

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



WINTER & SPRING Jan-May
2026

ABOUT OUR PROGRAMMING

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

SESSIONS AND DATES:

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

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.

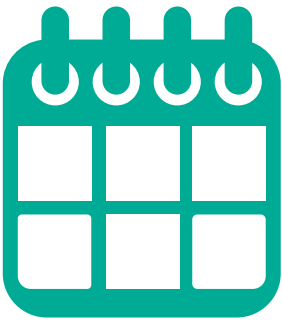
CANCELLATION POLICY

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

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

FEBRUARY						
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22	23	24	25	26	27	28

MARCH						
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29	30	31				

APRIL						
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MAY						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	25	27	28	29	30
31						



CLICK [HERE](#) TO REGISTER TODAY!

PROGRAM REGISTRATION LEVELS

GREATER GREEN BAY YMCA



TIER 1 – DISCOVERY

- Typically, 30–45-minute classes.
- Designed to introduce participants to programming at the Y.
- Offers a chance to explore new programs in a low-commitment format.
- Sessions are monthly, providing flexibility and variety.
- Curriculum often repeats monthly to reinforce skills.
- Ideal for those new to the Y or trying out different activities.



TIER 2 – FOUNDATIONS

- Typically, 30–45-minute classes.
- Learn age-appropriate skill fundamentals while developing confidence.
- Classes meet once per week, unless otherwise noted.
- Curriculum is designed to build progression into programming.
- Sessions are conducted for 2 months, except for summer, in which case schedules change for those months. This increased commitment allows for proper progression and skill-building to advance in programming.



TIER 3 – ACADEMY

- Typically, 45–60-minute classes.
- 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 may apply.
- Improve strength, flexibility, and coordination while developing confidence and friendships.
- May also perform at local events, recitals, or travel to other Green Bay YMCAs.
- Membership required.



TIER 4 – TEAM

- Designed for athletes dedicated to gymnastics and swimming.
- Compete in local, regional, state, and/or national competitions, depending on sport.
- May also perform at local events and recitals.
- Teams require auditions and/or director's approval.
- Membership required.



GREATER GREEN BAY YMCA ANNUAL CAMPAIGN

For a better us.®

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 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 Basketball (Ages 5K-7, 8-10)

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 (Ages 5K-7, 8-10)

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 Track and Field (Ages 5K-7)

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 Soccer (Ages 5K-7, Ages 8-10)

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 Volleyball (Ages 6-8, 9-12)

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

Basketball League (Ages 8-10)

Program includes 2 practices followed by Saturday games over a 2-month season. Players will build skills in offense, defense, and teamwork under the guidance of a knowledgeable coach. Prior FUNDamental class experience is recommended. A reversible jersey is required (register by February 28).

Flag Football League (Ages 8-10)

Program includes 2 practices followed by Saturday games over a 2-month season. Players will develop skills in offense, defense, and teamwork with guidance from a knowledgeable coach. Prior FUNDamental class experience is recommended. A reversible jersey is required (register by April 25).

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.

Recreational Volleyball (Ages 11-14, Ages 15-17)

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.

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.

Green Bay Blizzard Football Clinics

Join the Y and the Green Bay Blizzard Football team for a 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.

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.

Sweat Equity Basketball Clinics

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. Sign up for 2 clinics and receive \$5 program credit or sign up for all 3 and receive a \$10 program credit.

Click [here](#) to register today!



MARTIAL ARTS

Beginner (Ages 7–14)

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

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

Intermediate 2 (Ages 7+)

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

Advanced (Ages 14+)

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

Adult (Ages 16+)

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

Click [here](#) to register today!

YOUTH PROGRAMS

Craft Explorers (Ages 4–8)

In this fun and engaging class, children will explore different materials and techniques as they cut, glue, paint, and create one-of-a-kind art projects each week. Every session focuses on developing fine motor skills, following directions, and expressing individual creativity through themed crafts. In this class, every child is an artist!

LEGO® Explorers (Ages 4–8)

LEGO Explorers invites young builders to stretch their imaginations while developing fine motor skills, teamwork, and problem-solving abilities. Each week, students will explore a new theme—from animals and vehicles to storytelling and simple machines—through hands-on LEGO play. Kids will learn to follow directions, think creatively, and express their ideas through design challenges and group builds.

Little Brush Explorers (Ages 4–8)

This hands-on art and painting class introduces young artists to color, texture, and creative expression. Through guided weekly projects, children will explore a variety of painting tools, materials, and technique. Each week focuses on process over perfection—encouraging kids to experiment, express themselves, and gain confidence through colorful, imaginative art-making.

STEAM Explorers (Ages 4–8)

Get ready to imagine, build, and explore! STEAM Explorers introduces young learners to the world of Science, Technology, Engineering, Art, and Math through hands-on discovery. Each week, students dive into a playful project that sparks curiosity and creativity—building bridges, mixing colors, exploring sound, and more. Lessons are designed for young minds: simple, sensory, and full of wonder. Kids will learn to ask questions, test ideas, and share discoveries—all while having fun creating and learning together!

Creative Crafts Jr. (Ages 5–8)

Aprons on, creativity out — it's time to make some magic with crafts! In this fun and hands-on class, young artists will explore their creativity through painting, gluing, cutting, and building fun projects each week. Each session is filled with imagination, exploration, and smiles.

Dinosaur Discovery Jr. (Ages 5–8)

Roar into adventure with Dinosaur Discovery Jr.! Young paleontologists will dig, explore, and learn all about the amazing world of dinosaurs through hands-on activities, games, and creative crafts. From fossil digs to dino stomp experiments, each week is packed with prehistoric fun that will make kids go "RAWR!" with excitement!

Game Time Jr. (Ages 5–8)

Get ready to roll the dice, spin the spinner, and have a blast in Game Time Jr.! Each week, kids will play classic and new board games that build teamwork, strategy, and sportsmanship—all while having tons of fun! From Candy Land to Connect 4 and more. Players will practice turn-taking, counting, and problem-solving in a friendly, exciting atmosphere.

Gardening Jr. (Ages 5–8)

Dig, plant, and grow in Gardening Jr! Young gardeners will explore the wonderful world of plants through hands-on activities, stories, and outdoor adventures. From planting seeds and learning how plants grow to creating colorful mini gardens, kids will have fun discovering how amazing nature can be one scoop of soil at a time!

LEGO® Robotics Jr. (Ages 5–8)

Young engineers will explore the exciting world of robotics through fun, hands-on projects that combine creativity and technology. Each week, kids will design, build, and program simple robots that move, light up, and respond to commands—learning the basics of coding, problem-solving, and teamwork along the way.



Messy Art (Ages 5–8)

Get ready to unleash your creativity in our Messy Art Class for Kids! This hands-on program is all about exploration, imagination, and having fun with art in a vibrant, messy environment. Children will dive into a variety of art mediums, from paint and clay to collage and more, allowing them to express themselves freely while making a delightful mess!

Mini Makers (Ages 5–8)

In this hands-on, imagination-driven makerspace for young creators, kids explore creative building challenges, learn how to brainstorm, plan, test, and redesign their creations. This class inspires innovation, problem-solving, teamwork, and confidence — showing kids that with a little imagination and a few simple materials, they can make anything!

Painters Studio Jr. (Ages 5–8)

Get ready to splash, swirl, and paint your imagination! In Painters Studio Jr., young artists will learn to mix colors, create texture, and express their feelings through paint. Each week brings a new theme — from colorful rainbows and friendly animals to imaginative abstract art and nature scenes.

Recycled Artworks Jr. (Ages 5–8)

Turn trash into treasure in Recycled Artworks Jr.! Young artists will explore creativity and sustainability by transforming everyday recyclables into colorful, one-of-a-kind masterpieces. Each week, kids will cut, glue, paint, and imagine as they give bottles, boxes, and paper new life—proving that art can help our planet too!

Silly Science (Ages 5–8)

Get ready to giggle, mix, and make a mess while discovering the wacky world of science! Each week, young scientists will explore fun, hands-on experiments that fizz, pop, bubble, and ooze. From colorful reactions to silly challenges, kids will learn that science isn't just smart — it's seriously fun!

Space Explorers (Ages 5–8)

Blast off into the wonders of the universe with our Space Explorers Class for Kids! This exciting program invites young astronomers and space enthusiasts to embark on an intergalactic adventure. Through hands-on activities, interactive lessons, and engaging projects, children will learn about planets, stars, and the mysteries of outer space while sparking their curiosity about the cosmos.

3-D Art (Ages 5–9)

Welcome to the world of 3D art, where imagination comes to life in three dimensions! This class is your gateway to exploring the exciting realm of sculpting, modeling, and creating amazing artworks that you can touch and feel.

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!

Comic Creations (Ages 5–12)

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

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.

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.

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.

PopStar Power: Music, Moves & Mega Hits (Ages 6–13)

Step into the spotlight and unleash your inner popstar! In PopStar Power, kids will explore the world of today's hottest artists — from chart-topping hits to stage style, dance moves, and music videos. Each week blends creativity, music, and performance as students sing, dance, craft, and learn what it takes to shine like their favorite stars. Get ready to express yourself, find your rhythm, and own the stage — the spotlight's waiting for you!

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.

Game Show Mania (Ages 7–13)

Get ready for excitement and fun with "Game Show Mania," a high-energy class where kids ages 7–13 can participate in their favorite game show-inspired activities. This class is designed to encourage teamwork, quick thinking, and lots of laughs as we recreate the thrill of popular game shows. From trivia challenges to physical feats, this class has something for everyone!

Bookworms (Age 8)

Enjoy the magical world of a book. Each week we will discover a new story. After the story children will create a craft or project that relates to what was read.

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.

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.

Circus Arts (Ages 8–12)

Step right up to the world of circus arts! Learn the fundamentals of juggling, card tricks and other performance skills. Develop coordination, creativity, and confidence as you prepare for a mini circus showcase.

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.

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.

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.

Secret Agent Science (Ages 8–12)

Uncover the thrilling world of espionage through science! Learn about the chemistry of spy gadgets, fringerprinting, and crack secret codes as you solve mysteries and complete top-secret missions.

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.

Brick Masters (Ages 8–13)

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!

Cardboard Engineers (Ages 8–13)

In this imagination-fueled class where kids design, build, and invent using cardboard and creativity, kids become engineers, architects, and inventors as they learn to plan, cut, fold, and construct 3D projects. Through fun, open-ended challenges, students explore STEM concepts like structure, balance, and motion while developing fine motor skills, problem-solving abilities, and teamwork. This class turns everyday cardboard into something extraordinary because the best creations often start with just a box!

Checkmate Champs (Ages 8–13)

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!

Coding Unplugged (Ages 8–13)

Through movement, crafts, puzzles, and team challenges, youth will explore sequencing, patterns, algorithms, loops, and debugging all while building problem-solving skills, teamwork, and confidence. From creating "human robots" to designing mazes, students will learn how computers think and discover that coding is really about logic, creativity, and play!

Design with Decoupage (Ages 8–13)

Get ready to cut, glue, and create beautiful layered art in Design with Decoupage! In this hands-on class, young artists will learn how to transform everyday items into stunning works of art using paper, patterns, and a little bit of imagination. From decorating boxes and frames to crafting unique keepsakes, kids will discover how creativity and texture come together to make something truly one-of-a-kind!

DIY Life Hacks (Ages 8–13)

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

Drawing Delights (Ages 8–13)

Step into Drawing Delights, where every line, shape, and color brings your imagination to life! In this fun and inspiring class, young artists will learn new drawing techniques, explore different styles, and discover how to turn ideas into amazing works of art. Whether sketching silly creatures, cool cartoons, or creative scenes, kids will gain confidence and have a blast expressing themselves through the joy of drawing!

Fuse Bead Fun (Ages 8–13)

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!

Hola, Amigos! Intro to Spanish (Ages 8–13)

Say hola to a brand-new language adventure! In this fun and interactive class, kids will learn the basics of conversational Spanish through games, songs, activities, and everyday phrases. From colors and greetings to simple questions and cultural fun, students will build confidence speaking Spanish while exploring the vibrant world of Hispanic culture one ¡hola! at a time!

Junior Career Builders (Ages 8–13)

Welcome to Junior Career Builders, where kids embark on an exciting journey of exploration and discovery to uncover their passions, talents, and potential career paths! This class is designed to inspire young minds, foster critical thinking, and provide practical skills for navigating the world of work in the future.

Kids in the Kitchen (Ages 8–13)

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!

Mad Science (Ages 8–13)

Step into the mad scientist's lab where wild experiments and wacky discoveries come to life! In this high-energy class, young scientists will mix, fizz, build, and blast their way through hands-on projects that make science seriously fun. From bubbling potions and flying rockets to magnetic mayhem and chemical chaos, every week is a new explosion of curiosity, creativity, and crazy-cool learning!

One Act Wonders (Ages 8–13)

Youth will work together to rehearse, design, and perform their very own one-act play. From developing characters and practicing dialogue to designing props and costumes using everyday materials. Each participant plays a vital role in bringing the story to life. Kids gain confidence in public speaking, teamwork, creativity, and stage presence — all while laughing, learning, and discovering the magic of theatre.

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!

Sculpture Studio (Ages 8–13)

Each week, young artists will explore sculpting techniques using air-dry clay, recyclables, and found materials to design their own unique creations. From animal figurines and abstract art to robot builds and nature-inspired pieces, students will learn how to shape, balance, and assemble sculptures while expressing their creativity.

Space Wars Fanatics (Ages 8–13)

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!

Sticky Science (Ages 8–13)

An exciting and hands-on class where kids can explore the fascinating world of science through fun, sticky, and sometimes messy experiments! In this class, we'll investigate the properties of different substances, conduct exciting experiments, and learn basic scientific principles. Each session is designed to spark curiosity, encourage critical thinking, and provide a memorable, tactile learning experience.

Watercolor Wonders (Ages 8–13)

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!

The Loft (Ages 8–14)

Join us Monday–Thursday from 3:30–7:00pm at the West Side YMCA for a fun, welcoming space to relax, create, and connect. The Loft offers crafts, video games, and board games—whether you're starting a new art project, challenging friends, or just hanging out, there's 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.

Crafters Create (Ages 9–12)

The class where imagination meets design! Each week, kids will explore new materials and techniques while learning how to transform everyday supplies into functional or decorative art. Projects encourage creativity, patience, and pride in craftsmanship from paper weaving and clay charms to painted décor and upcycled inventions. Each young crafter will leave with a collection of handmade creations that showcase their individual style and growing skill as an artist and maker.

Creative Canvas (Ages 9–12)

In this fun and engaging class, children will explore different materials and techniques as they cut, glue, paint, and create one-of-a-kind art projects each week. Every session focuses on developing fine motor skills, following directions, and expressing individual creativity through themed crafts. In this class, every child is an artist!

Inventors' Lab (Ages 9–12)

This hands-on STEAM class invites young makers to think, design, and invent like real engineers. Each week, students tackle a new challenge that encourages brainstorming, teamwork, and problem-solving from building bridges and catapults to designing gadgets and inventions that improve daily life. Kids will learn how to plan, test, and improve their ideas while exploring the fundamentals of physics, design, and invention.

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.

Strategy & Fun (Ages 9–12)

Step into the world of strategy, creativity, and friendly competition! Kids will explore how games build logic, planning, teamwork, and decision-making skills. Each week, players face new challenges—from classic board games and puzzles to designing their own strategies and custom games. Participants will learn how to think ahead, solve problems creatively, and handle wins and losses with good sportsmanship. Every class encourages teamwork, communication, and fun!

Brilliant Beadworks (Ages 9–13)

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.

Creative Crafts (Ages 9–13)

Unleash your inner artist in this exciting, hands-on craft class designed for older kids who love to create, design, and experiment! Each week introduces a new crafting technique from paper art and jewelry-making to fabric crafts, nature-inspired projects, and seasonal décor. Crafters will learn to plan, build, and personalize their creations using a wide variety of materials and tools. This class inspires creativity, confidence, and artistic expression.

Gardening (Ages 9–13)

Get ready to roll up your sleeves and grow something awesome! In Gardening, budding horticulturists will learn the basics of indoor and outdoor gardening through creative, hands-on projects. From designing and planting their own garden spaces to exploring how sunlight, water, and soil work together, kids will gain real-world skills and a love for growing things that last long after class ends.

LEGO® Robotics (Ages 9–13)

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.

Painters Studio (Ages 9–13)

Painters will dive deeper into the world of art, exploring a variety of painting styles and techniques that inspire creativity and confidence. From experimenting with color blending, shading, layering, and texture while learning how to use brushstrokes to express emotion and meaning. Each week features a new project — from abstract expression and landscape painting to themed challenges and personal masterpieces.

Say What?! Improv Games (Ages 9–13)

In this high-energy, laughter-filled class that turns quick thinking and creativity into performance fun, kids will explore a new set of improv games that strengthen communication, listening, teamwork, and imagination. From rapid-fire storytelling to wild character acting. Every activity encourages students to think on their feet and express themselves without fear of making mistakes. This class builds confidence and social-emotional skills through creativity, humor, and play. No scripts. No pressure. Just imagination and laughter.

Creative Metal Arts (Ages 9–14)

In this unique class, kids will explore different metal-based art techniques each week — from foil embossing and wire sculpture to upcycled metal crafts and metallic jewelry design. They'll learn how to safely shape, texture, and color metal while developing fine motor skills, focus, and creativity. Each student will create original, eye-catching pieces that shimmer, shine, and showcase their individuality.

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.

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!

Girls' Night Out – 5th & 6th Grades

Girls' 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! Girls' 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 overnight Lock-In at the East Side YMCA for an additional fee of \$40 (members) or \$50 (general public).

Girls' Night Out Lock-In

****FOR CURRENT GIRLS' NIGHT OUT PARTICIPANTS ONLY****

Join us for an overnight Lock-In at the East Side YMCA to celebrate the conclusion of our Girls' Night Out program. We will take part in exciting games, activities and food as we look back at our Girls' Night Out time together. Join us for the fun!

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)

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+)

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 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)

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)

Join us to explore and learn in this fast-paced class with obstacles and courses! Ninjas will build rolling, hanging, and jumping skills. Class will focus on early childhood development: locomotor and gross motor, cognitive and social skills as well as structured learning.

Intro to Ninja Monkey (Ages 5-7, 7-13)

Ninja Monkey classes are focused on empowering Ninjas to build confidence and have fun through energized, skill-based programming. Classes are designed to foster strength, balance, and creativity in a clean, safe and supportive environment. This entry-level class is full of fun! Ninjas learn flipping, swinging, running and rolling basics while conquering weekly challenges. Ninjas advance and learn at their own pace. This level generally takes 3-6 months to master and move up to Mighty Ninjas.

Mighty Ninja Monkey (Ages 5-13)

Ninja Monkey classes are focused on empowering kids to build confidence and have fun through energized, skill-based programming. Classes are designed to foster strength, balance, and creativity in a clean, safe and supportive environment. Mighty Ninjas is the second level in our progressive system. Students will focus on intermediate skills and strength building. Skills include safe rolling, handstand walking, handsprings, front flips, ninja grips and parkour vaults. Children advance and learn at their own pace. This level can take up to a year to master.

Ninja Camp

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!

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 Cardboard Creations

Let imagination take shape in this creative, hands-on class! Participants will design and build unique projects using cardboard, tape, and other simple materials. From sculptures and buildings to imaginative inventions, this class encourages problem-solving, creativity, and teamwork. Along the way, participants will practice fine motor skills, planning, and following multi-step directions while exploring how everyday materials can become something amazing.

Full Circle Cooking Basics and Beyond

In this hands-on class, participants will explore kitchen safety and build confidence through the fun of simple cooking. Each session focuses on teaching essential life skills such as following directions, measuring ingredients, and practicing safe food handling. Participants will work together to prepare easy, kid-friendly recipes while learning teamwork, independence, and healthy habits. From washing hands to using kitchen tools safely, this class helps build skills that reach far beyond the kitchen empowering each participant to cook, create, and connect.

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 Game On: Social Skills

Game On is all about fun, friendship, and connection! Participants will build social and communication skills through interactive board games, group challenges, and teamwork activities. Each session focuses on taking turns, sharing, problem-solving, and positive peer interactions in a supportive environment. Through play, participants learn how to handle winning and losing, practice empathy, and strengthen their confidence in social situations—all while having a great time together!

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 Sports

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

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 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.

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 Child Weekend | Jan 23–25

Experience the best of Wisconsin's winter at our Father Child Weekend! From snowshoeing to campfire talent shows, there's something for every age and interest. Share this weekend of adventure and warmth with your children, and discover the community that makes this event so special. [Click here to register today!](#)

Maple Sugar Festival | March 28

Join us for a day full of joy at Camp U-Nah-Li-Ya! From maple syrup demonstrations to a massive Easter Egg Hunt with over 2,000 eggs, there's something for everyone. Celebrate spring with camp tours, crafts, games, and a delicious lunch. [Click here to register today!](#)

Spring Women's Wellness Weekend | May 15–17

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

Spring Father Son Weekend | May 29–31

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!](#)

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 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.

