and better represents the fun, diverse, forward-moving organization that we are, both in our activities and within the people that we serve. We are gradually transitioning to the new logos you see below.



Perhaps more important than the colorful new look, is the fact that we remain unchanged in our mission: **To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.** We've been strengthening communities for 160 years and plan to do it for decades to come. We're simplifying how we talk about everything that we do. Everything we do at the Y can now be defined through one of our three areas of focus:

**We are for Youth Development, Healthy Living and Social Responsibility.**

A handwritten signature in black ink that reads 'Steve Harty'.

Steve Harty  
President and CEO

# A COMMUNITY

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	\$16.50	none
Adult (19+)	\$42.00	\$50
Family	\$63.75	\$75
Senior (65+)	\$38.00	\$50
Senior Family	\$53.25	\$75

Prices effective January 1, 2011. 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:

### 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.

### Annual Payment:

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

## PROCEDURES

### Check-in:

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

### Guests:

Your friends 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:

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:

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.

### Credits/Refunds:

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.

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

**Downtown**  
 Monday - Friday 8:30 am - 1 pm  
 Monday - Thursday 3:45 pm - 8 pm  
 Saturday 8:30 am - 12 pm

**East Side**  
 Monday - Tuesday 8 am - 1:30 pm  
 Thursday - Friday 8 am - 1:30 pm  
 Wednesday 8 am - 3 pm  
 Monday, Wednesday 3:45 pm - 8 pm  
 Tuesday, Thursday 3:45 pm - 8:30 pm  
 Friday 3:45 pm - 6 pm  
 Saturday 8 am - 12 pm

**West Side**  
 Monday - Friday 8 am - 1:30 pm  
 Monday - Friday 3:45 pm - 8 pm  
 Saturday 8 am - 12:30 pm

## FACILITY USE GUIDELINES

- 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.
- **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.
- **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.*



# OUR COMMITMENT TO YOUTH DEVELOPMENT AND HEALTHY LIVING

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

## **PARENT/CHILD SWIM CLASSES** **ages 6 months - 4 years:**

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

## **2½ - 3 YEAR OLD SWIM LEVELS** **goldfish:**

An introduction to the 3-4 year old swim lessons. Water games, songs and fun are emphasized in this water adaptation class. \*This class is without parent. Prerequisite: must have taken a parent/child class prior to enrollment.

## **3 - 4 YEAR OLD SWIM LEVELS** **waterbug:**

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

## **pike:**

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

## **eel:**

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

## **ray:**

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

## **5 - 13 YEAR OLD SWIM LEVELS** **tadpole:**

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

## **polliwog:**

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

## **guppy:**

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

## **minnow:**

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

## **fish:**

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

## **flying fish:**

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

## **shark:**

Tread water without using arms 1 minute; swim frontcrawl 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

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
Baby Bugs	6 months – stable walking	W	10:45 am	11:15 am		43703	\$28	\$48
🌀 First Bugs	stable walking – 2 years	T	9:35 am	10:05 am		43702	\$28	\$48
Messy Bugs	2 – 3 years	M	6:00 pm	6:30 pm		43707	\$28	\$48
Sports Bugs	2 – 3 years	Th	9:35 am	10:05 am		43705 basketball	\$28	\$48
🌀 Tumble Bugs	2 – 3 years	T	9:00 am	9:30 am		43704	\$28	\$48
<b>Downtown</b>								
🌀 Parent and Child Gymnastics	2 – 4 years	M	5:15 pm	5:45 pm		43820	\$28	\$48
Parent and Child Gymnastics	2 – 4 years	W	5:15 pm	5:45 pm		43821	\$28	\$48
Parent and Child Gymnastics	2 – 4 years	Sa	11:30 am	12:00 pm		43822	\$28	\$48
<b>East Side</b>								
Baby Bugs	6 months – stable walking	Th	6:00 pm	6:30 pm		44102	\$28	\$48
First Bugs	stable walking – 2 years	M	10:25 am	10:55 am		44099	\$28	\$48
First Bugs	stable walking – 2 years	Th	6:40 pm	7:10 pm		44101	\$28	\$48
Sports Bugs	2 – 3 years	Sa	9:05 am	9:35 am		44100 basketball	\$28	\$48
Tumble Bugs	2 – 3 years	T	10:30 am	11:00 am		44098	\$28	\$48
Parent and Child Dance	2 – 4 years	F	10:30 am	11:00 am		44103	\$28	\$48
Parent and Child Dance	2 – 4 years	Sa	9:00 am	9:30 am		44104	\$28	\$48
Parent and Child Gymnastics	2 – 4 years	Sa	9:30 am	10:00 am		44054	\$28	\$48
<b>West Side</b>								
🌀 Baby Bugs	6 months – stable walking	T	9:10 am	9:40 am		44380	\$28	\$48
🌀 Baby Bugs	6 months – stable walking	T	5:30 pm	6:00 pm		44382	\$28	\$48
First Bugs	stable walking – 2 years	M	9:30 am	10:00 am		44384	\$28	\$48
First Bugs	stable walking – 2 years	T	6:15 pm	6:45 pm		44394	\$28	\$48
First Bugs	stable walking – 2 years	W	9:25 am	9:55 am		44392	\$28	\$48
First Bugs	stable walking – 2 years	W	6:00 pm	6:30 pm		44388	\$28	\$48
🌀 First Bugs	stable walking – 2 years	Th	9:55 am	10:25 am		44381	\$28	\$48
Dancin' Bugs	2 – 3 years	T	9:15 am	9:45 am		44383	\$28	\$48
Jitter Bugs	2 – 3 years	T	10:40 am	11:10 am		44395	\$28	\$48

🌀 also offered as a combo

# PARENT/CHILD

## GYM One adult must accompany each child

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>West Side</b>								
Jitter Bugs	2 - 3 years	W	6:45 pm	7:15 pm		44379	\$28	\$48
Messy Bugs	2 - 3 years	F	9:25 am	9:55 am		44389	\$28	\$48
⊛ Sports Bugs	2 - 3 years	T	9:50 am	10:20 am		44393 volleyball	\$28	\$48
⊛ Sport Bugs	2 - 3 year	W	10:45 am	11:15 am		44390 hockey	\$28	\$48
⊛ Sport Bugs	2 - 3 years	Sa	10:00 am	10:30 am		44391 volleyball	\$28	\$48
⊛ Tumble Bugs	2 - 3 years	M	10:10 am	10:40 am		44385	\$28	\$48
⊛ Tumble Bugs	2 - 3 years	Th	9:10 am	9:40 am		44386	\$28	\$48
Tumble Bugs	2 - 3 years	Th	6:30 pm	7:00 pm		44387	\$28	\$48
Parent and Child Gymnastics	2 - 4 years	Th	5:50 pm	6:20 pm		44418	\$28	\$48

## COMBO One adult must accompany each child

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
First Bugs and Swim	stable walking - 2 years	T	9:35 am	10:45 am		43700	\$47	\$72
Tumble Bugs and Swim	2 - 3 years	T	9:00 am	10:10 am		43698	\$47	\$72
<b>Downtown</b>								
Parent Child Gymnastics and Swim	2 - 4 years	M	5:15 pm	6:30 pm		43823	\$47	\$72
<b>East Side</b>								
First Bugs and Swim	stable walking - 2 years	T	9:45 am	10:55 am		44093	\$47	\$72
Dancin' Bugs and Swim	2 - 3 years	M	9:45 am	10:55 am		44096	\$47	\$72
Messy Bugs and Swim	2 - 3 years	W	9:40 am	10:50 am		44097	\$47	\$72
Sports Bugs and Swim	2 - 3 years	T	9:05 am	10:15 am		44094 basketball	\$47	\$72
Sports Bugs and Swim	2 - 3 years	W	6:10 pm	7:20 pm		44095 basketball	\$47	\$72
<b>West Side</b>								
Baby Bugs and Swim	6 months - stable walking	T	9:10 am	10:25 am		44375	\$47	\$72
Baby Bugs and Swim (pool 1st)	6 months - stable walking	T	4:45 pm	6:00 pm		44376	\$47	\$72
First Bugs and Swim (pool 1st)	stable walking - 2 years	Th	9:10 am	10:25 am		44377	\$47	\$72
Sports Bugs and Swim	2 - 3 years	T	9:50 am	11:05 am		44373 volleyball	\$47	\$72

## COMBO One adult must accompany each child

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>West Side</b>								
Sports Bugs and Swim	2 - 3 years	W	10:45 am	12:00 pm		44374 hockey	\$47	\$72
Sport Bugs and Swim	2 - 3 years	Sa	10:00 am	11:15 am		44378 volleyball	\$47	\$72
Tumble Bugs and Swim	2 - 3 years	M	10:10 am	11:20 am		44371	\$47	\$72
Tumble Bugs and Swim	2 - 3 years	Th	9:10 am	10:20 am		44372	\$47	\$72

## SWIM One adult must accompany each child

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
Shrimp	6 - 12 months	T	10:50 am	11:20 am		43648	\$28	\$48
Shrimp	6 - 12 months	T	5:00 pm	5:30 pm		43893	\$28	\$48
♻️ Perch	13 - 24 months	T	10:15 am	10:45 am		43611	\$28	\$48
Perch	13 - 24 months	T	5:45 pm	6:15 pm		43612	\$28	\$48
Perch	13 - 24 months	Th	6:15 pm	6:45 pm		43613	\$28	\$48
Perch	13 - 24 months	Sa	10:45 am	11:15 am		43614	\$28	\$48
♻️ Mighty Mite	2 - 4 years	T	9:40 am	10:10 am		43606	\$28	\$48
Mighty Mite	2 - 4 years	T	6:30 pm	7:00 pm		43607	\$28	\$48
Mighty Mite	2 - 4 years	Th	10:20 am	10:50 am		43608	\$28	\$48
Mighty Mite	2 - 4 years	Th	5:30 pm	6:00 pm		43609	\$28	\$48
Mighty Mite	2 - 4 years	Sa	10:00 am	10:30 am		43610	\$28	\$48
<b>Downtown</b>								
Shrimp	6 - 12 months	M	5:00 pm	5:30 pm		43786	\$28	\$48
Shrimp	6 - 12 months	Sa	8:30 am	9:00 am		43788	\$28	\$48
Perch	13 - 24 months	M	6:30 pm	7:00 pm		43761	\$28	\$48
Perch	13 - 24 months	Th	6:00 pm	6:30 pm		43877	\$28	\$48
Perch	13 - 24 months	Sa	9:00 am	9:30 am		43762	\$28	\$48
♻️ Mighty Mite	2 - 4 years	M	6:00 pm	6:30 pm		43758	\$28	\$48
Mighty Mite	2 - 4 years	Th	5:30 pm	6:00 pm		43759	\$28	\$48
Mighty Mite	2 - 4 years	Sa	9:30 am	10:00 am		43760	\$28	\$48
<b>East Side</b>								
Shrimp	6 - 12 months	M	5:50 pm	6:20 pm		43966	\$28	\$48
Shrimp	6 - 12 months	W	5:00 pm	5:30 pm		43967	\$28	\$48
Shrimp	6 - 12 months	F	10:45 am	11:15 am		44140	\$28	\$48

♻️ also offered as a combo

# PARENT/CHILD

<b>SWIM</b> One adult must accompany each child								
	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>East Side</b>								
Perch	13 - 24 months	M	6:25 pm	6:55 pm		43926	\$28	\$48
Perch	13 - 24 months	T	9:10 am	9:40 am		43927	\$28	\$48
Perch	13 - 24 months	W	6:10 pm	6:40 pm		43928	\$28	\$48
Perch	13 - 24 months	Sa	11:10 am	11:40 am		43929	\$28	\$48
Mighty Mite	2 - 4 years	M	5:15 pm	5:45 pm		43925	\$28	\$48
Mighty Mite	2 - 4 years	M	7:00 pm	7:30 pm		43923	\$28	\$48
Mighty Mite	2 - 4 years	W	9:45 am	10:15 am		43922	\$28	\$48
Mighty Mite	2 - 4 years	W	5:35 pm	6:05 pm		43921	\$28	\$48
Mighty Mite	2 - 4 years	F	10:10 am	10:40 am		44141	\$28	\$48
Mighty Mite	2 - 4 years	Sa	9:55 am	10:25 am		43924	\$28	\$48
<b>West Side</b>								
Shrimp	6 - 12 months	M	6:10 pm	6:40 pm		44231	\$28	\$48
♻️ Shrimp	6 - 12 months	T	9:55 am	10:25 am		44232	\$28	\$48
♻️ Shrimp	6 - 12 months	T	4:45 pm	5:15 pm		44420	\$28	\$48
Perch	13 - 24 months	M	6:45 pm	7:15 pm		44190	\$28	\$48
♻️ Perch	13 - 24 months	Th	9:10 am	9:40 am		44191	\$28	\$48
♻️ Mighty Mite	2 - 4 years	M	10:50 am	11:20 am		44183	\$28	\$48
Mighty Mite	2 - 4 years	M	5:35 pm	6:05 pm		44180	\$28	\$48
Mighty Mite	2 - 4 years	M	7:20 pm	7:50 pm		44181	\$28	\$48
♻️ Mighty Mite	2 - 4 years	T	10:35 am	11:05 am		44182	\$28	\$48
♻️ Mighty Mite	2 - 4 years	T	5:30 pm	6:00 pm		44186	\$28	\$48
♻️ Mighty Mite	2 - 4 years	W	11:30 am	12:00 pm		44184	\$28	\$48
♻️ Mighty Mite	2 - 4 years	Th	9:50 am	10:20 am		44188	\$28	\$48
Mighty Mite	2 - 4 years	Th	6:00 pm	6:30 pm		44187	\$28	\$48
♻️ Mighty Mite	2 - 4 years	Sa	10:45 am	11:15 am		44189	\$28	\$48
Mighty Mite	2 - 4 years	Sa	11:20 am	11:50 am		44185	\$28	\$48

**FRIENDSHIPS  
GROW  
HERE**



## 3-4 GYM

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
⊛ PE	3 - 4 years	W	1:15 pm	1:45 pm		43694	\$28	\$48
⊛ Sports	3 - 4 years	T	9:30 am	10:00 am		43692 basketball	\$28	\$48
⊛ Sports	3 - 4 years	T	4:30 pm	5:00 pm		43693 basketball	\$28	\$48
⊛ Sports	3 - 4 years	F	10:15 am	10:45 am		43894 hockey	\$28	\$48
⊛ Sports	3 - 4 years	Sa	9:55 am	10:25 am		43895 basketball	\$28	\$48
<b>East Side</b>								
Parent and Child Sports	3 - 4 years	W	6:45 pm	7:15 pm		44146 basketball	\$28	\$48
⊛ PE	3 - 4 years	W	9:45 am	10:15 am		44142	\$28	\$48
⊛ PE	3 - 4 years	F	9:45 am	10:15 am		44143	\$28	\$48
⊛ PE	3 - 4 years	Sa	9:00 am	9:30 am		44144	\$28	\$48
⊛ Sports	3 - 4 years	M	5:25 pm	5:55 pm		44145 basketball	\$28	\$48
<b>West Side</b>								
⊛ Parent and Child Sports	3 - 4 years	T	6:15 pm	6:45 pm		44363 volleyball	\$28	\$48
⊛ PE	3 - 4 years	M	10:10 am	10:40 am		44361	\$28	\$48
PE	3 - 4 years	T	5:40 pm	6:10 pm		44362	\$28	\$48
⊛ PE	3 - 4 years	Th	9:10 am	9:40 am		44429	\$28	\$48
⊛ Sports	3 - 4 years	M	5:50 pm	6:20 pm		44360 volleyball	\$28	\$48
⊛ Sports	3 - 4 years	T	9:10 am	9:40 am		44358 volleyball	\$28	\$48
⊛ Sports	3 - 4 years	T	2:05 pm	2:35 pm		44364 volleyball	\$28	\$48
⊛ Sports	3 - 4 years	W	10:10 am	10:40 am		44365 hockey	\$28	\$48
⊛ Sports	3 - 4 years	W	7:05 pm	7:35 pm		44359 hockey	\$28	\$48
⊛ Sports	3 - 4 years	F	10:15 am	10:45 am		44366 hockey	\$28	\$48
⊛ Sports	3 - 4 years	Sa	10:50 am	11:20 am		44428 volleyball	\$28	\$48

⊛ also offered as a combo



# AGES 2½-4

Winter classes run **January 3 - February 20, 2011**

Registration begins **November 29** (members)

or **December 6** (general public)

## 3-4 COMBO

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
Gymnastics and Swim	3 - 4 years	T	10:15 am	11:25 am		43674	\$47	\$72
PE and Swim	3 - 4 years	W	1:15 pm	2:30 pm		43672	\$47	\$72
Sports and Swim	3 - 4 years	T	9:30 am	10:45 am		43671 basketball	\$47	\$72
Sports and Swim	3 - 4 years	T	4:30 pm	5:40 pm		43896 basketball	\$47	\$72
Sports and Swim	3 - 4 years	F	10:15 am	11:30 am		43897 hockey	\$47	\$72
Sports and Swim	3 - 4 years	Sa	9:55 am	11:10 am		43673 basketball	\$47	\$72
<b>Downtown</b>								
Gymnastics and Swim	3 - 4 years	Sa	10:05 am	11:20 am		43805	\$47	\$72
<b>East Side</b>								
Crafty Chefs and Swim	3 - 4 years	W	10:30 am	11:45 am		44027	\$47	\$72
Dance and Swim	3 - 4 years	F	9:00 am	10:15 am		44035	\$47	\$72
Dance and Gymnastics (gymnastics 1st)	3 - 4 years	F	10:30 am	11:35 am		44033	\$47	\$72
Gymnastics and Swim	3 - 4 years	T	9:05 am	10:20 am		44032	\$47	\$72
Gymnastics and Swim	3 - 4 years	F	10:30 am	11:45 am		44031	\$47	\$72
Parent and Child Sports and Swim	3 - 4 years	Sa	9:50 am	11:00am		44025 hockey	\$47	\$72
PE and Swim	3 - 4 years	W	9:45 am	11:00 am		44028	\$47	\$72
PE and Swim	3 - 4 years	F	9:45 am	11:00 am		44029	\$47	\$72
PE and Swim	3 - 4 years	Sa	9:00 am	10:15 am		44034	\$47	\$72
Sports and Swim	3 - 4 years	M	9:40 am	10:55 am		44026 basketball	\$47	\$72
Sports and Swim (pool 1st)	3 - 4 years	M	4:40 pm	5:55 pm		44024 basketball	\$47	\$72
Sports and Swim	3 - 4 years	T	9:50 am	11:05 am		44030 hockey	\$47	\$72
<b>West Side</b>								
Dance and Gymnastics (gymn 1st)	3 - 4 years	M	9:30 am	10:40 am		44305	\$47	\$72
Dance and Gymnastics (gymn 1st)	3 - 4 years	Sa	9:05 am	10:15 am		44306	\$47	\$72
Dance and Swim	3 - 4 years	M	10:10 am	11:25 am		44303	\$47	\$72
Dance and Swim	3 - 4 years	T	9:55 am	11:10 am		44302	\$47	\$72
Crafty Chefs and Swim (pool 1st) NEW!	3 - 4 years	T	9:05 am	10:25 am		44304	\$47	\$72
Gymnastics and Swim (pool 1st)	3 - 4 years	M	12:20 pm	1:40 pm		44292	\$47	\$72
Gymnastics and Swim	3 - 4 years	W	10:10 am	11:25 am		44293	\$47	\$72
Gymnastics and Swim	3 - 4 years	Th	4:05 pm	5:20 pm		44294	\$47	\$72

## 3-4 COMBO

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>West Side</b>								
Gymnastics and Swim	3 - 4 years	F	10:15 am	11:30 am		44297	\$47	\$72
Parent and Child Sports and Swim (pool 1st)	3 - 4 years	T	5:30 pm	6:45 pm		44307 volleyball	\$47	\$72
PE and Swim	3 - 4 years	M	10:10 am	11:25 am		44295	\$47	\$72
PE and Swim	3 - 4 years	Th	9:10 am	10:25 am		44296	\$47	\$72
Sports and Swim	3 - 4 years	M	5:50 pm	7:05 pm		44299 volleyball	\$47	\$72
Sports and Swim	3 - 4 years	T	9:10 am	10:25 am		44291 volleyball	\$47	\$72
Sports and Swim (pool 1st)	3 - 4 years	T	1:15 pm	2:35 pm		44308 volleyball	\$47	\$72
Sports and Swim	3 - 4 years	W	10:10 am	11:25 am		44301 hockey	\$47	\$72
Sports and Swim (pool 1st)	3 - 4 years	W	6:15 pm	7:35 pm		44300 hockey	\$47	\$72
Sports and Swim	3 - 4 years	F	10:15 am	11:30 am		44430 hockey	\$47	\$72
Sports and Swim	3 - 4 years	Sa	10:50 am	12:05 pm		44298 volleyball	\$47	\$72
We've Got The Beat and Swim (pool 1st) NEW!	3 - 4 years	Th	9:05 am	10:25 am		44431	\$47	\$72

## 2½-4 SWIM

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
Goldfish	2½ - 3 years	T	9:30 am	10:00 am		43602	\$28	\$48
Goldfish	2½ - 3 years	Th	4:45 pm	5:15 pm		43603	\$28	\$48
Goldfish	2½ - 3 years	F	10:15 am	10:45 am		43604	\$28	\$48
Goldfish	2½ - 3 years	Sa	9:15 am	9:45 am		43605	\$28	\$48
Swim Lessons	3 - 4 years	M	4:00 pm	4:35 pm		43620	\$28	\$48
Swim Lessons	3 - 4 years	M	4:40 pm	5:15 pm		43621	\$28	\$48
🌀 Swim Lessons	3 - 4 years	T	10:50 am	11:25 am		43622	\$28	\$48
🌀 Swim Lessons	3 - 4 years	T	5:05 pm	5:40 pm		43623	\$28	\$48
Swim Lessons	3 - 4 years	T	5:45 pm	6:20 pm		43624	\$28	\$48
Swim Lessons	3 - 4 years	T	6:25 pm	7:00 pm		43625	\$28	\$48
Swim Lessons	3 - 4 years	W	4:45 pm	5:20 pm		43626	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:45 pm	5:20 pm		43627	\$28	\$48
Swim Lessons	3 - 4 years	Th	5:25 pm	6:00 pm		43628	\$28	\$48
🌀 Swim Lessons	3 - 4 years	F	10:15 am	10:50 am		43629	\$28	\$48
Swim Lessons	3 - 4 years	Sa	9:15 am	9:50 am		43630	\$28	\$48
Swim Lessons	3 - 4 years	Sa	9:55 am	10:30 am		43631	\$28	\$48
🌀 Swim Lessons	3 - 4 years	Sa	10:35 am	11:10 am		43632	\$28	\$48

🌀 also offered as a combo

# AGES 2½-4

Winter classes run **January 3 - February 20, 2011**

Registration begins **November 29** (members)

or **December 6** (general public)

## 2½-4 SWIM

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Downtown</b>								
Goldfish	2½ - 3 years	M	5:30 pm	6:00 pm		43756	\$28	\$48
Goldfish	2½ - 3 years	W	5:00 pm	5:30 pm		43757	\$28	\$48
Swim Lessons	3 - 4 years	W	5:35 pm	6:10 pm		43775	\$28	\$48
Swim Lessons	3 - 4 years	W	6:15 pm	6:50 pm		43776	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:05 am	10:40 am		43777	\$28	\$48
☼ Swim Lessons	3 - 4 years	Sa	10:45 am	11:20 am		43778	\$28	\$48
<b>East Side</b>								
Goldfish	2½ - 3 years	M	11:05 am	11:35 am		43914	\$28	\$48
Goldfish	2½ - 3 years	M	4:30 pm	5:00 pm		43915	\$28	\$48
Goldfish	2½ - 3 years	T	4:00 pm	4:30 pm		43916	\$28	\$48
Goldfish	2½ - 3 years	W	11:00 am	11:30 am		43917	\$28	\$48
Goldfish	2½ - 3 years	W	5:20 pm	5:50 pm		43918	\$28	\$48
Goldfish	2½ - 3 years	W	6:00 pm	6:30 pm		43919	\$28	\$48
Goldfish	2½ - 3 years	F	9:30 am	10:00 am		43920	\$28	\$48
Goldfish	2½ - 3 years	Sa	9:15 am	9:45 am		44147	\$28	\$48
Swim Lessons	3 - 4 years	M	9:35 am	10:10 am		43940	\$28	\$48
Swim Lessons	3 - 4 years	M	3:55 pm	4:30 pm		43936	\$28	\$48
Swim Lessons	3 - 4 years	M	5:25 pm	6:00 pm		43941	\$28	\$48
Swim Lessons	3 - 4 years	M	6:10 pm	6:45 pm		43942	\$28	\$48
Swim Lessons	3 - 4 years	M	6:55 pm	7:30 pm		43943	\$28	\$48
Swim Lessons	3 - 4 years	T	1:30 pm	2:05 pm		43939	\$28	\$48
Swim Lessons	3 - 4 years	T	4:10 pm	4:45 pm		43934	\$28	\$48
Swim Lessons	3 - 4 years	T	4:55 pm	5:30 pm		43932	\$28	\$48
Swim Lessons	3 - 4 years	W	9:40 am	10:15 am		43937	\$28	\$48
Swim Lessons	3 - 4 years	W	5:10 pm	5:45 pm		43935	\$28	\$48
Swim Lessons	3 - 4 years	W	5:55 pm	6:30 pm		43938	\$28	\$48
Swim Lessons	3 - 4 years	W	6:40 pm	7:15 pm		43930	\$28	\$48
Swim Lessons	3 - 4 years	Th	1:30 pm	2:05 pm		43933	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:10 pm	4:45 pm		43948	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:55 pm	5:30 pm		43946	\$28	\$48
☼ Swim Lessons	3 - 4 years	F	9:40 am	10:15 am		43931	\$28	\$48
☼ Swim Lessons	3 - 4 years	F	10:25 am	11:00 am		44148	\$28	\$48
☼ Swim Lessons	3 - 4 years	F	11:10 am	11:45 am		43949	\$28	\$48
Swim Lessons	3 - 4 years	Sa	8:55 am	9:30 am		43947	\$28	\$48

## 2½-4 SWIM

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>East Side</b>								
Swim Lessons	3 - 4 years	Sa	10:25 am	11:00 am		43944	\$28	\$48
Swim Lessons	3 - 4 years	Sa	11:10 am	11:45 am		43945	\$28	\$48
<b>West Side</b>								
Goldfish	2½ - 3 years	M	10:50 am	11:20 am		44175	\$28	\$48
Goldfish	2½ - 3 years	T	4:10 pm	4:40 pm		44176	\$28	\$48
Goldfish	2½ - 3 years	T	5:25 pm	5:55 pm		44421	\$28	\$48
Goldfish	2½ - 3 years	Th	9:45 am	10:15 am		44179	\$28	\$48
Goldfish	2½ - 3 years	Th	4:10 pm	4:40 pm		44177	\$28	\$48
Goldfish	2½ - 3 years	Th	5:25 pm	5:55 pm		44178	\$28	\$48
🌟 Swim Lessons	3 - 4 years	M	10:50 am	11:25 am		44192	\$28	\$48
🌟 Swim Lessons	3 - 4 years	M	12:20 pm	12:55 pm		44195	\$28	\$48
🌟 Swim Lessons	3 - 4 years	M	5:45 pm	6:20 pm		44193	\$28	\$48
🌟 Swim Lessons	3 - 4 years	M	6:30 pm	7:05 pm		44194	\$28	\$48
🌟 Swim Lessons	3 - 4 years	T	9:05 am	9:40 am		44207	\$28	\$48
🌟 Swim Lessons	3 - 4 years	T	9:50 am	10:25 am		44208	\$28	\$48
🌟 Swim Lessons	3 - 4 years	T	10:35 am	11:10 am		44196	\$28	\$48
🌟 Swim Lessons	3 - 4 years	T	1:15 pm	1:50 pm		44422	\$28	\$48
Swim Lessons	3 - 4 years	T	4:05 pm	4:40 pm		44197	\$28	\$48
Swim Lessons	3 - 4 years	T	4:45 pm	5:20 pm		44198	\$28	\$48
Swim Lessons	3 - 4 years	T	5:30 pm	6:05 pm		44199	\$28	\$48
🌟 Swim Lessons	3 - 4 years	W	10:50 am	11:25 am		44209	\$28	\$48
🌟 Swim Lessons	3 - 4 years	W	6:15 pm	6:50 pm		44211	\$28	\$48
Swim Lessons	3 - 4 years	W	7:00 pm	7:35 pm		44212	\$28	\$48
🌟 Swim Lessons	3 - 4 years	Th	9:05 am	9:40 am		44210	\$28	\$48
🌟 Swim Lessons	3 - 4 years	Th	9:50 am	10:25 am		44200	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:05 pm	4:40 pm		44201	\$28	\$48
🌟 Swim Lessons	3 - 4 years	Th	4:45 pm	5:20 pm		44202	\$28	\$48
Swim Lessons	3 - 4 years	Th	5:25 pm	6:00 pm		44203	\$28	\$48
🌟 Swim Lessons	3 - 4 years	F	10:55 am	11:30 am		44213	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:00 am	10:35 am		44204	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:45 am	11:20 am		44206	\$28	\$48
🌟 Swim Lessons	3 - 4 years	Sa	11:30 am	12:05 pm		44205	\$28	\$48

🌟 also offered as a combo

# AGES 5-6

## 5-6 GYM

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
⊛ Sports	5 - 6 years	F	10:55 am	11:25 am		43697 hockey	\$28	\$48
Sports	5 - 6 years	Sa	10:30 am	11:00 am		43696 basketball	\$28	\$48
<b>East Side</b>								
⊛ PE	5 - 6 years	M	6:05 pm	6:35 pm		44149	\$28	\$48
PE	5 - 6 years	F	10:30 am	11:00 am		44091	\$28	\$48
PE	5 - 6 years	Sa	9:45 am	10:15 am		44090	\$28	\$48
Preschool Tae Kwon Do & Self Defense	5 - 6 years	Sa	10:15 am	10:45 am		44092	\$20	\$37
Sports	5 - 6 years	W	5:30 pm	6:00 pm		44089 basketball	\$28	\$48
<b>West Side</b>								
PE	5 - 6 years	M	6:30 pm	7:00 pm		44370	\$28	\$48
⊛ PE	5 - 6 years	Sa	9:10 am	9:40 am		44437	\$28	\$48
⊛ Sports	5 - 6 years	T	5:00 pm	5:30 pm		44368 volleyball	\$28	\$48
⊛ Sports	5 - 6 years	W	6:10 pm	6:40 pm		44367 hockey	\$28	\$48
Sports	5 - 6 years	F	9:20 am	9:50 am		44369 hockey	\$28	\$48

## 5-6 COMBO

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
Sports and Swim	5 - 6 years	F	10:55 am	12:15 pm		43676 hockey	\$49	\$75
<b>Downtown</b>								
Gymnastics and Swim	5 - 6 years	W	6:05 pm	7:40 pm		43807	\$52	\$78
<b>East Side</b>								
PE and Swim (pool 1st)	5 - 6 years	M	5:15 pm	6:35 pm		44036	\$49	\$75
<b>West Side</b>								
Gymnastics and Swim (pool 1st)	5 - 6 years	M	4:00 pm	5:40 pm		44309	\$52	\$78
Gymnastics and Swim (pool 1st)	5 - 6 years	Th	4:00 pm	5:40 pm		44314	\$52	\$78
Gymnastics and Swim	5 - 6 years	Sa	9:45 am	11:20 am		44310	\$52	\$78
PE and Swim	5 - 6 years	Sa	9:10 am	10:30 am		44438	\$49	\$75
Sports and Swim	5 - 6 years	T	5:00 pm	6:20 pm		44311 volleyball	\$49	\$75
Sports and Swim	5 - 6 years	W	6:10 pm	7:30 pm		44312 hockey	\$49	\$75

## 5-6 ENRICHMENT

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>East Side</b>								
Crafty Chefs	3 - 6 years	Sa	10:30 am	11:00 am		44088	\$28	\$48
Hoppin' Fun Dance & Swim Party	3 - 6 years	Dec 28	9:00 am	11:00 am		44150	\$15	\$30
<b>West Side</b>								
☼ Crafty Chefs	3 - 6 years	T	9:55 am	10:25 am		44357	\$28	\$48
Drama	3 - 6 years	Th	10:40 am	11:10 am		44355	\$28	\$48
New Year Super Bowl & Swim Party	3 - 6 years	Dec 29	9:30 am	11:30 am		44439	\$15	\$30
☼ We've Got the Beat	3 - 6 years	Th	9:55 am	10:25 am		44356	\$28	\$48

## 5+ SWIM LESSONS

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm		43633	\$28	\$48
Swim Lessons	5 - 13 years	M	4:45 pm	5:25pm		43634	\$28	\$48
Swim Lessons	5 - 13 years	M	5:30 pm	6:10 pm		43635	\$28	\$48
Swim Lessons	5 - 13 years	T	5:00 pm	5:40 pm		43637	\$28	\$48
Swim Lessons	5 - 13 years	T	5:45 pm	6:25 pm		43638	\$28	\$48
Swim Lessons	5 - 13 years	T	6:30 pm	7:10 pm		43639	\$28	\$48
Swim Lessons	5 - 13 years	W	4:00 pm	4:40 pm		43640	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm		43641	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:45 pm	5:25 pm		43642	\$28	\$48
Swim Lessons	5 - 13 years	Th	5:30 pm	6:10 pm		43643	\$28	\$48
☼ Swim Lessons	5 - 13 years	F	11:35 am	12:15 pm		43644	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:15 am	9:55 am		43645	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:00 am	10:40 am		43646	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:45 am	11:25 am		43647	\$28	\$48
Adult Swim Lessons	14+ years	T	7:15 pm	8:00 pm		43601	\$28	\$48
Adult Swim Lessons	14+ years	Th	6:15 pm	7:00 pm		43899	\$28	\$48
Private Swim Lessons	5 - adult	3 lessons				43650	\$44	\$69
Private Swim Lessons	5 - adult	7 lessons				43651	\$89	\$159
<b>Downtown</b>								
☼ Swim Lessons	5 - 6 years	W	7:00 pm	7:40 pm		43782	\$28	\$48
Swim Lessons	5 - 13 years	M	5:30 pm	6:10 pm		43779	\$28	\$48
Swim Lessons	5 - 13 years	M	6:15 pm	6:55 pm		43780	\$28	\$48
Swim Lessons	5 -13 years	W	4:55 pm	5:35 pm		43781	\$28	\$48
Swim Lessons	5 - 13 years	W	5:40 pm	6:20 pm		43783	\$28	\$48

☼ also offered as a combo

## 5+ SWIM LESSONS

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Downtown</b>								
Swim Lessons	5 - 13 years	Sa	9:55 am	10:35 am		43784	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:45 am	11:25 am		43785	\$28	\$48
Private Swim Lessons	5 - adult	3 lessons				43790	\$44	\$69
Private Swim Lessons	5 - adult	7 lessons				43789	\$89	\$159
<b>East Side</b>								
Swim Lessons	5 - 13 years	M	3:45 pm	4:25 pm		43953	\$28	\$48
Swim Lessons	5 - 13 years	M	4:30 pm	5:10 pm		43954	\$28	\$48
☼ Swim Lessons	5 - 13 years	M	5:15 pm	5:55 pm		43958	\$28	\$48
Swim Lessons	5 - 13 years	M	6:00 pm	6:40 pm		43964	\$28	\$48
Swim Lessons	5 - 13 years	M	6:45 pm	7:25 pm		43965	\$28	\$48
Swim Lessons	5 - 13 years	T	4:00 pm	4:40 pm		43961	\$28	\$48
Swim Lessons	5 - 13 years	T	4:45 pm	5:25 pm		43962	\$28	\$48
Swim Lessons	5 - 13 years	W	5:00 pm	5:40 pm		43959	\$28	\$48
Swim Lessons	5 - 13 years	W	5:45 pm	6:25 pm		43955	\$28	\$48
Swim Lessons	5 - 13 years	W	6:30 pm	7:10 pm		43956	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm		43950	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:45 pm	5:25 pm		43957	\$28	\$48
Swim Lessons	5 - 13 years	Sa	8:45 am	9:25 am		43951	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:35 am	10:15 am		43952	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:25 am	11:05 am		43960	\$28	\$48
Swim Lessons	5 - 13 years	Sa	11:15 am	11:55 am		43963	\$28	\$48
Adaptive Swim Lessons	8 - 14 years	T	4:40 pm	5:20 pm		43970	\$28	\$48
Adult Swim Lessons	14+ years	Th	5:45 pm	6:30 pm		43913	\$28	\$48
Private Swim Lessons	5 - adult	3 lessons				43969	\$44	\$69
Private Swim Lessons	5 - adult	7 lessons				43968	\$89	\$159
<b>West Side</b>								
☼ Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm		44219	\$28	\$48
Swim Lessons	5 - 13 years	M	4:50 pm	5:30 pm		44214	\$28	\$48
Swim Lessons	5 - 13 years	M	5:40 pm	6:20 pm		44225	\$28	\$48
Swim Lessons	5 - 13 years	T	4:00 pm	4:40 pm		44215	\$28	\$48
Swim Lessons	5 - 13 years	T	4:50 pm	5:30 pm		42216	\$28	\$48
☼ Swim Lessons	5 - 13 years	T	5:40 pm	6:20 pm		44228	\$28	\$48
Swim Lessons	5 - 13 years	W	6:00 pm	6:40 pm		44226	\$28	\$48

## 5+ SWIM LESSONS

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>West Side</b>								
🌀 Swim Lessons	5 - 13 years	W	6:50 pm	7:30 pm		44229	\$28	\$48
🌀 Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm		44220	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:50 pm	5:30 pm		44221	\$28	\$48
🌀 Swim Lessons	5 - 13 years	Th	5:40 pm	6:20 pm		44222	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:00 am	9:40 am		44223	\$28	\$48
🌀 Swim Lessons	5 - 13 years	Sa	9:50 am	10:30 am		44224	\$28	\$48
🌀 Swim Lessons	5 - 13 years	Sa	10:40 am	11:20 am		44227	\$28	\$48
Adult Swim	14+ years	W	7:45 pm	8:30 pm		44173	\$28	\$48
Private Swim Lessons	5 - adult	3 lessons				44234	\$44	\$69
Private Swim Lessons	5 - adult	7 lessons				44233	\$89	\$159

## AQUATIC SPECIALTY

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
Master Swim Class	14+ years	M	6:00 am	7:00 am		43652	\$28	\$48
Kayaking - Basic Skills Jan 16,23,30, Feb 6	12+ years	Su	3:30 pm	6:00 pm		43901	\$90	\$110
Kayaking - Basic Skills Feb 13,20,27 Mar 6	12+ years	Su	3:30 pm	6:00 pm		43902	\$90	\$110
Kayaking - Rescue and Roll Mar 20,27, Apr 3,10	12+ years	Su	3:30 pm	6:00 pm		43903	\$90	\$110
<b>Downtown</b>								
Red Cross Lifeguard Training Dec 27-30	16 + years	M - Th	8:00 am	4:00 pm		43653	\$153	\$178
<b>East Side</b>								
Master Swim	14+ years	W	6:00 am	7:00 am		43971	\$28	\$48
<b>West Side</b>								
Master Swim	14+ years	M	6:30 pm	7:30 pm		44440	\$28	\$48

🌀 also offered as a combo



# AQUATICS 5+

## SWIM TEAM

	Age	Day	Start	End	Barcode	YMCA Member	General Public
<b>Broadview</b>							
Competitive Stroke	6 -13 years	M	6:00 pm	6:45 pm	43615	\$40	\$80
Competitive Stroke	6 -13 years	Th	6:30 pm	7:15 pm	43616	\$40	\$80
<p>The Green Bay YMCA Swim Team has a proud history of being the premier competitive swimming program in the Green Bay area, producing many outstanding young men and women. Swimmers develop strong character values such as respect, responsibility, leadership and teamwork, as well as a strong work ethic. Opportunities exist for all levels of competitive swimmers; participation at the National level is available to those who wish to dedicate themselves to this goal. A full schedule of meets is offered for the team. Participation is recommended but not required. You must be a member of the Green Bay YMCA to be on the swim team. Anyone wishing to join the team should contact Coach Dave Korst for more information at 436-9624.</p> <p>We're looking for new members for the 2010-11 season. All NEW swimmers wishing to join the team should contact Coach Dave Korst at (920) 436-9624.</p>							
<b>Practice Groups:</b>						<b>Age</b>	<b>Cost</b>
<b>Bronze (Developmental):</b> 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. Three practices are offered per week.						6 - 14 years	\$350
<b>Silver I &amp; II (Age Group):</b> 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. Four practices are offered per week.						6 - 15 years	\$510 \$460
<b>Gold III (Separate training group):</b> 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. Five practices offered per week.						11 - 18 years	\$600
<b>Gold I (National Team) &amp; Gold II (Main Gold Training Group):</b> 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	\$750 \$650
<p><b>Fees cover the swim seasons only:</b> 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.</p>							



# REGISTER ONLINE!

## GYMNASTICS

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<p><b>Gymstars <i>By Invitation Only</i></b> 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. <b><i>A gymnast must be at a Level 4 skill level to be invited to join and compete with the team.</i></b> For more information, call Beth Kennerhed at 436-9651.</p>								
<b>Broadview</b>								
🌀 Gymnastics	3 - 4 years	T	10:15 am	10:45 am		43677	\$28	\$48
<b>Downtown</b>								
Gymnastics	3 - 4 years	M	6:20 pm	6:50 pm		43808	\$28	\$48
Gymnastics	3 - 4 years	W	4:25 pm	4:55 pm		43809	\$28	\$48
🌀 Gymnastics	3 - 4 years	Sa	10:05 am	10:35 am		43810	\$28	\$48
Gymnastics	5 - 6 years	M	4:10 pm	4:55 pm		43811	\$35	\$55
🌀 Gymnastics	5 - 6 years	W	6:05 pm	6:50 pm		43812	\$35	\$55
Gymnastics	5 - 6 years	Sa	9:50 am	10:35 am		43813	\$35	\$55
Intro to Gymnastics	7 - 11 years	M	6:05 pm	6:50 pm		43817	\$35	\$55
Intro to Gymnastics	7 - 11 years	W	4:10 pm	4:55 pm		43818	\$35	\$55
Intro to Gymnastics	7 - 11 years	Sa	9:00 am	9:45 am		43819	\$35	\$55
Boys	6 - 11 years	M	6:05 pm	6:50 pm		43814	\$35	\$55
Boys	6 - 11 years	W	4:10 pm	4:55 pm		43815	\$35	\$55
Boys	6 - 11 years	Sa	10:40 am	11:25 am		43816	\$35	\$55
Youth Level 1	6 - 11 years	M	4:10 pm	4:55 pm		43830	\$35	\$55
Youth Level 1	6 - 11 years	M	6:05 pm	6:50 pm		43831	\$35	\$55
Youth Level 1	6 - 11 years	W	4:10 pm	4:55 pm		43832	\$35	\$55
Youth Level 1	6 - 11 years	W	6:05 pm	6:50 pm		43833	\$35	\$55
Youth Level 1	6 - 11 years	Sa	9:00 am	9:45 am		43834	\$35	\$55
Youth Level 1	6 - 11 years	Sa	10:40 am	11:25 am		43835	\$35	\$55
Youth Level 2	6 - 11 years	M	4:10 pm	4:55 pm		43836	\$35	\$55
Youth Level 2	6 - 11 years	M	6:05 pm	6:50 pm		43837	\$35	\$55
Youth Level 2	6 - 11 years	W	4:10 pm	4:55 pm		43838	\$35	\$55
Youth Level 2	6 - 11 years	W	6:05 pm	6:50 pm		43839	\$35	\$55
Youth Level 2	6 - 11 years	Sa	9:00 am	9:45 am		43840	\$35	\$55
Youth Level 2	6 - 11 years	Sa	10:40 am	11:25 am		43841	\$35	\$55
Pre-Team	6 - 11 years	M	5:00 pm	6:00 pm		43842	\$45	\$79
Pre-Team	6 - 11 years	W	5:00 pm	6:00 pm		43843	\$45	\$79
Pre-Team	6 - 11 years	Sa	11:30 am	12:30 pm		43844	\$45	\$79
Teen (advanced)	11 - 17 years	M	4:10 pm	5:10 pm		43824	\$45	\$79
Teen (advanced)	11 - 17 years	W	6:05 pm	7:05 pm		43825	\$45	\$79
Teen (advanced)	11 - 17 years	Sa	11:30 am	12:30 pm		43826	\$45	\$79
Teen (beginner)	11 - 17 years	M	4:10 pm	5:10 pm		43827	\$45	\$79

🌀 also offered as a combo

# GYMNASTICS

## GYMNASTICS

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Downtown</b>								
Teen (beginner)	11 - 17 years	W	6:05 pm	7:05 pm		43828	\$45	\$79
Teen (beginner)	11 - 17 years	Sa	11:30 am	12:30 pm		43829	\$45	\$79
Open Workout (no workout Feb 11)	6+ years	F	5:00 pm	7:00 pm			\$5	\$10
Open Workout (no workout Feb 12)	6+ years	Sa	12:30 pm	2:30 pm			\$5	\$10
<b>East Side</b>								
Gymnastics	3 - 4 years	M	6:00 pm	6:30 pm		44037	\$28	\$48
Gymnastics <b>NEW Time!</b>	3 - 4 years	T	4:30 pm	5:00 pm		44038	\$28	\$48
Gymnastics	3 - 4 years	W	6:00 pm	6:30 pm		44039	\$28	\$48
Gymnastics	3 - 4 years	W	6:50 pm	7:20 pm		44040	\$28	\$48
Gymnastics	3 - 4 years	Th	6:05 pm	6:35 pm		44041	\$28	\$48
Gymnastics	3 - 4 years	Sa	10:30 am	11:00 am		44042	\$28	\$48
Gymnastics	5 - 6 years	M	5:45 pm	6:30 pm		44043	\$35	\$55
Gymnastics <b>NEW Time!</b>	5 - 6 years	T	5:05 pm	5:50 pm		44044	\$35	\$55
Gymnastics	5 - 6 years	W	6:35 pm	7:20 pm		44045	\$35	\$55
Gymnastics	5 - 6 years	Th	5:00 pm	5:45 pm		44046	\$35	\$55
Gymnastics	5 - 6 years	Th	5:50 pm	6:35 pm		44047	\$35	\$55
Gymnastics	5 - 6 years	F	11:10 am	11:55 am		44048	\$35	\$55
Gymnastics	5 - 6 years	Sa	10:15 am	11:00 am		44165	\$35	\$55
Intro to Gymnastics	6 - 11 years	M	6:35 pm	7:20 pm		44049	\$35	\$55
Intro to Gymnastics	6 - 11 years	T	5:05 pm	5:50pm		44050	\$35	\$55
Intro to Gymnastics	6 - 11 years	W	6:35 pm	7:20 pm		44051	\$35	\$55
Intro to Gymnastics	6 - 11 years	Th	5:50 pm	6:35 pm		44052	\$35	\$55
Intro to Gymnastics	6 - 11 years	Sa	11:05 am	11:50 am		44053	\$35	\$55
Youth Level 1	6 - 11 years	M	6:35 pm	7:20 pm		44055	\$35	\$55
Youth Level 1	6 - 11 years	T	6:00 pm	6:45 pm		44056	\$35	\$55
Youth Level 1	6 - 11 years	W	5:45 pm	6:30 pm		44057	\$35	\$55
Youth Level 1	6 - 11 years	Th	5:00 pm	5:45 pm		44058	\$35	\$55
Youth Level 1	6 - 11 years	Sa	11:05 am	11:50 am		44059	\$35	\$55
Youth Level 2	6 - 11 years	M	6:35 pm	7:20 pm		44061	\$35	\$55
Youth Level 2	6 - 11 years	T	6:00 pm	6:45 pm		44062	\$35	\$55
Youth Level 2	6 - 11 years	W	5:45 pm	6:30 pm		44063	\$35	\$55
Youth Level 2	6 - 11 years	Th	5:00 pm	5:45 pm		44064	\$35	\$55
Youth Level 2	6 - 11 years	Sa	11:05 am	11:50 am		44060	\$35	\$55

# REGISTER ONLINE!

## GYMNASTICS

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>West Side</b>								
🌀 Gymnastics	3 - 4 years	M	9:30 am	10:00 am		44318	\$28	\$48
🌀 Gymnastics	3 - 4 years	M	1:10 pm	1:40 pm		44434	\$28	\$48
Gymnastics	3 - 4 years	M	5:05 pm	5:35 pm		44320	\$28	\$48
🌀 Gymnastics	3 - 4 years	W	10:10 am	10:40 am		44322	\$28	\$48
Gymnastics	3 - 4 years	Th	9:55 am	10:25 am		44317	\$28	\$48
🌀 Gymnastics	3 - 4 years	Th	4:05 pm	4:35 pm		44323	\$28	\$48
🌀 Gymnastics	3 - 4 years	F	10:15 am	10:45 am		44319	\$28	\$48
🌀 Gymnastics	3 - 4 years	Sa	9:05 am	9:35 am		44321	\$28	\$48
🌀 Gymnastics	5 - 6 years	M	4:55 pm	5:40 pm		44324	\$35	\$55
🌀 Gymnastics	5 - 6 years	Th	4:55 pm	5:40 pm		44325	\$35	\$55
🌀 Intro to Gymnastics	7 - 11 years	Th	4:55 pm	5:40 pm		44328	\$35	\$55
Intro to Gymnastics	7 - 11 years	Sa	9:45 am	10:30 am		44327	\$35	\$55
Intro to Gymnastics and Swim (pool 1st)	7 - 11 years	Th	4:00 pm	5:40 pm		44330	\$52	\$78
Advanced Intro to Gymnastics	7 - 11 years	Th	5:45 pm	6:30 pm		44329	\$35	\$55

## GYMNASTICS CAMPS

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Downtown</b>								
Tumble Fun Camp	4 - 5 years	Dec 28	9:00 am	2:30 pm		43883	\$29	\$46
Tumble Fun Camp	4 - 5 years	Dec 29	9:00 am	2:30 pm		43884	\$29	\$46
Tumble Fun Camp	4 - 5 years	Dec 30	9:00 am	2:30 pm		43885	\$29	\$46
3-day Tumble Fun Camp	4 - 5 years	Dec 28-30	9:00 am	2:30 pm		43882	\$73	\$115
Youth Camp	6+ years	Dec 28	9:00 am	4:00 pm		43878	\$35	\$55
Youth Camp	6+ years	Dec 29	9:00 am	4:00 pm		43879	\$35	\$55
Youth Camp	6+ years	Dec 30	9:00 am	4:00 pm		43880	\$35	\$55
3-day Youth Camp	6+ years	Dec 28-30	9:00 am	4:00 pm		43881	\$84	\$137
<b>East Side</b>								
Tumble Fun	4 - 5 years	Dec 27	9:00 am	2:30 pm		44166	\$29	\$46
Tumble Fun	4 - 5 years	Dec 29	9:00 am	2:30 pm		44167	\$29	\$46
Youth Camp	6+ years	Dec 27	9:00 am	4:00 pm		44168	\$35	\$55
Youth Camp	6+ years	Dec 29	9:00 am	4:00 pm		44169	\$35	\$55

🌀 also offered as a combo

# DANCE

Winter classes run **January 3 - February 20, 2011**

Registration begins **November 29** (members)

or **December 6** (general public)

## YOUTH DANCE

	Age	Day	Start	End	Barcode	YMCA Member	General Public
<b>East Side</b>							
Ballet, Tap, Jazz	3 - 4 years	M	9:30 am	10:00 am	43997	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	W	4:50 pm	5:20 pm	43998	\$28	\$48
🌀 Ballet, Tap, Jazz	3 - 4 years	F	9:00 am	9:30 am	43999	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	Sa	9:35 am	10:05 am	44000	\$28	\$48
Ballet, Tap, Jazz	5 - 6 years	T	4:35 pm	5:15 pm	44003	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	F	9:40 am	10:20 am	44004	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	Sa	9:00 am	9:40 am	44005	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	Sa	10:10 am	10:50 am	44006	\$30	\$51
Ballerina Princess Tea Party	3 - 6 years	Dec 30	9:30 am	11:00 am	44021	\$15	\$30
Break Dancing	10+ years	F	4:20 pm	5:05 pm	44023	\$35	\$55
Lyrical, Tap	7 - 13 years	Th	6:55 pm	7:35 pm	44020	\$35	\$55
Youth Hip Hop	7 - 13 years	Th	6:20 pm	6:50 pm	44019	\$28	\$48
<b>West Side</b>							
Ballerina Princess Tea Party	3 - 6 years	Dec 28	9:30 am	11:00 am	44435	\$15	\$30
🌀 Ballet, Tap, Jazz	3 - 4 years	T	9:55 am	10:25 am	44268	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	W	5:35 pm	6:05 pm	44269	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	F	10:00 am	10:30 am	44267	\$28	\$48
🌀 Ballet, Tap, Jazz	3 - 4 years	Sa	9:45 am	10:15 am	44270	\$28	\$48
Ballet, Tap, Jazz	5 - 6 years	M	5:25 pm	6:05 pm	44274	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	W	4:50 pm	5:30 pm	44273	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	F	10:35 am	11:15 am	44436	\$30	\$51
Beginning Dance	7+ years	Th	6:55 pm	7:35 pm	44288	\$35	\$55
Stomp, Tap	7 - 13 years	Th	7:00 pm	7:30 pm	44290	\$28	\$48
Dance Like A Pop Star	8 - 13 years	W	6:45 pm	7:25 pm	44289	\$30	\$51
Youth Hip Hop	7 - 13 years	W	6:10 pm	6:40 pm	44287	\$28	\$48

# FIND YOURSELF



## ADULT DANCE

	Age	Day	Start	End	Barcode	YMCA Member	General Public
<b>Broadview</b>							
Zumba	14+ years	M	7:45 pm	8:30 pm		FREE	n/a
Zumba	14+ years	T	7:00 pm	7:45 pm		FREE	n/a
Zumba	14+ years	F	4:30 pm	5:15 pm		FREE	n/a
<b>Downtown</b>							
Zumba	14+ years	W	12:00 pm	12:30 pm		FREE	n/a
Zumba	14+ years	M	6:00 pm	6:45 pm		FREE	n/a
<b>East Side</b>							
Ballroom Dance	14+ years	F	6:30 pm	7:30 pm	44007	\$30	\$51
Intro to Line Dancing	14+ years	M W	10:20 am	10:50 am	43909	FREE	\$46
Line Dancing	14+ years	M W	10:50 am	11:50 am	43910	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
<b>West Side</b>							
Ballroom	14+ years	F	6:00 pm	7:00 pm	44276	\$30	\$51
Dance Pilates	14+ years	Th	10:15 am	11:15 am	44275	\$35	\$55
Intro to Line Dancing	14+ years	T Th	10:15 am	10:45 am	44171	FREE	\$46
Line Dancing	14+ years	T Th	10:45 am	11:45 am	44172	FREE	\$54
Zumba	14+ years	M T Th F	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	10:15 am	11:00 am		FREE	n/a



## YOUTH SPORTS LEAGUES

	Age	Day	Start	End	Barcode	YMCA Family Member	YMCA Youth Member	General Public
<b>NEW REGISTRATION PROCEDURE! See page 27 for details.</b>								
<b>Volunteers Needed!</b> 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 Sara at 436-9577 for volunteer opportunities.								
<b>Broadview</b>								
Basketball - Starts Jan 8	grades 3 - 4	Sa	9, 10 or 11:00 am	times vary	43749	FREE	\$31	\$59
Basketball - Starts Feb 26	grades 1 - 2	Sa	10:00 or 11:00 am	times vary	43729	FREE	\$31	\$59
Basketball - Starts Feb 26	grades 3 - 4	Sa	9, 10 or 11:00 am	times vary	43739	FREE	\$31	\$59
<b>Downtown</b>								
Basketball - Starts Jan 8	grades 3 - 4	Sa	9:00 or 10:00 am	times vary	43742	FREE	\$31	\$59
<b>East Side</b>								
Basketball - Starts Jan 8	grades 1 - 2	Sa	11:30 am	12:30 pm	43741	FREE	\$31	\$59
Basketball - Starts Jan 8	kindergarten	Sa	10:15 am	11:15 am	43732	FREE	\$31	\$59
Basketball - Starts Jan 8	grades 3 - 4	Sa	9:00 am	10:00 am	43746	FREE	\$31	\$59
Basketball - Starts Feb 26	grades 1 - 2	Sa	11:30 am	12:30 pm	43744	FREE	\$31	\$59
Basketball - Starts Feb 26	kindergarten	Sa	10:15 am	11:15 am	43733	FREE	\$31	\$59
Basketball - Starts Feb 26	grades 3 - 4	Sa	9:00 am	10:00 am	43747	FREE	\$31	\$59
<b>West Side</b>								
Basketball - Starts Jan 8	grades 1 - 2	Sa	11:30 am	12:30 pm	43737	FREE	\$31	\$59
Basketball - Starts Jan 8	grades 1 - 2	Sa	10:15 am	11:15 am	43738	FREE	\$31	\$59
Basketball - Starts Jan 8	kindergarten	Sa	9:00 am	10:00 am	43730	FREE	\$31	\$59
Basketball - Starts Feb 26	grades 1 - 2	Sa	11:30 am	12:30 pm	43740	FREE	\$31	\$59
Basketball - Starts Feb 26	grades 3 - 4	Sa	10:15 am	11:15 am	43725	FREE	\$31	\$59
Basketball - Starts Feb 26	kindergarten	Sa	9:00 am	10:00 am	43731	FREE	\$31	\$59
<b>Dickinson Elementary</b>								
Basketball - Starts Jan 8	kindergarten	Sa	11:30 am	12:30 pm	43736	FREE	\$31	\$59
Basketball - Starts Jan 8	grades 1 - 2	Sa	10:15 am	11:15 am	43735	FREE	\$31	\$59
Basketball - Starts Jan 8	grades 3 - 4	Sa	9:00 am	10:00 am	43745	FREE	\$31	\$59
<b>Aldo Leopold School</b>								
Basketball - Starts Jan 7	grades 1 - 2	F	5:15 pm	6:15 pm	43734	FREE	\$31	\$59
Basketball - Starts Jan 7	grades 3 - 4	F	6:30 pm	7:30 pm	43748	FREE	\$31	\$59

# YOUTH SPORTS LEAGUES

## NEW REGISTRATION PROCESS

### EVERYONE MUST REGISTER IN PERSON

#### ALL SPORTS LEAGUES ARE NOW FREE WITH YOUR FAMILY MEMBERSHIP!

YMCA Youth Memberships pay a smaller fee of \$31 while Non YMCA Members will pay the general public price of \$59.

#### YOUTH SPORTS REGISTRATION NIGHT DECEMBER 6-9, 2010

Join us at the East & West Side YMCA Centers for our registration night. Space is limited. Phone and Online Registrations will no longer be accepted. Please see schedule below for details:

#### EAST SIDE YMCA: 5:30-8:00 pm

1740 S Huron Rd, Green Bay 54311

- Dec. 6: YMCA Members
- Dec. 7: YMCA Members
- Dec. 8: Open Registration
- Dec. 9: Open Registration

#### WEST SIDE YMCA: 5:30-8:00 pm

601 Cardinal Ln, Green Bay 54313

- Dec 6: YMCA Members
- Dec 7: YMCA Members
- Dec 8: Open Registration
- Dec 9: Open Registration

**PLEASE CONTACT MICKI  
WITH ANY QUESTIONS  
(920) 436-9551**

#### LATE REGISTRATION

After December 9th, a \$10 late fee will be assessed to all Youth Sports Registrations. Registrations will only be allowed in person at the Broadview YMCA until December 28th for Session 1 and February 11 for Session 2. No registrations will be allowed after this date.

#### JERSEYS

NEW going forward; we will no longer be distributing team T-shirts. Instead, we will have reversible jerseys for \$15, which the child will be able to wear for any youth sports league he or she signs up for in the future.

#### VOLUNTEER COACHING

Please consider volunteering your time to be a Coach for your child's team. You can be the difference in a child's life.



# SPORTS

## AFTER SCHOOL SPORTS

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
Racquetball	7 - 9 years	T	4:00 pm	4:45 pm		43708	\$25	\$50
Racquetball	10 - 13 years	Th	4:00 pm	4:45 pm		43709	\$25	\$50
<b>East Side</b>								
🏠 Home School Gym	5 - 13 years	W	1:15 pm	1:50 pm		44065	\$28	\$48
🏠 Home School Swim	5 - 13 years	W	2:05 pm	2:45 pm		44066	\$28	\$48
Home School Gym and Swim	5 - 13 years	W	1:15 pm	2:45 pm		44067	\$47	\$72
Home School Sports and Swim <small>(pool 1st)</small>	3 - 4 years	W	1:15 pm	2:30 pm		44068 <small>basketball</small>	\$47	\$72

## ADULT SPORTS

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
Adult Full Court Basketball	19+ years	M T W Th F	11:30 am	1:30 pm			FREE	n/a
<b>Downtown</b>								
Adult Full Court Basketball	19+ years	M T W Th F Sa	11:30 am	1:30 pm			FREE	n/a
<b>East Side</b>								
Adult Full Court Basketball	19+ years	M T W Th 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
<b>West Side</b>								
Adult Full Court Basketball	19+ years	M T W Th F	11:30 am	2:00 pm			FREE	n/a
Adult Full Court Basketball	19+ years	F	6:00 am	8:30 am			FREE	n/a
Adult Full Court Basketball	19+ years	Sa	12:45 pm	2:30 pm			FREE	n/a

# GOT GAME?



## YOUTH AND TEEN PROGRAMS

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
Power Zone	8 - 13 years	M W	3:30 pm	4:15 pm			FREE	n/a
Y Night	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Y Zone	8 - 13 years	W	4:15 pm	6:00 pm			FREE	n/a
Youth LSC Orientation	11 - 13 years	Th	5:00 pm	8:00 pm			FREE	n/a
Youth Spin <b>NEW!</b>	8 - 13 years	Th	4:15 pm	4:45 pm		43904	\$17	\$34
<b>Downtown</b>								
Girls' Night Out starts January 24 Franklin and West De Pere Middle Schools	grade 6	M	6:00 pm	8:00 pm			\$10	\$10
Red Cross Babysitting	11 - 15 years	Jan 29	8:30 am	4:30 pm		43859	\$40	\$50
Y Klub	grades 4 - 8	F	6:00 pm	9:00 pm			FREE	\$2
Y Zone	7 - 13 years	M W Th	4:30 pm	7:30 pm			FREE	n/a
<b>East Side</b>								
Girls' Night Out (Edison)	grade 6	Th	6:00 pm	8:00 pm			\$10	\$10
Kids in the Kitchen	7 - 10 years	Sa	9:40 am	10:25 am		44128	\$32	\$52
Power Zone	8 - 13 years	M T W	4:00 pm	6:00 pm			FREE	n/a
Y Night	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Youth Hooping	8 - 13 years	Th	5:20 pm	5:50 pm			FREE	n/a
Youth LSC Orientation	11 - 13 years	Sa	10:00 am	1:00 pm			FREE	n/a
Youth Spin	8 - 13 years	T	4:45 pm	5:15 pm		44133	\$17	\$34
Youth Spin	8 - 13 years	Th	4:45 pm	5:15 pm		44134	\$17	\$34
<b>West Side</b>								
Girls in Motion <b>NEW!</b>	8 - 13 years	T	4:30 pm	5:30 pm		44433	\$28	\$48
Girls' Night Out (Parkview Middle School)	grade 6	M	6:30 pm	8:30 pm			\$10	\$10
Girls' Night Out (Lombardi Middle School)	grade 6	Th	6:30 pm	8:30 pm			\$10	\$10
Power Zone	8 - 13 years	M	4:30 pm	5:30 pm			FREE	n/a
Power Zone	8 - 13 years	T W TH	4:30 pm	6:30 pm			FREE	n/a
Youth Hooping	8 - 13 years	M	5:30 pm	6:00 pm			FREE	n/a
Youth Hooping	8 - 13 years	T	6:30 pm	7:00 pm			FREE	n/a
Y Night	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Y Zone	8 - 13 years	M Th	4:30 pm	7:30 pm			FREE	n/a
Y Zone	8 - 13 years	Sa	10:00 am	12:00 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	M	5:30 pm	6:00 pm		44432	\$17	\$34

# CHILD CARE

## SCHOOL AGE CHILD CARE

### Before and After School Care

Before school: approx. 6:30-9:00 am

After school: approx. 2:30-6:00 pm

Each of our 19 program locations provides a variety of activities for children ages 5 - 12. Staff plan their daily and weekly events with the interests of the children in mind. **We serve the following school districts: Ashwaubenon, Green Bay, East De Pere, West De Pere, and Howard-Suamico.** Call 436-9675 for information and availability.

### Kid's Day Out

Full-day of school-age child care held at the Downtown and West Side YMCAs on "no school" days. Activities include swimming, arts and crafts, field trips, games and more. Program hours are 6:30 am - 6:00 pm. Registration for the 2010 - 2011 no-school dates began in September. Call 436-9675 for information and availability. **Kid's Day Out program dates include:** December 23, 27, 28, 29, 30 January 21 February 25

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

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



## FAMILY

	Day	Start	End	Barcode	YMCA Member	General Public
<p><b>Family Pool and Gym</b> 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 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 YMCAs front desk or on the internet at <a href="http://www.GreenBayYMCA.org">www.GreenBayYMCA.org</a></p>						
<p><b>Youth &amp; Family Activity Calendar</b> Check out our new Youth and Family Activity calendar located at or near your YMCAs front desk. This calendar includes classes and activities that your children can participate in while you are working out or taking a class as well as activities that the whole family can do together. Please check the back of the calendar for specific activity descriptions and age requirements.</p>						
<p><b>US Bank Eve - Friday, December 31st, 6-10 pm.</b> Spend New Year's Eve at the Downtown or East Side YMCA with your family in a safe, wholesome environment. Basketball, giant inflatables, gymnastics, swimming, BINGO, face painting, crafts, live entertainment and more. Purchase tickets from any Green Bay YMCA location.</p>						
<p><b>Grab Bag Fun</b> Reach for fun-grab the bag. The Grab Bag has the power to transform an ordinary racquetball court into your own "play space." Packed with safe, soft equipment, the Grab Bag is great for all young children. Check at the Front Desk for court availability.</p>						
<p><b>Freeze Fest - Feb 4, 5 &amp; 6, 2011</b> The Broadview and East Side YMCAs along with the Villages of Allouez and Bellevue are embracing the cold of winter with extraordinary fun. There will be wagon rides and nighttime sledding at Josten Park, Dive-in-Movie at Broadview YMCA and bounce houses at the East Side YMCA. These are just a few of the great things in store for this weekend! Call Heidi at (920) 436-1243 for more information or check our website for updated activity listings.</p>						
<b>Broadview</b>						
Family Night	Sa	6:00 pm	8:00 pm		FREE	\$12/family
Rainbow Rompers - 6 years and under with adult	M	9:00 am	10:15 am		Free	\$5
Rainbow Rompers - 6 years and under with adult	Th	10:15 am	11:30 am		Free	\$5
<b>Downtown</b>						
<p><b>Community Swim</b> at the Downtown YMCA on Saturdays from 3:30 pm - 5:00 pm. General Public pays \$1 to swim!</p>						
<p><b>Valentine's Family Dinner Saturday, February 5, 6:00-8:30</b> Celebrate Valentine's Day with the people that you love- your family! Have a FREE dinner and enjoy family activities such as bingo, swimming, giant inflatables, arts and crafts, face painting, preschool gymnastics obstacle course, basketball, entertainment and more. <b>Free for everyone!</b></p>						
Family Hooping - 6 - 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	6:30 pm		FREE	n/a
Rainbow Rompers - 6 years and under with adult	Sa	2:30 pm	3:30 pm		FREE	\$5

# PLAY HERE



# FAMILY

Winter classes run **January 3 - February 20, 2011**

Registration begins **November 29** (members)

or **December 6** (general public)

## FAMILY

	Day	Start	End	Barcode	YMCA Member	General Public
<b>East Side</b>						
<b>Community Swim</b> at East Side YMCA on Sundays from 4:00-6:00 pm. General Public pays \$1.00 per person to swim!						
<b>Book Share</b> at the East Side YMCA two times per month. Take a book, leave a book or both, you choose! January 4 & 26, February 10 & 25.						
<b>East Side Saturday Family Nights</b> 6 - 8 pm. One special Saturday per month join us in the pool, bounce away in an inflatable, make arts & crafts or enjoy Rainbow Rompers. Saturday theme nights include: January 15th-Winter Carnival Games; February 12th-Valentine's Day Party. Members FREE, General Public \$12 per family.						
Family Night	T	6:00 pm	8:00 pm		FREE	\$12/family
Family Yoga - 6 - 13 years with adult	Th	7:15 pm	7:45 pm	44170	\$17	\$34
Family Zumba - 6 - 13 years with adult	Th	4:30 pm	5:15 pm		FREE	n/a
Rainbow Rompers - 6 years and under with adult	Th	9:45 am	11:15 am		FREE	\$5
<b>West Side</b>						
Family Zumba - 6 - 13 years with adult	W	6:45 pm	7:30 pm		FREE	n/a
Rainbow Rompers - 6 years and under with adult	M	5:30 pm	7:00 pm		FREE	\$5
Rainbow Rompers - 6 years and under with adult	Th	11:00 am	12:00 pm		FREE	\$5
Rainbow Rompers - 6 years and under with adult	F	10:00 am	11:30 am		FREE	\$5
Rainbow Rompers - 6 years and under with adult	Sa	6:00 pm	8:00 pm		FREE	\$5



# REGISTER ONLINE!

## ADULT - CYCLING, PILATES, YOGA

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
Cycle/Pilates	14+ years	T	10:15 am	11:15 am		43905	\$34	\$68
Cycle/Strength	14+ years	T	5:00 pm	6:00 pm		43669	\$34	\$68
Cycle/Strength	14+ years	Th	9:10 am	10:10 am		43666	\$34	\$68
Cycling	14+ years	M	7:00 am	7:45 am		43663	\$26	\$52
Cycling	14+ years	T	6:45 am	7:30 am		43670	\$26	\$52
Cycling	14+ years	W	7:00 am	7:45 am		43665	\$26	\$52
Cycling	14+ years	Th	5:00 pm	5:45 pm		43664	\$26	\$52
Cycling	14+ years	F	12:15 pm	1:00 pm		43667	\$26	\$52
Cycling	14+ years	Su	9:15 am	10:00 am		43668	\$26	\$52
Cycling Punch Pass	14+ years	5 punches				43906	\$25	n/a
Cycling Punch Pass	14+ years	10 punches				43907	\$50	n/a
Pilates	14+ years	F	10:00 am	10:45 am		43690	\$26	\$52
Power Yoga	14+ years	M	6:05 pm	6:50 pm		43721	\$26	\$52
Yoga	14+ years	T	9:15 am	10:00 am		43716	\$26	\$52
Yoga	14+ years	W	9:05 am	9:50 am		43718	\$26	\$52
Yoga	14+ years	F	9:05 am	9:50 am		43717	\$26	\$52
Yogilates with Props	14+ years	M	8:30 am	9:30 am		47319	\$34	\$68
Yogilates with Props	14+ years	Th	8:30 am	9:30 am		47320	\$34	\$68
<b>Downtown</b>								
Pilates	14+ years	F	12:15 pm	1:00 pm		43857	\$26	\$52
Yoga	14+ years	T	5:30 pm	6:15 pm		43872	\$26	\$52
Yoga	14+ years	W	12:15 pm	1:00 pm		43873	\$26	\$52
Yogilates with Props	14+ years	M	12:15 pm	1:15 pm		43875	\$34	\$68
<b>East Side</b>								
Cycle/Strength	14+ years	Th	9:30 am	10:30 am		43994	\$34	\$68
Cycle/Xerball	14+ years	Sa	9:45 am	10:45 am		44130	\$34	\$68
Cycle/Yoga	14+ years	Th	6:45 pm	7:45 pm		44131	\$34	\$68
Cycling	14+ years	M	5:45 am	6:30 am		44132	\$26	\$52
Cycling	14+ years	M	5:30 pm	6:15 pm		43995	\$26	\$52
Cycling	14+ years	M	6:30 pm	7:15 pm		43985	\$26	\$52
Cycling	14+ years	T	8:30 am	9:15 am		43987	\$26	\$52
Cycling	14+ years	T	5:45 pm	6:30 pm		43989	\$26	\$52
Cycling	14+ years	W	5:45 am	6:30 am		43993	\$26	\$52
Cycling	14+ years	W	9:30 am	10:15 am		43984	\$26	\$52
Cycling	14+ years	W	5:30 pm	6:15 pm		43990	\$26	\$52
Cycling	14+ years	W	6:30 pm	7:15 pm		43986	\$26	\$52
Cycling	14+ years	Th	5:45 pm	6:30 pm		43988	\$26	\$52

# HEALTH & FITNESS

## ADULT - CYCLING, PILATES, YOGA

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>East Side</b>								
Cycling	14+ years	F	5:45 am	6:30 am		43991	\$26	\$52
Cycling	14+ years	F	9:30 am	10:15 am		43992	\$26	\$52
Cycling	14+ years	Sa	7:00 am	7:45 am		43981	\$26	\$52
Cycling	14+ years	Sa	8:00 am	8:45 am		43982	\$26	\$52
Cycling Endurance Ride	14+ years	Su	9:00 am	10:30 am		43983	\$52	\$104
Cycling Punch Pass	14+ years	5 punches				43906	\$25	n/a
Cycling Punch Pass	14+ years	10 punches				43907	\$50	n/a
Intro Cycling <b>NEW!</b>	14+ years	Sa	9:00 am	9:30 am		44135	\$17	\$34
Intro Yoga <b>NEW!</b>	14+ years	Sa	9:35 am	10:05 am		44136	\$17	\$34
Intro Pilates <b>NEW!</b>	14+ years	Sa	10:10 am	10:40 am		44137	\$17	\$34
Pilates	14+ years	T	6:00 pm	6:45 pm		44084	\$26	\$52
Pilates	14+ years	W	9:25 am	10:10 am		44086	\$26	\$52
Pilates	14+ years	Th	6:00 pm	6:45 pm		44085	\$26	\$52
Pilates	14+ years	F	9:25 am	10:10 am		44087	\$26	\$52
Slow Flow Yoga	14+ years	W	7:15 pm	8:00 pm		44127	\$26	\$52
Yoga	14+ years	M	8:30 am	9:15 am		44119	\$26	\$52
Yoga	14+ years	M	6:15 pm	7:00 pm		44120	\$26	\$52
Yoga	14+ years	T	10:00 am	10:45 am		44121	\$26	\$52
Yoga	14+ years	W	8:30 am	9:15 am		44122	\$26	\$52
Yoga	14+ years	W	6:15 pm	7:00 pm		44123	\$26	\$52
Yoga	14+ years	Th	10:00 am	10:45 am		44124	\$26	\$52
Yoga	14+ years	Th	6:15 pm	7:00 pm		44125	\$26	\$52
Yoga	14+ years	Sa	7:00 am	7:45 am		44126	\$26	\$52
<b>West Side</b>								
Cycling/Pilates	14+ years	W	6:15 pm	7:15 pm		44252	\$34	\$68
Cycling/Yoga	14+ years	T	6:15 pm	7:15 pm		44251	\$34	\$68
Cycling	14+ years	M	5:15 am	6:00 am		44264	\$26	\$52
Cycling	14+ years	M	9:15 am	10:00 am		44245	\$26	\$52
Cycling	14+ years	M	4:30 pm	5:15 pm		44246	\$26	\$52
Cycling	14+ years	M	7:15 pm	8:00 pm		44256	\$26	\$52
Cycling	14+ years	T	5:45 am	6:30 am		44266	\$26	\$52
Cycling	14+ years	T	8:30 am	9:15 am		44249	\$26	\$52
Cycling	14+ years	T	7:15 pm	8:00 pm		44254	\$26	\$52
Cycling	14+ years	W	5:15 am	6:00 am		44259	\$26	\$52

## ADULT - CYCLING, PILATES, YOGA

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>West Side</b>								
Cycling	14+ years	W	9:15 am	10:00 am		44247	\$26	\$52
Cycling	14+ years	Th	5:45 am	6:30 am		44248	\$26	\$52
Cycling	14+ years	Th	8:30 am	9:15 am		44262	\$26	\$52
Cycling	14+ years	Th	5:45 pm	6:30 pm		44265	\$26	\$52
Cycling	14+ years	Th	6:45 pm	7:30 pm		44255	\$26	\$52
Cycling	14+ years	F	5:15 am	6:00 am		44263	\$26	\$52
Cycling	14+ years	F	9:15 am	10:00 am		44258	\$26	\$52
Cycling	14+ years	Sa	9:15 am	10:00 am		44260	\$26	\$52
Cycling	14+ years	Su	9:15 am	10:00 am		44261	\$26	\$52
Cycling Extreme	14+ years	M	6:00 pm	7:00 pm		44250	\$34	\$68
Cycling Extreme	14+ years	W	5:00 pm	6:00 pm		44423	\$34	\$68
Cycling Punch Pass	14+ years	5 punches				43906	\$25	n/a
Cycling Punch Pass	14+ years	10 punches				43907	\$50	n/a
Pilates	14+ years	M	8:15 am	9:00 am		44350	\$26	\$52
Pilates	14+ years	M	7:30 pm	8:15 pm		44352	\$26	\$52
Pilates	14+ years	W	8:15 am	9:00 am		44353	\$26	\$52
Pilates	14+ years	W	7:30 pm	8:15 pm		44351	\$26	\$52
Pilates	14+ years	Th	4:30 pm	5:15 pm		44354	\$26	\$52
Power Yoga	14+ years	Th	6:30 pm	7:15 pm		44412	\$26	\$52
Virtual Cycling <b>NEW!</b>	14+ years	Sa	8:00 am	9:00 am		44253	\$34	\$68
Yoga	14+ years	M	6:30 pm	7:15 pm		44408	\$26	\$52
Yoga	14+ years	T	8:15 am	9:00 am		44404	\$26	\$52
Yoga	14+ years	W	6:30 pm	7:15 pm		44405	\$26	\$52
Yoga	14+ years	Th	8:15 am	9:00 am		44406	\$26	\$52
Yoga	14+ years	Th	7:30 pm	8:15 pm		44407	\$26	\$52
Yogilates with Props	14+ years	M	10:30 am	11:30 am		44409	\$34	\$68
Yogilates with Props	14+ years	T	5:15 pm	6:15 pm		44411	\$34	\$68
Yogilates with Props	14+ years	W	10:30 am	11:30 am		44410	\$34	\$68



# HEALTH & FITNESS

## STRENGTH TRAINING

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
Body Fit	14+ years	M	10:20 am	11:05 am		43654	\$26	\$52
Body Fit	14+ years	M	6:45 pm	7:30 pm		43656	\$26	\$52
Body Fit	14+ years	T	5:45 am	6:30 am		43655	\$26	\$52
Body Fit	14+ years	T	6:10 pm	6:55 pm		43657	\$26	\$52
Body Fit	14+ years	W	10:20 am	11:05 am		43658	\$26	\$52
Body Fit	14+ years	Th	5:45 am	6:30 am		43659	\$26	\$52
Body Fit	14+ years	Th	6:00 pm	6:45 pm		43660	\$26	\$52
Body Fit	14+ years	F	10:20 am	11:05 am		43662	\$26	\$52
Body Fit	14+ years	Sa	6:30 am	7:15 am		43661	\$26	\$52
Group Strength Training	14+ years	M W	5:45 am	6:15 am		43712	\$39	\$78
Sculpt N' Shed	14+ years	M W	7:15 pm	8:15 pm		43713	\$71	\$142
Sculpt N' Shed	14+ years	T Th	9:00 am	10:00 am		43714	\$71	\$142
Sculpt N' Shed	14+ years	T Th	6:00 pm	7:00 pm		43908	\$71	\$142
Shape Up	14+ years	M W	6:00 pm	7:00 pm		43711	\$71	\$142
Shape Up	14+ years	T Th	7:15 pm	8:15 pm		43710	\$71	\$142
<b>Downtown</b>								
Body Fit	14+ years	Th	12:15 pm	1:00 pm		43791	\$26	\$52
Kettlebells <b>NEW!</b>	14+ years	M	5:30 pm	6:00 pm		43863	\$39	\$78
Kettlebells <b>NEW!</b>	14+ years	T	12:15 pm	12:45 pm		43864	\$39	\$78
Sculpt N' Shed	14+ years	T Th	6:15 am	7:15 am		43865	\$71	\$142
<b>East Side</b>								
Body Fit	14+ years	M	5:30 am	6:15 am		43973	\$26	\$52
Body Fit	14+ years	M	4:40 pm	5:25 pm		43972	\$26	\$52
Body Fit	14+ years	T	10:00 am	10:45 am		43980	\$26	\$52
Body Fit	14+ years	T	7:00 pm	7:45 pm		43974	\$26	\$52
Body Fit	14+ years	W	5:45 am	6:30 am		43975	\$26	\$52
Body Fit	14+ years	W	4:40 pm	5:25 pm		43976	\$26	\$52
Body Fit	14+ years	Th	10:15 am	11:00 am		43978	\$26	\$52
Body Fit	14+ years	Th	7:00 pm	7:45 pm		43977	\$26	\$52
Group Strength Training	14+ years	M W	5:45 am	6:15 am		44113	\$39	\$78
Group Strength Training	14+ years	T Th	6:15 am	6:45 am		44110	\$39	\$78
Group Strength Training	14+ years	T Th	6:45 am	7:15 am		44111	\$39	\$78
Group Strength Training	14+ years	T Th	9:00 am	9:30 am		44112	\$39	\$78
Kettlebells <b>NEW!</b>	14+ years	M	7:00 am	7:30 am		44116	\$39	\$78

## STRENGTH TRAINING

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>East Side</b>								
Kettlebells <b>NEW!</b>	14+ years	Sa	8:50 am	9:20 am		44161	\$39	\$78
Sculpt N' Shed	14+ years	M W	6:00 pm	7:00 pm		44162	\$71	\$142
Sculpt N' Shed	14+ years	T Th	7:30 am	8:30 am		44163	\$71	\$142
Shape Up	14+ years	M W	8:50 am	9:50 am		44108	\$71	\$142
Shape Up	14+ years	T Th	9:45 am	10:45 am		44106	\$71	\$142
Shape Up	14+ years	T Th	7:00 pm	8:00 pm		44107	\$71	\$142
Xerball	14+ years	M	7:20 pm	8:05 pm		44114	\$26	\$52
Xerball	14+ years	W	7:00 am	7:45 am		44115	\$26	\$52
<b>West Side</b>								
Body Fit	14+ years	M	8:15 am	9:00 am		44235	\$26	\$52
Body Fit	14+ years	T	6:30 am	7:15 am		44242	\$26	\$52
Body Fit	14+ years	T	12:00 pm	12:45 pm		44236	\$26	\$52
Body Fit	14+ years	T	5:30 pm	6:15 pm		44237	\$26	\$52
Body Fit	14+ years	W	8:15 am	9:00 am		44238	\$26	\$52
Body Fit	14+ years	Th	6:30 am	7:15 am		44239	\$26	\$52
Body Fit	14+ years	Th	12:00 pm	12:45 pm		44241	\$26	\$52
Body Fit	14+ years	Th	5:30 pm	6:15 pm		44240	\$26	\$52
Body Fit	14+ years	F	8:15 am	9:00 am		44243	\$26	\$52
Body Fit	14+ years	Sa	9:15 am	10:00 am		44244	\$26	\$52
Group Strength Training	14+ years	T Th	9:30 am	10:00 am		44399	\$39	\$78
Intensity X	14+ years	M W F	12:00 pm	1:00 pm		44424	\$96	\$192
Kettlebells <b>NEW!</b>	14+ years	T	8:30 am	9:00 am		44425	\$39	\$78
Kettlebells <b>NEW!</b>	14+ years	Th	8:30 am	9:00 am		44426	\$39	\$78
Kettlebells <b>NEW!</b>	14+ years	W	7:00 pm	7:30 pm		44427	\$39	\$78
Sculpt N' Shed	14+ years	M W	8:30 am	9:30 am		44397	\$71	\$142
Sculpt N' Shed	14+ years	M W	10:00 am	11:00 am		44398	\$71	\$142
Sculpt N' Shed	14+ years	M W F	8:30 am	9:30 am		44402	\$96	\$192
Sculpt N' Shed	14+ years	M W F	10:00 am	11:00 am		44400	\$96	\$192
Shape Up	14+ years	T Th	7:00 pm	8:00 pm		44396	\$71	\$142



# HEALTH & FITNESS

## SPECIALTY HEALTH & FITNESS

	Age	Day	Start	End	Barcode	YMCA Member	General Public
<p><b>YMCA Personal Training</b>- Customize your personal fitness program with 45 minute sessions for ages 11+. Rev up a stale exercise routine with fresh approaches to your workout. Break out of your fitness plateau- challenge yourself. Reduce the risk of injury by learning proper techniques. Stay motivated and committed to your exercise program. Contact the Health and Fitness Director at your YMCA location or visit Member Services to purchase personal training sessions.</p>							
<b>Broadview</b>							
Body Composition	14+ years				43684	FREE	\$10
Fit For Two-Water		T	7:20 pm	8:05 pm	43600	\$26	\$52
Fitness Analysis	14+ years				43683	FREE	\$40
Stroller Aerobics	6 weeks - 1 year	M W	11:15 am	12:00 pm	43599	FREE	\$52
<b>Downtown</b>							
Arthritis Foundation Aquatics Class		M W F	11:30 am	12:15 pm	43754	FREE	\$60
Body Composition	14+ years				43847	FREE	\$10
Fitness Analysis	14+ years				43848	FREE	\$40
Special Needs Rec Night	18+ years	T	6:00 pm	8:00 pm		Program Fee \$3	Special Event \$5
<b>East Side</b>							
Body Composition	14+ years				44074	FREE	\$10
Fitness Analysis	14+ years				44075	FREE	\$40
Prenatal Yoga	14+ years	M	7:15 pm	8:00 pm	44164	\$26	\$52
Tri Training	14+ years	T	6:00 pm	7:30 pm	43912	\$50	\$100
<b>West Side</b>							
Body Composition	14+ years				44342	FREE	\$10
Fitness Analysis	14+ years				44341	FREE	\$40

**GROUP  
FITNESS  
SCHEDULES**  
**DOWNLOAD AT  
WWW.GREENBAYYMCA.ORG**



## MARTIAL ARTS

	Age	Day	Start	End		Barcode	YMCA Member	General Public
<b>Broadview</b>								
Tae Kwon Do <i>beginner</i>	7+ years	Th	5:15 pm	6:15 pm		43678	\$36	\$72
Tae Kwon Do <i>advanced</i>	7+ years	Th	6:15 pm	7:15 pm		43679	\$36	\$72
<b>East Side</b>								
Tae Kwon Do <i>beginner</i>	7+ years	T	5:45 pm	6:45 pm		44069	\$36	\$72
Tae Kwon Do <i>advanced</i>	7+ years	T	6:50 pm	7:50 pm		44070	\$36	\$72
Tae Kwon Do <i>beginner</i>	7+ years	Sa	9:00 am	10:00 am		44071	\$36	\$72
Tai Chi	14+ years	T	8:00 am	8:45 am		44072	\$26	\$52
Tai Chi	14+ years	Th	8:00 am	8:45 am		44073	\$26	\$52
<b>West Side</b>								
Pankration	14+ years	M	8:00 pm	9:00 pm		44337	\$36	\$72
Pankration	14+ years	T	7:30 pm	8:30 pm		44338	\$36	\$72
Pankration	14+ years	Th	7:30 pm	8:30 pm		44339	\$36	\$72
Tae Kwon Do <i>all levels</i>	7+ years	M	6:00 pm	7:00 pm		44331	\$36	\$72
Tae Kwon Do <i>all levels</i>	7+ years	M	7:00 pm	8:00 pm		44332	\$36	\$72
Tae Kwon Do <i>all levels</i>	7+ years	T	6:30 pm	7:30 pm		44333	\$36	\$72
Tae Kwon Do <i>all levels</i>	7+ years	Th	6:30 pm	7:30 pm		44334	\$36	\$72
Tae Kwon Do <i>all levels</i>	7+ years	Sa	9:00 am	10:00 am		44335	\$36	\$72
Tae Kwon Do <i>all levels</i>	7+ years	Sa	10:00 am	11:00 am		44336	\$36	\$72

### BIBLE STUDY

Tone your spirit through the non-denominational, Bible-based Stonecroft series. Purchase your Bible for \$5.25 and the session study book for \$6.50, payable at the first meeting. Open to everyone. YMCA membership is not required. Check out these topics, times and places to learn more about the Bible. For more information, or to register, call Sandy at (920) 866-9274, Nancy at (920) 437-6358, or Janie at (920) 499-4031.

#### BROADVIEW:

Tuesdays, January 4 - February 15  
Know the Truth  
9:45 - 11:00 am

#### DOWNTOWN:

Thursdays, January 6 - February 17  
What is God Like?  
12:00 - 1:00 pm

#### EAST SIDE:

Tuesdays, January 4 - February 15  
Know the Truth  
6:30 - 8:00 pm

#### WEST SIDE:

Tuesdays, January 4 - February 15  
What's Brewing?  
10:30 - 11:45 am

# CAMP U-NAH-LI-YA

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

## Y'S MEN'S SERVICE CLUB

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

## CABIN RENTALS & GROUP RETREATS

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

## WINTER CAMP FOR KIDS

**December 28 – 30, 2010**

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

**YMCA Members:** \$140

**General Public:** \$155

## TEEN LEADERS REUNION

**December 28 – 30, 2010**

Counselors-In-Training and Assistant Counselors from Summer 2010 are invited to c'mon back to Unie for 3 days of winter fun during the Teen Leader Reunion. Teen Leaders will take part in winter activities and leadership opportunities and re-connect with their Teen Leader friends from summer. This 3-day, 2-night program includes round trip transportation from Green Bay, lodging and meals, program equipment, and all activities. Call Camp to register, 715.276.7116.

**YMCA Members:** \$100

**General Public:** \$115

## FATHER/CHILD WEEKEND

**February 18-20, 2011**

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

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

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

**Ages 0-3:** FREE

## WINTER FAMILY DAY

**February 19, 2011**

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

\$20/person; \$50/family



# CLASS DESCRIPTIONS

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## 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

ages 2 - 3 years

**Parent/child.** Learn the alphabet through dance. Learn a song and dance for 4 new letters each week!

### 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.** Create craft projects 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 DANCE

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.

## 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.

## RAINBOW ROMPERS

ages 6 years and under with adult

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

ages 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

ages 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.

### HOPPIN' FUN DANCE AND SWIM PARTY

ages 3 - 6 years

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

### NEW YEAR'S SUPER BOWL AND SWIM PARTY

ages 3 - 6 years

Play indoor flag football, make a craft, have a snack and go swimming all in one fun filled day! Bring a suit and towel.

# CLASS DESCRIPTIONS

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## PE (PHY ED)

ages 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!

## 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.

**3-4 Parent and Child Sports:** The same great Sports class, but you get to play too! One adult must accompany each child.

**5-6 year old Sports:** Work on skills and play more sport specific games.

## WE'VE GOT THE BEAT

ages 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.

## aquatics

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### SWIM LESSONS

ages 3 - 13

Comprised of five main components, YMCA Youth Swim Lessons teach personal growth, personal safety, stroke development, water sports and games, and rescue skills. Each level builds on the preceding level with six levels covering all the strokes and safety skills. Diving fundamentals are taught at the Broadview and Downtown centers only.

## PRIVATE SWIM LESSONS

ages 6 - adult

The YMCA encourages participation in group lessons. Occasionally, one-on-one lessons are necessary for those fearful of the water or struggling to advance. Indicate which center you prefer and a director will contact you to arrange a convenient time. Lessons are 30-minutes in length.

## ADAPTIVE SWIM LESSONS

ages 8 - 14 years

Swimming is a great form of exercise for children with primary physical disabilities. Focusing on stroke development, endurance, and fun, children gain the confidence and skills necessary to be safe and have fun in the water. Lots of one-on-one attention from trained instructors and volunteers ensures that everyone will learn skills appropriate for their abilities in a safe environment.

## COMPETITIVE STROKE

ages 6 - 13 years

Taught by Green Bay YMCA Swim Team coaches. Instruction program for the beginning competitive swimmer. Class teaches competitive stroke technique, skills and endurance. Must be able to swim one pool length non-stop.

## KAYAKING - RESCUE & ROLL

ages 12+

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

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

## RED CROSS LIFEGUARD TRAINING

ages 16+

Get the necessary training to become a lifeguard. Participants must be 16 years old by the last date of class and must attend all class sessions to be eligible for certification. Fee includes certification in Lifeguard Training, First Aid, CPR, and AED. It also includes the cost of the lifeguard manual. Participants also receive their own CPR resuscitation mask. At the first class, participants will be required to swim 300 yards, front crawl and breaststroke, and retrieve a ten-pound brick from the bottom of the pool.

## 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.

## MASTER SWIM

ages 16+

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

## gymnastics

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### 3-4 GYMNASTICS

ages 3 - 4 years

Learn the basics of all four gymnastics events: vault, bars, beam, and floor. Throughout the year, your child will increase in strength, flexibility, coordination, and self-confidence while they tumble, swing and have fun.

### 5-6 GYMNASTICS

ages 5 - 6 years

Continue to grow in your gymnastics skills and work on more refined movements on all four events. No prior gymnastics experience necessary.

### INTRO TO GYMNASTICS

ages 7 - 11 years

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

### YOUTH GYMNASTICS

ages 6+ years

Utilize all of the equipment in the gymnastics center to enhance skill level while learning proper form and technique. This progressive class builds upon previous learned fundamentals. Please review prerequisites when choosing a level.

### YOUTH LEVEL 1 WORKS ON THE FOLLOWING SKILLS:

\*Prerequisite: Intro to Gymnastics skills passed.

**Floor** - cartwheels, handstand holds, jumps

**Bars** - casting, forward roll, skin-the-cat

**Beam** - releve walks, jumps, high kicks

**Vault** - squat-on, straight jump to stick

### YOUTH LEVEL 2 WORKS ON THE FOLLOWING SKILLS:

\*Prerequisite: Youth level 1 skills passed

**Floor** - backbend kick over, handstand roll, Levers, round-offs

**Bars** - pullover, back hip circle, under swing

**Beam** - Lever in & out, leaps, and turns

**Vault** - pike on, hollow body fall, table top position

### BOYS GYMNASTICS

ages 6 - 10 years

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

Uses the boy's and girl's equipment with 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.

### ADVANCED INTRO TO GYMNASTICS

ages 7+

Has your child passed Intro to Gymnastics but you just can't get to a Level 1 class? Work on more progressive skills at a location convenient to you!

### PRE-TEAM GYMNASTICS

ages 6 - 11 years

Utilize all of the equipment in the gymnastics center to enhance skill level while learning proper form and technique. This progressive class builds upon previous learned fundamentals. Please review prerequisites when choosing a level.

### PRE-TEAM WORKS ON THE FOLLOWING SKILLS:

\*Prerequisite: Youth Level 2 skills passed.

**Floor** - backhandsprings, round off rebound, extension rolls

**Bars** - front hip circle, shoot through, high casting

**Beam** - split jumps, mini handstands, side handstand dismounts

**Vault** - handstand fall

## dance

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### 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 final 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 final 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 years

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.

### BREAK DANCING

ages 6 - 9, 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!

# CLASS DESCRIPTIONS

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## DANCE LIKE A POP STAR

ages 8 - 13 years

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

## LYRICAL/TAP

ages 7 - 13

\*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.

## STOMP, TAP

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.

## 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.

## DANCE/PILATES

ages 14+

Improve flexibility, increase core strength, and create long, lean muscles with this great combination class. Mat and vertical pilates combine with ballet movements set to upbeat music help you progress toward optimal fitness. Good for all levels.

## LINE DANCING

ages 14+

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

## ZUMBA®

ages 14+

Ditch the workout and 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

### YOUTH SPORTS LEAGUES

Kids get the opportunity 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

### GIRLS IN MOTION

ages 8 - 13 years

Have you always wanted to try out the fitness classes at the Y, but aren't old enough? Are you looking for a fun way to stay active and hang out with friends? Girls in Motion is the class for you. Each week you'll have the opportunity to participate in 45 minutes of aerobic activity, which may include: Zumba, Cardio Kickboxing, line dancing etc. 5 minutes

of the class will be devoted to group time focusing on healthy living tips and self esteem boosters.

### GIRLS' NIGHT OUT

grade 6

A 10 week program for 6th grade girls focusing on building self esteem, positive relationships with friends and developing great communication skills. The first half of class focuses on the curriculum of the night, presented in small group activities. The second half of the night the girls have the opportunity to participate in fitness classes such as Zumba, line dancing and water aerobics. Girls' Night Out is offered to specific schools. See the Teen section, page 29, for details.

### 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

Stay active in a staff organized environment where the activities change every day. Activities may include: sports, fitness classes, dodge ball, obstacle courses and more. Youth may use Power Zone at their leisure. Check out the Youth & Family Activity schedule for dates and times at each location.

### 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.**

### 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

Check out what's happening at the Y Friday night for 5th-8th graders from 7-10 pm. Youth have the opportunity to swim, play DDR, Guitar Hero, basketball, arts & crafts and participate in a special activity each week. Check out your center's calendar of activities for Y Night.

### Y ZONE

ages 7 - 13 years

Y Zone is a supervised space where youth can play games, participate in special activities, create an arts & crafts project or just hang out. Check out your center's calendar of activities for the Y Zone.

### 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*

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## family

### FAMILY HOOPING

ages 6 - 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.

### 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.**

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## 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. Intro 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/XERBALL NEW!

ages 14+

Combine a challenging 30-minute stationary bike workout followed by 30 minutes of exercises using a weighted medicine ball that incorporate upper & lower body and core.

### 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. **45 minutes of cycle followed by 30 minutes of yoga also offered.**

### 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.

# CLASS DESCRIPTIONS

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## 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. **Intro classes also available.**

## 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.** Intro classes also available.

## 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

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### 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.

### KETTLEBELLS NEW!

ages 14+

Burn fat and build total body strength by utilizing full-body movements that will increase endurance and mobility. Apply techniques developed over 300 years ago, today. Use the past to change your future.

### INTENSITY X

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?

### 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

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### 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

### ARTHRITIS FOUNDATION AQUATICS PROGRAM

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

### 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 Justin at (920) 436-9525.

### TRI TRAINING

ages 14+  
Learn technique & efficiency for all three disciplines (swimming, biking & running) as well as how to transition between each. A variety of triathlon-specific workouts are provided each week.

## martial arts

### PANKRATION

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.



## Hours of Operation:

(Winter hours effective January 3)

### Broadview

380 Broadview Dr, Green Bay 54301

Monday-Friday 5 am - 10 pm

Saturday 6 am - 8 pm

Sunday 9 am - 4 pm

### Downtown

235 N Jefferson St, Green Bay 54301

Monday-Friday 5 am - 9 pm

Saturday 6 am - 5 pm

Sunday Closed

### East Side

1740 S Huron Rd, Green Bay 54311

Monday-Friday 5 am - 10 pm

Saturday 6 am - 8 pm

Sunday 7 am - 6 pm

### West Side

601 Cardinal Ln, Green Bay 54313

Monday-Friday 5 am - 10 pm

Saturday 6 am - 8 pm

Sunday 7 am - 6 pm

## Holiday Hours:

Christmas Eve Friday, December 24  
All Centers 5 am - 1 pm

Christmas Day Saturday, December 25  
All Centers closed

New Year's Eve Friday, December 31  
Broadview 5 am - 5 pm

Downtown 5 am - 3 pm

East Side 5 am - 5 pm

West Side 5 am - 5 pm

New Year's Day Saturday, January 1  
All Centers 9 am - 4 pm





**GREATER GREEN BAY YMCA**  
 235 N Jefferson St  
 Green Bay, WI 54301  
[www.GreenBayYMCA.org](http://www.GreenBayYMCA.org)

## WINTER PROGRAM REGISTRATION

January 3 - February 20, 2011

### MEMBERS :

November 29, 7:00 am

### GENERAL PUBLIC:

December 6, 7:00 am

PHONE: 920.436.9595

ONLINE: [www.GreenBayYMCA.org](http://www.GreenBayYMCA.org)

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### CONTACT US

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Fax: 920.436.9699

Jobline: 920.436.YJOB (9562)

E-mail: [ymca@GreenBayYMCA.org](mailto:ymca@GreenBayYMCA.org)

Web Site: [www.GreenBayYMCA.org](http://www.GreenBayYMCA.org)

#### CAMP U-NAH-LI-YA

12101 Y Camp Road

Suring, WI 54174

715.276.7116

#### CAMP WABANSI

1242 Bay Shore Rd

Brussels, WI 54204

920.436.9613

## my Y story



Each day as summer grew closer and the more I heard about Camp U-Nah-Li-Ya, the more I wanted to go because I didn't have any summer plans. I decided to talk to my mom about going to camp. The Y offered me financial assistance to attend one week of camp. From the moment I got on the bus until the day I came home, there were always songs to sing, games to play, new people to meet and days packed with fun.

That one week of camp inspired me to find a way to raise money so the next summer I could attend more weeks of camp. I started saving and recycling cans. My family, friends and neighbors also started collecting cans and I was able to raise enough money to attend Camp U-Nah-Li-Ya for 2 weeks this past summer! My project isn't only about saving money, but recycling for the earth.

I hope everyone can go to camp at least once in their lifetime. If you're like me, you might feel like you want to stay at Camp U-Nah-Li-Ya forever.

-Kayla