

GREATER GREEN BAY YMCA • [www.greenbayymca.org](http://www.greenbayymca.org) • 920 436 9622



# WINTER

## January-May

### 2024

# ABOUT OUR PROGRAMMING

At the Greater Green Bay YMCA, we have programs to offer every month! We know life gets busy, that’s why participants can choose to join as it suits you best. You can participate in months that you are available, and skip months when you may not have the time. You also have the opportunity to try new programs every month!

### SESSIONS AND DATES:

- Dates, times, and locations are not included in this guide. You can find program details on the [registration platform](#).
- There will be three sessions throughout the year.

JAN – MAY

Registration open to everyone!

JUNE – AUG

Member Registration:  
Opens April 15, 2024

General Public Registration:  
Opens May 6, 2024

SEPT – DEC

Member Registration:  
Opens July 22, 2024

General Public Registration:  
Opens Aug 12, 2024

### HOW TO REGISTER:

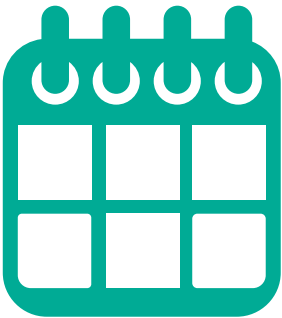
- To register for programs, please visit [www.greenbayymca.org](http://www.greenbayymca.org)
- Y members get the first chance to register, and the general public can register at a later date.
- Registration closes online the night before (11:30 pm) and in-house closes the day after a program begins.
- If participants want to register late, they will need to talk to the program lead, listed as the contact on the program [registration page](#).

Some programs, like competitive teams and certain gymnastics classes, may require a commitment for the entire program.

## TABLE OF CONTENTS

SPORTS .....	6-7
MARTIAL ARTS.....	8-9
YOUTH PROGRAMS.....	10-15
GYMNASTICS .....	16-17
NINJA .....	18-19
DANCE .....	20-21
AQUATICS .....	22-25
INCLUSION .....	26-27
FAMILY .....	28-29
HEALTHY LIVING .....	30-33
HEALTH SPECIALTY .....	34-35
UPCOMING EVENTS .....	35

# PROGRAM CALENDAR



- Program Session Last Day
- Program Session First Day
- No Program
- Holiday & No Program

JANUARY 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2024						
S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH 2024						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL 2024						
S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY 2024						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



## PROGRAM REGISTRATION LEVELS

Greater Green Bay YMCA



# COMMUNITY STARTS HERE

CREATING MOMENTS • TRANSFORMING LIVES • ACCESS FOR ALL

## 2024 Annual Campaign

TIER  
1

### FOUNDATIONS

- Typically 30-45 minute classes.
- Learn age appropriate skill fundamentals while developing confidence.
- Classes meet once per week, unless otherwise noted.
- In most cases, curriculum repeats monthly to reinforce skills.
- Provides an opportunity to experience a variety of programs offered at the Y.



TIER  
2

### ACADEMY

- Typically 45 minute classes.
- Academy level offers a Higher level of commitment to a particular discipline and additional program resources.
- Classes meet once or twice per week.
- Curriculum progresses to develop skills and advance to higher levels.
- Additional costs.
- Improve strength, flexibility, and coordination while developing confidence and friendships.
- May also perform at local events and recitals.



TIER  
3

### TEAM

- Designed for athletes that are dedicated to the sports of gymnastics and swim.
- Compete in local, regional, state, and/or national competitions, depending on sport.
- May also perform at local events.
- Teams are by invitation only.
- Y membership required.



#### Contact Information

Gymnastics Team  
Robin Schmit  
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Swim Team  
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### What is the Annual Campaign?

Each year the dollars raised through the Annual Campaign fuel our mission driven work. The concept is simple, every dollar is enormously important and helps put the YMCA's mission into action.

Together, through our fundraising efforts, we have built and continue to expand programs that are having a positive impact every day on children, individuals, families, and the community. These programs include Full Circle, Parkinsons, LiveSTRONG® at the YMCA, YMCA Achievers, 21C, SACC, Safety Around Water, and Camps. Additionally, the Annual Campaign allows us to provide financial assistance so that everyone can have access to all of the Green Bay YMCA's offerings and resources.

## SPORTS

### **Child with Adult Sports Medley (Ages 2-3)**

Help your child learn the basics of a medley of sports. Drills and activities are paired with teamwork to allow you and your child to experience sports in an age appropriate environment. Parent participation is one-on-one with your child.

### **Preschool Soccer (Ages 3-5)**

Have fun with soccer by learning basic soccer skills in an environment that is welcoming and fun. Sport classes create a foundation for a positive lifetime sports experience and build independence for those new to formal classes.

### **Preschool Basketball (Ages 3-5)**

Have fun with basketball by learning basic basketball skills in an environment that is welcoming and fun. Sport classes create a foundation for a positive lifetime sports experience and build independence for those new to formal classes.

### **Preschool Football (Ages 3-5)**

Have fun with football by learning basic football skills in an environment that is welcoming and fun. Sport classes create a foundation for a positive lifetime sports experience and build independence for those new to formal classes.

### **Preschool T-Ball (Ages 3-5)**

Have fun with sports by learning basic baseball skills in an environment that is welcoming and fun. Sport classes create a foundation for a positive lifetime sports experience and build independence for those new to formal classes.

### **Preschool Hockey (Ages 3-5)**

Have fun with sports by learning basic hockey skills in an environment that is welcoming and fun. Sport classes create a foundation for a positive lifetime sports experience and build independence for those new to formal classes.

### **Preschool Volleyball (Ages 3-5)**

Have fun with sports by learning basic volleyball skills in an environment that is welcoming and fun. Sport classes create a foundation for a positive lifetime sports experience and build independence for those new to formal classes.

### **Preschool Track and Field (Ages 3-5)**

Have fun with sports by learning basic volleyball skills in an environment that is welcoming and fun. Sport classes create a foundation for a positive lifetime sports experience and build independence for those new to formal classes.

### **FUNDamental Basketball (5K-1st Grade)**

A 45-minute class where your child will learn the fundamentals of the sport of basketball. Class will cover the basics of positions and roles, passing, shooting and rebounding in a non-competitive environment. Modified scrimmages will be introduced in this session.

### **FUNDamental Basketball (2nd-4th Grade)**

A 45-minute class that focuses on the basics of dribbling, shooting, passing, and offense/defense.

### **FUNDamental Soccer (5k-1st Grade, 2nd-4th Grade)**

A 45-minute class that focuses on the basics of ball handling and understanding offense and defense in the soccer setting.

### **FUNDamental Volleyball (1st-2nd, 3rd-5th Grade)**

A 45-minute class that focuses on the basics of serving, setting, hitting, and digging.

### **FUNDamental Flag Football (5k-1st Grade, 2nd-4th Grade)**

A 45-minute class that focuses on the fundamental skills of Flag Football. Throwing, catching, running, and positions will be a focus at each practice.

### **FUNDamental Track & Field (5k-1st, 2nd-5th Grade)**

A 45-minute class where your child will learn the fundamentals of running. Exercises and drills will introduce athletes to the techniques used in sprints, relays and hurdles. Focus will be on form including body position and stride. Goal is to inspire a love of running, being active and having fun!

### **Recreational Basketball (3rd-5th Grade)**

A 60-minute class that builds on the foundation learned in Fundamental Basketball. Continued work on ball handling, understanding of offense and defense, and player positions in a game setting will be the focus of this program. Players are strongly encouraged to take a fundamental class prior to enrolling in the recreational program.

### **Recreational Soccer (3rd-5th Grade)**

A 60-minute class that builds on the foundation learned in Fundamental Soccer. Continued work on ball handling, understanding of offense and defense, and player positions in a game setting will be the focus of this program. Players are strongly encouraged to take a fundamental class prior to enrolling in the recreational program.

### **Recreational Flag Football (2nd-4th Grade)**

A 60-minute class that builds on the foundation learned in Fundamental Football. Continued work on ball handling, understanding of offense and defense, and player positions in a game setting will be the focus of this program. Players are strongly encouraged to take a fundamental class prior to enrolling in the recreational program.

### **Recreational Volleyball (3rd-5th Grade, 6th-8th Grade)**

A 60-minute class that builds on the foundations of Fundamental Volleyball. Continued work on serving, setting, hitting, digging while learning the rules and organization of volleyball.

## SPORTS



## MARTIAL ARTS

### Beginner (Ages 7-14)

Marital Arts is a great way to combine fitness, discipline and character development. Program will teach Martial Arts fundamentals with a focus on Tae Kwan Do but will also include Jujutsu, Judo and Ground disciplines. Self-confidence and respect for themselves and others will be learned each class session. Beginner participants have the option to attend once or twice a week. Uniform is optional and additional fee.

### Intermediate (Ages 7-14, Advanced 14+)

Marital Arts is a great way to combine fitness, discipline and character development. Program will teach Martial Arts fundamentals with a focus on Tae Kwan Do but will also include Jujutsu, Judo and Ground disciplines. Self-confidence and respect for themselves and others will be learned each class session. Open to Gold Belt and up. Uniform and testing include additional fees.

### Adult (Ages 14+)

Marital Arts is a great way to combine fitness, discipline and character development. Program will teach Martial Arts fundamentals with a focus on Tae Kwan Do but will also include Jujutsu, Judo and Ground disciplines. Self-confidence and respect for themselves and others will be learned each class session. Uniform is optional and additional fee.

### Intro To Martial Arts (Ages 7-14)

Get introduced to the basics of Martial Arts in this 30 minute class. Students confidence will grow as they learn about discipline, character development, and respect for themselves and others. This class does not belt test.



## YOUTH PROGRAMS

### Art Club (Ages 6–9, Ages 10–12)

Come and explore your artistic potential in a supportive and creative environment! Students will have the opportunity to work on individual art projects as well as collaborate on group art projects and focus on enhancing fine motor skills, hand-eye coordination, imagination, creativity, and patience through various art activities. No previous experience is required!

### Builders' Club (Ages 8–12)

Get creative and let your imagination soar during Builders' Club where we will use everything from Legos to cardboard to make our masterpieces. We will use skills like problem solving, engineering, science, and teamwork along the way.

### Cooking (Ages 8–12)

Preparing food safely with the time tested skills and tricks of the kitchen. Please be prepared to try new things!

### Creative Writing (Ages 8–12)

Unlock your creative potential and join the Creative Writing class! Whether you're a budding novelist, a poet in the making, or simply looking to enhance your writing skills, our club offers a supportive and inspiring space for students to craft stories, books, and poems while collaborating with fellow writers.

### Girls' Night Out – (5th & 6th Grades)

Join us for Girls' Night Out, an engaging and inclusive program specifically tailored for 5th and 6th graders. Each night, participants will delve into a variety of themes, enjoy socializing, indulge in healthy snacks, and engage in physical activities, while exploring topics such as healthy choices, preparing for 6th and 7th grade/middle school, life skills, and fostering positive friendships. This program warmly welcomes all 5th–6th graders, irrespective of their gender identity or expression.

### Harry Potter Club (Ages 8–12)

Dive into the world of Harry Potter! We'll read along together and explore the magical universe, as we have fun making our own wands, crafting our own butterbeer, learning spells and fun facts, and more!

### Kids in the Kitchen (Ages 8–12)

Discover the exciting world of cooking! Learn basic skills of how to stay safe in the kitchen, measure ingredients just right, and use a variety of utensils and small appliances while making yummy and easy recipes!

### LEGO® (Ages 6–12)

Building with LEGO® bricks encourages children to learn while having fun! Creativity, problem solving, and teamwork are some of the skills that "playing" with LEGO® bricks can teach children.

### Let's Get Ready to Babysit (Ages 11–13)

Our fun and fast-paced class will include scenarios and interactive activities. Our topics will consist of lessons in child development, age-appropriate play, behavior challenges & solutions, first aid & safety, handling emergencies, and communication with parents.

### Movies (Ages 6–12)

Each week, we will watch a kid-friendly film that explores different themes and narratives to engage curious and creative minds! Our goal is to inspire a love of cinema and inspire youth's enthusiasm to discover more. After each film, we'll engage in a discussion about the movie's themes, narratives, characters, setting, and events while providing a safe and fun space for each participant's ideas to be heard and valued.

### On My Own at Home (Ages 10–12)

Participants will gain essential knowledge on staying occupied and ensuring personal safety while at home alone. From identifying potential hazards to handling emergency situations, and even mastering basic first aid skills. Attendees will also learn how to prepare simple and safe snacks for their enjoyment.

### STEAM (Ages 8–12)

Unlock your passion for learning and playing with technology in our dynamic STEAM class! Dive into a world of creativity as we explore various technologies, engage in hands-on activities, and tackle thrilling challenges, all designed to broaden your horizons and nurture your technological skills.

### Theater (Ages 6–13)

Explore the captivating world of theatrical arts in this comprehensive class, covering skit selection, rehearsal, and performance, improvisation, oral interpretation, character development, stage management, direction, and stage combat techniques. Unleash your creativity and enhance your stage skills as you delve into the exciting realm of theater.

### Y Night (Grades 4th–6th)

Calling all 4th, 5th, and 6th graders! Y Night fans will have fun with swimming, gym games, and other activities.

### Y Zone

Y Zone offers a place to hang out with friends or your family and enjoy games, craft projects, or special activities. It also provides a place for families to connect & play together. Child must sign/be signed in and out of Y Zone. Ages 8–13 can attend alone. Ages 6–7 must be signed in and out by their parent/adult who will remain in the Y facility.



**Youth Activity Center (YAC) (Ages 8+)**

The YAC offers free activities that are engaging, attractive to youth, and make use of their talents, energy, and creativity. Elementary and middle school kids can hang out after school, evenings, and weekends.

**Youth Ceramics Glaze Painting (Ages 8-12)**

A porcelain painting intro for youth. Using mineral painting an overglaze process. Painting simple objects and exploring what happens with color in the process of applying glaze with wipe-out techniques and firing.

**Pottery (Ages 8-12)**

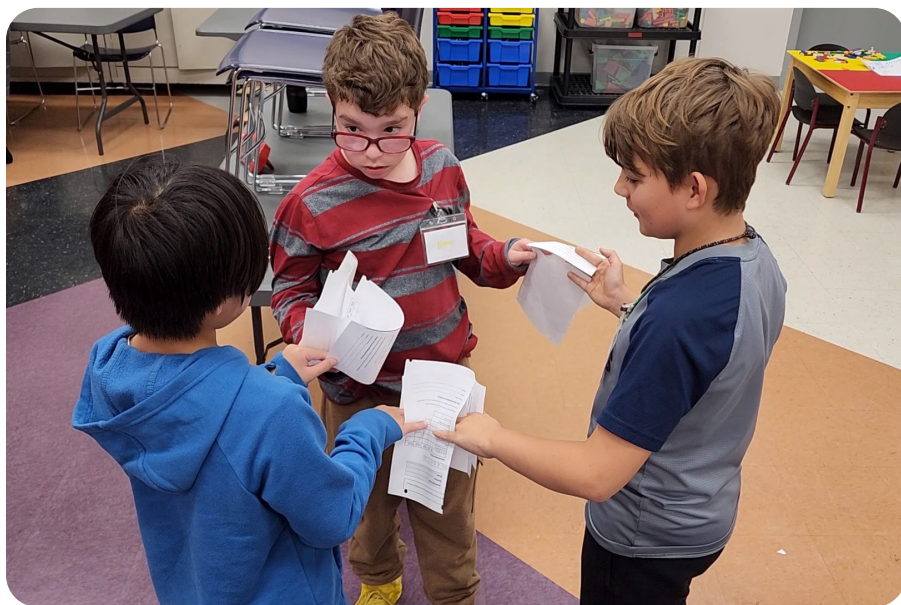
This beginner class offers an introduction to the process of working with clay. Students will hand-build several unique pieces, to take home for use or as gifts, using the techniques taught in this class.

**Creation Station (All ages)**

Looking for something creative to do while you're at the Y? Stop by Creation Station to make the featured weekly craft! Parents are encouraged to help little ones; older kids can work at their own pace. All materials will be provided. No registration required, just stop by!

**Power Zone (Ages 8-13)**

It's easy to stay active during this fun-filled time - the activities change every day! Our staff teach and facilitate group games like dodgeball, basketball, kickball, and many other fast-paced and cooperative games. You may attend Power Zone for the full time or pop in when it works for you. Just be there!

**Power Zone Jr. (Ages 6-10)**

It's easy to stay active during this fun-filled time. The activities change every day! Our staff teach and facilitate group games like dodgeball, basketball, kickball, and many other fast-paced and cooperative games. You may attend Power Zone Jr. for the full time or pop in when it works for you. Children ages 6-7 must have a parent/guardian sign them in/out and remain in the Y facility.

**Board Games (Ages 5-12)**

Embark on an exhilarating journey where strategy meets laughter, unlocking your strategic genius while forging unbreakable friendships through the roll of dice and the shuffle of cards! Get ready to level up your game nights with us!

**Scrapbooking (Ages 5-12)**

Dive into a world of crafting and memory-making as we transform blank pages into vibrant, cherished keepsakes, all while bonding over shared stories and laughter. Supplies will be provided, but students should bring their own photos and documents that they'd like to add to their pages.

**Page Turners (Ages 8-12)**

Join our book club and embark on a thrilling literary adventure! Discover captivating stories, explore new worlds, and meet like-minded young readers in a welcoming, imaginative community where books come to life.

**Watercolors (Ages 5-12)**

Young artists work on a series of fun and engaging projects to express their unique creativity and develop their own personal style. All materials will be provided, and no prior experience is necessary - just a love of color and imagination!

**Origami (Ages 8-12)**

Join our Origami class, where the ancient art of paper folding comes to life! Unfold your creativity as you learn the delicate techniques and intricate designs of origami, and embark on a journey of spatial learning while crafting beautiful paper masterpieces.

**Comic Books (Ages 8-12)**

Embark on thrilling adventures between the pages of your favorite comic books! Dive into the colorful world of superheroes, discover epic tales, and meet fellow comic enthusiasts - it's where imagination and friendship unite in the ultimate comic book extravaganza!

**DIY/Life Hacks (Ages 5-12)**

Join our DIY/Life Hacks club and unlock a world of endless creativity! From transforming everyday items into extraordinary inventions to mastering clever shortcuts for a simpler, more thrilling life, we're your gateway to a universe of practical magic and endless adventure.

**Fashion (Ages 5-12)**

Join our Fashion class and unleash your inner style guru! Explore the ever-evolving world of fashion through lively discussions on the latest trends, creative sketching sessions with exciting themes, and a variety of fun fashion activities that'll fuel your passion for style.

**Makerspace (Ages 4-6, Ages 5-12)**

Join Makerspace and unlock the world of hands-on creativity, where students collaborate, innovate, and tinker their way through science and engineering challenges. Dive into a world of experimentation and invention as you team up to bring your wildest project ideas to life!

**National Days (Ages 5-12)**

Join our National Days class and embark on a thrilling journey through March as we dive into a world of vibrant celebrations! Uncover the fascinating stories and traditions behind various national days celebrating pandas, Oreos, puppies, scribbling and more, in a fun and interactive learning experience.

**Astronomy (Ages 5-9)**

Join our Astronomy class and embark on a cosmic journey with like-minded enthusiasts! Explore the wonders of the universe, through a variety of hands-on activities, videos, and other displays.

**Painting (Ages 5-12)**

See your child's imagination come to life, one brushstroke at a time, as they explore the world of colors and capture their unique masterpiece. Painting mediums may include acrylic, tempura, watercolor, oil, pastel, and more.

**Jewelry and Design (Ages 5-12)**

Craft stunning pieces of jewelry while honing your skills in patterns, colors, coordination, dexterity, and creativity, and leave with your own handmade treasures.

**Gardening (Ages 5-12)**

Does your child have a green thumb or would just like to learn how to garden? Our future gardeners will learn the basics of indoor and outdoor gardening through a variety activities and experiences, including planting a garden outside!

**Private Music Lessons**

Discover your musical talent and elevate your skill with private music lessons at West Side Y. These one-on-one 30-minute weekly lessons are available in voice (ages 8+) or beginner piano (ages 5+). Monthly tuition is \$78 for members and \$166 for general public, plus additional costs for books and materials as needed. All students enrolled in piano lessons must own, rent, or have access to an acoustic or digital piano (preferably with at least 76 keys and weighted action keys).

If interested, please contact Terry Brennan at [terry.brennan@greenbayymca.org](mailto:terry.brennan@greenbayymca.org) or 920 436 9656 for availability, and with any questions you may have.





## GYMNASTICS

### Child with Adult Gymnastics (Ages 1-2)

This program is designed to help support your child in developing both social and motor skills. Age appropriate activities, including song and play, will help participants improve balance, gross and fine motor skills, strength and hand eye coordination. Each registered child must be accompanied by an adult.

### Preschool Gymnastics (Ages 3-4)

This independent class is designed for the active preschooler. Gymnasts are introduced to basic gymnastics skills on all four events: bars, beam, floor and vault. Children will learn how to follow circuits and simple directions. Coordination and self-confidence will soar as they tumble, swing, and have fun in this class!

### Intro to Gymnastics (Ages 4-6)

This class is designed for 4K & Kindergarten gymnasts. Participants are introduced to basic gymnastics skills on all four events: bars, beam, floor and vault. Development of skills are done through station based learning. Gymnasts age 4 must take a pre-school class prior to enrolling in this course.

### Intro to Gymnastics (Ages 7-13)

Gain confidence and strength by learning basic gymnastics skills in this introductory gymnastics class. No prior experience necessary. Participants will learn independence and practice skills on bars, beam, floor and vault.

### Jr. Star Stage C (Ages 4-6)

The Jr Stars program builds a strong foundation in all 4 gymnastics events: Bars, Beam, Floor & Vault. Level C is the start to our progressive program and is for our 4K and Kindergarten gymnasts. Students will be introduced to basic skills, learn vocabulary and body positions in a fun and supportive environment. Focus on proper techniques will help them progress to more advanced gymnastics skills in the future. Prerequisite skills include forward roll, beginner cartwheel, balance on one foot on low beam and holding front support on bar or at least 5 years of age. Recital will showcase gymnasts achievements in May and December.

### Jr. Star Stage D (Ages 7-13)

The Jr. Stars program builds a strong foundation in all 4 gymnastics events: Bars, Beam, Floor & Vault. Level D is the start to our progressive program for our school aged gymnasts. Students will be introduced to basic skills, learn vocabulary and body positions in a fun and supportive environment. Focus on proper techniques will help them progress to more advanced gymnastics skills in the future. Recital will showcase gymnasts achievements in both May and December.

### Jr. Star Stage E (Ages 6-13)

The Jr Stars program builds a strong foundation in all 4 gymnastics events: Bars, Beam, Floor & Vault. Level E is the second course in our progressive program for our school aged gymnasts. Prerequisite: Stage C or D skills passed. The following skills are the focus while working on form and technique: **Floor:** bridge kickover, handstand holds, round off **Bars:** casting, pullover, back hip circle **Beam:** lever, turns, jumps **Vault:** jump to 3/4 handstand, strong hurdle and jump. Recital will showcase gymnasts achievements in both May and December.

### Jr. Star Stage F (Ages 6-13)

The Jr Stars program builds a strong foundation in all 4 gymnastics events: Bars, Beam, Floor & Vault. Level F is the third course in our progressive program for our school aged gymnasts. Prerequisite: Stage E skills passed. The following skills are the focus while working on form and technique: **Floor:** backbend kickover, handstand forward roll, round off **Bars:** Independent pullover & back hip circle, squat on dismount **Beam:** side handstand dismount, connected jumps, turns **Vault:** hurdle with arm circle, handstand flat back. Recital will showcase gymnasts achievements in both May and December.

### Youth Camp (Ages 5-13)

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. Please bring sack lunch, swim suit, and towel.

### Pre-Team Gymnastics

\*By skill evaluation only. This program will prepare gymnasts for the competitive Gymstars program by fostering confidence and independence while working on advanced skill development with the following skills: **Floor:** back handspring, round-off rebound, extension rolls **Bars:** front hip circle, squat on, high casting **Beam:** split jumps, mini handstands, side handstand dismounts **Vault:** front handspring

### Gymnastics Team

Our gymnastics team, Gymstars, is built around the fundamentals of the YMCA. We compete against other Wisconsin YMCAs using USAG rules and regulations in JO levels 2-10 and Xcel Silver and Gold. By skill evaluation only.



## NINJA

### Mini Ninja (Ages 3-4)

The focus is developing motor skills through mobility, balance, power, strength and endurance. We want to create a strong mind and body through fitness in a fun and safe manner. Setting and achieving goals will help boost self-confidence and self-worth.

### Ninja Warrior Jr. (Ages 5-8)

We focus on developing motor skills through mobility, balance, power, strength, and endurance. We want to create a strong mind and body through fitness in a fun and safe manner. By learning new obstacles, we help athletes develop a positive mindset towards themselves and others. Setting and achieving goals will help boost self-confidence and self-worth.

## NINJA ZONE

### Baby Ninjas (Ages 0-2)

NinjaZone is a program dedicated to creating early positive experiences with health, fitness, and sports. Baby Ninjas is the first step in creating confidence in young children! In an organized, yet playful structure, this adult and child class is the perfect way to socialize your child, allow them to learn and understand what it means to follow instruction, and of course, get them moving! Class goals: listening skills, fundamental movement, coordination, fine and gross motor skill development, body awareness, and our NinjaZone character-building component.



### Lil' Ninjas (Ages 3-4)

Lil' Ninjas is the entry level to the all-new sport discipline inspired by gymnastics, martial arts, obstacle training, and freestyle movement. Class goals: Listening skills, confidence, trying new things, working through frustration, and manners. We do all this through a strategic mix of skills and progressions.

### NEW! NinjaZone Jr. (Ages 5-8)

Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values as described in the NinjaZone creed. Children advance and learn at their own pace. The levels of NinjaZone are defined by the headband colors of White, Yellow, Green, Blue, and Purple. West Side only.

### NEW! NinjaZone (Ages 9+)

Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values as described in the NinjaZone creed. Children advance and learn at their own pace. The levels of NinjaZone are defined by the headband colors of White, Yellow, Green, Blue, and Purple. West Side only.

### Ninja Camp (Ages 5-13)

Our Ninja Warrior obstacle course training will challenge you to become stronger, more confident, and increase your body control. Bring a swimsuit, towel, and bag lunch for this fun, all day camp!





## DANCE

### Child with Adult Dance (Ages 2-3)

Partner with your child in a variety of dance activities as you spend quality time exploring music and movement. Each month will explore a different theme. Adult participation is one-on-one with your child.

### Creative Movement (Ages 3-4)

Introduction to the joy of movement through music and dance. This class will foster your child's imagination while building gross motor skills, listening skills, and positive peer interaction. Basic ballet steps and props are used to build coordination and self-esteem. New class theme will be introduced each month. Dancer attends class independently. Ballet Shoes are required.



### Ballet & Tap Dance (Ages 4-5)

Class will start to build the foundation of ballet and tap. Students will gain a better understanding of rhythm, tempo and musicality while also learning the basics of ballet. Emphasis is placed on proper body placement but taught through age appropriate fun activities. New class theme will be introduced each month. Dancer attends class independently. Ballet and Tap Shoes are required.

### Ballet & Tap Dance (Ages 5-7)

Class will continue to build the foundation of ballet and tap. Students will gain a better understanding of rhythm, tempo and musicality while also learning the basics of ballet. Emphasis is placed on proper body placement but taught through age appropriate fun activities. New to dance 5-year-old dancers should take the Ballet and Tap ages 4-5 prior to enrolling in this course. Dancer attends class independently. New class theme will be introduced each month. Ballet and Tap Shoes are required.

### Hip Hop Dance (Ages 6-8, Ages 9-13)

High energy dance classes with current music your child can relate to. Class will focus on age-appropriate basic hip hop moves while fostering confidence and teamwork. Jazz or clean tennis shoes required.

### Poms Dance (Ages 6-8)

High energy dance class with music your child can relate to. Class will focus on the basic arms positions, turns, jumps and movements used in pom dance. Building confidence and working as a team will be an emphasis in each class meeting. Poms provided. Jazz or clean tennis shoes required.



## AQUATICS

### **Adult Swim Lessons: Beginner/Intermediate (Ages 14+)**

Our adult swim lessons have an open format so that individual goals will set the pace. Increase your confidence, physical fitness and swimming ability while meeting a few other adults who are doing the same.

### **Adult Swim Lessons: Advanced (Ages 14+)**

Our adult swim lessons have an open format so that individual goals will set the pace. Increase your confidence, physical fitness and swimming ability while meeting a few other adults who are doing the same. Participants should be comfortable swimming 50 yards continuously prior to registration in this course. Class will be held in the lap lanes.

### **Adult Swim Club (Ages 16+)**

This is designed for those who are looking for a swim workout! Whether you are looking to maintain your swimming skills or wanting to have “teammates” to swim with, our coach will help you reach your swimming goals. Participants should be comfortable swimming multiple lengths of the pool using a combination of freestyle, backstroke, and breaststroke.

### **Child with Adult Swim Lessons Infant: (6 months – 2 years)**

Accompanied by an adult, infants learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. An adult, at least 16 years old, is required to be in the water with the child; 1 adult maximum.

### **Child with Adult Swim Lessons Toddler: (2–4 years)**

Students develop comfort with underwater exploration, safe ways to enter and exit the water, body position and control, and movement through the water. An adult, at least 16 years old, is required to be in the water with the child; 1 adult maximum.



### **Preschool Swim Lessons (Ages 3–5)**

Students develop comfort with underwater exploration, safe ways to enter and exit the water, body position and control, movement through the water, other water safety skills, and will begin to combine those skills.

### **Youth Levels 1–3 Swim Lessons (Ages 6–13)**

Students develop comfort with underwater exploration, safe ways to enter and exit the water, body position and control, movement through the water, other water safety skills, and will begin to combine those skills.

### **Youth Levels 4–6 Swim Lessons (Ages 6–13)**

Students will focus on developing all major strokes in a class designed to increase stamina, and fluency in the water. Students will learn about competitive swimming and how to continue to utilize swimming as a part of a healthy lifestyle. Must have completed Levels 1–3.

### **Pre-Team**

Pre-Team Development is an introductory class to GBY Competitive Swimming. The four competitive strokes are refined as well as other competitive swimming fundamentals such as starts and turns. Swimmer must be able to swim multiple lengths (25 yards) of the front crawl (freestyle) with rotary breathing. Must have successfully completed Youth Stage 5.

### **Swim Team**

The Green Bay YMCA has a proud history of being the premier competitive swimming program in the Green Bay area, producing many outstanding young athletes. 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 and participation is recommended but not required.

### **Inclusion Swim Lessons: Individual Lesson**

Inclusion Aquatics is designed to meet the needs of individuals with physical and/or cognitive disabilities at any swim level. Beginners will develop comfort with underwater exploration, safe ways to enter and exit the pool, body position and control, and movement through the water. Seasoned students will focus on developing strokes to increase stamina and fluency in the water. Swimmers will work on skills one-on-one with an instructor.

### **Inclusion Swim Lessons: Small Group Lesson**

Inclusion Aquatics is designed to meet the needs of individuals with physical and/or cognitive disabilities at any swim level. Beginners will develop comfort with underwater exploration, safe ways to enter and exit the pool, body position and control, and movement through the water. Seasoned students will focus on developing strokes to increase stamina and fluency in the water. Swimmers will work in a small group setting with others of similar abilities and instructors.



**Private Lessons: Individual Lesson (Ages 3+ years)**

Whether you are interested in getting comfortable in the water for the first time, want to improve your form, or swim faster, we can develop a program to suit your needs. Private Lessons are perfect for those who prefer one-on-one attention. An instructor will work with you to determine the best path to help you achieve your personal goals.

**Semi-Private Lessons: 2:1 Lessons (Ages 3+ years)**

This class is designed to give participants the attention needed to become comfortable in the water. Our instructors will work with 2 students at a time, determining their needs and customizing the class to meet the objectives and goals. For best results, similar swim ability is recommended.

**Red Cross Lifeguard Training**

This class provides the necessary training to become a lifeguard. Participants must be 15 by the last day of class and must attend all of the class sessions to be eligible for certification. At the first class, participants will be required to swim 300 yards front crawl and/or breaststroke, retrieve a ten-pound brick from the bottom of the pool and swim 15 yards with it, and tread water for 2 minutes without using their hands. Fee includes certification in Lifeguarding, First Aid, CPR, and AED.

**Red Cross Lifeguard Recertification**

Renew your Lifeguard Certification. Students must provide a copy of current Lifeguard Certification. At the first class, participants will be required to swim 300 yards front crawl and/or breaststroke, retrieve a ten-pound brick from the bottom of the pool and swim 15 yards with it, and tread water for 2 minutes without using their hands. Fee includes certification in Lifeguarding, First Aid, CPR, and AED.





## FULL CIRCLE

Full Circle Classes are intended for kids who have been diagnosed with Autism Spectrum Disorder or Sensory Processing Disorder. If this does not pertain to the participant please look at our other class offerings. Please contact Rachael Trimble for registration. 920 436 1249 | [rachael.trimble@greenbayymca.org](mailto:rachael.trimble@greenbayymca.org)

### Full Circle Art (Ages 3-8, Ages 9-14)

In Full Circle Art, participants will explore their artistic potential in a supportive and creative environment! Students will have the opportunity to work on individual art projects as well as collaborate on group art projects and focus on enhancing fine motor skills, hand-eye coordination, imagination, creativity, and patience through various art activities. No previous experience is required!

### Full Circle Learning with Legos (Ages 3-8, Ages 9-14)

In Full Circle Learning with Legos, participants will have the opportunity to learn basic and advanced STEM (science, technology, engineering, and math) while using Lego Education Kits. Students will get creative with constructing a project and then get to enjoy watching their creation move! Students will be working both individually and in groups to complete their projects.

### Full Circle Science (Ages 3-8, Ages 9-14)

In Full Circle Science, participants will bring out their inner scientist as they complete a variety of experiments. (Ex: slime, elephant toothpaste, baking soda reactions, etc.)

### Full Circle Sports (Ages 3-8, Ages 9-14)

In Full Circle Sports, participants will learn the fundamental skills of various sports (basketball, soccer, t-ball, football, and more) and how to work and engage with teammates.

### D.R.E.A.M. Night (Ages 18+)

D.R.E.A.M. Night stands for disability, recreation, experiences, and memories. This is a night of fun, movement, and connection for adults 18+ with differing abilities held at our Ferguson Family Y. D.R.E.A.M. Night will be held on the 1st and 3rd Tuesday of every month. Check out the calendar [online](#) to make sure you are in the know about the events.



## INCLUSION

### Inclusion Indoor Soccer (Ages 6-14)

A 45-minute class where we teach basic soccer skills indoors to accommodate a variety of disabilities, and with fewer players. We focus on developing values of good sportsmanship, teamwork, and self esteem. We will incorporate scrimmages to put their skills into action during the session. Individuals with or without disabilities are welcome.

### Inclusion Basketball (Ages 6-14)

Inclusion Basketball is a 45-minute sports class for children with differing abilities, be it cognitive, physical, emotional, educational, etc. Athletes will learn the fundamentals of basketball such as dribbling, shooting, and basic plays. Modifications will be used for a wide range of disabilities. Individuals with or without disabilities are welcome.

### Inclusion T-Ball (Ages 6-14)

Inclusion T-Ball is a 45-minute sports class for children with differing abilities, cognitive, physical, emotional, educational, etc. Athletes will learn the fundamentals of T-Ball such as base running, batting, and throwing/catching. Modifications will be used for a wide range of disabilities.

### Inclusion Swim Lessons: Individual Lesson

Inclusion Aquatics is designed to meet the needs of individuals with physical and/or cognitive disabilities at any swim level. Beginners will develop comfort with underwater exploration, safe ways to enter and exit the pool, body position and control, and movement through the water. Seasoned students will focus on developing strokes to increase stamina and fluency in the water. Swimmers will work on skills one-on-one with an instructor.

### Inclusion Swim Lessons: Small Group Lesson

Inclusion Aquatics is designed to meet the needs of individuals with physical and/or cognitive disabilities at any swim level. Beginners will develop comfort with underwater exploration, safe ways to enter and exit the pool, body position and control, and movement through the water. Seasoned students will focus on developing strokes to increase stamina and fluency in the water. Swimmers will work in a small group setting with others of similar abilities and instructors.



## FAMILY

### Child Watch (Ages 6 weeks–7 years)

Leave your children in a clean, caring, and safe environment while you remain in our facility for your workout. Infant Care (6 weeks to walking) must be pre-registered by calling Child Watch. 920 436 9622 | [www.greenbayymca.org](http://www.greenbayymca.org)



### Family Adventure Center

The Family Adventure Center at the Ferguson Family Y features an open area where young kids can use their imagination and create their own fun with mats and fun shapes. For the older kids, the tree fort-themed play structure creates an interactive play environment. The Family Adventure Center is available for children 7 years and younger when accompanied with a parent.

### Family Wellness Orientation

This program educates youth in wellness and fitness, establishes a lifestyle of fitness at a young age, and encourages parents and kids (ages 8–10) to work out together. The course encompasses the mission and core values of the YMCA, the benefits and risks of exercise, and the policies and etiquette of the Wellness Center. Participants will learn how to use the cardiovascular equipment. Participation is required during this hands-on program. Once a youth has completed the program, they will receive a disposable orange wristband each time they visit the Y, signifying they have been taught how to use the Wellness Center. This program is free to Y members and can be scheduled at the front desk. \*Parent/guardian is required to attend with child.

### Preschool Prime Time

Preschool Prime Time hour offers preschoolers (ages 2–6) and their parent/caregiver the opportunity to play! We will include a variety of age-appropriate activities such as stories, movement, and crafts all supervised by our Y staff. Join us as we explore a new theme each week!

### Parent's Day/Night Out

Take advantage of our Parents' Day/Night Out and enjoy some time to yourself. Your children will experience a variety of fun from structured activities to free play. Kids will be separated by ages and staff supervised at all times. Dinner will be served. The menu will be provided in the week leading up to the night out. Dietary restrictions/food allergies will be requested at that time. Activities include: sports play, crafts, obstacle course, and various enrichment activities all lead by caring YMCA staff. Pre-registration is required. Registration ends one week prior. Activities may be canceled if minimum registration is not met. YMCA memberships required (any member of household can hold membership). Please register each child individually.

### Birthday Parties (All Ages)

Give your child a memorable birthday experience here at the YMCA! We offer several exciting options for your friends and family to enjoy. Each of our YMCA locations has different options for you to choose, please make sure you select the option which suits you best. There are options at various prices for all budgets. Additional information regarding your party will be provided via email upon registration. Bring your own decorations, food and take advantage of this exciting opportunity.





## HEALTHY LIVING | SMALL GROUP TRAINING

### Ultimate Conditioning (Ages 14+)

This Small Group Training (SGT) class, formerly known as MX4, combines best-in-class training tools with workouts in a revolutionary new way to help you improve cardio, power, strength and endurance, no matter what your age or ability level. This game-changing program blends Certified Personal Trainer attention, camaraderie, and challenging progressive workouts. Ages 14+. Open to Y Members Only.

### Kettlebells

Whether you are new to kettlebells or ready to test your fitness limits, this workout is for you! Torch calories, learn proper kettlebell technique, and experience total body conditioning, all in a 30-minute workout.

### TRX

During this 7-week period, you will learn the basic building blocks of TRX Suspension Training including proper form, body mechanics, and how TRX can complement your other daily workouts. If you are looking to build strength, flexibility, stability and core conditioning in one workout, TRX is for you! Classes are 30, 45, or 60 minutes.

## OPEN TO Y MEMBERS ONLY

### Youth Beginner Strength Training

This progressive 6 week program will build the confidence of youth with physical activity, learning about healthy habits, and learning how to safely use the equipment available at the Y.

### Youth Intermediate Strength Training

This progressive 6 week program will build the confidence of youth with physical activity, learning about healthy habits, and learning how to safely use the equipment available at the Y.

### Youth Advanced Strength Training

This progressive program will build the confidence of youth, increased awareness, access to fitness training for youth improving and maintaining overall health and well-being.

### Youth Wellness Orientation 1 and 2

This program educates youth in wellness and fitness, establishes a lifestyle of fitness at a young age, and encourages parents and kids (ages 11-13) to work out together. The course encompasses the mission and core values of the YMCA, the benefits and risks of exercise, and the policies and etiquette of the Wellness Center. Participants will learn how to use the cardiovascular equipment and the strength training machines. Participation is required during this hands-on program. Once a youth has completed the program, they will receive a disposable green wristband each time they visit the Y, signifying they have been taught how to use the Wellness Center. Please register for this free program at your Y's front desk at a time that is convenient for your family.

### Personal Training

No matter what you want to achieve for your health and wellness, the YMCA's personal training program in Green Bay can help you. The trainers at the YMCA are dedicated to helping you and are passionate about our mission to make our community thrive. We have different training options to fit your workout preferences, such as one-on-one training and small group sessions. Take a look at the details about the packages and prices below. We also have special training programs, small group sessions, and workshops to give you more choices and help you reach your goals while working together with others!



### Family Wellness Orientation

This program educates youth in wellness and fitness, establishes a lifestyle of fitness at a young age, and encourages parents and kids (ages 8-10) to work out together. The course encompasses the mission and core values of the YMCA, the benefits and risks of exercise, and the policies and etiquette of the Wellness Center. Participants will learn how to use the cardiovascular equipment. Participation is required during this hands-on program. Once a youth has completed the program, they will receive a disposable orange wristband each time they visit the Y, signifying they have been taught how to use the Wellness Center. This program is free to Y members and can be scheduled at the front desk. \*Parent/guardian is required to attend with child.

### Les Mills

Experience the excitement of Les Mills group exercise classes: BODYPUMP™ and BODYBALANCE®. Discover a range of fitness classes, including invigorating high-intensity interval training sessions, and engaging in enjoyable physical activities. Infusing the latest chart-topping music with state-of-the-art exercise principles, boundless motivation, and the dynamic synergy of a group, Les Mills group fitness programs inspire a genuine passion for staying active.



### Myzone

Myzone is a monitor that users strap around their chest during workouts. It then displays heart rate, calories, time, and effort to a facility display or to the Myzone app, while simultaneously creating an online logbook of all physical activity. Myzone uses a game-based platform and social experience that rewards EFFORT not fitness, motivating users to reach their personal best.

### Smart Start

Smart Start Coaching is a free 3-session coaching program, and is available to new and current YMCA members. During the program, you will meet with our highly trained wellness professionals to establish your goals, develop a personalized fitness plan, and experience a customized personal training session!

### Styku 3D Body Scanning

Styku 3D Body Scanning is now available to Green Bay Y members! Styku allows you to visualize your body shape in 3D, set personalized goals, and track your progress with data that makes sense and is fast and non-invasive. \*Additional fees apply



### Treo Wellness

Just like the Y's mission to offer programs that support a healthy spirit, body, and mind for all, the whole-person approach is in our DNA. Treo Wellness understands your daily needs and activities change. Connecting with content, tracking tools, a Certified Wellness Coach, and more are all available to meet you where you are and help you get to where you want to be.

### YMCA 360

We know life gets busy! That's why we're excited to provide our members with YMCA360: A Virtual Fitness option offering on-demand, livestream workouts and more. This platform allows you to workout from home, on the go, and at the YMCA360 Studios at our Ferguson Family, East Side & West Side centers! And best of all: It's free for members.

### Beginner Circuit

Personal trainer guided sessions that blend group exercise with personal training.

### Kettlebells/TRX Combo

A TRX and kettlebell combo combining strength and cardio.

### Youth Beginner Strength and Conditioning (Ages 10-13)

This progressive strength training class will teach children ages 10-13 to seamlessly transition to the Wellness Center by learning gym etiquette, safety around equipment, proper form/basic anatomy, and how to plan a workout.

### Youth Intermediate Strength and Conditioning (Ages 10-13)

This next step from Beginner Youth Strength and Conditioning class expands on the knowledge of how to use strength machines/bodyweight exercises. Children, ages 10-13, will also continue to learn basics of human anatomy and specifics on how to plan a workout.



## HEALTHY SPECIALTY

### Walk with Ease

The Arthritis Foundation Walk with Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease. This program will help you motivate yourself to get in great shape, walk safely and comfortably, improve your flexibility, strength, and stamina, and reduce pain and help you feel great. Diagnosis of arthritis is NOT required.

### Exercising with Parkinson's

Exercising with Parkinson's classes offer a customized exercise approach for the client. Classes incorporate evidence-based techniques that improve all-over mobility. Class includes treadmill walking, circuit training that promotes back, hip and shoulder extensor strength, and range of motion activities focusing on stretching the hip flexors and trunk. Class held in partnership with Bellin College Physical Therapy Program.



### KickStart

This 8-week program focuses on creating sustainable lifestyle changes to support your individualized health goals. KickStart includes weekly group education and discussion sessions. In a supportive, small group setting, we will explore the many aspects of life that might impact your overall wellbeing such as mental health, nutrition, and physical activity. (Please note this is not an exercise-based program. It is a classroom, discussion-based offering!)

### LiveSTRONG®

The Y and LiveSTRONG® joined together to create LiveSTRONG® at the YMCA, a physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The free, 12-week cancer wellness program meets twice a week for 75 minutes, using traditional exercise methods to ease you back into fitness. Open to members and non-members for FREE.

### Blood Pressure Self-Monitoring

Participants will work with trained YMCA Healthy Heart Ambassadors for the duration of the 4-month program. Just a few check-ins per month can yield big results. You will: Take your own blood pressure at least two times per month, attend two consultations with an ambassador per month, and attend monthly nutrition education. Eligibility Requirements: You must be at least 18 years old, be diagnosed with high blood pressure, not have experienced a recent cardiac event, not have atrial fibrillation or other arrhythmias, and not be at risk for lymphedema.

### Brain and Body Fitness

Join the YMCA and Brown County ADRC for the Brain and Body Fitness Program! This 12-week movement program is designed to support those diagnosed with early memory loss or brain changes and features exercises and linguistic activities that support physical and mental wellbeing. \*This is a group based class and, if at any point during the program, the participant requires additional or individual attention, they will be asked to bring a care person to support them.

## UPCOMING EVENTS

**Spin for a Cause** March 2, 2024 | 8am-Noon

Join us for our Spin for a Cause event to support all Health Specialty Programs offered at the Y!

**Camp Hinterland** April 24, 2024 | 5:30pm

We are excited to bring back an evening of fun, impact, and friendships with the return of Camp Hinterland! Join us at Hinterland Brewery & Restaurant for a fundraising banquet benefitting YMCA camps and camping programs.



## OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

