

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



FALL & WINTER Sept-Dec
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 one session remaining this year. **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.

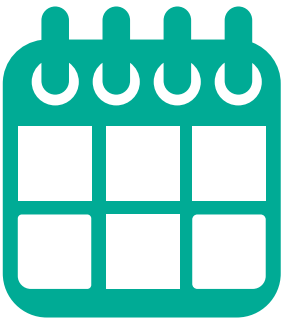
CANCELLATION POLICY

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

| SEPTEMBER | | | | | | |
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| OCTOBER | | | | | | |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| NOVEMBER | | | | | | |
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| DECEMBER | | | | | | |
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| 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
Robin Schmit
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Swim Team
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GREATER GREEN BAY YMCA | www.greenbayymca.org | 920 436 9622



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 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 Gym & Swim (Ages 3-5)

This program involves a 30-minute structured swim lesson followed by 30 minutes of gym activities, games, and challenges. These classes emphasize water confidence, swimming skills, teamwork, coordination, and healthy exercise habits.

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 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 Track and Field (Ages 3-5)

Have fun with sports by learning basic track and field 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.

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. Teamwork will be a focus in each practice to build players confidence and self-esteem.

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 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 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 Track and Field (5k-1st 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!

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

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

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 Flag Football (2nd-4th Grade, 6-8th 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 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 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.

Recreational Volleyball (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. The YMCA values good sportsmanship and teamwork will be a focus in each class to build players confidence and self-esteem.

Sensory Kickers (Ages 7-13)

Recreational soccer program for youth 7-13 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 (Ages 7-13)

Recreational basketball program for youth 7-13 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.

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.

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.

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. Class is 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 1 (Ages 7+)

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 & Blue Belt. Participants have the option to attend once or twice a week. Uniform required and additional fee.

Intermediate 2 (Ages 7+)

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 Blue Strip - Brown Belt. Participants have the option to attend once or twice a week. Uniform required and additional fee.

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 Strip and up. Uniform required and additional fee.

Adult (Ages 16+)

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.

Click [here](#) to register today!

YOUTH PROGRAMS

Creation Station (Ages 3-5)

Join us for story time, crafts, fine motor skill activities, and more. Each week will feature a new theme!

Sensory Explorers (Ages 5-7)

An exciting, hands-on class designed for curious kids! 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.

Around the World Adventures! (Ages 5-9)

Welcome to Around the World Adventures, where kids embark on a thrilling journey across continents, exploring diverse cultures, landmarks, and traditions from around the globe! This class is your passport to an exciting exploration of geography, history, and wonders of our world.

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!

Messy Science (Ages 5-9)

Get ready for a thrilling adventure in this exciting session that will allow young scientists to explore the wonders of science through hands-on experiments that are sure to get a little messy. From fizzy reactions to colorful creations, participants will engage in a variety of fun activities that spark curiosity and ignite a love for learning. It's a fantastic opportunity for kids to ask questions, work collaboratively, and enjoy the joy of discovery while making new friends. Come prepared for some fun and messy science!

Mini Builders (Ages 5-9)

Mini Builders for kids, an exciting program that fosters creativity and critical thinking! This program can cater to younger children, focusing on simple construction projects that promote both play and learning.

Art (Ages 5-12)

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 imagination, creativity, and fun through various art activities. No previous experience is required!

Costume Making (Ages 5-12)

Learn how to design and create your own costumes using fabric, felt, cardboard, and more. Great for cosplay, Halloween, or theater!

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.

Geocaching Adventures (Ages 5-12)

Exploring Treasure Hunts in Nature - Explorers ages 5-12 embark on exciting treasure hunts in nature using GPS devices! This class introduces children to the thrill of geocaching—an outdoor recreational activity that combines navigation skills with treasure hunting. Participants will learn how to use GPS coordinates to locate hidden containers (geocaches) filled with surprises and treasures. Through hands-on activities, teamwork, and outdoor exploration, students will discover the joy of outdoor adventures and navigation while fostering a sense of curiosity and exploration. Join us as we uncover hidden treasures and navigate the great outdoors together!

Kids Chemistry (Ages 5-12)

Experiment with safe and colorful reactions while learning the basics of chemistry. Try out hands-on activities involving mixing, bubbling, and changing matter.

LEGO® Builders (Ages 5-12)

LEGO® Builders are a fantastic way for kids to explore their creativity and develop essential skills. By working with Lego bricks, children can enhance their problem-solving skills, improve hand-eye coordination, and learn about spatial awareness. Building allows kids to follow instructions or, even better, to think outside the box and create their unique structures.



LEGO® Builder's Club

Work through fun LEGO® challenges and free-build sessions while learning about structure, design, and creativity with bricks.

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.

**Pumpkin Spice & Everything Nice (Ages 5-12)**

Join us for a fun and festive fall-themed session, where participants will explore all things autumn, from crafting pumpkin-inspired decorations to enjoying seasonal treats. Kids will have the opportunity to unleash their creativity while celebrating the cozy vibes of fall. It's a perfect way to make new friends and enjoy the season's delights!

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.

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!

Homeschool Open Gym (Ages 5-14)

Join us for an open gym session exclusively for homeschool kids ages 5-14! This fun-filled, staff-supervised event features a variety of led games and activities designed to keep everyone active and engaged. It's a great opportunity for kids to socialize, make new friends, and enjoy some physical activity in a safe environment. Free for members and just \$5 for non-members per visit. Don't miss out on this fantastic chance for fun and exercise!

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.

Action Science (Ages 6-12)

Make things fly, drive, and glow as you explore hands-on science experiments each week. Learn about energy, reactions, motion, and more.

Kids in the Kitchen (Ages 6-12)

Discover the exciting world of cooking! Learn basic skills on 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!

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 Zone (Ages 6-13)

Y Zone offers a place to hang out with friends or your family & 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.

Jewelry Making (Ages 7-12)

Create your own jewelry using beads, wire, string, and more. Learn basic techniques for making necklaces, bracelets, and keychains.

Life Hack Mythbusters (Ages 7-12)

Test popular myths, challenges, and "life hacks" to see what's real and what's not. Use critical thinking and science to find out the truth.

Magic Class (Ages 7–12)

Learn classic magic tricks using cards, coins, and other everyday items. Practice your skills and develop confidence as a performer.

Builders (Ages 8–12)

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

Candy Making (Ages 8–12)

Satisfy your sweet tooth in this delicious class! Learn the art and science of candy makin, 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.

Cardboard Creations (Ages 8–12)

Use cardboard, tape, and imagination to build large-scale projects like creatures, vehicles, or play structures.

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.

Dinosaur Discovery (Ages 8–12)

Embark on a prehistoric adventure! This class delves into the fascinating world of dinosaurs, covering their history, anatomy, and environments. Engage in fossil excavation simulations and learn about paleontology through interactive activities.

Eco Engineering (Ages 8–12)

Solar Power. Wind. Hydroelectric. Explore renewable energy by building your own solar-powered cars, wind turbines, and water wheels. Learn how we can use natural forces to power the world.

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.

Recyclable Art (Ages 8–12)

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

Robotics (Ages 8–12)

Build and program simple robots using beginner-friendly tools. Learn how motors, sensors, and code work together to complete fun challenges.

Sculpture (Ages 8–12)

We will be using a variety of different art mediums to create a 3-D sculpture.

Winter Science Experiments (Ages 8–12)

Bundle up and get ready for a chilly adventure in our Winter Science Experiments Class! This hands-on program invites young scientists to explore the wonders of winter through exciting experiments and interactive activities. Kids will discover the science behind snow, ice, and seasonal changes while engaging in fun, educational projects that spark curiosity and creativity.

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!

The Loft (Ages 8–14)

Join us Monday through Thursday at the West Side YMCA from 3:30pm – 7:00pm for a fun and welcoming environment where you can relax, hang out with friends, and unleash your creativity. The Loft is set with exciting activities including crafts, video games, and board games to keep you entertained. Whether you're looking to dive into a new art project, challenge your friends to a game, or simply chill out with your favorite video game, we've got something for everyone.

Video Game Nights (Ages 8–14)

Join us at the East Side YMCA in the evenings to play video games in a fun and social setting. Learn about strategy, teamwork, and what makes games fun to play.

Autumn Artworks (Ages 8–15)

Celebrate the sights, colors, and coziness of the fall season with hands-on craft projects! In this class, kids will create seasonal décor and keepsakes using leaves, warm colors, natural textures, and mixed materials. Each session focuses on a different craft technique—from painting to paper art to 3D building—perfect for creative expression and autumn inspiration.

Block-On (Ages 8–15)

Step into a world built from blocks, where imagination powers every creation! In this creative class, young crafters will explore world-building through themed games, crafts, and team activities inspired by their favorite pixelated adventures. Each week, kids will explore new biomes, create blocky characters and tools, and bring the digital world to life using real-world materials.

Brick Masters (Ages 8–15)

Calling all brick builders! In this hands-on LEGO® class, kids will take on a new set of fast-paced building challenges each week to spark their creativity, problem-solving skills, and teamwork. From constructing sturdy bridges to inventing silly mini-machines, this class is packed with energy, imagination, and friendly competition—all using classic LEGO® kits. No instructions, just creativity!

Checkmate Champs: Learn to Play Chess! (Ages 8–15)

Welcome to the royal world of chess! In this class, kids will learn to play one of the world's greatest strategy games. From learning how the pieces move to spotting checkmate patterns and planning tactics, each session builds skills through interactive lessons, fun activities, and friendly games. No experience required—just curiosity and a willingness to think ahead!

Frame by Frame: Stop Motion Animation Lab (Ages 8–15)

Bring your stories to life—one frame at a time! In this hands-on class, young creators will explore the magic of stop motion animation using clay, LEGO®, paper, and more. Each week builds new skills in storytelling, character movement, and basic film techniques. By the end of the class, students will produce their own short animated film and take home a digital copy of their work!

Slime Time Studio (Ages 8–15)

Welcome to the ultimate slime-making adventure! In this hands-on class, kids will mix, stretch, swirl, and experiment their way through a world of slime. Each week brings new ingredients, textures, colors, and reactions as students learn about basic science while creating ooey-goopy masterpieces. From fluffy to glow-in-the-dark, it's messy fun with a creative twist!

Snowy Crafts & Cozy Creations (Ages 8–15)

Embrace the chill and get crafty with winter-inspired projects! From shimmering snowflakes to frosty lanterns and soft textile creations, this class offers fun, hands-on crafts using seasonal materials and textures. Kids will explore painting, paper craft and DIY decor while making beautiful keepsakes to brighten up the coldest months.

Space Wars Fanatics (Ages 8–15)

Young adventurers from across the universe are gathering to train in the ways of the galaxy's greatest heroes, outsmart villainous empires, and build their own interstellar creations. In this action-packed 4-week journey, participants will explore the stories, symbols, and technology of a beloved space saga through hands-on crafts, trivia challenges, dramatic reenactments, and imagination-fueled fun. Costumes encouraged. Creativity required. May the force of fun be with you!

The Sparkle Studio (Ages 8–15)

From bold beads to shimmering charms, this hands-on class invites kids to explore their creativity through the art of jewelry making. Each week, young designers will learn new techniques to create one-of-a-kind accessories including bracelets, necklaces, earrings, and keychains. Along the way, they'll practice design planning, color coordination, and fine motor skills—all while expressing their personal style!

Wonders of Watercolor (Ages 8–15)

Unlock your inner artist and explore the magical world of watercolor painting! In this class, young artists will learn essential watercolor techniques like washes, blending, texture tricks, and color mixing while creating beautiful themed projects. No experience necessary—just bring your imagination and get ready to paint with water and wonder!

HYPE Night! (Ages 8–17)

Join us for HYPE Nights at the Suamico YMCA! 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.

On My Own at Home (Ages 9–12)

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.

Boys' Night Out (5th & 6th Grade)

Boys' Night Out is a 7-week Y program designed just for 5th & 6th graders interested in making new friends, learning new skills, and having a whole lot of fun along the way! Each week, our participants will develop new skills, engage in a fun physical activity, and build great relationships! Boys' Night Out is led by Y staff and volunteers. This program is open and welcoming to all 5th & 6th graders regardless of gender identity or expression. We will celebrate the end of our program with an optional lock-in at the East Side YMCA for an additional fee.

Y Night (4th–6th Grade)

Join us for Y Night, where the fun never stops — every Friday! Dive into the pool, take over the gym with epic games, and enjoy awesome activities all school year long. Don't miss out — it's the place to be!

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

Our Youth In Government Delegation meets weekly beginning in November to get ready for roles, learn about how the state government works, and practice writing and speaking skills. 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 gymnasts. 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 down. 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.

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 gymnasts. 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 gymnasts. 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! 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 YMCA 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 YMCA 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.



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!



STUDIO DANCE

The YMCA Studio Dance program runs in two sessions: Fall and Winter. Participants in both sessions will have performance opportunities. The Fall session includes a Holiday Showcase in December, and a full recital will be held in May. Please note that costumes will require an additional fee.

Dancin' For Fun (Ages 3–4)

Introduction to the joy of movement through music and dance. Students will develop and enhance gross motor skills, listening skills, and positive peer interaction through imagination activities and games. Basic Ballet and props are used to build coordination and self-esteem. Dancer attends class independently. Ballet shoes are required.

Ballet & Tap (Grade 4K)

This 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. Dancer attends class independently and must be 4 or 5 by September 1 to be eligible for this course. Ballet & tap shoes are required.



Ballet & Tap (Grades 5K–1)

Built on the basic movements learned in Ballet & Tap 4K but still appropriate for the first-time dancer. This 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. Dancers will strengthen their bodies and flexibility for the next level of dance. Ballet & tap shoes are required.

Ballet & Tap (Grades 2–4)

This course will build on the prior classes while introducing more challenging repertoire of skills and combinations in Ballet and Tap. Students balance, flexibility, and coordination will continue to be challenged. If you are new to the YMCA, instructor permission is needed to enroll. Ballet & tap shoes are required.

Hip Hop/Jazz (Grades 1–2)

A great introduction to age-appropriate Hip Hop and Jazz dance skills. This class will encourage students to dance outside the box while focusing on fundamentals of each style. Dancers will foster confidence and teamwork. Jazz shoes are required.

Hip Hop/Jazz (Grades 3–5)

Building on Hip Hop Grades 1–2 but still appropriate for the first-time dancer, students will continue to develop the fundamentals in each style. Dancers will work on finding their personality in each movement and combination while continuing to foster confidence and teamwork. Jazz shoes are required.

Intermediate Hip Hop/Jazz (Grades 5–7)

By Invite Only. This class is for students with prior experience. Dancers will build on the foundations they have developed to execute more difficult combinations and skills. Dancers will work on finding their personality in each movement and combination while continuing to foster confidence and teamwork. Jazz shoes are required.

Click [here](#) to register today!



AQUATICS

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 Gym & Swim (Ages 3–5)

This program involves a 30-minute structured swim lesson followed by 30 minutes of gym activities, games, and challenges. These classes emphasize water confidence, swimming skills, teamwork, coordination, and healthy exercise habits.

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.



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.

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.

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.

AQUATICS CONTINUED

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.

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.

Red Cross Lifeguard Training

This class provides the necessary training to become a lifeguard. Participants must be 15 years old 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.

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.

Click [here](#) to register today!



FULL CIRCLE

Full Circle at the YMCA 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 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 LEGOS®

In Full Circle 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 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 Ninja

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

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 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 YMCA location only), movies, dinner, and more, all supervised by our experienced staff.

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.

INCLUSION

Sensory Kickers

Recreational soccer program for youth 7–13 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 7–13 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.

Fitness For All

This 8-week progressive strength training class is designed for children ages 10–14 with a cognitive or physical disability. With the guidance of a personal trainer, participants will engage in safe and supportive workouts. After completing the 8-week program, they will be able to use our cardio and strength machines.

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.

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 YMCA. 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.

Contact [Rachael Trimble](#) to register today!

FAMILY

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 from, 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.

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 or sign up [online](#).

Family Adventure Center

The Family Adventure Center at the Ferguson Family YMCA 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 Night

Join us every month at the West Side YMCA 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!

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 YMCA? 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!

UPCOMING EVENTS AT CAMP-U-NAH-LI-YA

Father Daughter Weekends | Sept 5–7, Sept 19–21

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!](#)

Father Son Weekends | Sept 12–14

Experience the magic of the Northwoods together! Father Son Weekends at Camp U-Nah-Li-Ya offers 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!](#)

Fall Women's Wellness Weekend | Sept 26–28

Unwind, connect, and recharge in the beauty of the Northwoods at our Fall Women's Wellness Weekend. Adventure, relaxation, and connection await! [Click here to register today!](#)

Mother Child Weekend | Oct 3–5

Mother Child Weekend is a wonderful chance for mothers and kids to share the magic of camp together. Experience adventures like climbing the rock wall, canoeing on Chute Pond, and zip-lining, or relax and make crafts. Unplug and savor this meaningful time to bond in the serene beauty of the Northwoods. [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

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™, BODYBALANCE®, and LES MILLS SHAPES. 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.

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!



Smart Start Coaching

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!

Specialty Training

Led by Certified Personal Trainers, the Green Bay YMCA is excited to offer specialty training classes. Typical classes may include TRX, Kettlebells, stretching, pelvic floor and balance style classes. Specific training for women's strength, golf, swimming and running are also offered. These classes run seasonally so make sure you check out our schedule as classes are always being added. Take advantage of these special offerings to advance your skills in new programming and challenging new workouts. Ages 18+ at the Ridge YMCA

Styku 3D Body Scanning

Styku 3D Body Scanning is now available to Green Bay YMCA 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.



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 or on the go! And best of all, It's free for members.

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).

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.



HEALTH SPECIALTY

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.

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!

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.



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.

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.

Click [here](#) to register today!

OUR MISSION

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

