

THE

Growing *Stronger* Kids

PLACE

GREATER GREEN BAY YMCA

PROGRAM GUIDE

FALL & WINTER
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 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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THE Get Strong and *Belong* PLACE

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.

LEARN MORE & DONATE 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.

FOUNDATIONS CALENDAR

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NOVEMBER						
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DECEMBER						
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■ Program Session First Day

■ No Program

■ Program Session Last Day

■ Holiday & No Program

DISCOVERY CALENDAR

SEPTEMBER						
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OCTOBER						
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NOVEMBER						
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DECEMBER						
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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.

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 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 T-ball (Ages 5K-7)

A 45-minute class that focuses on fielding, throwing, and batting. Understanding of offense and defense, and player positions in a game setting will be introduced in this program too. 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. The YMCA values good sportsmanship. Teamwork will be a focus in each class to build players confidence and self-esteem.

FUNDamental Baseball (Ages 8-10)

A 45-minute class that focuses on fielding, throwing, and batting. Understanding of offense and defense, and player positions in a game setting will be introduced in this program too. The YMCA values good sportsmanship. Teamwork will be a focus in each class to build players confidence and self-esteem.

Soccer League (Ages 8-10)

Program consisting of 2 practices and the remaining sessions being games on Saturdays. This is a 2 month program. Practices and games will fall somewhere in the timeframe based on schedule. Participants will learn skills, drills, defense, and basic offensive movement from a knowledgeable coach. Players are encouraged to have some type of experience playing in FUNDamental classes prior. The YMCA values good sportsmanship and teamwork. That will still be the main focus of this program. Participants are required to purchase a reversible jersey for this program (Must register by September 5th).



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.

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.

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 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 Yellow - Green Stripe 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 - 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 Stripe 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

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!

Santas Workshop: DIY Presents (Ages 5–8)

Give gifts from the heart this Holiday season. Each week, students will be introduced to a new project that can be given to someone on their Christmas List. Final projects will be wrapped and ready to give to their recipients.

Slime Time Studio (Ages 5–8)

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-gooley masterpieces. From fluffy to glow-in-the-dark, it's messy fun with a creative twist!

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.

Creative Metal Arts (Ages 5–9)

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.

Makerspace (Ages 5–9)

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

Recycled Artworks Jr. (Ages 5–9)

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!

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.



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.

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!

Winter Wonderland Crafts (Ages 5–12)

Join us for “Winter Wonderland Crafts,” a delightful class where kids ages 5–12 can explore their creativity and celebrate the winter season through fun and festive crafts. Each session will feature a variety of winter-themed projects that incorporate elements like snowflakes, snowmen, winter animals, and more. From cozy indoor crafts to outdoor-inspired creations, this class will spark imagination and bring joy to the chilly winter days. Let's craft, create, and make the most of the winter wonderland together!

NEW! Cheer Squad Adventure Beginner (Ages 6–11)

Get ready to jump, cheer, and shine! This is a Cheerleading 101 class. It is a fun; high-energy introductory class designed for kids who want to explore the exciting world of cheer. In this beginner-friendly program, participants will learn the fundamentals of: jumps, basic stunts, chants & cheer routines. This class builds confidence, coordination, teamwork, and spirit, all while having a blast! Whether your child dreams of joining a cheer squad or simply wants to try something new, Cheer Squad is the perfect place to start!

Jewelry Making (Ages 7–12)

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

Theater (Ages 7–13)

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.

Builders (Ages 8–12)

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

Comic Books (Ages 8–12)

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

DIY Life Hacks (Ages 8–12)

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

Recycled Art (Ages 8–12)

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

Secret Agent Science (Ages 8–12)

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

Snow Crafts & Cozy Creations (Ages 8–12)

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.

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!

**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!

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.

NEW! PRE-SCHOOL ENRICHMENT**Lil Learners (Ages 3-5)**

Designed especially for curious kiddos, this fun and engaging class builds important preschool skills through hands-on activities and play! Each class focuses on early learning basics like cutting, pasting, tracing, letter recognition, and fine motor development. Through crafts, games, play, and guided practice, children will grow their confidence, independence, and readiness for preschool or kindergarten—all while having tons of fun.

Little Artist Studio (Ages 3-5)

Young artists will paint, glue, stamp, and create while exploring colors, shapes, textures, and creativity. This playful art class focuses on process art, allowing children to experiment freely and build confidence through hands-on projects.

Little Steam Explorers (Ages 3-5)

Children will discover the world through simple science, building, and sensory play activities designed just for little learners. Each week includes hands-on experiments, problem-solving, and opportunities to explore colors, textures, motion, and nature using inexpensive everyday materials.

Nature Detectives (Ages 3-5)

Children will explore bugs, plants, weather, animals, and the outdoors through sensory play, scavenger hunts, crafts, and simple science activities. Perfect for curious little explorers who love nature.

Wiggles & Giggles (Ages 3-5)

This interactive music and movement class helps children build coordination, listening skills, and confidence through songs, dancing, rhythm instruments, scarves, and imaginative movement games.

HOMESCHOOL**Creative Canvas (Ages 4-8)**

In this inspiring art class, young artists will dive into the colorful world of painting while developing real artistic skills and creative confidence. Kids will explore color theory, brush techniques, composition, and creative storytelling through both guided and independent projects. By the end of the course, each student will have a mini portfolio of completed artwork and a deeper appreciation for the creative process.

Dinosaur Discovery (Ages 4-8)

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.

Lego[®] Robotics (Ages 4-8, Ages 9-12)

LEGO[®] Robotics combines creativity, coding, and engineering in one exciting program! Students will bring LEGO creations to life using motors, sensors, and block-based programming through the LEGO Education WeDo 2.0 system. Each week, builders will explore new STEM challenges, from designing moving vehicles to creating helpful robots, while learning the foundations of robotics, problem-solving, and teamwork.

**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 techniques. Each week focuses on process over perfection, encouraging kids to experiment, express themselves, and gain confidence through colorful, imaginative art-making.

Hands on History (Ages 8-13)

Get ready to travel through time! Kids will explore exciting moments in history through crafts, games, storytelling, and hands-on activities. Each class becomes a new "time travel mission" where learners discover how people lived long ago, what they wore, built, ate, and believed.

Hola Amigos! (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.

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!

Click [here](#) to register today!

FREE WITH MEMBERSHIP**Creation Station (Ages 3–5)**

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

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.

Y Zone (Ages 6–13)

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

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 at the West Side YMCA 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. Check the YMCA 360 App for current schedule.

Y Night (Grades 4–6)

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!

Y After Hours (Grades 6–9)

Calling all youth in grades 6–9! Discover a fresh approach to fitness and fun. This two-hour event, held at the Ferguson Family YMCA features a perfect mix of structured activities and free-form recreation. Our experienced staff ensures everyone feels included and motivated throughout the evening. Whether you're fitness-focused or simply looking for an enjoyable social experience, this event provides the ideal platform for teens to stay active and connected.



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. Four years old must take a pre-school class prior to enrolling in this class.

Intro to Gymnastics (Ages 7-13)

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. Four 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 Pre-team! 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 Mini Camp (Ages 5-12)

Enjoy this abbreviated version of gymnastics camp. This fun filled session is perfect for anyone who loves to be upside down! Participants will get hands on experience with bars, beam, floor, and vault, along with games and a snack to round out the day. No experience is necessary. Students will be grouped by skill level so everyone can learn and progress at their own pace. Join us for a high-energy, smile-filled afternoon of all things gymnastics!

Gymnastics Camp (Ages 5-13)

Tumble, bounce, and swim the day away in our high energy YMCA Gymnastics Camp! This fun filled camp is perfect for kids who love to flip, roll, and be upside down. Campers will build confidence as they explore gymnastics skills, enjoy time in the gym, and cool off with daily swim sessions. A themed craft and snack are included each day to keep the creativity and energy flowing. No experience is necessary. Gymnasts will be grouped by skill level so everyone can learn and progress at their own pace. Please bring: sack lunch, water bottle, swimsuit, and towel. Join us for a week packed with movement, laughter, and new adventures!

Click [here](#) to register today!



DANCE

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 (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 K-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.

NEW! Beginner Ballroom (Ages 18+)

This Beginner Ballroom Class is a fun, no-pressure introduction to the slow and smooth dances of the ballroom world including Waltz, Tango, and Foxtrot. This class is perfect for first-timers, or anyone who has wanted to try ballroom dancing. No partner or experience needed, just bring your feet, and a sense of fun! Please wear comfortable dry shoes.

Click [here](#) to register today!



NINJA

Mini Ninjas (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 focus 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 before moving up to Mighty Ninjas. To help your Ninja adventure begin right, a one-time Starter Kit is required for class. Each kit includes an Achieve Sleeve and an official Ninja Monkey shirt—everything needed to feel part of the team from day one! Kits are available in youth or adult sizes to ensure a great fit for every participant. Gear up and get ready to move, grow, and have fun at the Y! Youth Kit: \$20, Adult Kit: \$25

Mighty Ninja Monkey (Ages 5–13)

Ninja Monkey classes focus 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, and this level can take up to a year to master. To help your Ninja adventure begin right, a one-time Starter Kit is required for class. Each kit includes an Achieve Sleeve and an official Ninja Monkey shirt—everything needed to feel part of the team from day one! Kits are available in youth or adult sizes to ensure a great fit for every participant. Gear up and get ready to move, grow, and have fun at the Y! Youth Kit: \$20, Adult Kit: \$25

Ninja Camp (Ages 5–13)

Unleash your inner Ninja! Our obstacle course training will challenge campers to become stronger, more confident, and build body control. Through climbing, rolling, swinging, running, balancing, and problem-solving, participants will develop new skills while having a blast. This fast-paced, high-energy camp is perfect for any kid who loves adventure and wants to move! Please bring: swimsuit, water bottle, towel, bag lunch. Get ready for a fun, full-day camp packed with action, excitement, and nonstop ninja challenges!

Click [here](#) to register today!



NINJA

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.

Adult Swim Lessons: Beginner (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.

Performance Swim (Ages 16+)

This is designed for those who are looking for a swim workout! Whether you are looking to maintain your swimming skills or wanting to have “teammates” to swim with, our coach will help you reach your swimming goals. Participants should be comfortable swimming 200 yards of the pool using a combination of freestyle, backstroke, and breaststroke.

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.

**American Red Cross Full Lifeguard Certification**

To successfully complete the Lifeguarding course and receive certification, participants must: Complete all online coursework in advance of the in-person session. Attend the entire course and participate in all class sessions. Actively participate in all course activities and demonstrate proficiency in all practical skills. Pass 3 practical skill scenarios. Pass a final written exam with an 80% or better. Provide proof of age and turn 15 years old before the last day of class. Upon successful completion of the course, participants receive a certificate for Lifeguarding, which is valid for 2 years.

Prerequisite Swim Test: At the beginning of your course, you will be asked to complete the [Lifeguard Prerequisite swim test](#).

[Lifeguarding eLearning Link](#)

[How to register for eLearnings](#)

American Red Cross Lifeguard Recertification

To successfully complete the Lifeguarding Recertification course and receive certification, participants must: Complete all online coursework in advance of the in-person session. Attend the entire course and participate in all class sessions. Actively participate in all course activities and demonstrate proficiency in all practical skills. Pass 3 practical skill scenarios. Pass a final written exam with an 80% or better. Hold a current or expired within 30 days Lifeguard certification. Upon successful completion of the course, participants receive a certificate for Lifeguarding, which is valid for 2 years. **Prerequisite Swim Test:** At the beginning of your course, you will be asked to complete the [Lifeguard Prerequisite swim test](#).

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 kids and their families to enjoy the benefits of wellness programs in a supportive environment. Phone: 920-436-1249 | Email: [Adaptive Services and Support Director](#)

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

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 our [Adaptive Services and Support Director](#) to register today!



D.R.E.A.M. Night is made possible with support from the Brown County United Way.

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](#) or on the Y360 app.

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 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 (Ages 2-5)

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 Weekend | Sept 11–13, Sept 25–27

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 Weekend | Sept 18–20

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!

Womens Wellness Weekend | Oct 2–4

Escape the stress of everyday life and immerse yourself in a weekend of self-care, connection, relaxation, adventure, and empowerment at Women's Wellness Weekend! Designed for women of all ages, this retreat offers the perfect rest. Click [here](#) to register today!

Mother Child | Oct 16–18

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 (Ages 8-10)

This program educates youth in wellness and fitness, establishes a lifestyle of fitness at a young age, and encourages parents and kids 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 4-6 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 (Ages 11-13)

This program educates youth in wellness and fitness, establishes a lifestyle of fitness at a young age, and encourages parents and kids 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. West Side class is held in partnership with Emplify Health by Bellin. East Side class is held in partnership with Bellin College Physical Therapy.



LiveSTRONG®

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



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.

