

GREATER GREEN BAY YMCA • www.greenbayymca.org • 920 436 9622



SUMMER June-August
2025

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 two sessions remaining this year. **JUNE-AUGUST & SEPTEMBER-DECEMBER**

HOW TO REGISTER:

- To register for programs, please visit 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.

3% SERVICE FEE

We impose a service fee of 3% on all card transactions, which is not greater than our cost of acceptance.

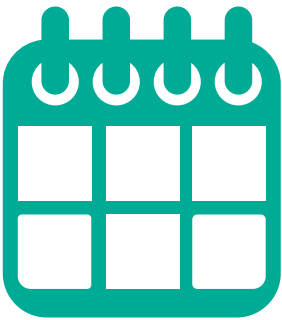
CANCELLATION POLICY

Programs can be cancelled up to the 25th of the month prior to the start of the month that your program begins in. Ex: March programs can be cancelled up until February 25th. Please contact the front desk to request a cancellation at 920 436 9622. Cancellation requests made after that date will need to be made through the program leader.

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PROGRAM CALENDAR



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

JUNE						
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					

JULY						
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		

AUGUST						
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



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
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Swim Team
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COMMUNITY: OUR FIRST PICK

For a better us.®

2025 Annual Campaign

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, Exercising with Parkinson's, LiveSTRONG® at the YMCA, YMCA Achievers, 21C, School-Age Child Care, 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 sports 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 sports 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 sports 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 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 Volleyball (1st-2nd, 3rd-5th Grade)

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

FUNDamental Soccer (5k-1st Grade)

A 45-minute class that focuses on the basics of ball handling and understanding offense and defense in the soccer setting. The YMCA values good sportsmanship. Teamwork will be a focus in each class to build players confidence and self-esteem.

FUNDamental Flag Football (5k-1st Grade)

A 45-minute class that focuses on the fundamental skills of Flag Football. Throwing, catching, running, and positions will be of focus at each practice. The YMCA values good sportsmanship. Teamwork will be a focus in each class to build players confidence and self-esteem.

FUNDamental T-Ball (Ages 4-5)

A 45-minute class that focuses on the basics of catching, throwing, positions, bases, and batting. The YMCA values good sportsmanship and teamwork will be a focus in each practice to build players confidence and self-esteem.

Recreational Soccer (2nd-4th 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 Basketball (2nd-4th 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 Volleyball (6th-8th, 9th-11th 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. The YMCA values good of good sportsmanship and teamwork will be a focus in each class build players confidence and self-esteem.

SPORTS

Recreational T-Ball (Ages 6-7)

A 60-minute class that builds on the foundation learned in Fundamental T-Ball. Continued work on fielding, throwing, and batting. Understanding of offense and defense, and player positions in a game setting will be the focus of this program. The YMCA values good sportsmanship and teamwork will be a focus in each class to build players confidence and self-esteem.

UWGB Sports Clinics

Join the Y and UWGB teams for fun clinics. Learn basic skills, drills, and game play all while having fun. These clinics will help encourage participants in developing basic fundamentals of the game. All skill levels welcome.

Green Bay Blizzard Football Clinics

Join the Y and the Green Bay Blizzard Football team for an exciting clinic. Learn basic skills, drills, and some gameplay all while having fun with some of the players. This clinic will help encourage participants in developing basic fundamentals of the game. All skill levels welcome.

Sweat Equity Basketball Clinic (Ages 6-12)

Perfect for young athletes of all skill levels, our clinics will provide a fun, supportive environment where kids can improve their basketball skills, make new friends, and have a blast on the court. Covering essential areas and skills of the game with proven curriculum developed by former Wisconsin Badger and professional basketball player, Brian Butch.

Individual Basketball Trainings (Ages 9-18)

Personalized skills training for an individual looking to improve in the sport of basketball. Drills will provide opportunity for more repetitions and more attention to detail with an experienced coach. A coach will work with you to determine the best path to help you achieve your personal goals.

Individual Soccer Trainings (Ages 9-18)

Personalized skills training for an individual looking to improve in the sport of Soccer. Drills will provide opportunity for more repetitions and more attention to detail with an experienced Coach. A coach will work with you to determine the best path to help you achieve your personal goals.

Sensory Kickers (Ages 9-14)

Recreational soccer program for youth 9-14 years old diagnosed with Autism Disorder or other sensory processing challenges. The desired outcome of the program is to provide recreational health and wellness opportunities to the children with unique needs. The participants will have the opportunity for success in areas of the physical, social, and emotional components of a team sport. It will provide skills, rules of the game, and team scrimmages.

Click [here](#) to register today!

MARTIAL ARTS**Beginner (Ages 7-14)**

Martial 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 White and Yellow belt students. White belt does not require prior experience. Beginner participants have the option to attend once or twice a week. Uniform is optional and additional fee.

Intermediate (Ages 7-14)

Martial 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 Green belt-Red belt. Participants have the option to attend once or twice a week. Uniform and testing additional fees.

Advanced (Ages 14+)

Martial 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 Brown Belt and up. Uniform and testing additional fees.

Adult (Ages 14+)

Martial 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.

Women's Self Defense

The Women's Self Defense class is for the female who is looking to empower herself. Led by YMCA Martial Arts Instructors, this class will give you unique skills on how to protect yourself. Students will get introduced to various real-life situations and will be able to effectively execute punches, kicks, take downs & locks. They will learn to generate extreme power through natural movements to completely incapacitate single or multiple attackers.

Click [here](#) to register today!

YOUTH PROGRAMS

Mini Builders (Ages 5-7)

Let your creativity and construction come alive! Young architects and engineers will have the opportunity to explore the exciting world of building and design through engaging projects. Throughout the course, children will work with a variety of materials such as colorful blocks, recycled items and even simple tools. Each session will feature fun challenges that encourage teamwork, critical thinking, and problem-solving skills as kids work together to bring their ideas to life.

Sensory Explorers (Ages 5-7)

An exciting, hand-on class designed for curious kids aged 5 to 7! In this vibrant and engaging environment, children will embark on a journey of discovery through their senses. Each session is filled with fun activities that encourage exploration, creativity and learning.

DIY Toys (Ages 5-9)

In this hands-on program, children will unleash their imaginations as they design and create their very own toys from a variety of materials. In addition to crafting, the class promotes teamwork and problem-solving skills as children collaborate and share their creative ideas. It's a great way for young makers to express themselves, build confidence and make new friends!

Crafts (Ages 5-12)

Students will learn techniques to craft traditional and modern pieces that are not only beautiful but can also serve a practical purpose. Each week, students will work towards a new project and given the freedom to personalize it according to their unique style and artistic flair! Classes could explore a variety of hobbies, seasonal crafts, or other creative and functional projects.

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!



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!



Summer Science (Ages 6-9)

Dive into a world of wonder with our Summer Science Class, specifically designed for inquisitive minds. This fun and interactive program invites kids to explore the fascinating world of science through hands-on experiments, exciting demonstrations and engaging group activities.

Action Science Challenge (Ages 6-12)

Explore the exciting world of science through hands-on experiments and fun challenges.

Critter Safari (Ages 6-12)

Embark on a wild adventure to learn about local wildlife and ecosystems through exciting, hands-on activities and exploration.

Fossil Fanatics (Ages 6-12)

Dive into the ancient world of fossils and paleontology, discovering how prehistoric life forms are preserved and studied.

Lego Master Builder (Ages 6-12)

Unleash your creativity by building intricate Lego structures while learning new design techniques.

Nature Art (Ages 6-12)

Use natural materials like leaves, stones, and twigs to create beautiful, eco-friendly artwork inspired by the outdoors.

Candy Making (Ages 8-12)

Satisfy your sweet tooth in this delicious class! Learn the art and science of candy making, from boiling sugar to creating unique flavors and textures. Create your own confections to share with friends and family while exploring the chemistry behind your treats.

Circuits (Ages 8-12)

Learn about the basics of circuits: what are the different types of circuits and how to create them. You will use your knowledge to create a diorama of a working circuit in a real-world setting.

Comic Creations (Ages 8-12)

Develop your own comic book characters and stories while learning the basics of illustration and storytelling along the way.

**Cooking: Grilling & Marinades (Ages 8-12)**

Dive into the art of enhancing flavors to your cooking by using marinades to transform your dishes. Learn the fundamentals of grilling while creating your own flavorful masterpieces.

Dusting for Fingerprints (Ages 8-12)

Learn techniques for using powder and specialized tools to reveal and collect fingerprints from various surfaces for forensic analysis.

Drawing Delights (Ages 8-12)

Welcome to Drawing Delights, where your creativity takes center stage in the exciting realm of drawing! This class is designed to ignite your imagination, improve your drawing skills, and help you express yourself through the power of art.

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 Robotics (Ages 8-12)

Combine creativity and engineering in this hands-on class! Design and build your own robots using LEGO components, then program them to perform various tasks. Perfect for budding engineers and tech enthusiasts.

**Outdoor Survival (Ages 8-12)**

Master essential survival skills in the great outdoors! This hands-on class covers shelter building, foraging, fire-startings, and navigation. Gain the knowledge and confidence to thrive in nature while developing teamwork and problem-solving abilities.

Recyclable Art (Ages 8-12)

Using recyclable materials, we will create a variety of art projects.

Stop Motion Animation (Ages 8-12)

Bring ideas to life by creating animated short films using stop motion techniques and creative storytelling.

Video Game Engineering (Ages 8-12)

Learn how to design your own controller using everyday material. You will be able to use your controller to games and robots.

Bead & Fuse Academy (Ages 8-17)

Let's create colorful, pixel-style art with Perler Beads! Kids will learn how to design and create multiple small Perler Bead projects such as keychains, magnets, coasters, and more. They will explore color patterns, symmetry, and creative design while improving fine motor skills and patience. By the end of the course, students will have a collection of fun and functional Perler Bead creations to take home!

Board Game Builders Academy (Ages 8-17)

Get ready to design, create, and play your very own board game! In this class kids will learn how to develop a fun and engaging board game from scratch. From brainstorming themes and rules to designing game pieces and boards, each student will bring their unique game to life and take it home to share with family and friends.

Brilliant Beadworks Academy (Ages 8-17)

Get ready to create dazzling designs with beads! In this program, kids will explore the art of beading while making multiple small projects such as bracelets, keychains, and decorative ornaments. Students will learn different beading techniques, color patterns, and creative designs while developing fine motor skills and patience. By the end of the course, everyone will have a collection of handmade beaded crafts to take home.

Colorful Clayworks Academy (Ages 8-17)

Get ready to sculpt, shape, and create with polymer clay! In this class, kids will learn the fundamentals of working with polymer clay, from conditioning and shaping to texturing and baking. Each week, students will explore different techniques and create multiple small projects, such as charms, figurines and mini-sculptures. By the end of the course, they will have a collection of unique handmade creations to take home.

Creative Canvas Academy (Ages 8-17)

Unlock your creativity with color and brushstrokes! In this class, kids will explore the fundamentals of painting, learning about color mixing, brush techniques, and composition. Students will have the option to work on one large painting or multiple smaller pieces, developing their skills while expressing their artistic style. By the end of the course, each child will have a beautiful set of paintings to take home and display.

Design & Decoupage Academy (Ages 8-17)

Transform everyday objects into beautiful, personalized works of art! In this class, kids will explore the art of decoupage, a technique that uses paper, fabric, and glue to decorate surfaces. Students will learn how to layer materials, apply smooth finishes, and create stunning designs. By the end of the course, they will have either one large project or multiple small projects to take home and display.

Dye-Namic Designs Academy (Ages 8-17)

Get ready to swirl, twist, and dye your way to vibrant creations! In this class, kids will learn the art of tie dye by exploring different folding techniques, color combinations, and dyeing methods. Each student will complete multiple small projects, such as t-shirts, tote bags, socks or bandanas. By the end of the course, they will have a collection of unique, hand-dyed pieces to wear or share!

HYPE Nights (Ages 8-17)

Join us for HYPE Nights at the Suamico Y! The perfect opportunity for youth to hang out with friends and make new ones. Kids can enjoy arcade games, video games, and themed activities lead by our enthusiastic staff. It's a night filled with laughter and lasting memories.

Inventor's Lab STEAM Academy (Ages 8-17)

Get ready to build, create, and innovate! In this class, kids will explore hands-on STEAM projects using Legos, craft supplies, and common household materials. Each week, they will engage in exciting problem-solving challenges that encourage creativity, teamwork, and critical thinking. By the end of the course, students will have completed multiple interactive projects that showcase engineering and artistic design.

**Memory Makers Scrapbooking Academy (Ages 8-17)**

Capture memories and tell your story through the art of scrapbooking! In this class, kids will design and create their own handmade scrapbook using colorful paper, stickers, stamps, and creative embellishments. They will learn layout design, storytelling through pictures and words, and decorative techniques to personalize each page. By the end of the course, each student will have a one-of-a-kind scrapbook filled with memories, artwork, and creativity! *Attendees will need to bring their own pictures to class to use in their scrapbooks.

Pixel Art Academy (Ages 8-17)

Step into the world of pixel art without a screen! In this class, kids will learn the fundamentals of pixel-based design using graph paper, markers, and hands-on techniques. Students will explore color theory, shading, and composition to create their own stunning pixelated masterpiece. By the end of the course, each student will complete a final pixel art piece, suitable for display or turning into a sticker, mosaic, or bead art.

The HYPE Summer Reading Adventure (Ages 8-17)

Embark on a Summer Reading Adventure where books open doors to magical worlds, spark creativity, and build connections! This program encourages kids to explore their interests through reading, participate in fun activities and challenges, and share their discoveries with peers. Whether your child loves fantasy, graphic novels, mysteries, or nonfiction, there's a place for every reader on this journey. Participants will track their reading, engage in weekly activities or book chats, earn incentives, and celebrate their achievements at the end of summer with prizes!

**Wacky Re-Crafters Academy (Ages 8-17)**

Turn everyday trash into treasure! In this class, kids will explore the art of upcycling by transforming discarded materials into beautiful and functional crafts. They will learn about sustainability while using creativity to create either one large project or multiple small projects by the end of the course. This hands-on class encourages kids to think outside the box and see the potential in materials that might otherwise be thrown away!

Watercolor Wonders Academy (Ages 8-17)

Dive into the world of watercolor painting! In this class, kids will explore various watercolor techniques, from blending and washes to texture creation. Students will complete multiple small projects, experimenting with different styles while learning how to control water and color. By the end of the course, they will have a collection of beautiful watercolor artworks to take home!

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.

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.

Click [here](#) to register today!

YOUTH OUTREACH**Y Achievers**

Y Achievers is a program to assist teens (Achievers) in establishing and meeting high academic and career expectations. Click [here](#) to learn more.

Youth in Government

Youth in Government (YIG) is a hands-on civic learning program where students in grades 7-12 become state legislators, lawyers, justices, the media, or cabinet members and spend three days running a model government in the Wisconsin State Capitol. Click [here](#) to learn more.



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 gymnast. Participants are introduced to basic gymnastics skills on all four events: bars, beam, floor and vault. Development of skills is done through station based learning. 4 years old must take a pre-school class prior to enrolling in this class.

Gymnastics Mini Camp (Ages 5-12)

Enjoy this abbreviated version of your favorite youth gymnastics camp. A fun-filled day for anyone who loves to be upside. Participants will get to experience bars, beam, floor and vault, play games and enjoy a snack. No experience necessary, students will be split by skill level on events.

Intro to Gymnastics (Ages 7+)

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

NEW! Intro to Intermediate Gymnastics (Ages 6-13)

Participants will continue to build on their gymnastics skills on all four events: bars, beam, floor & vault. Through station work participants will begin working on the skills that come after "intro" level classes. Participants must pass the intro level skills prior to enrolling in this class.

Jr. Stars Intro Level (Ages 4-6)

This is an entry level class to our progressive program for our 4K and Kindergarten gymnasts. Students will progress through basic skills, learn vocabulary and body positions, gain trust and build friendships in a fun and age appropriate environment. 4 year olds must take a preschool class prior to enrollment.

Jr. Stars Intro Level (Ages 7+)

This is an entry level class to our progressive program for our school aged gymnast. Students will progress through basic skills, learn vocabulary and body positions, gain trust and build friendships in a fun and supportive environment.

Jr. Stars Intermediate (Ages 5-13)

This is the second level in our progressive program for our school aged gymnast. This is the level that participants understand their bodies, have greater muscle memory, and are ready to precision their techniques and move onto more skill building. Prerequisite: intro skills passed.

Jr. Stars Advanced (Ages 5-13)

This is the third and final level in our progressive program for school aged gymnasts. These participants are often working to be invited to the preteam! This level will see a lot of independent skills as the participants work toward confidence and polish. Prerequisite: intermediate skills passed.

Pre-Team Gymnastics (Ages 5+ By skill evaluation only)

This 1.5 hour weekly class will prepare gymnasts for the competitive Gymstars gymnastics team by fostering confidence and independence while working to polish and perfect the entry level competitive skills. Participants will be invited to perform in mock-meets as well as exhibitions.

Gymnastics Team (Ages 6+ By skill invitation only)

Our gymnastics team is built around the fundamentals of the YMCA. We use the sport of gymnastics to build our athletes into strong individuals who are ready to apply their skills to real life! We compete against other Wisconsin YMCA's using USA Gymnastics (USAG) rules and regulations in Junior Olympic (JO) levels 2-10 and Xcel levels Silver, Gold, & Platinum.

Gymnastics Inter/Adv Clinic - Bars & Floor (Ages 6-13)

Prerequisite: Beginner Gymnastics skills passed. Build confidence while utilizing all of the equipment in the gymnastics center to enhance skill level. The following skills are the focus while working on form and technique: Bars: Casting, pullover, backhip circle, pullover, underswing, squat-on dismount Floor: bridge kickover, handstand holds, round off, backbend, handstand forward roll.

Gymnastics Inter/Adv Clinic - Beam & Floor (Ages 6-13)

Prerequisite: Beginner Gymnastics skills passed. Build confidence while utilizing all of the equipment in the gymnastics center to enhance skill level. The following skills are the focus while working on form and technique: Floor: bridge kickover, handstand holds, round off, backbend, handstand forward roll
Beam: Handstands, turns, jumps, side handstand dismount.

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. Bring sack lunch, swim suit, and towel.

Click [here](#) to register today!

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 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!

Ninja Mini Camp (Ages 5–13)

Enjoy this abbreviated version of your favorite ninja camp. Leave the swim suit at home and run, jump, and ninja your way through our gymnastics center during this fast-paced program.



NINJA ZONE

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.

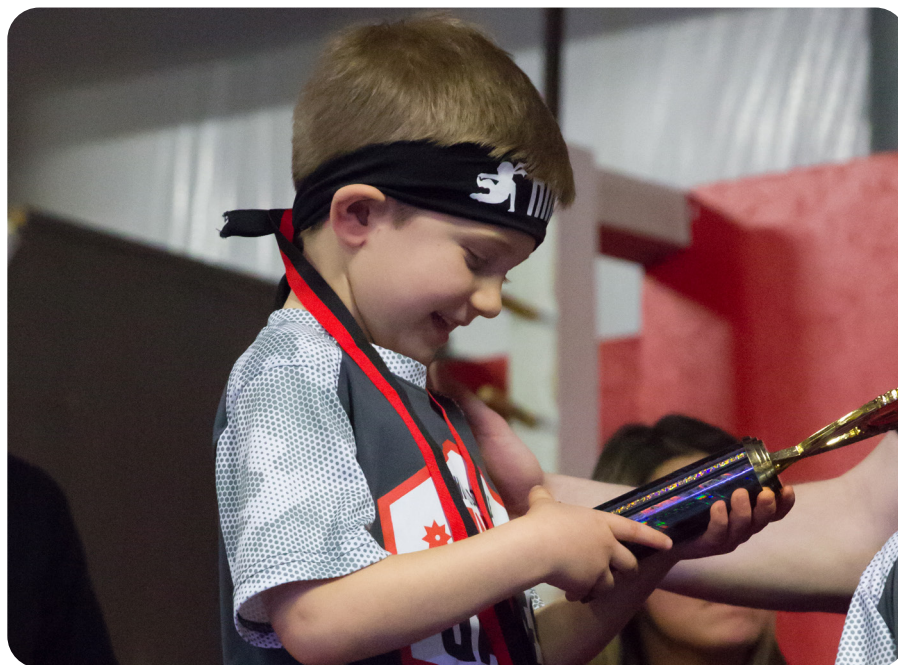
NinjaZone Jr. (Ages 5–8)

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.

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.

Click [here](#) to register today!



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.



Enchanted Dance Party (Ages 3-6)

Calling all prince and princesses to join us for a magical dance party! We invite you to dress as your favorite royal character. Participants will make a craft, play enchanted games and learn a dance to show off at pick-up.

Trolls Dance Party (Ages 3-6)

Can't stop the feelin' to get up and dance? A fun event for kids who love Trolls and moving to the beat. Craft & snack included.

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.

Click [here](#) to register today!



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.

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.

Summer Pre-Team (Ages 6–13)

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 & 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 on skills one-on-one with an instructor. **Small Group Lesson:** 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.

AQUATICS CONTINUED

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.

Click [here](#) to register today!



FULL CIRCLE

Full Circle at the Y is a recreational program for youth ages 3-17 with neurodivergent disabilities (e.g., Autism, ADHD, Down Syndrome, Sensory Processing Disorder, Anxiety). It offers health and wellness activities tailored to their unique needs, supporting their physical, social, and emotional well-being. Our goal is for these kids and their families to enjoy the benefits of wellness programs in a supportive environment. 920-436-1249 | rachael.trimble@greenbayymca.org

Full Circle Learning with Legos

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 Ninja

In Full Circle Ninja, participants will have fun learning, running, and jumping through an obstacle course in the gymnastics center.

Full Circle Music and Movement

Full Circle Music and Movement is an engaging class designed to inspire creativity and promote physical activity through a blend of music, dance, and movement exercises. Participants can explore rhythm, coordination, and self-expression in a fun and supportive environment, fostering both physical and cognitive development. Join us to experience the joy of moving to the beat and discovering the full circle of music and motion!

Full Circle STEAM

This class introduces young children to STEAM (Science, Technology, Engineering, Art, and Math) through hands-on, sensory-based activities. The lessons incorporate visual, tactile, and auditory elements to create an inclusive learning environment. The activities encourage creativity, problem-solving, and fine motor skills while ensuring a comfortable pace for all participants.

Full Circle Crafts

This class encourages creativity, fine motor skills, and sensory exploration through a variety of hands-on projects. The activities are designed to engage children using different textures, colors, and materials. (Kids will have the option to keep their craft at the end of each class or donate it to the Full Circle Family Night Fundraiser pop-up shop.)

Full Circle Painting

This class introduces children to the joy of painting through a variety of sensory-rich activities. Each session focuses on different painting techniques and materials that allow for creative expression while supporting sensory preferences. The program encourages exploration of colors, textures, and patterns, promoting fine motor skills and sensory integration in a relaxed and inclusive environment.

Full Circle Summer Camp

At Full Circle Summer Camp, we believe that children deserve a chance to shine and explore their potential in a supportive and enriching environment. Our day camp is specifically designed for children ages 5-15 with a neurodivergent disability (Ex: Autism, ADHD, Down Syndrome, Sensory Processing, Anxiety, Bipolar, developmental delays, etc.), providing a safe, engaging, and inclusive space where they can learn, play, and build lasting friendships.



Full Circle Parents' Night Out

Full Circle Parents' Night Out is a fun-filled evening for Full Circle program participants and their siblings ages 3-17, giving parents or caregivers a well-deserved break while kids enjoy engaging activities in a safe and inclusive environment. The night will include crafts, games, a Ninja course (East Side location), movies, dinner, and more, all supervised by our experienced staff.

INCLUSION

Sensory Kickers

Recreational soccer program for youth 9-14 years old diagnosed with Autism Disorder or other sensory processing challenges. The desired outcome of the program is to provide recreational health and wellness opportunities to the children with unique needs. The participants will have the opportunity for success in areas of the physical, social, and emotional components of a team sport. It will provide skills, rules of the game, and team scrimmages.

Sensory Swishers

Recreational basketball program for youth 9-14 years old diagnosed with Autism Disorder or other sensory processing challenges. The desired outcome of the program is to provide recreational health and wellness opportunities to the children with unique needs. The participants will have the opportunity for success in areas of the physical, social, and emotional components of a team sport. It will provide skills, rules of the game, and team scrimmages.

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.

D.R.E.A.M. NIGHT

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.

Click [here](#) to register today!



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 9681 | 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 Primetime is for kids ages 1–6 to come to our center with their adults to participate in a guided open playtime session. Join us for some fun to keep your little ones active and moving!

Parent's Day/Night Out

Join us for Parents' Day/Night Out! Enjoy some time to yourself while your children have fun with structured activities and free play, all supervised by our caring YMCA staff. Kids will be grouped by age. Dinner will be served, and the menu provided a week before the event. We'll accommodate dietary restrictions/food allergies. Activities include sports, crafts, obstacle courses, and more. Pre-registration is required and closes one week prior. Events may be canceled if minimum registration is not met. YMCA membership is required (any household member can hold it). Please register each child individually.

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!

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.

Family Night

Join us every month for an unforgettable evening, exclusively for YMCA members of all ages. This FREE event brings the community together for nights filled with laughter and joy. Each month, we offer a unique experience featuring a variety of activities, from themed nights to gym activities and more. Enjoy complimentary snacks, participate in exciting raffles, and engage in fun-filled activities. Our friendly staff ensures a safe and engaging environment, where everyone can bond and create lasting memories. No registration is required – simply join us for an evening of fun and connection. Don't miss out on this opportunity to enjoy quality time with your loved ones at Family Night. There's something for everyone!

UPCOMING EVENTS

Father Son Weekend | May 30–June 1

Experience the magic of the Northwoods together! Father Son Weekends at Camp U-Nah-Li-Ya offer unforgettable adventures that will enrich your relationship for years. Camp provides all food, lodging and programming to set each family up with a great experience. Program runs Friday PM – Sunday AM. **Click [here](#) to register today!**

Father Daughter Weekends | June 6–8

Strengthen your father-daughter bond with an exciting weekend at Camp U-Nah-Li-Ya. Embrace activities like zip-lining, night swimming, and Dadicures, all while making lifelong memories. Experience the magic of camp through shared challenges and simple joys. **Click [here](#) to register today!**

Summer Block Parties

Join us for our annual Summer Block Party! This FREE community event for all ages features food, bounce houses, games, and fun activities for the whole family. Visit [website](#) for more information. **East Side:** June 17, 4–7 PM | **Broadview:** July 23, 5–7 PM | **West Side:** Aug 12, 4–7 PM

GBY Kids Triathlon | June 28, West Side YMCA

Want to TRI something new? Kids can participate in a triathlon where they swim, bike, and run! **Click [here](#) to register today!**

HEALTHY LIVING | SMALL GROUP TRAINING

Ultimate Conditioning (Ages 14+)

This Small Group Training (SGT) class combines best-in-class training tools 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 18+ at the Ridge YMCA.

OPEN TO Y MEMBERS ONLY

Specialty Training

Classes may include TRX, kettlebells, stretching, pelvic floor exercises, and balance-focused workouts. We also offer specific training for women's strength, golf, swimming, and running. These classes run seasonally, so be sure to check our schedule, as new classes are always being added. Take advantage of these special offerings to advance your skills with innovative programs and challenging workouts. For ages 18+ at the Ridge YMCA.

Youth 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. (Beginner, intermediate, and advanced options available).

Strength for Golfers

Elevate your golf game! During this 4-week program, work with a certified personal trainer to improve strength, flexibility, and overall technique for better game play!

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. 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™, BODYCOMBAT™ and BODYBALANCE®. Discover a range of fitness classes, including invigorating highintensity 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.

Les Mills Virtual Studio

Enjoy Les Mills full library of virtual content at the East Side and West Side YMCA, in their group exercise studios. Use the pre-scheduled classes, or on demand feature to choose the style and length of class that best fits your schedule. Available any time you need it. Priority is always given to live instructed classes.

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.

Beginner Circuit

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

Kettlebell + TRX Combo

Blending TRX training with Kettlebell's helps build strength, balance, coordination, balance, and increases mobility by focusing on core strength and joint stability.



HEALTH 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.



Caregiver Fitness Connection

Join us for the Caregiver Fitness Connection Program at the YMCA! This 8-week experience offers caregivers a chance to connect with others while exploring a variety of fitness classes. Whether you're interested in mind-body classes, small group training, or fitness tips for at-home routines, our dedicated YMCA staff team is here to support you every step of the way!

Livestrong® @ the YMCA

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.

Stay Strong

The enhanced Stay Strong Program is a comprehensive fitness and community-building initiative designed to empower individuals. Available to YMCA members who have completed Livestrong® at the YMCA, this program will focus on building strength and endurance in community that understands and uplifts.

Brain and Body Fitness

Join the YMCA and Brown County ADRC for the Brain and Body Fitness Program! This 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.

Click [here](#) to register today!



OUR MISSION

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

