

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



FALL & WINTER Sept-Dec
2024

ABOUT OUR PROGRAMMING

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

SESSIONS AND DATES:

- Dates, times, and locations are not included in this guide. You can find program details on the [registration platform](#).
- There will be one session remaining this year. **SEPTEMBER- DECEMBER**

HOW TO REGISTER:

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

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

3% SERVICE FEE

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

CANCELLATION POLICY

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

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PROGRAM CALENDAR



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

SEPTEMBER						
S	M	T	W	T	F	S
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29	30					

OCTOBER						
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NOVEMBER						
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DECEMBER						
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22	23	24	25	26	27	28
29	30	31				

CLICK [HERE](#) TO REGISTER TODAY!





PROGRAM REGISTRATION LEVELS

Greater Green Bay YMCA



COMMUNITY STARTS HERE

CREATING MOMENTS • TRANSFORMING LIVES • ACCESS FOR ALL

2024 Annual Campaign

TIER 1

FOUNDATIONS

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



TIER 2

ACADEMY

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



TIER 3

TEAM

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



Contact Information

Gymnastics Team
Robin Schmit
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Swim Team
Kayla Wiltzius
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GREATER GREEN BAY YMCA | www.greenbayymca.org | 920 436 9622

What is the Annual Campaign?

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

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

SPORTS

Child with Adult Sports Medley (Ages 2-3)

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

Preschool Soccer (Ages 3-5)

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

Preschool Basketball (Ages 3-5)

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

Preschool Football (Ages 3-5)

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

Preschool T-Ball (Ages 3-5)

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

Preschool Volleyball (Ages 3-5)

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

Preschool Track and Field (Ages 3-5)

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

FUNDamental Basketball (5K-1st Grade)

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

FUNDamental T-Ball (4k-1st Grade)

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

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

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

FUNDamental Track & Field (5k-1st, 2nd-4th Grade)

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

FUNDamental Indoor Hockey (5k-1st, 2nd-4th Grade)

A 45-minute class that focuses on the basics of puck handling, shooting, and understanding offense and defense in the hockey setting. The YMCA values, safety, good sportsmanship, and teamwork will be a focus in each practice to build players confidence and self-esteem.

FUNDamental Soccer (5k-1st Grade)

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

FUNDamental Flag Football (5k-1st Grade)

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

Recreational Soccer (2nd-4th Grade)

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

Recreational Flag Football (2nd-4th Grade)

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

Recreational Volleyball (6th-8th)

A 60-minute class that builds on the foundations of fundamental volleyball. Continued work on serving, setting, hitting, digging while learning the rules and organization of volleyball. The YMCA values good of good sportsmanship and teamwork will be a focus in each class build players confidence and self-esteem.

SPORTS CONTINUED

Recreational Dodgeball (2nd–4th Grade)

A 60-minute class where athletes will enjoy expanding their dodgeball knowledge in a safe and fun environment. This class will focus on developing teamwork skills and having fun while learning different types of dodgeball games.

Recreational Kickball (2nd–4th Grade)

Have fun learning the techniques and rules of the classic school yard sport of Kickball. Goal is to be active, work together, and have fun.

Recreational Basketball (2nd–4th Grade)

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

Co-Ed Basketball League (3rd–5th Grade)

Program consisting of 2 practices and 5 games on Saturdays. 7 total Saturdays. 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 Recreational Basketball prior. Score will be kept during the Saturday games. The YMCA values good sportsmanship and teamwork. That will still be the main focus of this program. Participants will get a Team Color Y Shirt to keep (Must register by October 27th).

Co-Ed Soccer League (3rd–5th Grade)

Program consisting of 2 practices and 5 games on Saturdays. 7 total Saturdays. 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 Recreational Soccer prior. Score will be kept during the Saturday games. The YMCA values good sportsmanship and teamwork. That will still be the main focus of this program. Participants will get a Team Color Y Shirt to keep (Must register by September 1st).

UWGB Sports Clinics

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

Click [here](#) to register today!

MARTIAL ARTS

Intro To Martial Arts (Ages 7–14)

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

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

Intermediate (Ages 7–14)

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

Advanced (Ages 14+)

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

Adult (Ages 14+)

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

Women's Self Defense

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

Click [here](#) to register today!

YOUTH PROGRAMS

Art (Ages 6-12)

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!



Kids in the Kitchen (Ages 8-12)

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

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.

On My Own at Home (Ages 10-12)

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

STEAM (Ages 8-12)

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

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.

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!



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

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

Astronomy (Ages 5-9)

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

Painting (Ages 5-12)

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

Game Show Mania (Ages 5-13)

Get ready for excitement and fun with "Game Show Mania," a high-energy class where kids 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!

Junior Career Builders (Ages 5-9)

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.

Calling All Swifties (Ages 5-12)

An exciting and creative class designed for kids who love music, fun activities, and getting crafty! In this class, we will dive into the world of Taylor Swift, exploring her music, career, and personal style. We'll listen to some of her most popular songs, learn about her journey to stardom, and get inspired by her unique and colorful aesthetics while also creating some Taylor inspired crafts and more!

Half-Blood Chronicles (Ages 8-12)

Dive into the thrilling world of Percy Jackson and Greek mythology! This class brings the adventures of Percy Jackson to life through interactive lessons, crafts, and activities. We'll explore ancient myths, meet legendary gods and heroes, and embark on quests just like Percy and his friends. Each session is filled with excitement, creativity, and a touch of ancient magic!

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!

Creative Writing (Ages 8-12)

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

Snap & Create: Digital Photography for Kids (Ages 5-12)

An exciting and interactive class designed for budding photographers. This class will introduce young photographers to the basics of digital photography, including how to use a camera, composition techniques, and creative photo editing. Through hands-on activities, photo walks, and fun projects, kids will develop their photography skills and discover the joy of capturing the world around them. Let's embark on a creative journey and see the world through a new lens!

Metal Art (Ages 6-12)

Welcome to the exciting world of metal arts! In this class, young artists will embark on a journey where creativity meets craftsmanship. Whether you dream of forging mighty swords or crafting delicate jewelry, this class will introduce you to the wonders of working with metals.

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.

Drawing Delights (Ages 8-12)

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

Cartoon Creations (Ages 8-12)

Welcome to Cartoon Creations, where imagination meets animation in the colorful world of cartoon drawing! This class is all about learning to create your own characters, tell stories through drawings, and explore the fun and dynamic art of cartoons.

Embroidering Explorers (Ages 8-12)

Welcome to Embroidery Explorers, where creativity and craftsmanship come together in the beautiful art of embroidery! This class is designed for kids to discover the joy of needlework, learn intricate stitching techniques, and create stunning embroidered artworks.

Jewelry and Design (Ages 5-12)

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

All About Fashion (Ages 5-9)

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

Winter Wonderland Crafts: Fun for Kids (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!

DIY/Life Hacks (Ages 5-12)

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

Around the World Adventures! (Ages 5-9)

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

Geocaching Adventures (Ages 5-12)

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

Aliens in my Backyard (Ages 5-12)

Understanding Animals and Ecosystems - Naturalists ages 5-12 delve into the fascinating world of animals and ecosystems, focusing on invasive species! This class introduces children to the concept of invasive species—animals that are introduced into new environments and disrupt local ecosystems. Through interactive lessons, hands-on activities, and exploration, participants will learn about the impact of invasive species on biodiversity and habitats. Join us as we investigate different animals, their behaviors, and their roles within ecosystems, fostering a deeper appreciation for wildlife conservation and environmental stewardship.

Sticky Science: Fun Experiments for Curious Kids (Ages 5-12)

An exciting and hands-on class where kids ages 5-12 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.

Mad Science (Ages 5-9)

Calling all scientists! We will use skills like problem solving, prediction, and measurement as we perform experiments such as physics (flight), chemical reactions (slime), and more.

Santa's Workshop: DIY Presents (Ages 5-12)

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.

Pokemon Club (Ages 8-12)

Welcome to Pokémon Club, where fans gather to immerse themselves in the world of Pokémon! Join us for trading card games, video game battles, Pokémon snacks, animated series screenings, movies, and more. It's a place where we come together to celebrate everything related to the Pokémon universe. Come and explore with us!

Game Club (Ages 8-12)

Welcome to our Game Club, where strategy, laughter, and friendships come together! Join us for thrilling game nights with board games, video games, and more. Whether you're a seasoned player or new to gaming, our club embraces all levels of experience. Prepare to showcase your strategic skills, build new connections, and enjoy a welcoming and inclusive atmosphere. No prior experience needed—just bring your enthusiasm and dive into unforgettable gaming adventures with us!

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.

Multicultural Food Club (Ages 8-12)

Welcome to the Multicultural Food Club, where culinary enthusiasts come together to explore a world of flavors and traditions. Whether you're a seasoned cook or simply eager to try new dishes, our club offers a diverse and welcoming environment. Immerse yourself in food tastings, share recipes from various cultures, and celebrate the rich tapestry of global cuisine. Join us in fostering cultural exchange through food, forging friendships, and creating memorable culinary adventures.

Spanish Club (Ages 8-12)

¡Bienvenidos! Welcome to our Spanish Club! Immerse yourself in the richness of the Spanish language and culture with us. Practice speaking Spanish, discover the traditions, cuisine, and music of Spanish-speaking countries, and participate in engaging activities like art and crafts, cooking demonstrations, and festive celebrations of Hispanic holidays. This club is your gateway to learning, sharing, and embracing the vibrant Spanish-speaking community. ¡Acompañanos! Join us on this exciting journey!

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.



Lego Robotic Adventures (Ages 6-12)

Young engineers ages 6-12 dive into the exciting world of robotics using LEGO Spike Prime! This hands-on class combines creativity with technology as kids learn to build and program robots using LEGO bricks, motors, sensors, and the intuitive Spike Prime programming interface. Through fun challenges and projects, students will explore basic engineering concepts, enhance problem-solving skills, and unleash their creativity. Join us for an engaging journey into robotics where imagination meets innovation!

Sculpture (Ages 8-12)

Young engineers ages 6-12 dive into the exciting world of robotics using LEGO Spike Prime! This hands-on class combines creativity with technology as kids learn to build and program robots using LEGO bricks, motors, sensors, and the intuitive Spike Prime programming interface. Through fun challenges and projects, students will explore basic engineering concepts, enhance problem-solving skills, and unleash their creativity. Join us for an engaging journey into robotics where imagination meets innovation!

Recyclable Art (Ages 8-12)

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

Magic of Harry Potter (Ages 5-12)

Step into the enchanting world of Harry Potter with our "Magic of Harry Potter" class! This class will transport young witches and wizards to Hogwarts School of Witchcraft and Wizardry. Through interactive lessons, crafts, and activities, we'll explore the magical universe created by J.K. Rowling. Each session will cover different aspects of the Harry Potter series, from spells and potions to magical creatures and Quidditch. Join us for an unforgettable adventure filled with magic, creativity, and fun!

Click [here](#) to register today!

WORKSHOPS

Mad Science (Ages 8-12)

Calling all scientists! We will use skills like problem solving, prediction, and measurement as we perform experiments such as physics (flight), chemical reactions (slime), and more.

Slime 101 (Ages 6-12)

Let's get messy as we explore the world of slime making! Both regular and fluffy slime will be produced in this one-hour workshop.

Canvas Painting (Ages 8-12)

Explore the world of color and creation as participants are guided through creating a canvas masterpiece.

Origami (Ages 8-12)

Unfold your creativity as you get introduced to the delicate techniques and intricate designs of Origami.

Tie Dye (Ages 6-12)

Learn how to magically transform items into a tie dye masterpiece by experiment with twisting, scrunching, and swirling techniques. Participants will create their own tie dye t-shirt and socks.

Click [here](#) to register today!

YOUTH OUTREACH

Y Achievers

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

Youth in Government

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



GYMNASTICS

Child with Adult Gymnastics (Ages 1-2)

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

Preschool Gymnastics (Ages 3-4)

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

Intro to Gymnastics (Ages 4-6)

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

Intro to Gymnastics (Ages 7-13)

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

Jr. Star Stage C (Ages 4-6)

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

Jr. Star Stage D (Ages 7-13)

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

Click [here](#) to register today!

Jr. Star Stage E (Ages 6-13)

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

Jr. Star Stage F (Ages 6-13)

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

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.

Pre-Team Gymnastics (By skill evaluation only)

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

Gymnastics Team (By skill invitation only)

Our gymnastics team, Gymstars, is built around the fundamentals of the YMCA. We compete against other Wisconsin YMCAs using USA Gymnastics (USAG) rules and regulations in Junior Olympic (JO) levels 2-10 and Xcel Silver and Gold.



NINJA

Mini Ninja (Ages 3-4)

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

Ninja Warrior Jr. (Ages 5-8)

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

NINJA ZONE

Baby Ninjas (Ages 0-2)

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



Lil' Ninjas (Ages 3-4)

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

NEW! NinjaZone Jr. (Ages 5-8)

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

NEW! NinjaZone (Ages 9+)

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

Ninja Camp (Ages 5-13)

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

Click [here](#) to register today!



NinjaZone and the NinjaZone logo are trademarks of NinjaZone.

DANCE

Child with Adult Dance (Ages 2-3)

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

Creative Movement (Ages 3-4)

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



Enchanted Dance Party (Ages 3-6)

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

Trolls Dance Party (Ages 3-6)

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

Ballet & Tap Dance (Ages 4-5)

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

Ballet & Tap Dance (Ages 5-7)

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

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

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

Poms Dance (Ages 6-8)

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

Click [here](#) to register today!



STUDIO DANCE

The YMCA Studio Dance program runs in two sessions: Fall & Winter. Participants in both sessions will have performance opportunities. A full recital will take place in May. Costumes will be 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.

Click [here](#) to register today!



AQUATICS

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

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

Adult Swim Lessons: Advanced (Ages 14+)

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

Child with Adult Swim Lessons Infant: (6 months - 2 years)

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

Child with Adult Swim Lessons Toddler: (2-4 years)

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

Preschool Swim Lessons (Ages 3-5)

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

Youth Levels 1-3 Swim Lessons (Ages 6-13)

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

Youth Levels 4-6 Swim Lessons (Ages 6-13)

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

Pre-Team

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

Swim Team

The Green Bay YMCA has a proud history of being the premier competitive swimming program in the Green Bay area, producing many outstanding young athletes. Swimmers develop strong character values such as respect, responsibility, leadership and teamwork, as well as a strong work ethic. Opportunities exist for all levels of competitive swimmers; participation at the National level is available to those who wish to dedicate themselves to this goal. A full schedule of meets is offered for the team and participation is recommended but not required.

Inclusion Swim Lessons: Individual Lesson & Small Group Lesson

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

Private Lessons: Individual Lesson (Ages 3+ years)

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



AQUATICS CONTINUED

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

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

Red Cross Lifeguard Training

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

Red Cross Lifeguard Recertification

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

Click [here](#) to register today!



FULL CIRCLE

Full Circle at the Y is a recreational program for youth 3-17 who have been diagnosed with a neurodivergent disability (Ex: Autism, ADHD, Down Syndrome, Sensory Processing, Anxiety, Bipolar, developmental delays, etc.). This program provides recreational health and wellness opportunities to children with unique needs. The participants in the program will have the opportunity to participate in a "full circle" of programs designed for success in areas of their physical, social, and emotional well-being. Our hope is that these extraordinary kids and families will realize the fun benefits of wellness and recreational programs in a supportive and nurturing environment. 920 436 1249 | rachael.trimble@greenbayymca.org

Full Circle Art

In Full Circle Art, participants will explore their artistic potential in a supportive and creative environment! Students will have the opportunity to work on individual art projects as well as collaborate on group art projects and focus on enhancing fine motor skills, hand-eye coordination, imagination, creativity, and patience through various art activities.

Full Circle Learning with Legos

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

Full Circle Science

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

Full Circle Sports

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

Full Circle Ninja

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

Full Circle Music and Movement

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

INCLUSION

Inclusion Soccer (Ages 6-14)

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

Inclusion Basketball (Ages 6-14)

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

Inclusion T-Ball (Ages 6-14)

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

Inclusion Swim Lessons: Individual Lesson

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

Inclusion Swim Lessons: Small Group Lesson

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

D.R.E.A.M NIGHT

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

Click [here](#) to register today!

FAMILY

Child Watch (Ages 6 weeks–7 years)

Leave your children in a clean, caring, and safe environment while you remain in our facility for your workout. Infant Care (6 weeks to walking) must be pre-registered by calling Child Watch. 920 436 9681 | www.greenbayymca.org

Family Adventure Center

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

Family Wellness Orientation

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

Preschool Prime Time

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

Parent's Day/Night Out

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

Creation Station (All ages)

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

Birthday Parties (All ages)

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

Family Night

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

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

Father Daughter Weekend | September 6-8 & 20-22

Join Camp U-Nah-Li-Ya's Father-Daughter Weekend for bonding activities like Dadicures, nature hikes, and a dance! Enjoy cozy cabins, delicious meals, and unforgettable memories. Strengthen your relationship through exciting adventures. **Click [here](#) to register today!**

Father Son Weekend | September 13-15

Experience a transformative Father-Son Weekend at Camp U-Nah-Li-Ya! Enjoy cozy cabins, delicious meals, and fun activities like fishing, fort building, and archery. Strengthen your bond and create unforgettable memories. **Click [here](#) to register today!**

Fall Women's Wellness Weekend | September 27-29

Join Camp U-Nah-Li-Ya's Women's Wellness Weekend for the ultimate Northwoods getaway. Designed for women 18+, re-energize your spirit, mind, and body with activities like high ropes, self-defense, yoga, and meditation. Relax by the campfire or in the sauna, make new friends, and enjoy evolving programs that promote total wellness. Return home refreshed and ready to take on the world. **Click [here](#) to register today!**

Mother Child Weekend | October 4-6

Join Camp U-Nah-Li-Ya's Mother-Child Weekend for a unique bonding experience. Explore camp activities like rock climbing, canoeing, and crafting together. Enjoy an unplugged weekend to create lasting memories. **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.

Kettlebells

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

TRX

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

Bodywise Recovery

This Small Group Training (SGT) class will use the principles of yoga, foam rolling, and other mobility exercises to restore and recover from your workouts as well as prepare you for the progression of SGT programming. Ages 18+ at the Ridge YMCA.

OPEN TO Y MEMBERS ONLY

Youth Beginner Strength Training

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

Youth Intermediate Strength Training

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

Youth Wellness Orientation 1 and 2

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

Personal Training

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



Family Wellness Orientation

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

Les Mills

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

Les Mills Virtual Studio

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

Myzone

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

Smart Start

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

Styku 3D Body Scanning

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

**Treo Wellness**

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

YMCA360

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

Beginner Circuit

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

Kettlebell + TRX Combo

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



HEALTH SPECIALTY

Walk with Ease

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

Exercising with Parkinson's

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



YMCA KickStart

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

Click [here](#) to register today!

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.

Blood Pressure Self-Monitoring

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

Brain and Body Fitness

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



OUR MISSION

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

