



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILIES GROW HERE

PROGRAM GUIDE SPRING 2011



GREATER GREEN BAY YMCA

SPRING 1 February 21 - April 17

SPRING 2 April 18 - June 5

No classes March 21 - 27 and May 28 - 30

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	3:30 pm - 8 pm
Tuesday, Thursday	3:30 pm - 8:30 pm
Friday	3:30 pm - 6 pm
Saturday	7:45 am - 12:15 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 front crawl and back crawl 200 yards using flip turns; swim breaststroke and the individual medley 200 yards; swim butterfly 50 yards.



PARENT/CHILD GYM One adult must accompany each child

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
Baby Bugs	6 months – stable walking	W	10:45 am	11:15 am	45026	45830	\$28	\$48
⊛ First Bugs	stable walking – 2 years	T	9:35 am	10:05 am	45025	45829	\$28	\$48
⊛ Jitter Bugs	2 – 3 years	T	9:00 am	9:30 am	n/a	45831	\$28	\$48
⊛ Sports Bugs	2 – 3 years	T	9:00 am	9:30 am	45027 basketball	n/a	\$28	\$48
Tumble Bugs	2 – 3 years	Th	9:35 am	10:05 am	45028	45832	\$28	\$48
Downtown								
⊛ Parent and Child Gymnastics	2 – 4 years	M	5:15 pm	5:45 pm	45125	45938	\$28	\$48
Parent and Child Gymnastics	2 – 4 years	W	4:25 pm	4:55 pm	45126	45939	\$28	\$48
East Side								
Baby Bugs	6 months – stable walking	W	9:05 am	9:35 am	45390	46215	\$28	\$48
Baby Bugs	6 months – stable walking	Th	6:00 pm	6:30 pm	45391	n/a	\$28	\$48
Baby Bugs	6 months – stable walking	Sa	9:45 am	10:15 am	n/a	46216	\$28	\$48
First Bugs	stable walking – 2 years	M	10:25 am	10:55 am	45389	46214	\$28	\$48
⊛ First Bugs	stable walking – 2 years	Th	6:00 pm	6:30 pm	n/a	46217	\$28	\$48
First Bugs	stable walking – 2 years	Th	6:40 pm	7:10 pm	45392	n/a	\$28	\$48
Dancin' Bugs	2 – 3 years	W	6:45 pm	7:15 pm	n/a	46212	\$28	\$48
Jitter Bugs	2 – 3 years	Th	6:40 pm	7:10 pm	n/a	46219	\$28	\$48
Sports Bugs	2 – 3 years	Sa	9:05 am	9:35 am	45388 soccer	46213 t-ball	\$28	\$48
Tumble Bugs	2 – 3 years	T	10:30 am	11:00 am	45386	46211	\$28	\$48
Aloha Spring! Parent and Child Luau	2 – 4 years	Mar 23	9:30 am	11:00 am	45393	n/a	\$15	\$30
Parent and Child Dance	2 – 4 years	F	10:30 am	11:00 am	45422	46218	\$28	\$48
Parent and Child Gymnastics	2 – 4 years	Sa	9:30 am	10:00 am	45342	n/a	\$28	\$48
West Side								
⊛ Baby Bugs	6 months – stable walking	T	10:30 am	11:00 am	45660	46473	\$28	\$48
⊛ Baby Bugs	6 months – stable walking	T	5:30 pm	6:00 pm	45662	46475	\$28	\$48
First Bugs	stable walking – 2 years	M	9:30 am	10:00 am	45664	46477	\$28	\$48
First Bugs	stable walking – 2 years	T	6:15 pm	6:45 pm	45674	46488	\$28	\$48
First Bugs	stable walking – 2 years	W	9:25 am	9:55 am	45672	46485	\$28	\$48

⊛ also offered as a combo

PARENT/CHILD

PARENT/CHILD GYM One adult must accompany each child

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
West Side								
First Bugs	stable walking - 2 years	W	6:00 pm	6:30 pm	45668	46481	\$28	\$48
⊛ First Bugs	stable walking - 2 years	Th	9:55 am	10:25 am	45661	46474	\$28	\$48
Dancin' Bugs	2 - 3 years	T	9:15 am	9:45 am	45663	46476	\$28	\$48
Jitter Bugs	2 - 3 years	T	9:10 am	9:40 am	45659	46472	\$28	\$48
Jitter Bugs	2 - 3 years	W	6:45 pm	7:15 pm	45670	46483	\$28	\$48
⊛ Jitter Bugs	2 - 3 years	Sa	10:00 am	10:30 am	45671	n/a	\$28	\$48
Messy Bugs	2 - 3 years	F	9:25 am	9:55 am	45669	46482	\$28	\$48
⊛ Sports Bugs	2 - 3 years	T	9:50 am	10:20 am	45673 basketball	46486 soccer	\$28	\$48
⊛ Sports Bugs	2 - 3 years	W	10:45 am	11:15 am	45699 soccer	46487 basketball	\$28	\$48
⊛ Sports Bugs	2 - 3 years	Sa	10:00 am	10:30 am	n/a	46484 basketball	\$28	\$48
⊛ Tumble Bugs	2 - 3 years	M	10:10 am	10:40 am	45667	46480	\$28	\$48
⊛ Tumble Bugs	2 - 3 years	Th	9:10 am	9:40 am	45666	46479	\$28	\$48
Tumble Bugs	2 - 3 years	Th	6:30 pm	7:00 pm	45665	46478	\$28	\$48
Aloha Spring! Parent and Child Luau	2 - 4 years	Mar 23	10:00 am	11:30 pm	45700	n/a	\$15	\$30
Parent and Child Gymnastics	2 - 4 years	Th	5:50 pm	6:20 pm	45701	46424	\$28	\$48

PARENT/CHILD COMBO One adult must accompany each child

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
First Bugs and Swim	stable walking - 2 years	T	9:35 am	10:45 am	45021	45827	\$47	\$72
Jitter Bugs and Swim	2 - 3 years	T	9:00 am	10:10 am	n/a	45828	\$47	\$72
Sports Bugs and Swim	2 - 3 years	T	9:00 am	10:10 am	45024 basketball	n/a	\$47	\$72
Downtown								
Parent Child Gymnastics and Swim	2 - 4 years	M	5:15 pm	6:30 pm	45128	45940	\$47	\$72
East Side								
First Bugs and Swim	stable walking - 2 years	T	9:45 am	10:55 am	45381	46205	\$47	\$72
Stroller Aerobics and First Bugs NEW!	stable walking - 2 years	Th	6:00 pm	7:20 pm	n/a	46248	\$28	\$100
Dancin' Bugs and Swim	2 - 3 years	M	9:45 am	10:55 am	n/a	46208	\$47	\$72

⊛ also offered as a combo

PARENT/CHILD COMBO

One adult must accompany each child

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
East Side								
Jitter Bugs and Swim	2 - 3 years	M	9:45 am	10:55 am	45384	n/a	\$47	\$72
Messy Bugs and Swim	2 - 3 years	W	9:40 am	10:50 am	45385	46209	\$47	\$72
Messy Bugs and Swim	2 - 3 years	Sa	9:50 am	11:00 am	45423	46210	\$47	\$72
Sports Bugs and Swim	2 - 3 years	T	9:05 am	10:15 am	45382 hockey	46206 t-bal	\$47	\$72
Sports Bugs and Swim	2 - 3 years	W	6:10 pm	7:20 pm	45383 t-ball	46207 soccer	\$47	\$72
West Side								
Baby Bugs and Swim	6 months - stable walking	T	10:30 am	11:45 am	45702	46470	\$47	\$72
Baby Bugs and Swim (pool 1st)	6 months - stable walking	T	4:45 pm	6:00 pm	45656	46514	\$47	\$72
First Bugs and Swim (pool 1st)	stable walking to 2 years	Th	9:10 am	10:25 am	45657	46469	\$47	\$72
Jitter Bugs and Swim	2 - 3 years	Sa	10:00 am	11:15 am	45655	n/a	\$47	\$72
Sports Bugs and Swim	2 - 3 years	T	9:50 am	11:05 am	45654 basketball	46467 soccer	\$47	\$72
Sports Bugs and Swim	2 - 3 years	W	10:45 am	12:00 pm	45658 soccer	46471 basketball	\$47	\$72
Sports Bugs and Swim	2 - 3 years	Sa	10:00 am	11:15 am	n/a	46468 basketball	\$47	\$72
Tumble Bugs and Swim	2 - 3 years	M	10:10 am	11:20 am	45652	46465	\$47	\$72
Tumble Bugs and Swim	2 - 3 years	Th	9:10 am	10:20 am	45653	46466	\$47	\$72

PARENT/CHILD SWIM

One adult must accompany each child

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
Shrimp	6 - 12 months	T	10:50 am	11:20 am	44970	45779	\$28	\$48
Shrimp	6 - 12 months	T	5:00 pm	5:30 pm	45046	45780	\$28	\$48
🌀 Perch	13 - 24 months	T	10:15 am	10:45 am	44933	45741	\$28	\$48
Perch	13 - 24 months	T	5:45 pm	6:15 pm	44934	45742	\$28	\$48
Perch	13 - 24 months	Th	6:15 pm	6:45 pm	44935	45743	\$28	\$48
Perch	13 - 24 months	Sa	10:45 am	11:15 am	44936	45744	\$28	\$48
🌀 Mighty Mite	2 - 4 years	T	9:40 am	10:10 am	44928	45736	\$28	\$48
Mighty Mite	2 - 4 years	T	6:30 pm	7:00 pm	44929	45737	\$28	\$48
Mighty Mite	2 - 4 years	Th	10:20 am	10:50 am	44930	45738	\$28	\$48
Mighty Mite	2 - 4 years	Th	5:30 pm	6:00 pm	44931	45739	\$28	\$48
Mighty Mite	2 - 4 years	Sa	10:00 am	10:30 am	44932	45740	\$28	\$48
Downtown								
Shrimp	6 - 12 months	M	5:30 pm	6:00 pm	45083	45897	\$28	\$48
Shrimp	6 - 12 months	Th	5:00 pm	5:30 pm	45084	45898	\$28	\$48

🌀 also offered as a combo

PARENT/CHILD

PARENT/CHILD SWIM

One adult must accompany each child

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Downtown								
Shrimp	6 - 12 months	Sa	8:30 am	9:00 am	45085	45899	\$28	\$48
Perch	13 - 24 months	M	5:00 pm	5:30 pm	45058	45875	\$28	\$48
Perch	13 - 24 months	Th	6:15 pm	6:45 pm	45059	45876	\$28	\$48
Perch	13 - 24 months	Sa	9:00 am	9:30 am	45182	45877	\$28	\$48
☼ Mighty Mite	2 - 4 years	M	6:00 pm	6:30 pm	45055	45872	\$28	\$48
Mighty Mite	2 - 4 years	Th	6:45 pm	7:15 pm	45056	45873	\$28	\$48
Mighty Mite	2 - 4 years	Sa	9:30 am	10:00 am	45057	45874	\$28	\$48
East Side								
Shrimp	6 - 12 months	M	5:50 pm	6:20 pm	45244	46060	\$28	\$48
Shrimp	6 - 12 months	W	5:00 pm	5:30 pm	45245	46061	\$28	\$48
Shrimp	6 - 12 months	F	10:45 am	11:15 am	45424	46062	\$28	\$48
Perch	13 - 24 months	M	6:25 pm	6:55 pm	45204	46019	\$28	\$48
Perch	13 - 24 months	T	9:10 am	9:40 am	45206	46021	\$28	\$48
Perch	13 - 24 months	W	6:10 pm	6:40 pm	45205	46020	\$28	\$48
Perch	13 - 24 months	Sa	11:10 am	11:40 am	45207	46022	\$28	\$48
Mighty Mite	2 - 4 years	M	5:15 pm	5:45 pm	45203	46017	\$28	\$48
Mighty Mite	2 - 4 years	M	7:00 pm	7:30 pm	45201	46015	\$28	\$48
Mighty Mite	2 - 4 years	W	9:45 am	10:15 am	45200	46014	\$28	\$48
Mighty Mite	2 - 4 years	W	5:35 pm	6:05 pm	45199	46013	\$28	\$48
Mighty Mite	2 - 4 years	F	10:10 am	10:40 am	45425	46018	\$28	\$48
Mighty Mite	2 - 4 years	Sa	9:55 am	10:25 am	45202	46016	\$28	\$48
West Side								
Shrimp	6 - 12 months	M	6:10 pm	6:40 pm	45505	46325	\$28	\$48
Shrimp	6 - 12 months	T	11:15 am	11:45 am	45506	46326	\$28	\$48
☼ Shrimp	6 - 12 months	T	4:45 pm	5:15 pm	45703	46327	\$28	\$48
☼ Perch	13 - 24 months	T	9:55 am	10:25 am	45704	46285	\$28	\$48
Perch	13 - 24 months	M	6:45 pm	7:15 pm	45464	46283	\$28	\$48
☼ Perch	13 - 24 months	Th	9:10 am	9:40 am	45465	46284	\$28	\$48
☼ Mighty Mite	2 - 4 years	M	10:50 am	11:20 am	45458	46276	\$28	\$48
Mighty Mite	2 - 4 years	M	5:35 pm	6:05 pm	45455	46273	\$28	\$48
Mighty Mite	2 - 4 years	M	7:20 pm	7:50 pm	45456	46274	\$28	\$48
☼ Mighty Mite	2 - 4 years	T	10:35 am	11:05 am	45457	46275	\$28	\$48
☼ Mighty Mite	2 - 4 years	T	5:30 pm	6:00 pm	45705	46277	\$28	\$48
☼ Mighty Mite	2 - 4 years	W	11:30 am	12:00 pm	45459	46278	\$28	\$48

☼ also offered as a combo

PARENT/CHILD SWIM

One adult must accompany each child

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
West Side								
🌟 Mighty Mite	2 - 4 years	Th	9:50 am	10:20 am	45462	46281	\$28	\$48
Mighty Mite	2 - 4 years	Th	6:00 pm	6:30 pm	45461	46280	\$28	\$48
🌟 Mighty Mite	2 - 4 years	Sa	10:45 am	11:15 am	45463	46282	\$28	\$48
Mighty Mite	2 - 4 years	Sa	11:20 am	11:50 am	45460	46279	\$28	\$48

3-4 GYM

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
🌟 Sports	3 - 4 years	T	9:30 am	10:00 am	45015 soccer	45823 t ball	\$28	\$48
🌟 Sports	3 - 4 years	T	4:30 pm	5:00 pm	45016 soccer	45824 t ball	\$28	\$48
🌟 Sports	3 - 4 years	F	10:15 am	10:45 am	45017 basketball	45825 soccer	\$28	\$48
East Side								
Parent and Child Sports	3 - 4 years	W	5:30 pm	6:00 pm	45432 t ball	46198 soccer	\$28	\$48
🌟 PE	3 - 4 years	W	9:45 am	10:15 am	45428	46194	\$28	\$48
🌟 PE	3 - 4 years	F	9:45 am	10:15 am	45429	46195	\$28	\$48
🌟 Sports	3 - 4 years	M	9:40 am	10:10 am	45430 hockey	46196 t ball	\$28	\$48
🌟 Sports	3 - 4 years	M	5:25 pm	5:55 pm	45431 hockey	46197 t ball	\$28	\$48
🌟 Sports	3 - 4 years	T	9:50 am	10:20 am	45433 t ball	46199 soccer	\$28	\$48
🌟 Sports	3 - 4 years	Sa	9:00 am	9:30 am	45434 t ball	46200 soccer	\$28	\$48
West Side								
🌟 Parent and Child Sports	3 - 4 years	T	6:15 pm	6:45 pm	45643 basketball	46455 soccer	\$28	\$48
🌟 PE	3 - 4 years	M	10:10 am	10:40 am	45641	46453	\$28	\$48
PE	3 - 4 years	T	5:40 pm	6:10 pm	45642	46454	\$28	\$48
🌟 Sports	3 - 4 years	M	5:50 pm	6:20 pm	45640 basketball	46451 soccer	\$28	\$48
🌟 Sports	3 - 4 years	W	10:10 am	10:40 am	45644 soccer	46456 basketball	\$28	\$48
🌟 Sports	3 - 4 years	W	7:05 pm	7:35 pm	45645 soccer	46457 basketball	\$28	\$48
🌟 Sports	3 - 4 years	Th	9:10 am	9:40 am	45646 soccer	46458 basketball	\$28	\$48
🌟 Sports	3 - 4 years	F	10:15 am	10:45 am	45707 basketball	46452 soccer	\$28	\$48
🌟 Sports	3 - 4 years	Sa	10:50 am	11:20 am	45708 soccer	46459 basketball	\$28	\$48

🌟 also offered as a combo

AGES 2½-4

Spring 1 classes run **February 21 - April 17, 2011**
 Spring 2 classes run **April 18 - June 5, 2011**
 Registration begins **Jan 31** (members) or **Feb 7** (general public)

3-4 COMBO

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
Gymnastics and Swim	3 - 4 years	T	10:15 am	11:25 am	44997	45807	\$47	\$72
Sports and Swim	3 - 4 years	T	9:30 am	10:45 am	44994 soccer	45804 tball	\$47	\$72
Sports and Swim	3 - 4 years	T	4:30 pm	5:40 pm	44995 soccer	45805 tball	\$47	\$72
Sports and Swim	3 - 4 years	F	10:15 am	11:30 am	44996 basketball	45806 soccer	\$47	\$72
Downtown								
Gymnastics and Swim	3 - 4 years	Sa	10:05 am	11:20 am	45110	45921	\$47	\$72
East Side								
Crafty Chefs and Swim	3 - 4 years	W	10:30 am	11:45 am	n/a	46125	\$47	\$72
Dance and Swim	3 - 4 years	F	9:00 am	10:15 am	45323	46133	\$47	\$72
Dance and Gymnastics (gymnastics 1st)	3 - 4 years	F	10:30 am	11:35 am	45321	46131	\$47	\$72
Drama and Swim	3 - 4 years	W	10:30 am	11:45 am	45315	n/a	\$47	\$72
Gymnastics and Swim	3 - 4 years	T	9:05 am	10:20 am	45320	46130	\$47	\$72
Gymnastics and Swim	3 - 4 years	F	10:30 am	11:45 am	45319	46129	\$47	\$72
PE and Swim	3 - 4 years	W	9:45 am	11:00 am	45316	46126	\$47	\$72
PE and Swim	3 - 4 years	F	9:45 am	11:00 am	45317	46127	\$47	\$72
Sports and Swim	3 - 4 years	M	9:40 am	10:55 am	45314 hockey	46124 t-ball	\$47	\$72
Sports and Swim (pool 1st)	3 - 4 years	M	4:40 pm	5:55 pm	45312 hockey	46123 t-ball	\$47	\$72
Sports and Swim	3 - 4 years	T	9:50 am	11:05 am	45318 t-ball	46128 soccer	\$47	\$72
Sports and Swim	3 - 4 years	Sa	9:00 am	10:15 am	45322 t-ball	46132 soccer	\$47	\$72
West Side								
Crafty Chefs and Swim (pool 1st)	3 - 4 years	T	9:05 am	10:20 am	45594	46402	\$47	\$72
Dance and Gymnastics (gymn 1st)	3 - 4 years	M	9:30 am	10:40 am	45593	46401	\$47	\$72
Dance and Gymnastics (gymn 1st)	3 - 4 years	Sa	9:05 am	10:15 am	45592	46400	\$47	\$72
Dance and Swim	3 - 4 years	M	10:10 am	11:25 am	45589	46397	\$47	\$72
Dance and Swim	3 - 4 years	T	9:55 am	11:10 am	45588	46396	\$47	\$72
Gymnastics and Swim (pool 1st)	3 - 4 years	M	12:25 pm	2:00 pm	45578	46386	\$47	\$72
Gymnastics and Swim	3 - 4 years	W	10:10 am	11:25 am	45579	46387	\$47	\$72
Gymnastics and Swim	3 - 4 years	Th	4:05 pm	5:20 pm	45580	46388	\$47	\$72
Gymnastics and Swim	3 - 4 years	F	10:15 am	11:30 am	45583	46391	\$47	\$72
Parent and Child Sports and Swim (pool 1st)	3 - 4 years	T	5:30 pm	6:45 pm	45590 basketball	46398 soccer	\$47	\$72

🔄 also offered as a combo

3-4 COMBO

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
West Side								
PE and Swim	3 - 4 years	M	10:10 am	11:25 am	45591	46399	\$47	\$72
Sports and Swim	3 - 4 years	M	5:50 pm	7:05 pm	45585 basketball	46393 soccer	\$47	\$72
Sports and Swim	3 - 4 years	T	12:35 pm	1:50 pm	45577 basketball	46385 soccer	\$47	\$72
Sports and Swim	3 - 4 years	W	10:10 am	11:25 am	45587 soccer	46395 basketball	\$47	\$72
Sports and Swim (pool 1st)	3 - 4 years	W	6:15 pm	7:35 pm	45586 soccer	46394 basketball	\$47	\$72
Sports and Swim	3 - 4 years	Th	9:10 am	10:25 am	45581 soccer	46389 basketball	\$47	\$72
Sports and Swim	3 - 4 years	F	10:15 am	11:30 am	45582 basketball	46390 soccer	\$47	\$72
Sports and Swim	3 - 4 years	Sa	10:50 am	12:05 pm	45584 soccer	46392 basketball	\$47	\$72
We've Got The Beat and Swim (pool 1st)	3 - 4 years	Th	9:05 am	10:25 am	45709	46403	\$47	\$72

2½-4 SWIM

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
Goldfish	2½ - 3 years	T	9:30 am	10:00 am	44924	45732	\$28	\$48
Goldfish	2½ - 3 years	Th	4:45 pm	5:15 pm	44925	45733	\$28	\$48
Goldfish	2½ - 3 years	F	10:15 am	10:45 am	44926	45734	\$28	\$48
Goldfish	2½ - 3 years	Sa	9:15 am	9:45 am	44927	45735	\$28	\$48
Swim Lessons	3 - 4 years	M	4:00 pm	4:35 pm	44942	45750	\$28	\$48
Swim Lessons	3 - 4 years	M	4:40 pm	5:15 pm	44943	45751	\$28	\$48
🌀Swim Lessons	3 - 4 years	T	10:50 am	11:25 am	44950	45759	\$28	\$48
🌀Swim Lessons	3 - 4 years	T	5:05 pm	5:40 pm	45047	45757	\$28	\$48
Swim Lessons	3 - 4 years	T	5:45 pm	6:20 pm	44944	45752	\$28	\$48
Swim Lessons	3 - 4 years	T	6:25 pm	7:00 pm	44945	45753	\$28	\$48
Swim Lessons	3 - 4 years	W	5:30 pm	6:05 pm	44947	45755	\$28	\$48
Swim Lessons	3 - 4 years	W	6:10 pm	6:45 pm	44946	45754	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:45 pm	5:20 pm	44948	45756	\$28	\$48
Swim Lessons	3 - 4 years	Th	5:25 pm	6:00 pm	44949	45758	\$28	\$48
Swim Lessons	3 - 4 years	F	10:15 am	10:50 am	44951	45760	\$28	\$48
Swim Lessons	3 - 4 years	Sa	9:15 am	9:50 am	44952	45761	\$28	\$48
Swim Lessons	3 - 4 years	Sa	9:55 am	10:30 am	44953	45762	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:35 am	11:10 am	44954	45763	\$28	\$48

🌀 also offered as a combo

AGES 2½-4

Spring 1 classes run **February 21 - April 17, 2011**

Spring 2 classes run **April 18 - June 5, 2011**

Registration begins **Jan 31** (members) or **Feb 7** (general public)

2½-4 SWIM

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Downtown								
Goldfish	2½ - 3 years	M	6:30 pm	7:00 pm	45053	45870	\$28	\$48
Goldfish	2½ - 3 years	Sa	10:05 am	10:35 am	45054	45871	\$28	\$48
Swim Lessons	3 - 4 years	W	5:30 pm	6:05 pm	45072	45887	\$28	\$48
Swim Lessons	3 - 4 years	W	6:15 pm	6:50 pm	45073	45888	\$28	\$48
Swim Lessons	3 - 4 years	Th	5:35 pm	6:10 pm	45074	45889	\$28	\$48
☼ Swim Lessons	3 - 4 years	Sa	10:45 am	11:20 am	45075	45890	\$28	\$48
East Side								
Goldfish	2½ - 3 years	M	11:05 am	11:35 am	45192	46005	\$28	\$48
Goldfish	2½ - 3 years	M	4:30 pm	5:00 pm	45193	46006	\$28	\$48
Goldfish	2½ - 3 years	T	4:00 pm	4:30 pm	45194	46007	\$28	\$48
Goldfish	2½ - 3 years	W	11:00 am	11:30 am	45195	46008	\$28	\$48
Goldfish	2½ - 3 years	W	5:20 pm	5:50 pm	45196	46009	\$28	\$48
Goldfish	2½ - 3 years	W	6:00 pm	6:30 pm	45197	46010	\$28	\$48
Goldfish	2½ - 3 years	F	9:30 am	10:00 am	45198	46011	\$28	\$48
Goldfish	2½ - 3 years	Sa	9:15 am	9:45 am	45426	46012	\$28	\$48
Swim Lessons	3 - 4 years	M	9:35 am	10:10 am	45218	46033	\$28	\$48
Swim Lessons	3 - 4 years	M	3:55 pm	4:30 pm	45214	46029	\$28	\$48
Swim Lessons	3 - 4 years	M	5:25 pm	6:00 pm	45219	46034	\$28	\$48
Swim Lessons	3 - 4 years	M	6:10 pm	6:45 pm	45220	46035	\$28	\$48
Swim Lessons	3 - 4 years	M	6:55 pm	7:30 pm	45221	46036	\$28	\$48
Swim Lessons	3 - 4 years	T	1:30 pm	2:05 pm	45217	46032	\$28	\$48
Swim Lessons	3 - 4 years	T	4:10 pm	4:45 pm	45212	46027	\$28	\$48
Swim Lessons	3 - 4 years	T	4:55 pm	5:30 pm	45210	46025	\$28	\$48
Swim Lessons	3 - 4 years	W	9:40 am	10:15 am	45215	46030	\$28	\$48
Swim Lessons	3 - 4 years	W	5:10 pm	5:45 pm	45213	46028	\$28	\$48
Swim Lessons	3 - 4 years	W	5:55 pm	6:30 pm	45216	46031	\$28	\$48
Swim Lessons	3 - 4 years	W	6:40 pm	7:15 pm	45208	46023	\$28	\$48
Swim Lessons	3 - 4 years	Th	1:30 pm	2:05 pm	45211	46026	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:10 pm	4:45 pm	45226	46042	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:55 pm	5:30 pm	45224	46040	\$28	\$48
☼ Swim Lessons	3 - 4 years	F	9:40 am	10:15 am	45209	46024	\$28	\$48
☼ Swim Lessons	3 - 4 years	F	10:25 am	11:00 am	45427	46037	\$28	\$48
☼ Swim Lessons	3 - 4 years	F	11:10 am	11:45 am	45227	46043	\$28	\$48

☼ also offered as a combo

2½-4 SWIM

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
East Side								
Swim Lessons	3 - 4 years	Sa	8:55 am	9:30 am	45225	46041	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:25 am	11:00 am	45222	46038	\$28	\$48
Swim Lessons	3 - 4 years	Sa	11:10 am	11:45 am	45223	46039	\$28	\$48
West Side								
Goldfish	2½ - 3 years	M	10:50 am	11:20 am	45450	46267	\$28	\$48
Goldfish	2½ - 3 years	T	4:10 pm	4:40 pm	45451	46268	\$28	\$48
Goldfish	2½ - 3 years	T	5:25 pm	5:55 pm	45706	46269	\$28	\$48
Goldfish	2½ - 3 years	Th	9:45 am	10:15 am	45454	46272	\$28	\$48
Goldfish	2½ - 3 years	Th	4:10 pm	4:40 pm	45452	46270	\$28	\$48
Goldfish	2½ - 3 years	Th	5:25 pm	5:55 pm	45453	46271	\$28	\$48
🌟 Swim Lessons	3 - 4 years	M	10:50 am	11:25 am	45466	46286	\$28	\$48
🌟 Swim Lessons	3 - 4 years	M	12:25 pm	1:00 pm	45469	46289	\$28	\$48
Swim Lessons	3 - 4 years	M	5:45 pm	6:20 pm	45467	46287	\$28	\$48
🌟 Swim Lessons	3 - 4 years	M	6:30 pm	7:05 pm	45468	46288	\$28	\$48
🌟 Swim Lessons	3 - 4 years	T	9:05 am	9:40 am	45481	46301	\$28	\$48
🌟 Swim Lessons	3 - 4 years	T	10:35 am	11:10 am	45470	46290	\$28	\$48
🌟 Swim Lessons	3 - 4 years	T	1:20 pm	1:55 pm	45482	46302	\$28	\$48
Swim Lessons	3 - 4 years	T	4:05 pm	4:40 pm	45471	46291	\$28	\$48
Swim Lessons	3 - 4 years	T	4:45 pm	5:20 pm	45472	46292	\$28	\$48
Swim Lessons	3 - 4 years	T	5:30 pm	6:05 pm	45473	46293	\$28	\$48
🌟 Swim Lessons	3 - 4 years	W	10:50 am	11:25 am	45483	46303	\$28	\$48
🌟 Swim Lessons	3 - 4 years	W	6:15 pm	6:50 pm	45485	46305	\$28	\$48
Swim Lessons	3 - 4 years	W	7:00 pm	7:35 pm	45486	46306	\$28	\$48
🌟 Swim Lessons	3 - 4 years	Th	9:05 am	9:40 am	45484	46304	\$28	\$48
🌟 Swim Lessons	3 - 4 years	Th	9:50 am	10:25 am	45474	46294	\$28	\$48
Swim Lessons	3 - 4 years	Th	4:05 pm	4:40 pm	45475	46295	\$28	\$48
🌟 Swim Lessons	3 - 4 years	Th	4:45 pm	5:20 pm	45476	46296	\$28	\$48
Swim Lessons	3 - 4 years	Th	5:25 pm	6:00 pm	45477	46297	\$28	\$48
🌟 Swim Lessons	3 - 4 years	F	10:55 am	11:30 am	45487	46307	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:00 am	10:35 am	45478	46298	\$28	\$48
Swim Lessons	3 - 4 years	Sa	10:45 am	11:20 am	45480	46300	\$28	\$48
🌟 Swim Lessons	3 - 4 years	Sa	11:30 am	12:05 pm	45479	46299	\$28	\$48

🌟 also offered as a combo

AGES 5-6

Spring 1 classes run **February 21 - April 17, 2011**
 Spring 2 classes run **April 18 - June 5, 2011**
 Registration begins **Jan 31** (members) or **Feb 7** (general public)

5-6 GYM

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
⊛ Sports	5 - 6 years	F	10:55 am	11:25 am	45020 basketball	45826 soccer	\$28	\$48
East Side								
PE	5 - 6 years	F	10:30 am	11:00 am	45378	46202	\$28	\$48
Preschool Tae Kwon Do & Self Defense	5 - 6 years	Sa	10:15 am	10:45 am	45380	46204	\$23	\$40
⊛ Sports	5 - 6 years	M	6:05 pm	6:35 pm	45379 hockey	46203 t-ball	\$28	\$48
Sports	5 - 6 years	W	6:45 pm	7:15 pm	45377 t-ball	46201 soccer	\$28	\$48
West Side								
⊛ PE	5 - 6 years	Sa	9:10 am	9:40 am	45651	46464	\$28	\$48
⊛ Sports	5 - 6 years	T	9:10 am	9:40 am	45648 basketball	46461 soccer	\$28	\$48
⊛ Sports	5 - 6 years	T	5:00 pm	5:30 pm	45649 basketball	46462 soccer	\$28	\$48
⊛ Sports	5 - 6 years	W	6:10 pm	6:40 pm	45647 basketball	46460 soccer	\$28	\$48
Sports	5 - 6 years	F	9:20 am	9:50 am	45650 soccer	46463 basketball	\$28	\$48

**I PLAY
BECAUSE
IT'S FUN**



5-6 COMBO

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
Sports and Swim	5 - 6 years	F	10:55 am	12:15 pm	44999 basketball	45808 soccer	\$49	\$75
Downtown								
Gymnastics and Swim	5 - 6 years	W	6:05 pm	7:40 pm	45112	45923	\$52	\$78
East Side								
Sports and Swim (pool 1st)	5 - 6 years	M	5:15 pm	6:35 pm	45324 hockey	46134 soccer	\$49	\$75
West Side								
Gymnastics and Swim (pool 1st)	5 - 6 years	M	12:20 pm	2:00 pm	45599	46408	\$52	\$78
Gymnastics and Swim (pool 1st)	5 - 6 years	M	4:00 pm	5:40 pm	45595	46409	\$52	\$78
Gymnastics and Swim (pool 1st)	5 - 6 years	Th	4:00 pm	5:40 pm	45600	46404	\$52	\$78
Gymnastics and Swim	5 - 6 years	Sa	9:45 am	11:20 am	45596	46405	\$52	\$78
PE and Swim	5 - 6 years	Sa	9:10 am	10:30 am	45710	46412	\$49	\$75
Sports and Swim	5 - 6 years	T	9:10 am	10:30 am	45602 basketball	46411 soccer	\$49	\$75
Sports and Swim	5 - 6 years	T	12:35 pm	1:55 pm	45601 basketball	46410 soccer	\$49	\$75
Sports and Swim	5 - 6 years	T	5:00 pm	6:20 pm	45597 basketball	46406 soccer	\$49	\$75
Sports and Swim	5 - 6 years	W	6:10 pm	7:30 pm	45598 soccer	46407 basketball	\$49	\$75

3-6 ENRICHMENT

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
East Side								
🌀 Crafty Chefs	3 - 4 years	W	10:30 am	11:00 am	n/a	46190	\$28	\$48
Crafty Chefs	3 - 6 years	Sa	10:30 am	11:00 am	n/a	46191	\$28	\$48
🌀 Drama	3 - 4 years	W	10:30 am	11:00 am	45376	n/a	\$28	\$48
Drama	3 - 6 years	Sa	10:30 am	11:00 am	45435	n/a	\$28	\$48
Hoppin' Fun Dance & Swim Party	3 - 6 years	Mar 22	9:45 am	11:15 am	45436	n/a	\$15	\$30
Little Mermaid Princess Splash	3 - 6 years	Mar 24	9:45 am	11:15 am	45437	n/a	\$15	\$30
West Side								
Crafty Chefs	3 - 6 years	M	6:30 pm	7:00 pm	45639	46445	\$28	\$48
* Crafty Chefs	3 - 6 years	T	9:50 am	10:20 am	45711	46446	\$28	\$48
Drama	3 - 6 years	Th	10:40 am	11:10 am	45712	46447	\$28	\$48
Little Mermaid Princess Splash	3 - 6 years	Mar 23	10:00 am	11:30 am	45713	n/a	\$15	\$30
March Madness Dunk and Splash	3 - 6 years	Mar 22	9:30 am	11:00 am	45714	n/a	\$15	\$30
* We've Got the Beat	3 - 6 years	Th	9:55 am	10:25 am	45715	46450	\$28	\$48

🌀 also offered as a combo

AQUATICS 5+

Spring 1 classes run **February 21 – April 17, 2011**
 Spring 2 classes run **April 18 – June 5, 2011**
 Registration begins **Jan 31** (members) or **Feb 7** (general public)

5+ SWIM LESSONS

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm	44955	45764	\$28	\$48
Swim Lessons	5 - 13 years	M	4:45 pm	5:25pm	44956	45765	\$28	\$48
Swim Lessons	5 - 13 years	M	5:30 pm	6:10 pm	44957	45766	\$28	\$48
Swim Lessons	5 - 13 years	T	5:00 pm	5:40 pm	44958	45767	\$28	\$48
Swim Lessons	5 - 13 years	T	5:45 pm	6:25 pm	44959	45768	\$28	\$48
Swim Lessons	5 - 13 years	T	6:30 pm	7:10 pm	44960	45769	\$28	\$48
Swim Lessons	5 - 13 years	W	5:30 pm	6:10 pm	44961	45770	\$28	\$48
Swim Lessons	5 - 13 years	W	6:15 pm	6:55 pm	44962	45771	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm	44963	45772	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:45 pm	5:25 pm	44964	45773	\$28	\$48
Swim Lessons	5 - 13 years	Th	5:30 pm	6:10 pm	44965	45774	\$28	\$48
🌀 Swim Lessons	5 - 13 years	F	11:35 am	12:15 pm	44966	45775	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:15 am	9:55 am	44967	45776	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:00 am	10:40 am	44968	45777	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:45 am	11:25 am	44969	45778	\$28	\$48
Adult Swim Lessons	14+ years	T	7:15 pm	8:00 pm	44923	45730	\$28	\$48
Adult Swim Lessons	14+ years	Th	6:15 pm	7:00 pm	45048	45731	\$28	\$48
Private Swim Lessons	5 - adult	3 lessons			44972	45782	\$44	\$69
Private Swim Lessons	5 - adult	7 lessons			44971	45781	\$89	\$159
Downtown								
🌀 Swim Lessons	5 - 6 years	W	4:55 pm	5:35 pm	45079	45894	\$28	\$48
Swim Lessons	5 - 13 years	M	5:35 pm	6:15 pm	45076	45891	\$28	\$48
Swim Lessons	5 - 13 years	M	6:20 pm	7:00 pm	45077	45892	\$28	\$48
Swim Lessons	5 - 13 years	W	5:40 pm	6:20 pm	45078	45893	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:55 am	10:35 am	45081	45895	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:45 am	11: 25 am	45082	45896	\$28	\$48
Private Swim Lessons	5 - adult	3 lessons			45087	45901	\$44	\$69
Private Swim Lessons	5 - adult	7 lessons			45086	45900	\$89	\$159
East Side								
Swim Lessons	5 - 13 years	M	3:45 pm	4:25 pm	45231	46047	\$28	\$48
Swim Lessons	5 - 13 years	M	4:30 pm	5:10 pm	45232	46048	\$28	\$48
🌀 Swim Lessons	5 - 13 years	M	5:15 pm	5:55 pm	45236	46052	\$28	\$48
Swim Lessons	5 - 13 years	M	6:00 pm	6:40 pm	45242	46058	\$28	\$48
Swim Lessons	5 - 13 years	M	6:45 pm	7:25 pm	45243	46059	\$28	\$48

🌀 also offered as a combo

5+ SWIM LESSONS

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
East Side								
Swim Lessons	5 - 13 years	T	4:00 pm	4:40 pm	45239	46055	\$28	\$48
Swim Lessons	5 - 13 years	T	4:45 pm	5:25 pm	45240	46056	\$28	\$48
Swim Lessons	5 - 13 years	W	5:00 pm	5:40 pm	45237	46053	\$28	\$48
Swim Lessons	5 - 13 years	W	5:45 pm	6:25 pm	45233	46049	\$28	\$48
Swim Lessons	5 - 13 years	W	6:30 pm	7:10 pm	45234	46050	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm	45228	46044	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:45 pm	5:25 pm	45235	46051	\$28	\$48
Swim Lessons	5 - 13 years	Sa	8:45 am	9:25 am	45229	46045	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:35 am	10:15 am	45230	46046	\$28	\$48
Swim Lessons	5 - 13 years	Sa	10:25 am	11:05 am	45238	46054	\$28	\$48
Swim Lessons	5 - 13 years	Sa	11:15 am	11:55 am	45241	46057	\$28	\$48
Adaptive Swim Lessons	8 - 14 years	T	4:40 pm	5:20 pm	45248	46065	\$28	\$48
Adult Swim Lessons	14+ years	Th	5:45 pm	6:30 pm	45191	46004	\$28	\$48
Private Swim Lessons	5 - adult	3 lessons			45247	46064	\$44	\$69
Private Swim Lessons	5 - adult	7 lessons			45246	46063	\$89	\$159
West Side								
☼ Swim Lessons	5 - 13 years	M	12:20 pm	1:00 pm	45504	46324	\$28	\$48
☼ Swim Lessons	5 - 13 years	M	4:00 pm	4:40 pm	45493	46313	\$28	\$48
Swim Lessons	5 - 13 years	M	4:50 pm	5:30 pm	45488	46308	\$28	\$48
Swim Lessons	5 - 13 years	M	5:40 pm	6:20 pm	45499	46319	\$28	\$48
☼ Swim Lessons	5 - 13 years	T	9:50 am	10:30 am	45503	46323	\$28	\$48
☼ Swim Lessons	5 - 13 years	T	1:15 pm	1:55 pm	45502	46322	\$28	\$48
Swim Lessons	5 - 13 years	T	4:00 pm	4:40 pm	45489	46309	\$28	\$48
Swim Lessons	5 - 13 years	T	4:50 pm	5:30 pm	45490	46310	\$28	\$48
☼ Swim Lessons	5 - 13 years	T	5:40 pm	6:20 pm	45491	46311	\$28	\$48
Swim Lessons	5 - 13 years	W	6:00 pm	6:40 pm	45500	46320	\$28	\$48
☼ Swim Lessons	5 - 13 years	W	6:50 pm	7:30 pm	45492	46312	\$28	\$48
☼ Swim Lessons	5 - 13 years	Th	4:00 pm	4:40 pm	45494	46314	\$28	\$48
Swim Lessons	5 - 13 years	Th	4:50 pm	5:30 pm	45495	46315	\$28	\$48
☼ Swim Lessons	5 - 13 years	Th	5:40 pm	6:20 pm	45496	46316	\$28	\$48
Swim Lessons	5 - 13 years	Sa	9:00 am	9:40 am	45497	46317	\$28	\$48
☼ Swim Lessons	5 - 13 years	Sa	9:50 am	10:30 am	45498	46318	\$28	\$48
☼ Swim Lessons	5 - 13 years	Sa	10:40 am	11:20 am	45501	46321	\$28	\$48
Adult Swim Lessons	14+ years	W	7:45 pm	8:30 pm	45448	46266	\$28	\$48
Private Swim Lessons	5 - adult	3 lessons			45508	46329	\$44	\$69
Private Swim Lessons	5 - adult	7 lessons			45507	46328	\$89	\$159

☼ also offered as a combo

AQUATICS 5+

Spring 1 classes run **February 21 - April 17, 2011**
 Spring 2 classes run **April 18 - June 5, 2011**
 Registration begins **Jan 31** (members) or **Feb 7** (general public)

AQUATIC SPECIALTY

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
Master Swim Class	14+ years	M	6:00 am	7:00 am	44974	45784	\$28	\$48
Kayaking - Basic Skills Feb 13,20,27 Mar 6	12+ years	Su	3:30 pm	6:00 pm	43902	n/a	\$90	\$110
Kayaking - Rescue and Roll Mar 20,27, Apr 3,10	12+ years	Su	3:30 pm	6:00 pm	43903	n/a	\$90	\$110
Downtown								
Red Cross Lifeguard Class Mar 22-25	16+ years	T - F	9:00 am	5:00 pm	44975	n/a	\$153	\$178
Red Cross Lifeguard Class Apr 21, 28, May 5, 12, 19, 26	16+ years	Th	5:30 pm	9:00 pm	n/a	45902	\$153	\$178
East Side								
F.A.S.T. (Future Aquatic Staff Training)	11 - 15 years	Th	4:00 pm	5:00 pm	n/a	46249	\$49	\$74
Master Swim	14+ years	T	7:30 pm	8:30 pm	45249	46066	\$28	\$48
West Side								
Master Swim	14+ years	M	6:30 pm	7:30 pm	45510	46331	\$28	\$48



SWIM TEAM

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
Competitive Stroke	6 - 13 years	M	6:00 pm	6:45 pm	44937	45745	\$40	\$80
Competitive Stroke	6 - 13 years	Th	6:30 pm	7:15 pm	44938	45746	\$40	\$80
Pre-season Stroke & Training Sessions	9 - 18 years	M	7:00 pm	8:30 pm			\$5	\$15
Pre-season Stroke & Training Sessions	9 - 18 years	Th	7:00 pm	8:30 pm			\$5	\$15

Downtown

Pre-season Stroke & Training Sessions	6 - 11 years	M	4:00 pm	5:30 pm			\$5	\$15
Pre-season Stroke & Training Sessions	6 - 11 years	Th	4:00 pm	5:30 pm			\$5	\$15
Pre-season Stroke & Training Sessions	9 - 18 years	W	7:00 pm	8:30 pm			\$5	\$15

The Green Bay YMCA Swim Team has a proud history of being the premier competitive swimming program in the Green Bay area, producing many outstanding young men and women. Swimmers develop strong character values such as respect, responsibility, leadership and teamwork, as well as a strong work ethic. Opportunities exist for all levels of competitive swimmers; participation at the National level is available to those who wish to dedicate themselves to this goal. A full schedule of meets is offered for the team. Participation is recommended but not required. You must be a member of the Green Bay YMCA to be on the swim team. Anyone wishing to join the team should contact Coach Dave Korst for more information at 436-9624.

We're looking for new members for the 2011 season. All NEW swimmers wishing to join the team should contact Coach Dave Korst at (920) 436-9624.

Practice Groups:	Age	Cost
Bronze (Developmental): For all swimmers who are new to the sport of competitive swimming. Must be of Fish level or equivalent (able to swim 25 - 50 yards of Freestyle with rotary breathing). Developmental swimmers are expected to attend 2-3 practices a week. May 11-July 21	6 - 14 years	\$85
Silver/Afternoon Age Group: For those with competitive swimming experience. Must be able to swim 16 x 50 freestyle on 1:15. Age Group swimmers are expected to attend 3-4 practices a week. Senior Swimmers are expected to attend 4-5 practices per week. May 11-July 21	6 - 15 years	\$100
Morning Silver/Gold: For those with competitive swimming experience. Must be able to swim 20 x 100 freestyle on 1:45. Usually five practices are offered per week. Senior swimmers are expected to attend 4-5 practices a week. May 11 - July 21	11 - 18 years	\$125
Gold I/National Team: For those who wish to compete in the YMCA National Swimming Championships. All national team swimmers must be approved by the head coach and are expected to attend all scheduled workouts. May 11 -July 28	12+ years	\$150

Fees Above cover the entire Spring/Summer Season: May 11 - July 21



GYMNASTICS

Spring 1 classes run **February 21 - April 17, 2011**
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GYMNASTICS

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
<p>Gymstars <i>By Invitation Only</i> Competitive Gymnastics Team for girls. Team members are dedicated to working hard on improving their skills as they compete against other YMCA teams at local, state and national meets. A wonderful goal for the beginning to intermediate gymnast, team members develop strong character values such as respect, responsibility, leadership and teamwork. A gymnast must be at a Level 3 skill level to be invited to join and compete with the team. For more information, call Beth Kennerhed at 436-9651.</p>								
Broadview								
🌀 Gymnastics	3 - 4 years	T	10:15 am	10:45 am	45000	45809	\$28	\$48
Downtown								
Gymnastics	3 - 4 years	M	5:15 pm	5:45 pm	45113	45924	\$28	\$48
Gymnastics	3 - 4 years	M	6:20 pm	6:50 pm	45183	45925	\$28	\$48
Gymnastics	3 - 4 years	W	4:25 pm	4:55 pm	45114	45926	\$28	\$48
Gymnastics	3 - 4 years	W	5:15 pm	5:45 pm	45184	45927	\$28	\$48
🌀 Gymnastics	3 - 4 years	Sa	10:05 am	10:35 am	45115	45928	\$28	\$48
Gymnastics	5 - 6 years	M	4:10 pm	4:55 pm	45116	45929	\$35	\$55
🌀 Gymnastics	5 - 6 years	W	6:05 pm	6:50 pm	45117	45930	\$35	\$55
Gymnastics	5 - 6 years	Sa	9:50 am	10:35 am	45118	45931	\$35	\$55
Intro to Gymnastics	7 - 11 years	M	6:05 pm	6:50 pm	45122	45935	\$35	\$55
Intro to Gymnastics	7 - 11 years	W	4:10 pm	4:55 pm	45123	45936	\$35	\$55
Intro to Gymnastics	7 - 11 years	Sa	9:00 am	9:45 am	45124	45937	\$35	\$55
Boys	6 - 11 years	M	6:05 pm	6:50 pm	45119	45932	\$35	\$55
Boys	6 - 11 years	W	4:10 pm	4:55 pm	45120	45933	\$35	\$55
Boys	6 - 11 years	Sa	10:40 am	11:25 am	45121	45934	\$35	\$55
Youth Level 1	6 - 11 years	M	4:10 pm	4:55 pm	45135	45947	\$35	\$55
Youth Level 1	6 - 11 years	M	6:05 pm	6:50 pm	45136	45948	\$35	\$55
Youth Level 1	6 - 11 years	W	4:10 pm	4:55 pm	45137	45949	\$35	\$55
Youth Level 1	6 - 11 years	W	6:05 pm	6:50 pm	45138	45950	\$35	\$55
Youth Level 1	6 - 11 years	Sa	9:00 am	9:45 am	45139	45951	\$35	\$55
Youth Level 1	6 - 11 years	Sa	10:40 am	11:25 am	45140	45952	\$35	\$55
Youth Level 2	6 - 11 years	M	4:10 pm	4:55 pm	45141	45953	\$35	\$55
Youth Level 2	6 - 11 years	M	6:05 pm	6:50 pm	45142	45954	\$35	\$55
Youth Level 2	6 - 11 years	W	4:10 pm	4:55 pm	45143	45955	\$35	\$55
Youth Level 2	6 - 11 years	W	6:05 pm	6:50 pm	45144	45956	\$35	\$55
Youth Level 2	6 - 11 years	Sa	9:00 am	9:45 am	45145	45957	\$35	\$55
Youth Level 2	6 - 11 years	Sa	10:40 am	11:25 am	45146	45958	\$35	\$55
Pre-Team	6 - 11 years	M	5:00 pm	6:00 pm	45147	45959	\$45	\$79
Pre-Team	6 - 11 years	W	5:00 pm	6:00 pm	45148	45960	\$45	\$79

🌀 also offered as a combo

GYMNASTICS

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Downtown								
Pre-Team	6 - 11 years	Sa	11:30 am	12:30 pm	45149	45961	\$45	\$79
Teen (advanced)	11 - 17 years	M	4:10 pm	5:10 pm	45129	45941	\$45	\$79
Teen (advanced)	11 - 17 years	W	6:05 pm	7:05 pm	45130	45942	\$45	\$79
Teen (advanced)	11 - 17 years	Sa	11:30 am	12:30 pm	45131	45943	\$45	\$79
Teen (beginner)	11 - 17 years	M	4:10 pm	5:10 pm	45132	45944	\$45	\$79
Teen (beginner)	11 - 17 years	W	6:05 pm	7:05 pm	45133	45945	\$45	\$79
Teen (beginner)	11 - 17 years	Sa	11:30 am	12:30 pm	45134	45946	\$45	\$79
Open Workout no workout May 27th	6+ years	F	5:00 pm	7:00 pm			\$5	\$10
Open Workout no workout May 28th	6+ years	Sa	12:30 pm	2:30 pm			\$5	\$10
East Side								
Gymnastics	3 - 4 years	M	6:00 pm	6:30 pm	45325	46135	\$28	\$48
🌀 Gymnastics	3 - 4 years	T	9:05 am	9:35 am	45326	46136	\$28	\$48
Gymnastics	3 - 4 years	T	4:30 pm	5:00 pm	45438	46141	\$28	\$48
Gymnastics	3 - 4 years	W	6:00 pm	6:30 pm	45327	46137	\$28	\$48
Gymnastics	3 - 4 years	W	6:50 pm	7:20 pm	45328	46138	\$28	\$48
Gymnastics	3 - 4 years	Th	6:05 pm	6:35 pm	45329	46139	\$28	\$48
Gymnastics	3 - 4 years	Sa	9:30 am	10:00 am	n/a	46250	\$28	\$48
Gymnastics	3 - 4 years	Sa	10:30 am	11:00 am	45330	46140	\$28	\$48
Gymnastics	5 - 6 years	M	5:45 pm	6:30 pm	45331	46142	\$35	\$55
Gymnastics	5 - 6 years	T	5:05 pm	5:50 pm	45332	46143	\$35	\$55
Gymnastics	5 - 6 years	W	6:35 pm	7:20 pm	45333	46144	\$35	\$55
Gymnastics	5 - 6 years	Th	5:00 pm	5:45 pm	45334	46145	\$35	\$55
Gymnastics	5 - 6 years	Th	5:50 pm	6:35 pm	45335	46146	\$35	\$55
Gymnastics	5 - 6 years	F	11:10 am	11:55 am	45336	46147	\$35	\$55
Gymnastics	5 - 6 years	Sa	10:15 am	11:00 am	45439	46148	\$35	\$55
Intro to Gymnastics	7 - 11 years	M	6:35 pm	7:20 pm	45337	46150	\$35	\$55
Intro to Gymnastics	7 - 11 years	T	5:05 pm	5:50 pm	45338	46151	\$35	\$55
Intro to Gymnastics	7 - 11 years	W	6:35 pm	7:20 pm	45339	46152	\$35	\$55
Intro to Gymnastics	7 - 11 years	Th	5:50 pm	6:35 pm	45340	46153	\$35	\$55
Intro to Gymnastics	7 - 11 years	Sa	11:05 am	11:50 am	45341	46154	\$35	\$55
Boys	6 - 11 years	Th	5:00 pm	5:45 pm	45440	46149	\$35	\$55
Youth Level 1	6 - 11 years	M	6:35 pm	7:20 pm	45343	46156	\$35	\$55
Youth Level 1	6 - 11 years	T	6:00 pm	6:45 pm	45344	46157	\$35	\$55
Youth Level 1	6 - 11 years	W	5:45 pm	6:30 pm	45345	46158	\$35	\$55
Youth Level 1	6 - 11 years	Th	5:00 pm	5:45 pm	45346	46159	\$35	\$55

🌀 also offered as a combo

GYMNASTICS

Spring 1 classes run **February 21 - April 17, 2011**

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GYMNASTICS

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
East Side								
Youth Level 1	6 - 11 years	Sa	11:05 am	11:50 am	45347	46160	\$35	\$55
Youth Level 2	6 - 11 years	M	6:35 pm	7:20 pm	45349	46162	\$35	\$55
Youth Level 2	6 - 11 years	T	6:00 pm	6:45 pm	45350	46163	\$35	\$55
Youth Level 2	6 - 11 years	W	5:45 pm	6:30 pm	45351	46164	\$35	\$55
Youth Level 2	6 - 11 years	Th	5:00 pm	5:45 pm	45352	46165	\$35	\$55
Youth Level 2	6 - 11 years	Sa	11:05 am	11:50 am	45348	46161	\$35	\$55
West Side								
⊛ Gymnastics	3 - 4 years	M	9:30 am	10:00 am	45603	46413	\$28	\$48
Gymnastics	3 - 4 years	M	5:05 pm	5:35 pm	45604	46516	\$28	\$48
⊛ Gymnastics	3 - 4 years	W	10:10 am	10:40 am	45606	46415	\$28	\$48
Gymnastics	3 - 4 years	Th	9:55 am	10:25 am	45722	46417	\$28	\$48
⊛ Gymnastics	3 - 4 years	Th	4:05 pm	4:35 pm	45607	46416	\$28	\$48
⊛ Gymnastics	3 - 4 years	F	10:15 am	10:45 am	45723	46418	\$28	\$48
⊛ Gymnastics	3 - 4 years	Sa	9:05 am	9:35 am	45605	46414	\$28	\$48
⊛ Gymnastics	5 - 6 years	M	4:55 pm	5:40 pm	45609	46420	\$35	\$55
⊛ Gymnastics	5 - 6 years	Th	4:55 pm	5:40 pm	45608	46419	\$35	\$55
⊛ Intro to Gymnastics	7 - 11 years	Th	4:55 pm	5:40 pm	45612	46422	\$35	\$55
Intro to Gymnastics	7 - 11 years	Sa	9:45 am	10:30 am	45611	46421	\$35	\$55
Advanced Intro to Gymnastics	7 - 11 years	Th	5:45 pm	6:30 pm	45613	46423	\$35	\$55

⊛ also offered as a combo

STRETCH YOURSELF



GYMNASTICS CAMPS

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Downtown								
Tumble Fun	4 - 5 years	Mar 22	9:00 am	2:30 pm	45995	n/a	\$29	\$46
Tumble Fun	4 - 5 years	Mar 23	9:00 am	2:30 pm	45996	n/a	\$29	\$46
Tumble Fun	4 - 5 years	Mar 24	9:00 am	2:30 pm	45997	n/a	\$29	\$46
3 - day Tumble Fun Camp	4 - 5 years	Mar 22-24	9:00 am	2:30 pm	45998	n/a	\$73	\$115
Youth Camp	6+ years	Mar 22	9:00 am	4:00 pm	45991	n/a	\$35	\$55
Youth Camp	6+ years	Mar 23	9:00 am	4:00 pm	45992	n/a	\$35	\$55
Youth Camp	6+ years	Mar 24	9:00 am	4:00 pm	45993	n/a	\$35	\$55
3 - day Youth Camp	6+ years	Mar 22-24	9:00 am	4:00 pm	45994	n/a	\$84	\$137
East Side								
Tumble Fun	4 - 5 years	Mar 21	9:00 am	2:30 pm	46253	n/a	\$29	\$46
Tumble Fun	4 - 5 years	Mar 23	9:00 am	2:30 pm	46254	n/a	\$29	\$46
Tumble Fun	4 - 5 years	Mar 25	9:00 am	2:30 pm	46537	n/a	\$29	\$46
3 - day Tumble Fun Camp	4 - 5 years	Mar 21, 23, 25	9:00 am	2:30 pm	46255	n/a	\$73	\$115
Youth Camp	6+ years	Mar 21	9:00 am	4:00 pm	46251	n/a	\$35	\$55
Youth Camp	6+ years	Mar 23	9:00 am	4:00 pm	46252	n/a	\$35	\$55
Youth Camp	6+ years	Mar 25	9:00 am	4:00 pm	46256	n/a	\$35	\$55
3 - day Youth Camp	6+ years	Mar 21, 23, 25	9:00 am	4:00 pm	46257	n/a	\$84	\$137

YOUTH DANCE

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
East Side								
Ballet, Tap, Jazz	3 - 4 years	M	9:30 am	10:00 am	45285	46098	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	T	5:35 pm	6:05 pm	n/a	46099	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	W	4:50 pm	5:20 pm	45286	n/a	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	W	5:25 pm	5:55 pm	n/a	46258	\$28	\$48
🌀 Ballet, Tap, Jazz	3 - 4 years	F	9:00 am	9:30 am	45287	46100	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	Sa	9:10 am	9:40 am	45288	46101	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	Sa	9:35 am	10:05 am	45289	n/a	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	Sa	10:35 am	11:05 am	n/a	46102	\$28	\$48
Ballet, Tap, Jazz	5 - 6 years	T	4:35 pm	5:15 pm	45291	n/a	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	T	6:10 pm	6:50 pm	n/a	46104	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	W	6:00 pm	6:40 pm	n/a	46105	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	Th	6:20 pm	7:00 pm	45292	n/a	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	F	9:40 am	10:20 am	45293	46106	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	Sa	9:45 am	10:25 am	n/a	46107	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	Sa	10:10 am	10:50 am	45294	n/a	\$30	\$51

🌀 also offered as a combo

DANCE

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YOUTH DANCE

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
East Side								
Ballerina Princess Tea Party	3 - 6 years	Mar 23	9:30 am	11:00 am	45290	n/a	\$15	\$30
Beginning Dance	7 - 13 years	T	6:55 pm	7:40 pm	n/a	46121	\$35	\$55
Pom Squad	6 - 11 years	Th	6:00 pm	6:30 pm	n/a	46120	\$28	\$48
Pom Squad	6 - 11 years	Th	7:05 pm	7:35 pm	45307	n/a	\$28	\$48
Pom Squad	6 - 11 years	Sa	11:10 am	11:40 am	45308	46259	\$28	\$48
Youth Hip Hop	7 - 13 years	Th	6:35 pm	7:05 pm	n/a	46260	\$28	\$48
West Side								
Ballet, Tap, Jazz	3 - 4 years	M	6:10 pm	6:40 pm	n/a	46517	\$28	\$48
★ Ballet, Tap, Jazz	3 - 4 years	T	9:55 am	10:25 am	45554	46362	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	T	5:00 pm	5:30 pm	n/a	46518	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	W	5:35 pm	6:05 pm	45555	46363	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	Th	6:20 pm	6:50 pm	n/a	46519	\$28	\$48
Ballet, Tap, Jazz	3 - 4 years	F	10:00 am	10:30 am	45558	46365	\$28	\$48
★ Ballet, Tap, Jazz	3 - 4 years	Sa	9:45 am	10:15 am	45557	46364	\$28	\$48
Ballet, Tap, Jazz	5 - 6 years	M	5:25 pm	6:05 pm	45560	46367	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	T	5:35 pm	6:15 pm	n/a	46389	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	W	4:50 pm	5:30 pm	45559	46366	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	Th	5:35 pm	6:15 pm	n/a	46520	\$30	\$51
Ballet, Tap, Jazz	5 - 6 years	F	10:35 am	11:15 am	45724	46368	\$30	\$51
Ballerina Princess Tea Party	3 - 6 years	Mar 22	9:30 am	11:00 am	45725	n/a	\$15	\$30
Beginning Dance	7 - 13 years	M	6:45 pm	7:30 pm	n/a	46521	\$35	\$55
Beginning Dance	7 - 13 years	Th	6:55 pm	7:40 pm	45574	46383	\$35	\$55
Break Dancing	10+ years	F	5:45 pm	6:30 pm	45573	46382	\$35	\$55
Pom Squad	6 - 11 years	T	6:20 pm	6:50 pm	n/a	46522	\$28	\$48
Stomp, Tap	7 - 13 years	Th	7:00 pm	7:30 pm	45576	46384	\$28	\$48

**SOMETIMES
YOU JUST HAVE
TO DANCE**



ADULT DANCE

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
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
Downtown								
Spanish Zumba	14+ years	W	6:00 pm	6:45 pm			FREE	n/a
Zumba	14+ years	W	12:00 pm	12:30 pm			FREE	n/a
East Side								
Ballroom Dance	14+ years	F	6:30 pm	7:30 pm	45295	46108	\$30	\$51
Intro to Line Dancing	14+ years	M W	10:20 am	10:50 am	45187	45999	FREE	\$46
Line Dancing	14+ years	M W	10:50 am	11:50 am	45188	46000	FREE	\$54
Line Dancing	14+ years	M	5:30 pm	6:30 pm	45441	46001	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
West Side								
Ballroom	14+ years	F	6:00 pm	7:00 pm	45562	46371	\$30	\$51
Dance Pilates	14+ years	Th	10:15 am	11:15 am	45561	46370	\$35	\$55
Intro to Line Dancing	14+ years	T Th	10:15 am	10:45 am	45446	46264	FREE	\$46
Line Dancing	14+ years	T Th	10:45 am	11:45 am	45447	46265	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
Zumba Tone	14+ years	W	9:15 am	10:15 am			FREE	n/a

YOUTH SPORTS LEAGUES

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Family Member	YMCA Youth Member	General Public
NEW REGISTRATION PROCEDURE! See page 27 for details.									
Volunteers Needed! We are looking for responsible adults to be volunteer coaches for our Youth Sports teams. The satisfaction you receive by helping to develop our community's young people is priceless. Call Sara at 436-9577 for volunteer opportunities.									
Broadview									
Micro-Soccer	7 - 8 years	Sa	9:00 am	10:00 am	n/a	45852	FREE	\$31	\$59
Micro-Soccer	5 - 6 years	Sa	10:15 am	11:15 am	n/a	45851	FREE	\$31	\$59
Micro-Soccer	4 years	Sa	9:00 am	10:00 am	n/a	45850	FREE	\$31	\$59
Girl's Volleyball	grades 1 - 2	Sa	times vary		n/a	45857	FREE	\$31	\$59
East Side									
Micro-Soccer	5 - 6 years	Sa	10:15 am	11:15 am	n/a	45856	FREE	\$31	\$59
Micro-Soccer	4 years	Sa	9:00 am	10:00 am	n/a	45855	FREE	\$31	\$59
Girl's Volleyball	grades 3 - 4	Sa	times vary		n/a	45858	FREE	\$31	\$59
Micro-Football	5 - 6 years	Sa	11:30 am	12:30 pm	n/a	45866	FREE	\$31	\$59
West Side									
Micro-soccer	5 - 6 years	Sa	9:00 am	10:00 am	n/a	45853	FREE	\$31	\$59
Micro-soccer	7 - 8 years	Sa	9:00 am	10:00 am	n/a	45854	FREE	\$31	\$59
T-Ball	4 - 6 years	Sa	10:15 am	11:15 am	n/a	45864	FREE	\$31	\$59
Y-Ball	6 - 8 years	Sa	11:30 am	12:30 pm	n/a	45865	FREE	\$31	\$59
Girl's Volleyball	grades 5 - 6	Sa	times vary		n/a	45859	FREE	\$31	\$59
Lacrosse	grades 3 - 5	Sa	1:30 pm	2:30 pm	n/a	45867	FREE	\$31	\$59
Green Isle Park									
T-Ball	4 - 6 years	Sa	9:00 am	10:00 am	n/a	45860	FREE	\$31	\$59
Y-Ball	6 - 8 years	Sa	10:15 am	11:15 am	n/a	45861	FREE	\$31	\$59
Preble Park									
T-Ball	4 - 6 years	Sa	9:00 am	10:00 am	n/a	45862	FREE	\$31	\$59
Y-Ball	6 - 8 years	Sa	10:15 am	11:15 am	n/a	45863	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 NIGHTS MARCH 5 & 7, 2011

Join us at the Broadview, East & West Side YMCA Centers for our registration nights. Space is limited. Phone and online registrations will no longer be accepted. Please see schedule below for details:

MEMBERS: MARCH 5, 2011
10AM – 2PM

OPEN: MARCH 7, 2011
5PM – 8PM

Broadview YMCA
380 Broadview Dr, Green Bay 54301

East Side YMCA
1740 S Huron Rd, Green Bay 54311

West Side YMCA
601 Cardinal Ln, Green Bay 54313

AFTER MARCH 7, 2011

Registrations will be accepted through April 1st at the Broadview YMCA. A \$10 late fee will be assessed.

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

LATE REGISTRATION

After March 7th, a \$10 late fee will be assessed to all Youth Sports Registrations. Registrations will only be allowed in person at the Broadview YMCA until April 1, 2011. 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

Spring 1 classes run **February 21 – April 17, 2011**
 Spring 2 classes run **April 18 – June 5, 2011**
 Registration begins **Jan 31** (members) or **Feb 7** (general public)

AFTER SCHOOL SPORTS

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
East Side								
Home School Crafty Chefs and Swim (pool 1st)	3 - 4 years	W	1:15 pm	2:30 pm	45356	46169	\$47	\$72
Home School Gym	5 - 13 years	W	1:15 pm	1:50 pm	45353	46166	\$28	\$48
Home School Swim	5 - 13 years	W	2:05 pm	2:45 pm	45354	46167	\$28	\$48
Home School Swim and Gym	5 - 13 years	W	1:15 pm	2:45 pm	45355	46168	\$47	\$72
Skateboarding May 3, 5, 10, 12, 17, 19	7 - 13 years	T Th	4:30 pm	5:15 pm	n/a	46512	\$25	\$40
Skateboarding May 24, 26, 31, June 2, 7, 9	7 - 13 years	T Th	5:30 pm	6:15 pm	n/a	46513	\$25	\$40

ADULT SPORTS

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



YOUTH AND TEEN PROGRAMS

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
Power Zone	8 - 13 years	M W	3:30 pm	4:15 pm			FREE	n/a
Y Night (ends June 3)	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	8 - 13 years	Th	4:15 pm	4:45 pm	45049	45847	\$17	\$34
Downtown								
Red Cross Babysitting	11 - 15 years	Feb 26	8:30 am	4:30 pm	45164	n/a	\$40	\$50
Red Cross Babysitting	11 - 15 years	Mar 26	8:30 am	4:30 pm	45165	n/a	\$40	\$50
Red Cross Babysitting	11 - 15 years	April 9	8:30 am	4:30 pm	45185	n/a	\$40	\$50
Red Cross Babysitting	11 - 15 years	May 14	8:30 am	4:30 pm	45186	n/a	\$40	\$50
Y Klub (ends June 3)	grades 4 - 8	F	6:00 pm	9:00 pm			FREE	\$2
Y Zone	8 - 13 years	M W Th	4:30 pm	7:30 pm			FREE	n/a
East Side								
Cardio Blast	8 - 13 years	Th	5:20 pm	5:50 pm		n/a	FREE	n/a
Power Zone	8 - 13 years	M T	4:00 pm	6:00 pm			FREE	n/a
Power Zone	8 - 13 years	W	4:00 pm	5:00 pm			FREE	n/a
Y Night (ends June 3)	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Y Zone	8 - 13 years	W	5:00 pm	6:00 pm			FREE	n/a
Youth Hooping	8 - 13 years	Th	5:20 pm	5:50 pm	n/a		FREE	n/a
Youth LSC Orientation	11 - 13 years	Th	4:30 pm	7:30 pm			FREE	n/a
Youth LSC Orientation	11 - 13 years	Sa	10:00 am	1:00 pm			FREE	n/a
Youth Spin	8 - 13 years	T	4:45 pm	5:15 pm	45442	46246	\$17	\$34
Youth Spin	8 - 13 years	Th	4:45 pm	5:15 pm	45443	46247	\$17	\$34
West Side								
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
Y Girls Run	8 - 13 years	T	4:30 pm	5:30 pm	45726	46498	\$28	\$48
Y Night (ends June 3)	grades 5 - 8	F	7:00 pm	10:00 pm			FREE	\$5
Youth LSC Orientation	11 - 13 years	W	5:00 pm	8:00 pm			FREE	n/a
Youth LSC Orientation	11 - 13 years	Sa	9:00 am	12:00 pm			FREE	n/a

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.** Registration for the 2011-2012 school year begins in April.

Call 436-9675 for information and availability.

Kid's Day Out

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

Kid's Day Out program dates include: February 25 March 11, 14, 15, 16, 17, 18, 21, 22, 23, 24, 25 April 22, 25

Important Registration Dates

2011 Summer Child Care (ages 5-12) February 6, 2011

2011 Teen Adventure Program (ages 11-14) February 6, 2011

2011-2012 Before/After School Care (ages 5-12) April 12, 2011



FAMILY

	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
<p>Family Pool and Gym Open and 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 www.GreenBayYMCA.org</p>							
<p>Youth & Family Activity Calendar 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>Grab Bag Fun Reach for fun-grab the bag. The Grab Bag has the power to transform an ordinary racquetball court into your own "play 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>Freeze Fest – Feb 4, 5 & 6, 2011 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>							
<p>Healthy Kids Day – Saturday, May 7, 2011 Shopko Hall</p>							
<p>Broadview</p>							
Family Night – ends May 21	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
<p>Downtown</p>							
<p>Community Swim at the Downtown YMCA on Saturdays from 3:30 pm – 5:00 pm. General Public pays \$1 per person to swim!</p>							
<p>East Side</p>							
<p>Community Swim at East Side YMCA on Sundays from 4:00 – 6:00 pm. General Public pays \$1 per person to swim!</p>							
<p>Book Share at the East Side YMCA two times per month. Take a book, leave a book or both, you choose! February 25th, March 14th & 29th, April 13th & 28th and May 13th & 31st.</p>							
<p>East Side Saturday Family Nights 6 – 8 pm. One special Saturday per month join us in the pool, bounce away in an inflatable, make arts & crafts or enjoy Rainbow Rompers. Saturday theme nights include: March 12th – Sham-rock and Roll St. Patricks Day Fun; April 19th – Jelly Bean Trail and Easter Activities. Members FREE, General Public \$12/family.</p>							
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	45444	46122	\$17	\$34
Intro to Family Zumba – 6 - 13 years with adult	Th	4:45 pm	5:30 pm			FREE	n/a
Intro to Family Zumba – 6 - 13 years with adult	Sa	10:15 am	11:00 am			FREE	n/a
Rainbow Rompers – 6 years and under with adult	Th	9:45 am	11:15 am			FREE	\$5
<p>West Side</p>							
Family Hooping – 6 - 13 years with adult	T	6:30 pm	7:00 pm			FREE	n/a
Family Night – ends May 21	Sa	6:00 pm	8:00 pm			FREE	\$12/family
Family Zumba – 6 - 13 years with adult	W	6:45 pm	7:30 pm			FREE	n/a
Rainbow Rompers – 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

HEALTH & FITNESS

Spring 1 classes run **February 21 – April 17, 2011**

Spring 2 classes run **April 18 – June 5, 2011**

Registration begins **Jan 31** (members) or **Feb 7** (general public)

ADULT - CYCLING, PILATES, YOGA

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
Cycle/Pilates	14+ years	T	10:15 am	11:15 am	44992	45801	\$34	\$68
Cycle/Strength	14+ years	T	5:00 pm	6:00 pm	44991	45800	\$34	\$68
Cycle/Strength	14+ years	Th	9:10 am	10:10 am	44988	45797	\$34	\$68
Cycling	14+ years	M	7:00 am	7:45 am	44985	45794	\$26	\$52
Cycling	14+ years	T	6:45 am	7:30 am	44989	45798	\$26	\$52
Cycling	14+ years	W	7:00 am	7:45 am	44987	45796	\$26	\$52
Cycling	14+ years	Th	5:00 pm	5:45 pm	44986	45795	\$26	\$52
Cycling	14+ years	Su	9:15 am	10:00 am	44990	45799	\$26	\$52
Cycling Punch Pass	14+ years	5 punches					\$25	n/a
Cycling Punch Pass	14+ years	10 punches					\$50	n/a
Pilates	14+ years	F	10:00 am	10:45 am	45014	45822	\$26	\$52
Power Yoga	14+ years	M	6:05 pm	6:50 pm	45044	45846	\$26	\$52
Yoga	14+ years	T	9:15 am	10:00 am	45039	45841	\$26	\$52
Yoga	14+ years	W	9:05 am	9:50 am	45041	45843	\$26	\$52
Yoga	14+ years	F	9:05 am	9:50 am	45040	45842	\$26	\$52
Yogilates with Props	14+ years	M	8:30 am	9:15 am	45042	45844	\$26	\$52
Yogilates with Props	14+ years	Th	8:30 am	9:15 am	45043	45845	\$26	\$52
Downtown								
Pilates	14+ years	F	12:15 pm	1:00 pm	45162	45973	\$26	\$52
Press Play Yoga for Women	40+ years	M W	5:30 pm	6:30 pm	45175	45986	\$71	\$142
Yoga	14+ years	T	5:30 pm	6:15 pm	45176	45987	\$26	\$52
Yoga	14+ years	W	12:15 pm	1:00 pm	45177	45988	\$26	\$52
Yogilates with Props	14+ years	M	12:15 pm	1:00 pm	45178	45989	\$26	\$52
East Side								
Cycle/Strength	14+ years	Th	9:30 am	10:30 am	45276	46093	\$34	\$68
Cycle/Yoga	14+ years	T	5:30 am	6:30 am	45263	46080	\$34	\$68
Cycle/Yoga	14+ years	Th	6:45 pm	7:45 pm	45264	46081	\$34	\$68
Cycle/Xerball	14+ years	Sa	9:45 am	10:45 am	45273	46090	\$34	\$68
Cycling	14+ years	M	5:30 am	6:15 am	45279	46096	\$26	\$52
Cycling	14+ years	M	5:30 pm	6:15 pm	45278	46095	\$26	\$52
Cycling	14+ years	M	6:30 pm	7:15 pm	45266	46083	\$26	\$52
Cycling	14+ years	T	8:30 am	9:15 am	45268	46085	\$26	\$52
Cycling	14+ years	T	5:45 pm	6:30 pm	45270	46087	\$26	\$52
Cycling	14+ years	W	5:45 am	6:30 am	45275	46092	\$26	\$52

ADULT - CYCLING, PILATES, YOGA

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
East Side								
Cycling	14+ years	W	9:30 am	10:15 am	45265	46082	\$26	\$52
Cycling	14+ years	W	4:15 pm	5:00 pm	45277	46094	\$26	\$52
Cycling	14+ years	W	5:30 pm	6:15 pm	45271	46088	\$26	\$52
Cycling	14+ years	W	6:30 pm	7:15 pm	45267	46084	\$26	\$52
Cycling	14+ years	Th	5:45 pm	6:30 pm	45269	46086	\$26	\$52
Cycling	14+ years	F	5:45 am	6:30 am	45272	46089	\$26	\$52
Cycling	14+ years	F	9:30 am	10:15 am	45274	46091	\$26	\$52
Cycling	14+ years	Sa	7:00 am	7:45 am	45260	46077	\$26	\$52
Cycling	14+ years	Sa	8:00 am	8:45 am	45261	46078	\$26	\$52
Cycling Endurance	14+ years	Su	9:00 am	10:30 am	45262	46079	\$52	\$104
Cycling Punch Pass	14+ years	5 punches					\$25	n/a
Cycling Punch Pass	14+ years	10 punches					\$50	n/a
Intro Cycling	14+ years	Sa	9:00 am	9:30 am	45280	46097	\$17	\$34
Intro Pilates	14+ years	Sa	10:10 am	10:40 am	45445	46189	\$17	\$34
Intro Yoga	14+ years	Sa	9:35 am	10:05 am	45416	46241	\$17	\$34
Pilates	14+ years	T	6:00 pm	6:45 pm	45372	46185	\$26	\$52
Pilates	14+ years	W	9:25 am	10:10 am	45374	46187	\$26	\$52
Pilates	14+ years	Th	6:00 pm	6:45 pm	45373	46186	\$26	\$52
Pilates	14+ years	F	9:25 am	10:10 am	45375	46188	\$26	\$52
Slow Flow Yoga	14+ years	T	9:00 am	9:45 am	45418	46243	\$26	\$52
Slow Flow Yoga	14+ years	W	7:15 pm	8:00 pm	45417	46242	\$26	\$52
Yoga	14+ years	M	8:30 am	9:15 am	45408	46233	\$26	\$52
Yoga	14+ years	M	6:15 pm	7:00 pm	45409	46234	\$26	\$52
Yoga	14+ years	T	10:00 am	10:45 am	45410	46235	\$26	\$52
Yoga	14+ years	W	8:30 am	9:15 am	45411	46236	\$26	\$52
Yoga	14+ years	W	6:15 pm	7:00 pm	45412	46237	\$26	\$52
Yoga	14+ years	Th	10:00 am	10:45 am	45413	46238	\$26	\$52
Yoga	14+ years	Th	6:15 pm	7:00 pm	45414	46239	\$26	\$52
Yoga	14+ years	Sa	7:00 am	7:45 am	45415	46240	\$26	\$52
West Side								
Cycling/Pilates	14+ years	W	6:15 pm	7:15 pm	45531	46350	\$34	\$68
Cycling/Yoga	14+ years	T	6:15 pm	7:15 pm	45530	46349	\$34	\$68
Cycling	14+ years	M	5:15 am	6:00 am	45525	46344	\$26	\$52
Cycling	14+ years	M	9:15 am	10:00 am	45523	46342	\$26	\$52
Cycling	14+ years	M	4:30 pm	5:15 pm	45524	46343	\$26	\$52
Cycling	14+ years	M	7:15 pm	8:00 pm	45535	46354	\$26	\$52
Cycling	14+ years	T	5:45 am	6:30 am	45527	46346	\$26	\$52

HEALTH & FITNESS

ADULT - CYCLING, PILATES, YOGA

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
West Side								
Cycling	14+ years	T	7:15 pm	8:00 pm	45533	46352	\$26	\$52
Cycling	14+ years	W	5:15 am	6:00 am	45536	46355	\$26	\$52
Cycling	14+ years	W	9:15 am	10:00 am	45526	46345	\$26	\$52
Cycling	14+ years	Th	5:30 am	6:15 am	45528	46347	\$26	\$52
Cycling	14+ years	Th	5:45 pm	6:30 pm	45537	46356	\$26	\$52
Cycling	14+ years	Th	6:45 pm	7:30 pm	45534	46353	\$26	\$52
Cycling	14+ years	F	5:15 am	6:00 am	45539	46358	\$26	\$52
Cycling	14+ years	F	9:15 am	10:00 am	45538	46357	\$26	\$52
Cycling	14+ years	Sa	9:15 am	10:00 am	45541	46359	\$26	\$52
Cycling	14+ years	Su	9:15 am	10:00 am	45542	46360	\$26	\$52
Cycling Extreme	14+ years	M	6:00 pm	7:00 pm	45529	46348	\$34	\$68
Cycling Extreme	14+ years	W	5:00 pm	6:00 pm	45543	46361	\$34	\$68
Cycling Punch Pass	14+ years	5 punches					\$25	n/a
Cycling Punch Pass	14+ years	10 punches					\$50	n/a
Virtual Cycling	14+ years	Sa	8:00 am	9:00 am	45532	46351	\$34	\$68
Pilates	14+ years	M	8:15 am	9:00 am	45634	46440	\$26	\$52
Pilates	14+ years	M	7:30 pm	8:15 pm	45636	46442	\$26	\$52
Pilates	14+ years	W	8:15 am	9:00 am	45637	46443	\$26	\$52
Pilates	14+ years	W	7:30 pm	8:15 pm	45635	46441	\$26	\$52
Pilates	14+ years	Th	4:30 pm	5:15 pm	45638	46444	\$26	\$52
Yoga	14+ years	M	6:30 pm	7:15 pm	45689	46503	\$26	\$52
Yoga	14+ years	T	8:15 am	9:00 am	45685	46499	\$26	\$52
Yoga	14+ years	W	6:30 pm	7:15 pm	45686	46500	\$26	\$52
Yoga	14+ years	Th	8:15 am	9:00 am	45687	46501	\$26	\$52
Yoga	14+ years	Th	7:30 pm	8:15 pm	45688	46502	\$26	\$52
Yogilates with Props	14+ years	M	10:30 am	11:30 am	45690	46504	\$34	\$68
Yogilates with Props	14+ years	T	5:15 pm	6:15 pm	45692	46506	\$34	\$68
Yogilates with Props	14+ years	W	10:30 am	11:30 am	45691	46505	\$34	\$68

STRENGTH TRAINING

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
Body Fit	14+ years	M	10:20 am	11:05 am	44976	45785	\$26	\$52
Body Fit	14+ years	M	6:45 pm	7:30 pm	44978	45787	\$26	\$52
Body Fit	14+ years	T	5:45 am	6:30 am	44977	45786	\$26	\$52
Body Fit	14+ years	T	6:10 pm	6:55 pm	44979	45788	\$26	\$52
Body Fit	14+ years	W	10:20 am	11:05 am	44980	45789	\$26	\$52
Body Fit	14+ years	Th	5:45 am	6:30 am	44981	45790	\$26	\$52
Body Fit	14+ years	Th	6:00 pm	6:45 pm	44982	45791	\$26	\$52
Body Fit	14+ years	F	10:20 am	11:05 am	44984	45793	\$26	\$52
Body Fit	14+ years	Sa	6:30 am	7:15 am	44983	45792	\$26	\$52
Group Strength Training	14+ years	M W	5:45 am	6:15 am	45035	45837	\$39	\$78
Kettlebells NEW!	14+ years	T	9:15 am	9:45 am	n/a	45849	\$39	\$78
Sculpt N' Shed	14+ years	M W	7:15 pm	8:15 pm	45036	45838	\$71	\$142
Sculpt N' Shed	14+ years	T Th	9:00 am	10:00 am	45037	45839	\$71	\$142
Shape Up	14+ years	M W	6:00 pm	7:00 pm	45034	45836	\$71	\$142
Shape Up	14+ years	T Th	7:15 pm	8:15 pm	45033	45835	\$71	\$142
Downtown								
Body Fit	14+ years	Th	12:15 pm	1:00 pm	45089	45903	\$26	\$52
Intensity X	14+ years	M W F	6:00 am	7:00 am	45173	n/a	\$96	\$192
Kettlebells NEW!	14+ years	T	12:15 pm	12:45 pm	n/a	45983	\$39	\$78
Sculpt N' Shed	14+ years	M W	5:30 pm	6:30 pm	45169	n/a	\$71	\$142
Sculpt N' Shed	14+ years	T Th	6:15 am	7:15 am	n/a	45982	\$71	\$142
Xerball	14+ years	T	12:15 pm	1:00 pm	45170	n/a	\$26	\$52
East Side								
Body Fit	14+ years	M	5:30 am	6:15 am	45251	46068	\$26	\$52
Body Fit	14+ years	M	4:40 pm	5:25 pm	45250	46067	\$26	\$52
Body Fit	14+ years	T	10:00 am	10:45 am	45259	46076	\$26	\$52
Body Fit	14+ years	T	7:00 pm	7:45 pm	45252	46069	\$26	\$52
Body Fit	14+ years	W	5:45 am	6:30 am	45253	46070	\$26	\$52
Body Fit	14+ years	W	4:40 pm	5:25 pm	45254	46071	\$26	\$52
Body Fit	14+ years	Th	10:15 am	11:00 am	45257	46074	\$26	\$52
Body Fit	14+ years	Th	7:00 pm	7:45 pm	45256	46073	\$26	\$52
Body Fit	14+ years	Sa	8:30 am	9:15 am	45258	n/a	\$26	\$52
Group Strength Training	14+ years	M W	5:45 am	6:15 am	45402	46227	\$39	\$78
Group Strength Training	14+ years	T Th	6:15 am	6:45 am	45398	46224	\$39	\$78
Group Strength Training	14+ years	T Th	6:45 am	7:15 am	45400	46225	\$39	\$78
Group Strength Training	14+ years	T Th	9:00 am	9:30 am	45401	46226	\$39	\$78
Kettlebells NEW!	14+ years	M	7:00 am	7:30 am	n/a	46228	\$39	\$78

HEALTH & FITNESS

STRENGTH TRAINING

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
East Side								
Kettlebells	14+ years	Sa	8:50 am	9:20 am	n/a	46262	\$39	\$78
Sculpt N' Shed	14+ years	M W	6:00 pm	7:00 pm	45406	46231	\$71	\$142
Sculpt N' Shed	14+ years	T Th	7:30 am	8:30 am	45399	46261	\$71	\$142
Shape Up	14+ years	M W	8:50 am	9:50 am	45396	46222	\$71	\$142
Shape Up	14+ years	T Th	9:45 am	10:45 am	45394	46220	\$71	\$142
Shape Up	14+ years	T Th	7:00 pm	8:00 pm	45395	46221	\$71	\$142
Xerball	14+ years	M	7:00 am	7:45 am	45403	n/a	\$26	\$52
Xerball	14+ years	M	7:20 pm	8:05 pm	45404	46229	\$26	\$52
Xerball	14+ years	W	7:00 am	7:45 am	45405	46230	\$26	\$52
West Side								
Body Fit	14+ years	M	8:15 am	9:00 am	45512	46332	\$26	\$52
Body Fit	14+ years	T	6:30 am	7:15 am	45519	46339	\$26	\$52
Body Fit	14+ years	T	12:00 pm	12:45 pm	45513	46333	\$26	\$52
Body Fit	14+ years	T	5:30 pm	6:15 pm	45514	46334	\$26	\$52
Body Fit	14+ years	W	8:15 am	9:00 am	45515	46335	\$26	\$52
Body Fit	14+ years	Th	6:30 am	7:15 am	45516	46336	\$26	\$52
Body Fit	14+ years	Th	12:00 pm	12:45 pm	45518	46338	\$26	\$52
Body Fit	14+ years	Th	5:30 pm	6:15 pm	45517	46337	\$26	\$52
Body Fit	14+ years	F	8:15 am	9:00 am	45521	46340	\$26	\$52
Body Fit	14+ years	Sa	9:15 am	10:00 am	45522	46341	\$26	\$52
Group Strength Training	14+ years	T Th	9:30 am	10:00 am	45680	46494	\$39	\$78
Intensity X	14+ years	M W F	12:00 pm	1:00 pm	45683	46496	\$96	\$192
Intensity X	14+ years	T Th Sa	6:20 pm 10:15 am	7:20 pm 11:15 am	45679	46493	\$96	\$192
Kettlebells NEW!	14+ years	T	8:30 am	9:00 am	n/a	46524	\$39	\$78
Kettlebells NEW!	14+ years	Th	8:30 am	9:00 am	n/a	46525	\$39	\$78
Kettlebells NEW!	14+ years	W	7:00 pm	7:30 pm	n/a	46526	\$39	\$78
Sculpt N' Shed	14+ years	M W	8:30 am	9:30 am	45676	46491	\$71	\$142
Sculpt N' Shed	14+ years	M W	10:00 am	11:00 am	45677	46492	\$71	\$142
Sculpt N' Shed	14+ years	M W F	8:30 am	9:30 am	45681	46495	\$96	\$192
Sculpt N' Shed	14+ years	M W F	10:00 am	11:00 am	45682	46523	\$96	\$192
Shape Up	14+ years	T Th	7:00 pm	8:00 pm	45675	46490	\$71	\$142

SPECIALTY HEALTH & FITNESS

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
<p>YMCA Personal Training- 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>								
Broadview								
Body Composition	14+ years				45007	45816	FREE	\$10
Fit For Two-Water		T	7:20 pm	8:05 pm	44921	45728	\$26	\$52
Fitness Analysis	14+ years				45006	45815	FREE	\$40
Stroller Aerobics	6 weeks - 1 year	M W	11:15 am	12:00 pm	44920	45727	FREE	\$52
Downtown								
Arthritis Foundation Aquatics Class		M W F	11:30 am	12:15 pm	45051	45868	FREE	\$60
Body Composition	14+ years				45152	45964	FREE	\$10
Fitness Analysis	14+ years				45153	45965	FREE	\$40
Special Needs Rec Night	18+ years	T	6:00 pm	8:00 pm			Program Fee \$3	Special Event \$5
East Side								
Body Composition	14+ years				45362	46175	FREE	\$10
Fitness Analysis	14+ years				45363	46176	FREE	\$40
Prenatal Yoga	14+ years	M	7:15 pm	8:00 pm	45189	46002	\$26	\$52
Stroller Aerobics	6 weeks - 1 year	M Th	6:35 pm	7:20 pm	n/a	46263	FREE	\$52
Stroller Aerobics and First Bugs NEW!	6 weeks - 1 year	Th	6:00 pm	7:20 pm	n/a	46248	\$28	\$100
Tri Training	14+ years	T	6:00 pm	7:30 pm	45190	46003	\$50	\$100
West Side								
Body Composition	14+ years				45626	46432	FREE	\$10
Fitness Analysis	14+ years				45625	46431	FREE	\$40





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULES

DOWNLOAD AT WWW.GREENBAYYMCA.ORG



MARTIAL ARTS

	Age	Day	Start	End	Spring 1 Barcode	Spring 2 Barcode	YMCA Member	General Public
Broadview								
Tae Kwon Do - beginner	7+ years	Th	5:15 pm	6:15 pm	45001	45810	\$36	\$72
Tae Kwon Do - advanced	7+ years	Th	6:15 pm	7:15 pm	45002	45811	\$36	\$72
East Side								
Tae Kwon Do - beginner	7+ years	T	5:45 pm	6:45 pm	45357	46170	\$36	\$72
Tae Kwon Do - advanced	7+ years	T	6:50 pm	7:50 pm	45358	46171	\$36	\$72
Tae Kwon Do - beginner	7+ years	Sa	9:00 am	10:00 am	45359	46172	\$36	\$72
Tai Chi	14+ years	T	8:00 am	8:45 am	45360	46173	\$26	\$52
Tai Chi	14+ years	Th	8:00 am	8:45 am	45361	46174	\$26	\$52
West Side								
Pankration	14+ years	T	7:30 pm	8:30 pm	45622	46429	\$36	\$72
Tae Kwon Do - all levels	7+ years	M	6:00 pm	7:00 pm	45615	46425	\$36	\$72
Tae Kwon Do - all levels	7+ years	Th	6:30 pm	7:30 pm	45617	46426	\$36	\$72
Tae Kwon Do - all levels	7+ years	Sa	9:00 am	10:00 am	45619	46427	\$36	\$72
Tae Kwon Do - all levels	7+ years	Sa	10:00 am	11:00 am	45620	46428	\$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.

SPRING 1

BROADVIEW:

Tuesdays, February 22 - April 12
Book of Philippians "Joy & Peace"
9:45 - 11:00 am

DOWNTOWN:

Thursdays, February 24 - April 14
I John "Life, Light, Love"
12:00 - 1:00 pm

EAST SIDE:

Tuesdays, February 22 - April 12
Book of Philippians "Joy & Peace"
6:30 - 8:00 pm

WEST SIDE:

Tuesdays, February 22 - April 12
I John "Life, Light, Love"
10:30 - 11:45 am

SPRING 2

BROADVIEW:

Tuesdays, April 19 - May 31
Continuation of Philippians
9:45 - 11:00 am

DOWNTOWN:

Thursdays, April 21 - June 2
Continuation of I John
12:00 - 1:00 pm

EAST SIDE:

Tuesdays, April 19 - May 31
Continuation of Philippians
6:30 - 8:00 pm

WEST SIDE:

Tuesdays, April 19 - May 31
Continuation of I John
10:30 - 11:45 am



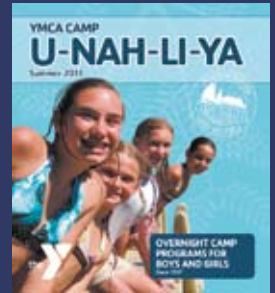
CHOOSING THE RIGHT CAMP FOR YOUR CHILD

Y Membership is not required for camp participation. Financial assistance is available.

WHY CHOOSE A GREEN BAY YMCA CAMP?

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

Every child's needs are different. Visit www.acacamps.org for valuable tips for choosing the right summer camp experience for your camper, and read our tips for choosing the right Green Bay YMCA summer camp for your child.



Pick up your copy of the 2011 All Camp or Camp U-Nah-Li-Ya summer guide at any Green Bay Y location. Or download a copy at www.greenbayymca.org

WHY CHOOSE KAMP KERMIT?

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

WHY CHOOSE KIDS CAMP?

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

WHY CHOOSE CAMP WABANSI?

Your 7-12 year old child is striving for more independence, can handle feeling further away from home, enjoys outdoor exploration and activities, or is ready to try spending one night at camp in order to try overnight camp in the future.

WHY CHOOSE CAMP U-NAH-LI-YA?

Your 7-17 year old child has had positive experiences away from home, is striving for independence, or is ready for a more challenging outdoor adventure. YMCA Camp U-Nah-Li-Ya is a traditional resident camp program located 65 miles north of Green Bay.

"My son had fun, learned responsibility and that the staff cares about him. This place is great for his self-esteem."

CLASS DESCRIPTIONS

Visit our web site at www.GreenBayYMCA.org to find a complete listing of the hundreds of free classes we offer to our YMCA members.

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.

ALOHA SPRING!

PARENT AND CHILD LUAU

ages 2 - 4 years

Parent/child. Spend the morning with a Hawaii themed party. Games, activities, and snacks will keep you and your little one busy and looking forward to warmer weather.

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 AND 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 AND 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.

SPORTS 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.

STROLLER AEROBICS AND FIRST BUGS

ages stable walking - 2 years

Parent/child. Combine your favorite playtime in First Bugs with a workout for you too! Stroller Aerobics is offered twice a week, but combo is only once a week.

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.

CLASS DESCRIPTIONS

Visit our web site at www.GreenBayYMCA.org to find a complete listing of the hundreds of free classes we offer to our YMCA members.

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.

LITTLE MERMAID PRINCESS SPLASH

ages 3 - 6 years

Pretend you are the Little Mermaid with games, a craft, snacks, and swimming! Bring a suit and towel.

MARCH MADNESS DUNK AND SPLASH

ages 3 - 6 years

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

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!

PRESCHOOL TAE KWON DO AND SELF-DEFENSE

ages 5 - 6 years

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

SPORTS

ages 3 - 6 years

Learn basic sport skills through age appropriate activities. Sport classes create a foundation for a positive lifetime sports experience.

3-4 year old Sports: Learn sports basics.

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

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 5 - 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 14+

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

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 - 11 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.

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

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!

GYMNASTICS CAMPS

ages 4-5; 6+

No school? No problem! Tumble, bounce, and swim the day away in gymnastics camp. A fun filled day for anyone who loves to be upside down. Craft and snack included. Bring sack lunch, swim suit and towel.

dance

BALLET, TAP & JAZZ

age 3 - 4 years

Introduction to the art of dance focusing on the basics of ballet, tap and jazz. Develop and enhance gross motor skills, listening skills, and positive peer interaction. Classes include fun and easy dance steps that change each session. Music and props are used to build coordination and self-esteem. The 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.

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.

CLASS DESCRIPTIONS

Visit our web site at www.GreenBayYMCA.org to find a complete listing of the hundreds of free classes we offer to our YMCA members.

BEGINNING DANCE

ages 7 - 13

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!

POM SQUAD

ages 6 - 11 years

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

STOMP, TAP

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 - 13 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! Combine high energy and motivating Latin and international music with unique moves that are fun and easy to do. **Intro Zumba, Zumba Tone, Family Zumba & Spanish Zumba also offered.**

sports

HOME SCHOOL GYM AND SWIM

ages 5 - 13 years

Your choice of gym, swim or a gym and swim combo. Children learn the basics of a variety of sports and fitness classes. We offer swim classes for different levels of swimming ability and skill. Students can enjoy a full afternoon of physical activity if a gym and swim class is selected.

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

ages 19+

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

OPEN VOLLEYBALL

ages 16+

Members only. Bump, set and spike your way to the best player you can be. Join the fun and play the game the YMCA invented. Minimum of 8 players needed. **Free, no registration necessary.**

youth & teen

CARDIO BLAST

ages 8 - 13 years

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

Y GIRLS RUN

ages 8 - 13 years

Train for the Bellin Run in June. Y Girls Run is for girls 8- 13 years who want a group to train with or for girls who have never run in a race before, but would like to. Includes cross training, nutrition information and all the prep you'll need for the race.

YOUTH HOOPING

ages 8 - 13 years

Let's hoop it! Learn tricks and games using kid-friendly hula hoops of all sizes.

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 8 – 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 to do what kids really enjoy – ride a bike! The instructor guides 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.**

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.**

INTRO/FAMILY ZUMBA

ages 6+

Cardio dance party appropriate for all ages. Combine high energy and motivating Latin and international music with unique moves that are fun and easy to do.

Children 6-13 must be accompanied by an adult.

adults

CYCLING

ages 14+

An exciting, motivational stationary cycling program. Instructor takes the class on an inspirational ride using music and cues to mirror a road experience. **60-minute Cycling Extreme and 90-minute Cycling Endurance classes also offered. 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

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.

CYCLING PUNCH PASS

ages 14+

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

VIRTUAL CYCLING

ages 14+

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

PILATES

ages 14+

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

CLASS DESCRIPTIONS

Visit our web site at www.GreenBayYMCA.org to find a complete listing of the hundreds of free classes we offer to our YMCA members.

YOGILATES WITH PROPS

ages 14+

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

POWER YOGA

ages 14+

High energy, athletic style of yoga which connects breath and movement in a continuous flow that expands upon traditional yoga. If you don't think that yoga can be challenging, try this class! This class is for intermediate/advanced levels.

SLOW FLOW YOGA

ages 14+

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

adult strength training

BODY FIT

ages 14+

Muscle conditioning class utilizing a specially designed barbell system, incorporating weights into a controlled exercise program set to music. Designed for men and women of all fitness levels.

GROUP STRENGTH TRAINING

ages 14+

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

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

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:

(Spring hours effective February 21)

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:

Easter Sunday, April 24

All Centers closed

Memorial Day Monday, May 30

All Centers closed





GREATER GREEN BAY YMCA
 235 N Jefferson St
 Green Bay, WI 54301
www.GreenBayYMCA.org

SPRING PROGRAM REGISTRATION

Spring 1 February 21 – April 17, 2011
 Spring 2 April 18 – June 5, 2011

MEMBERS :

January 31, 7:00 am

GENERAL PUBLIC:

February 7, 7:00 am

PHONE: 920.436.9595

ONLINE: 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
 Web Site: 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

My family joined the YMCA a little over a year ago realizing that, because of our work schedules, our homeschooled twin boys were missing out on the PE part of their education. The YMCA was our choice because it is a Christian organization. We were thinking we would enjoy the open swim time and open gym, but the Y has become so much more.

I have participated in step aerobics and have come to LOVE jogging around the track and light workouts. The twins are excelling in gymnastics, swimming and skateboarding. Coaching football was an exhilarating experience for my husband and the boys saw their father in a whole new light.

On family nights we sometimes play basketball together and that time of laughter and camaraderie is priceless. The Y helped us each find some needed confidence and brought us a little closer together.

The Horkman Family

