



Door County YMCA Policy Information & Program Descriptions

Sturgeon Bay Program Center
1900 Michigan St, Sturgeon Bay, WI 54235 920-743-4949

Northern Door Program Center
3866 Gibraltar Rd, Fish Creek, WI 54212 920-868-3660

POLICY INFORMATION & AGE LIMITS

Four Easy Ways to Register for Class!

- **Payment is due with registration** •

IN PERSON

Cash, Check, Discover, VISA, MasterCard, American Express accepted

- **STURGEON BAY PROGRAM CENTER**

Opens at 5:00 am

- **NORTHERN DOOR PROGRAM CENTER**

Opens at 5:30 am

BY PHONE

Register by phone anytime after 10:00 am on Monday for members or Wednesday for Community of each registration week.

Please have your Discover, VISA or MasterCard, American Express ready (payment due with registration).

- Sturgeon Bay (920) 743-4949
- Northern Door (920) 868-3660

BY MAIL

Indicate your class preference, mail payment to either Program Center. Mail registration processed at 12:00 noon on opening day (payment due with registration).

- **STURGEON BAY PROGRAM CENTER**

1900 Michigan Street • Sturgeon Bay, WI 54235

- **NORTHERN DOOR PROGRAM CENTER**

3866 Gibraltar Road • Fish Creek, WI 54212

ON-LINE

Y members and community participants are able to access the registration program via www.doorcountyyymca.org. Once there, just follow the on-line link on the Program Tab that will take you to the registration website, select the classes you want to enroll in, submit your payment, and you're done!

- Remember that you may either contact the YMCA prior to your registration to enter your password into your record, or log-in with your last name, birth date and zip code to establish your on-line account.
- You are only able to register for those individuals that are in your unit (household in most cases).
- On-line registration begins at 12:01 am on the start of your registration day.
- Remember that MemberST can safely store encrypted bank and credit card numbers. Just stop by the Welcome Center to have it stored in your record.

If you have any questions, don't hesitate to ask!

CLASS CANCELLATIONS

Requests for class cancellation/credit must be received by the 2nd week of the session for consideration.

SERVICES

- Lockers are available for rent on an annual basis (\$30/adult locker room; \$25/youth locker room).
- Towel services available (\$60/year individual; \$120/year household) or \$.50 per towel, or ask about a punch card.

Facility Age Guidelines

The following general guidelines apply to all youth who are not participating in a supervised, structured program while in the facility; "supervising individuals" are defined as persons 14 years or older.

- Youth ages 7 and under must have direct supervision at all times, except when the child is participating in a class. If using the pool, an adult must accompany the child in the water (see below for age). Child care is available for infants through age 7; older children may also "help out" in child care.

LIFESTYLE CENTER/AEROBIC EQUIPMENT

- Ages 15 & older (orientation/training recommended, but optional)
- Youth YMCA members, ages 13 & 14, may use the equipment upon completion of orientation with Y staff. Children ages 12 and under are not allowed in the Lifestyle Center.

FREE WEIGHT ROOM

- Ages 15 & older (orientation/training recommended, but optional)
- Youth ages 14 may use equipment upon successful completion of orientation with Y staff. Children ages 13 and under are not allowed in the Free Weight Room.

PRIME TIME CENTER (Gymnastics Center)

- The Prime Time Center is open for family use (children 17 and under). All children must be directly supervised by an adult. Gymnastics equipment (including spring boards and large crash mat) are for use ONLY in gymnastics class.

POOL

- Children ages 10 & older.
- All children ages 9 and under must be directly accompanied in the water by an adult.
- All youth are subject to swim testing and applicable restrictions based on swimming ability which may include an adult accompanying the child in the water.

WHIRLPOOL • SAUNA

- Ages 14 & older. Children ages 13 & under are not allowed in the Whirlpool.

LOCKER ROOM/SHOWER FACILITIES

Youth age 3 and under may use the opposite sex youth locker if accompanied by a supervising individual. Children 4 years and older must use the same gender locker room and showers or the family locker rooms. Youth ages 13 and under must use the youth locker rooms.

EXERCISE CLASSES

Youth age 13 and up may participate in class unless a specific age limit is in place for that specific class. Contact the Healthy Living Director to discuss any exceptions. No children allowed in classroom.

TRACK

Youth age 11 and up may use the indoor track unsupervised. Children ages 9 and 10 may use the indoor track when directly accompanied by a supervising adult. Children ages 8 and under may use the track during designated family friendly times.

YOUTH CLASSES

DANCE, GYMNASTICS, MARTIAL ARTS, SPORTS, SKILLS-BASED AND FUN.

See Aquatics section for
swim lesson information

AFTER SCHOOL PROGRAM

• Gr 1 to 6 Northern Door

The school age child care program is the Y's response to assist working families with their need for safe, quality care for their child(ren) each weekday while parents are at work. Included in the program are a healthy snack, homework time and activities.

AFTER SCHOOL SPORTS AND GAMES

• Gr 1 to 5 Sturgeon Bay

This class is intended to get kids active, and to be playing different sports after school. The sports and games will vary each week, in order to provide new and fun opportunities to anyone interested. For questions regarding the different sports, please contact Tyler Powell at 743-4949 or at tpowell@doorcountyyymca.org.

ARTSY SMARTSY

• Ages 3 to 5 Sturgeon Bay

Experiment, explore and discover math, science and the arts. We'll learn and have fun with hands on experiments, demonstrations and projects. Some lessons have included oil and water painting, centrifugal force and making our own ice cream.

BLOSSOMING BOOKWORMS

• Ages 3 to 5 Sturgeon Bay

It is a literacy-based program emphasizing enthusiasm for children's books. Each week we will read books and have music and movement based on the theme of the book.

BUSY BABIES

• Walking to 2 Sturgeon Bay

This parent/baby class brings finger play, music, dancing, play and friendship into your baby's day.

DANCE • FIRST STARS

• Age 4 to 5 Sturgeon Bay

This is a class for beginners to introduce them to the world of dance. Your child will enjoy learning rhythm, movement and beginning dance skills in both tap and ballet. Fun music, dance games and short skill-building routines will keep this age group interested and having lots of fun! (Both ballet and tap shoes are required.)

DANCE • HIGH SCHOOL HIP HOP

• Ages 13 to 18 Northern Door

Hip hop is a high-energy class that will encourage students to step outside of the box by bringing their own individual style and personality to standard jazz and hip hop movements. Hip hop dance requires students to have the strength and stamina to successfully perform moves. Therefore class includes upper and lower body conditioning as well as a warm-up to help prepare students.

DANCE • MUSICAL THEATRE

• Ages 7 to 12 Northern Door

Musical theater dance is the study of Broadway dance and dance styles. Young students learn choreography from selected musicals, such as "High School Musical", "Hair Spray", "Annie", "Fosse", and many more. Students will be introduced to song and choreography through a variety of dance techniques and styles including ballet, jazz, and tap.

DANCE • RISING STARS

• Age 7+ or by teacher recommendation Sturgeon Bay

This is an intermediate class for the continuing dancer. Prior dance experience is necessary. This class continues to teach further in the areas of ballet and tap, and students are also introduced to the jazz style of dancing. Students will learn more advanced techniques, step combinations and dance routines. A wide variety of music will be used, including some current popular songs! (Ballet & tap shoes are required; jazz shoes optional.)

DANCE • RHYTHM STARS • Level 1 & 2

• Ages 5 to 8 Sturgeon Bay

• Ages 9+ Sturgeon Bay
This introductory-level hip-hop class provides a structured method of learning various hip-hop dance movements in a fun-filled class environment. This energetic class not only teaches hip-hop movement and techniques but also instills rhythm and precision. Soft-soled sneakers recommended (preferably dance sneakers).

FAMILY GYM

• All Ages Sturgeon Bay

• All Ages Northern Door

Stop running in different directions... it's family time. The Y is making it easy to unwind and reconnect with your family. No staff will be provided.

FLAG FOOTBALL

• 4K to Gr 5 Sturgeon Bay

Flag Football is a Saturday morning event that includes kids grades 4K-5th Grade. The first two weeks will include skills and drills, while the following weeks will be filled with game-play. All kids will play and volunteer coaches are needed. There is nothing better than a little football on a Fall morning.

FLOOR BALL

• Gr 1 to 6 Northern Door

This fun, fast-paced game resembles floor hockey but is played with a plastic ball, lightweight sticks and small nets. Kids will learn the skills and concepts of the game, while honing in on teamwork, camaraderie and enjoyment of the sport. All equipment is provided; court-type shoes are recommended.

GIRLS NIGHT OUT **• 5TH Grade Girls**

Girls Night Out is an 8-week Y program designed just for 5th grade girls. We welcome any 5th grader from the community to experience this program. Girls Night Out is led by our Y staff, adult women volunteers, and high school-aged female volunteers. Each week, our girls will have a theme to explore, social time, and an opportunity for personal enrichment.

They will explore topics like healthy choices, transition, life skills, and positive peer relationships. Each night there will be time to hang out with friends and do a physical activity like zumba, yoga and so much more! We will celebrate the end of our program with an optional overnight trip to Camp Tekawitha.

GOJU-RYU JAPANESE KARATE

- **Ages 6+** Sturgeon Bay
- **Ages 6+** Northern Door

The literal translation of the Japanese term Goju is "hard/soft." The idea behind this style is to use a soft blocking technique to block a hard stroke or to deflect the strike rather than using force. Class is led by Kyoshi Shaun Koulias, who holds a 7th degree black belt in Goju Ryu Karate and a 5th degree black belt in Tae Kwon Do. He is a Branch Dojo with over 40 years experience in the fighting arts. No experience is necessary to join class. (Uniform is required – see instructor for details.)

GYMNASTICS • KINDERGymNASTICS

- **Ages 3^{1/2} to 6** Sturgeon Bay

The emphasis of KinderGymnastics is the basics of the sport, such as basic body positions, swinging, rotating, balance, flexibility, strength and agility. Children will learn beginning skills and terminology associated with the sport of gymnastics. Children ages 3 ½ through 6 must complete KinderGymnastics before moving on to Progressive Gymnastics.

GYMNASTICS • OPEN WORKOUT

- **Age 8 to 18** Sturgeon Bay

Gymnasts can come and enjoy open time with an instructor in the Gymnastics Center. Gymnasts have flexibility of what they would like to work on!

GYMNASTICS • PRE-TEAM COMPETITION READY

- **By Invitation Only**

This class is designed to concentrate on the routines for Competitive Gymnastics. It is designed to refine all skills needed to be a competitive gymnast. If you are interested in doing competitive gymnastics, then this is the class for you!

GYMNASTICS • Progressive Level 1

- **Ages 6 to 16** Sturgeon Bay

The first development level of the YMCA's Progressive Gymnastics program and in many ways, the most important. This level lays the basic foundation of gymnastics. It then begins to build skills to an intermediate skill level. Balance, repulsion, amplitude, form and style are addressed.

GYMNASTICS • Progressive Level 2

- **Ages 6 to 16** Sturgeon Bay

The intermediate skills are more defined in this level. Execution is addressed and the gymnast is transitioning to a higher level of understanding of the sport. Level 2 continues to build on previous progressions and development.

GYMNASTICS • Progressive Level 3

- **Age 6 to 16** Sturgeon Bay

This level is designed to concentrate on refining all skills and routines related to the Competitive Levels 3 through 10. The YMCA Strivers Team begins its competitive program at Level 1. Upon the completion of learning Level 1 routines, gymnasts can be invited to compete on the Strivers Competitive Gymnastics Team.

GYMNASTICS • WORKOUT WITH GERRIT

- **By Invitation** Sturgeon Bay

For advanced gymnasts who are on the Strivers Team; participation is by invitation only.

HOME SCHOOL PHY ED

- **School aged** Sturgeon Bay
- **School aged** Northern Door

Interested in gym class for your home school child? The YMCA offers the perfect location for this type of educational opportunity.

Mixing It Up

- **Ages 3 to 5** Sturgeon Bay

Children experiment and try new things as they measure and mix simple ingredients to make snacks or something they can play with that is loved by kids of all ages.

KIDDIE KINETICS

- **Ages 3 to 5** Northern Door

This highly interactive class creates the perfect atmosphere to get the youngsters moving under the sounds of music. Jumping, running, tumbling and rolling is all fair game. All we ask from you is to bring plenty of your child's unused energy to spend!

KIDS CAN COOK

- Gr 3rd to 8th** Sturgeon Bay

KIDS' YOGA

- * **Ages 6+** Northern Door

Certified instructor, Abby Duebler, engages kids and helps them find their strengths on the mat. Kids learn yoga basics and explore flexibility and balance.

KICKBALL

- **Gr 1 to 6** Northern Door

This is all about the fun! This playground favorite is played with rules similar to baseball. Kids kick, catch, throw and dodge the ball. Anyone can join in regardless of ability and experience. Kids will learn some teamwork skills and enjoy a great game with their friends.

KINDERCUBS

• **Ages 3^{1/2} to 5^{1/2} Sturgeon Bay**
KinderCubs focuses on beginning gymnastics, including tumbling, low bar, beam and trampoline. We also include songs, games and emphasis on the YMCA core values. This popular class ensures your child will burn energy, learn new skills and have fun at the same time!

KINDERSPORTS

• **Ages 3^{1/2} to 5^{1/2} Sturgeon Bay**
This class will look to improve the basic motor skills for kids ages 3-5 using different sports. Kids will learn the basic skills for various sports using fun activities and music. The goal for this class will be to create an atmosphere full of fun and physical activity.

PEAK PERFORMANCE CAMP

• **Ages 12+ Sturgeon Bay**
Designed by Coach Mike McHugh, Peak Performance is a results based athletic performance training program that improves athletes speed, agility, strength and overall endurance. This program has filled to capacity every year for the past 15 years. Combined with today's best training equipment, this premier program will help participating athletes increase flexibility, run faster, increase strength, jump higher, and improve mental focus and tenacity. All athletes looking to enhance their physical abilities should enroll in this tremendous program. This high intensity program utilizes over \$8,000 of the best sports equipment available.

PICKLEBALL

• **Ages 6-12 Northern Door**
Pickleball is the fast-growing sport that combines ping pong, tennis and badminton. Kids will learn the basic rules and skills as well as practice sportsmanship.

PRESCHOOLERS WITH PASSPORTS

• **Ages 3 to 5 Sturgeon Bay**
Discover other cultures through stories & pretend play. Crafts, songs, and games transport us to faraway places.

SNAG GOLF

• **Age 6+ Northern Door**
"Starting New at Golf" is a gold skills program for beginners and experience golfers. The indoor class is taught by Jason Daubner, Peninsula Golf Course's PGA professional.

STORY STRETCHERS

• **Ages 3^{1/2} to 5 Sturgeon Bay**
We'll take a favorite story and s-t-r-e-t-c-h it by doing related activities, art, songs, puppets or acting.

STRENGTH AND CONDITIONING

• **Ages 12+ Northern Door**
Take your athletic performance to the next level. Whether you are in season or out of season, this program will enhance your technique and knowledge on different aspects of being an athlete. We will assist you in improving your strength, speed, and agility.

TEEN STRENGTH & CONDITIONING

• **Ages 12 to 16 Sturgeon Bay**
• **Ages 13+ Northern Door**
This class introduces students to principles of resistance training along with cardiovascular workout. Learn how to enhance your strength, flexibility and endurance for recreation, fitness and wellness.

TUMBLE TOTS

• **Ages 2^{1/2} to 3^{1/2} Sturgeon Bay**
If you're looking for a bit of creative movement and toddler gymnastics, this NEW parent/child class is for you and your little one!

WEE READ & WIGGLE

• **Ages 3 to 4^{1/2} Sturgeon Bay**
This is a great first class without a parent that includes basic tumbling, coordination, rhythm games, songs, and story time. Gross and fine motor skills will be developed, as well as social interaction and listening skills. Caring instructors make this class experience a positive one!

YOUTH VOLLEYBALL

• **Grades 3 to 8 Sturgeon Bay**
The program is open to all boys and girls and will be split into two age groups, 3rd - 5th Grade and 6th - 8th grade. The 3rd - 5th grade group sessions will focus on fundamentals and skills development, while the 6th - 8th grade group session will be a mixture of skill development and game play.

AQUATICS

SWIM LESSONS AND SWIM TRAINING FOR ALL AGES

DOLPHIN CLUB

- Ages 5+ Sturgeon Bay
- Ages 6+ Northern Door

Is your child interested in competitive swimming, but you're not sure they are ready for the Doorfins Swim Team? Sign them up for Dolphin Club, which is the entry-level program for the Doorfins team. Swimmers will swim and train as if they were on the team, participating in home swim meets if they would like to, but your family does not need to make the commitment to the team. Your swimmer will get a taste of what it is like to be on the team and will see stroke improvement and physical fitness that comes along with being a part of the program.

EEL

- Ages 3 to 5 Sturgeon Bay
- Ages 3 to 5 Northern Door

The objectives of Eel are to build on the basic aquatics skills learned in Pike and to give children further success with fundamental aquatic skills performed to a slightly more advanced degree than Pike. Most skills in this level are performed WITH ASSISTANCE.

Skill Focus

- Bobbing, Retrieving Submerged Objects
- Front and Back Floating, Recovering to Vertical Position
- Changing Directions
- Treading with Arms and Legs simultaneously
- Swimming on Back with Arms and Legs Simultaneously

Red Cross Equivalent: Preschool Level 2

GUPPY 1

- Ages 6+ Sturgeon Bay
- Ages 6+ Northern Door

The objective of Guppy 1 is to build on previously learned skills while learning new kicks and fundamentals of treading and water safety.

Skill Focus

- Personal Safety, and Personal Growth
- Front and Back Flutter Kick, Breast Stroke, Back Stroke Development
- Basic Rescue Skills

Red Cross Equivalent: Learn to swim Level 3

GUPPY 2

- Ages 6+ Sturgeon Bay
- Ages 6+ Northern Door

The objective of Guppy 2 is to develop the participants' confidence in strokes learned thus far, while improving other aquatic skills and increasing their endurance. Participants will learn the back crawl, breast stroke and butterfly as well as the basics of turning at wall.

Skill Focus

- Personal Safety and Personal Growth
- Front and Back Flutter Kick, Breast Stroke and Back Stroke Development
- Basic Rescue Skills

Red Cross Equivalent: Learn to swim Level 4

LIFEGUARD CERTIFICATION TRAINING

- Ages 16+ Sturgeon Bay

This certification requires a prerequisite swim, that you be at least 15^{1/2} years-old, participation and attendance at all sessions. The certification includes Lifeguard, water park, and CPR for the Professional Rescuer, and First Aid, and is valid for 2 years upon successful completion. This class can be strenuous and there is close physical contact with others in this class. Optional certification: Lifeguard/Waterfront upon request and additional time/testing. (Prerequisites include: 300 yard swim front crawl or breast stroke combination, tread water with legs only for 2 minutes, timed swim of 1 minute and 40 seconds to swim 20 yards, retrieve a diving brick from 7-10 feet of water, swim on your back legs only back to start, place brick on deck and get out without using a ladder. Additional yardage and scenario for waterfront – please contact Mary Heimann at 920-868-3660 for more information.

MASTERS SWIMMING

- Ages 18+ Sturgeon Bay

For swimmers who want to work with other adults on a regular basis. Swim to compete, work on your technique or just for fun and exercise.

MINNOW-FISH

- Ages 6+ Sturgeon Bay
- Ages 6+ Northern Door

The objective of Minnow-Fish is coordination and refinement of strokes. Flip turns are introduced, and participants work to refine performance in order to swim with ease, efficiency, power and endurance. Endurance and stroke technique along with surface dives, survival floating and lead up skills to lifeguarding are the core of the class.

Skill Focus

- Stroke Development, Efficiency and Endurance
- Wall Turns
- Personal Safety Skills Reviewed
- Basic Rescue Skills

Red Cross Equivalent: Learn to swim Level 5/6

PERCH PLUNGE

- **Parent/child class for children 18 months to 3 years Sturgeon Bay**

Program includes water adjustment skills, fun and games for parent and child, building on skills learned in Shrimp Dip and merging Perch Plunge skill development accomplished with activities, games, songs, and toys in a safe, positive environment.

One adult per child.

Skill Focus

- Water Adjustment
- Basic Breathing Control
- Body Positioning and Flotation

PIKE

- **Ages 3 to 5 Sturgeon Bay**
- **Ages 3 to 5 Northern Door**

In Pike, children are taught the most basic skills on which they build as they progress through the preschool and youth aquatics program. At this level, children start developing good attitudes and safe practices around the water.

Skill Focus

- Opening Eyes Under Water/Retrieve Rings
- Front Gliding and Recovering to Vertical Position
- Back Gliding and Recovering to Vertical Position
- Swimming on Front and Back with simultaneous arm and leg actions
- Water Safety and Positive Swimming Attitude

Red Cross Equivalent: Preschool Level 1

POLLIWOG I

- **Ages 6+ Sturgeon Bay**
- **Ages 6+ Northern Door**

The objective of Polliwog 1 is to learn basic personal water safety information and skills, while helping participants feel more comfortable in the water.

Skill Focus

- Breath Control, Rotary Breathing, Submerging
- Buoyancy Control (Front and Back), Changing Directions, Treading
- Alternating, Simultaneous and Combined Swim on Front and Back
- Water Safety

Red Cross Equivalent: Learn to swim Level 1

POLLIWOG 2

- **Ages 6+ Sturgeon Bay**
- **Ages 6+ Northern Door**

The objective of Polliwog 2 is to give participants success with fundamental skills. This level marks the beginning of true locomotion skills that lay the foundation for future strokes.

Skill Focus

- Breath Control, Rotary Breathing, Submerging
- Buoyancy Control (Front and Back), Changing Directions, Treading
- Alternating, Simultaneous and Combined Swim on Front and Back
- Water Safety

Red Cross Equivalent: Learn to swim Level 2

PRIVATE & SEMI-PRIVATE SWIM LESSONS

- **All ages Sturgeon Bay**
- **All Ages Northern Door**

Does your child need one-on-one time and attention during swim lessons?

Let the YMCA aquatic staff assist your child individually in their progressive swim lesson growth and development.

Simply register and pay for private lessons, and you will be contacted by the Aquatics Director to schedule your child's lessons at a time that is convenient for you, the YMCA and our staff. Semi-private lessons allow two children to take private lessons at the same time.

RAINBOW

- **Ages 2^{1/2} to 5 years, without parent Sturgeon Bay**

For children ready to move on from Shrimp Dip/Perch Plunge but not quite ready for Pike. The child that takes this class has some fear of the water and/or some separation anxiety from their parents. Water adjustment skills will be addressed through games, fun and lead up skills in the water.

Skill Focus

- Breath Control, Submerging, Bobbing, Retrieving Rings
- Buoyancy on Front and Back (Floating), Introduction to changing direction; Rolling from Back to Front and Front to Back
- Introduction to Treading Water, Swimming on Front and Back
- Recover from Front/Back Float
- Water Safety and Confidence

Red Cross Equivalent: Preschool Level 1

SHRIMP DIP

- **Parent/child class for children ages 6 months to 18 months Sturgeon Bay Northern Door**

The instructor will focus on presentation of skills to the child and the parent will assist the child in completing the skills. Fun activities such as games, songs and toys will be used to keep the lessons fun and moving. Classes are designed to encourage parent/child learning in a safe, positive setting. One adult per child.

Skill Focus

- Water adjustment
- Basic Breathing
- Body Positioning and Flotation

SMALL GROUP IMPROVEMENT CLASS

- **Ages 6+ Northern Door**

If you would like your child to get extra attention on specific swimming skills that are challenging to them, this is a great opportunity for your child to work in a small group setting with one of our instructors. Please arrive 10 minutes early on the first day to discuss your goals with the instructor.

STARFISH

- **Ages 3 to 5 Sturgeon Bay**
- **Ages 3 to 5 Northern Door**

The objective of Starfish is to build on the skills learned in Pike and Eel by providing additional guided practice of basic aquatic skills at slightly more proficient performance levels and greater distances and times. The skills in this level are performed independently.

Skill Focus

- Bobbing, Breath Holding, Retrieving Objects
 - Floating (Various Positions), Recovering to Vertical Position
 - Changing Directions While Swimming on Front/Back
 - Treading 15 Seconds in Shoulder Deep Water
 - Swimming on Front/Back the Required Distances
- Red Cross Equivalent: Preschool Level 3

SWIM AND BOARD

- **Ages 6+ Northern Door**

This class is designed for those who are challenged with basic breath control and body control skills in the water. The class addressed the breath control first and then we move into body control through use of surfboards, boogie boards, kick boards, fins, and towing. The class tools we use make the program somewhat non-traditional, however, use of the surfboard not only promotes getting the swimmer into a more streamlined body position, but when the swimmer paddles, can train the brain and muscles in the proper arm stroke technique for front crawl, butterfly and with modifications, breaststroke. Classes can be adapted and created for traditional, autistic, or special needs individuals. Limit 6 students.

SWIM CONDITIONING

- **Ages 6+ Northern Door**

This is a new class that encourages staying fit through swimming. Our swim team coach will have a workout on the board at the deep end of the pool which will change weekly. Swimmers will come in and do the workout under the supervision of a YMCA staff person that is a swim instructor for the Y. The staff person will be there to supervise the activity, answer questions, and encourage the swimmers. This class is designed to meet the needs of those swimmers who want to use swimming to stay in shape and are already proficient swimmers. Class is also available as a drop-in program for \$5.00 per day time.

SWIM TRAINING (SPRING & SUMMER)

- **Ages 5+ Sturgeon Bay**

This is a multi-level off-season program that will consist of half dry-land workout and half water workout. Coach Mike McHugh will run the program which includes strength training, medicine ball work, cords and the pull-up bar. Swimmers must be able to swim at least 2 lengths of the pool freestyle without stopping.

WHITEFISH

- **Ages 3 to 5 Sturgeon Bay**

Students in this class should be very comfortable in deep water and swimming in the competitive pool. The goal is to increase endurance to keep the preschoolers challenged before they turn age 6.

Skill Focus

- Breath Control & Buoyancy Control
- Front Flutter, Breast and Freestyle Strokes, Back Crawl, Elementary Backstroke

ADULT & FAMILY PROGRAMS

LAND FITNESS, WATER FITNESS, EDUCATION, FUN

50+ FITNESS

• **Ages 50+** **Sturgeon Bay**

This strength class is geared towards men and women over the age of 50. Between the ages of 20 and 70 we lose about 30 percent of our muscle mass, which slows the metabolism down and contributes weight gain. Strength training can slow down the aging process, give you energy, help prevent weight gain and make day-to-day tasks easier and it helps promote bone health. Increase your strength and fitness by using free weights and other strength training equipment safely and effectively. Class instructed by one of the Y personal trainers.

ADULT DANCE • Jazz / Hip Hop

• **Ages 18+** **Northern Door**

This new offering welcomes adult dancers of all levels! Each class will include a warm-up that develops strength, flexibility, coordination and techniques specific to jazz and hip-hop style dancing. Warm-ups will be followed by fun, dynamic, and accessible choreography set to popular music that will encourage individual expression and development of personal style. Bring sneakers or jazz shoes, your favorite music, and a love for movement!

AQUALITE

• **Ages 13+** **Sturgeon Bay**
• **Ages 13+** **Northern Door**

A great water aerobics class for seniors or those just getting back into exercise. You do not need to know how to swim to enjoy this class.

BASKETBALL (Pick-Up Games)

• **Ages 16+** **Sturgeon Bay**
• **Ages 15+** **Northern Door**

Drop in and play pick-up basketball in a fun, social setting. This is a great opportunity for high school students to active older adults to keep their skills on the court fresh, while getting a workout.

BODYPUMP™ by Les Mills

• **Ages 13+** **Northern Door**

BodyPump™ by Les Mills is a 60-minute, strength-training workout choreographed to 10 tracks of great music. Appropriate for all ages and fitness levels, participants will burn up to 600 calories per class using low weights and high reps to fatigue all of the major muscle groups. Allow our certified instructors to help you build strength and tone muscle, pushing you to your limit and beyond every time!

BOOM FITNESS

• **Ages 50+** **Northern Door**

BOOM is the newest exercise class series brought to you by SilverSneakers Fitness. BOOM consists of 3 distinct 30-minute classes to provide members with a higher intensity workout to accelerate their fitness level:

Muscle - Up your game in this action-based functional/strength training class that ignites your fitness with a series of movements and exercises inspired by your favorite outdoor sporting activities like hiking, tennis and golf.

Mind - Improve range of motion, balance, strength and flexibility while relaxing the mind in this fusion-based class. Combine Pilates, yoga, and athletic stretching techniques in this empowering workout designed to improve overall fitness and well-being.

Move It - Move through the decades in this energizing cardio dance-based workout. Learn dance moves from every era – the '60s Twist, to '70s Disco, to '80s Electric Slide, to '90s "Vogue."

BOOM is for active older adults looking for a faster-paced, higher intensity group exercise class.

CARDIO & MORE

• **Ages 13+** **Sturgeon Bay**

Come and experience a variety of cardio exercises. Floor work included.

CARDIO MIX

• **Ages 13+** **Sturgeon Bay**
• **Ages 13+** **Northern Door**

Come and experience a smörgåsbord of classes including: Core & More, Cycle, Flex Power, Tabata, Low Impact and more.

CARDIO, YOGA, PILATES

• **Ages 13+** **Northern Door**

CYP is an athletic blend of Yoga and Pilates, with an emphasis on keeping your heart rate up for the first half. The second half slows down a bit, to focus on stretching and balance. The main goals of the class are to increase core strength, improve flexibility and burn fat. If you want to be leaner, longer and stronger, then this BRAND NEW class is a good one to try!

CITIZENSHIP CLASS

Ages 18+ **Northern Door**

Citizenship classes are designed for immigrants who are seeking American citizenship. The class consists of essential information on American history, government, and literacy necessary to pass the American Citizenship test. Must be ELL intermediate or higher level. Book is required: Citizenship-Passing the Test (\$20), which can be purchased at the YMCA. ELL certified teacher, Amy Russell, will instruct the class.

CONTROLLED IMPACT AEROBICS

• **Ages 13+** **Sturgeon Bay**

Fun, easy to follow aerobic, muscle, endurance and conditioning class for all levels with low impact moves.

CORE & MORE

• **Ages 13+** **Lansing Center**

A well rounded class to strengthen and tone all your muscles- legs, arms and core.

CORE STRENGTH

• **Ages 13+** **Northern Door**

The core is where all movement begins and it consists of the muscles that are between the rib cage and the hips, the center of strength and balance. This class will focus on strengthening the abdominal muscles, obliques and the lower back.

CYCLE

• **Ages 13+** **Sturgeon Bay**

• **Ages 13+** **Northern Door**

This stationary cycling class is a great workout for all fitness levels. The instructor takes the class on an inspirational ride using music and cues to mirror a road ride experience.

CYCLE • EXPRESS

• **Ages 13+** **Sturgeon Bay**

• **Ages 13+** **Northern Door**

The stationary cycling class is a great workout for all fitness levels. This 30 minute class will give you a good cardio workout on the cycle in less time.

CYCLE • PEDAL & PUMP

• **Ages 13+** **Sturgeon Bay**

Add a bit of strength training to your aerobic workout. This class will begin with a full hour of cardio on the cycle, followed up with sculpting exercises to complete your workout. Don't forget to eat your Wheaties!

ELL – BEGINNER (ENGLISH LANGUAGE LEARNERS)

Ages 16+ **Northern Door**

The ELL Beginner class is designed for new or limited English language learners. Students will learn to speak, read, write and listen in basic English –Ventures 1 curriculum. Emphasis is on communication, comprehensibility, and vocabulary in this beginner adult class. Certified ELL teacher, Amy Russell, will instruct the class.

ELL – INTERMEDIATE (English Language Learners)

Ages 16+ **Northern Door**

The ELL intermediate class is designed for students who have some knowledge of the English language in speaking and reading. Students will increase their speaking, reading, writing, and listening abilities in everyday English – Ventures 2 curriculum. Emphasis is on communication, fluency, and accuracy in this intermediate adult class. Certified ELL teacher, Amy Russell, will instruct the class.

FIT FOR LIFE

• **Ages 13+** **Sturgeon Bay**

A great cardio and strength class. Participants run stairs, do step ups, and lots of aerobic and floor work.

FLEX POWER

• **Ages 13+** **Sturgeon Bay**

• **Ages 13+** **Northern Door**

It's time to get pumped! Flex Power is a weighted workout using barbells with a variety of weights, set to motivational music. You'll strengthen, tone and define every major muscle group for a satisfying workout. Flex Power is ideal for all fitness levels – you determine how hard you want to work by choosing the appropriate weights. Stretching and abdominal work are included.

FLOORBALL

• **Ages 15+** **Northern Door**

This fun, fast-paced game resembles floor hockey but is played with a plastic ball, lightweight sticks and small nets. Used as a cross-training tool by hockey and soccer players, this game is sure to get the heart rate up and the endorphins flowing. All equipment is provided; court-type shoes are recommended.

FULL BODY STRENGTH

• **Ages 13+** **Sturgeon Bay**

A strength workout using dumbbells and body weight exercises, geared to those new to working out.

FUNCTIONAL YOGA

• **Ages 13+** **Northern Door**

This class is designed for functional stretching from head to toe using yoga and Pilates poses that are linked to the breath and quieting of the mind. Slow, controlled movements improve joint mobility (flexibility), increase muscular stamina and strength, and focus intention on improving posture and body alignment.

FLEXIBILITY

• **Ages 13+** **Northern Door**

Gentle Flexibility focuses on keeping you agile and mobile for everyday life. With easy, slow movements to improve joint mobility and functional movements for the spine and shoulders, participants will enhance their quality of life through this class.

HEALTHY CHOICE

• **Ages 13+** **Sturgeon Bay**

• **Ages 13+** **Northern Door**

Fun, easy to follow aerobic, muscle, endurance and conditioning class for all levels.

INSANITY™

• **Ages 13+** **Sturgeon Bay**

• **Ages 13+** **Northern Door**

High Intensity Interval Training at its very best! Insanity combines athletic drills with intervals of strength, power, resistance, and core training. You will burn calories and build muscle while stripping away fat and increasing cardiovascular endurance. Get ready to dig deep and see crazy good results! High and low-impact progressions will be provided for all levels and limited intervals allow you to control the pace.

KAYAK CLASS

• **Ages 12+** **Sturgeon Bay**

• **Ages 12+** **Northern Door**

The class offers instruction in basic kayaking skills, including techniques of paddling and entering/exiting, as well as wet exits, self-rescue, partner rescue and safety. Instruction is followed by practice time. Instructors and equipment provided by Bayshore Outfitters. A certified lifeguard, who is trained in kayak rescue will be present during the class.

KETTLEBELL POWER

• **Ages 13+** **Sturgeon Bay**

Kettlebells are the latest and most popular strength-training tool, considered to be the best combination for cardio, strength and endurance development. Come and experience an incredible whole-body workout that improves your endurance, strength, flexibility and power.

KNEE/HIP JOINT CLASS

• **Ages 13+** **Sturgeon Bay**

Is a joint replacement in your future? Have you already had a knee or hip replaced and you want to sustain the gains that you have already made? This class will improve your chances for a great outcome! Our Knee/Hip Joint Class is a collaborative program between Door County Medical Center and the YMCA, designed to help you get yourself to where you want to be. Between the periodic visits from DCMC therapists and working with our certified YMCA trainers at every class, we will help you realize success with your flexibility and build your strength and endurance.

LAND ARTHRITIS EXERCISE

• **Ages 13+** **Sturgeon Bay**

Join us for this exercise program developed by the Arthritis Foundation that will help you feel better! This class is designed to help keep joints flexible and muscles strong, help you sleep better, increase your energy and improve your overall outlook. You'll have less pain and more confidence in your ability to continue the activities you want to do. Instructor is certified by the Arthritis Foundation.

LEARN SPANISH

• **Ages 16+** **Sturgeon Bay**

• **Ages 16+** **Northern Door**

This class is designed for beginners and will introduce the basics of the Spanish language. Certified ELL teacher Renee Honold-Smith will instruct participants who speak limited to no Spanish.

LIVESTRONG AT THE Y and

LIVESTRONG ALUMNI

• **Ages 13+** **Sturgeon Bay**

Livestrong is a powerful program for those who are affected by cancer. Please refer to the Sturgeon Bay fitness section for additional information.

OVER YOUR HEAD

• **Ages 13+** **Sturgeon Bay**

Deep-water cardio/strengthening water workout with no impact! Use jog belts, dumbbells and noodles. Must be comfortable in deep water.

PARKINSON'S EXERCISE PROGRAM

• **All Ages** **Sturgeon Bay**

• **All Ages** **Northern Door**

This program is designed to improve mobility for those affected by Parkinson's disease and Parkinson's related issues. Offered in collaboration with Door County Medical Center.

PICKLEBALL

• **Ages 16+** **Sturgeon Bay**

• **Ages 15+** **Northern Door**

Come and find out more about one of the fastest growing sports! Pickleball is a paddle sport which combines elements of badminton, tennis and table tennis. We'll have a few paddles and balls for your use.

PILAQUA

• **Ages 13+** **Sturgeon Bay**

• **Ages 13+** **Northern Door**

Take your Pilates moves to the pool and enjoy this entry-level fitness class that focuses on your core muscles. We will add some challenging Yoga poses and Tai' Chi moves at the end of class. Participants should be comfortable in the water.

PIYO®LIVE

• **Ages 13+** **Northern Door**

PiYo® Strength is a class designed for mainstream fitness. This unique format combines Pilates, Yoga, strength conditioning, flexibility and dynamic balance. PiYo® is an up-tempo, non-spiritual approach to mind/body exercises. Offering modifications for beginners to advanced, this class is suitable for all experience levels, but participants should be comfortable transitioning from the mat to standing.

RIP

• **Ages 13+** **Sturgeon Bay**

Strong for life! Rip is a program designed for the able-bodied men and women of all ages and fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level. This is a perfect class if you're looking to breathe life back into a strength workout.

SENIOR STRENGTH

• **Ages 50+** **Sturgeon Bay**

It's never too late to start weight training. The instructor will help you focus on muscular strength, balance and increased mobility. A great program for those ages 50 and older.

SILVER AND FIT BASIC

• **Ages 13+** **Northern Door**

Silver and Fit is designed for older adults who are getting start or returning to fitness. Participating in this class will help increase heart health, muscular endurance and strength, flexibility and balance.

SILVER SNEAKERS CLASSIC

- Ages 50+ Sturgeon Bay
- Ages 50+ Northern Door

A great class for seniors and individuals with physical challenges with a focus on muscular strength and range of movement. In this chair exercise program, you'll have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SIMPLE STRENGTH

- Ages 13+ Northern Door

A full body strength workout that will prime any beginner for the benefits of strength training

SMALL GROUP PERSONAL TRAINING

- Ages 13+ Sturgeon Bay

Get in shape with our Nationally Certified Personal Trainers who are committed to help you improve your physical fitness, health, and overall quality of life. All sessions are catered to individual or small group needs to help you achieve maximum results and meet your fitness goals. (See course names for more information)

SOCCER

- Ages 13+ Northern Door

Drop in and play the world's sport! Find your weekly dose of fitness and fun as you dribble, pass and shoot around.

SPANISH Conversation

- Ages 16+ Northern Door

This class is designed for beginner/intermediate students who want to develop conversational Spanish for everyday life. The class will use the "Living Language Method" to teach you to speak off-script so you can express yourself in everyday life, not just memorize vocabulary words or scripts

STEP CLASS

- Ages 13+ Sturgeon Bay
- Ages 13+ Northern Door

Step classes are a great way to add aerobic conditioning to your workout! By using the motion of stepping up and down, you can vary the intensity of your workout by adjusting the platform height and by adding more power or propulsion. Challenge yourself with our fun, high-energy class!

STEP EXPRESS

- Ages 13+ Northern Door

Short on time? Get a great cardio workout using the Step in only 30 minutes.

SUP • FIT

- Age 13+ Northern Door

Let a SUP be your platform for play! Increase core strength & stability when using a paddleboard to perform various fitness & yoga movements. The extra element of balancing on your board will bring a basic workout to another level while preparing you for all that the surrounding waters have to offer up next summer. This collaborative class with Bay Shore Outfitters and The Y is appropriate for individuals with intermediate to advanced skills on a SUP, and participants should be comfortable in the water. Drop-ins allowed as space permits.

TABATA TRAINING

- Ages 13+ Sturgeon Bay
- Ages 13+ Northern Door

In addition to a warm-up and cool down, this high intensity interval class is built around four "Tabatas," where 20 seconds of exertion in a variety of bodyweight exercises is followed by 10 seconds of rest, repeated 8 times, totaling 4-minutes. Think 16-minutes of intense exercise isn't enough for you? Think again! Participants will gain aerobic and anaerobic benefits from each class, kicking their metabolic system into overdrive.

TAI CHI MOVEMENT

- Ages 13+ Sturgeon Bay

These movements have their origins in the martial arts, but are performed slowly, softly and gracefully with smooth and even transitions between them. All levels are welcome to this meditative exercise that fosters a calm, tranquil mind.

TAI CHI YANG STYLE SHORT FORMS

- Ages 13+ Sturgeon Bay

The initial class will teach students the first third of the form, and the continuing class the cover the second and third portions of the form. Continuing participants must be able to perform the first third of the form.

TAP • LEVEL 2

- Ages 14+ Northern Door

Enter this class upon recommendation of an instructor to continue the immersion in tap, a great exercise for your mind and body. See instructor for shoe requirement; before purchasing, however, see our bin of free, gently used tap shoes.

TWINGES IN THE HINGES

- Ages 13+ Sturgeon Bay
- Ages 13+ Northern Door

A recreational exercise program designed to accommodate individuals with arthritis and other related diseases. Taught in a group setting with activities and exercises to encourage self-care, provide social interaction, improve muscular strength, endurance and flexibility, maintain independence, manage pain and relieve symptoms of arthritis. You do not need to know how to swim to enjoy class.

UNDERWATER HOCKEY

• **Ages 9+** **Sturgeon Bay**
Learn and develop the skills of underwater hockey, a global non-contact sport in which teams compete to maneuver a puck across the bottom of a pool into goals. Players wear a diving mask, snorkel and swim fins, and use a short stick for playing the puck. Led by Kendall Banks, who has played underwater hockey for over 30 years, former Underwater Hockey National Director of the Underwater Society of America and captain of the US national team at the first ever Underwater Hockey World Championships in 1980 through 2006.

WALK AND TALKS

• **Ages 13+** **Sturgeon Bay**
Join Deb Whitelaw-Gorski, OTR of DCMC up on the track. Class will begin with a five minute talk by Deb on different topics to help you improve your health. Track your progress and increase your distance weekly. Meet by the Rubber Tree plant on the track.

WALKING PROGRAM

• **Ages 65+** **Sturgeon Bay**
• **Ages 65+** **Northern Door**
Seniors, whether it is hot or cold, wet or dry outside, you can be safe and comfortable when you do your walking at the YMCA. Use the indoor track to get your daily exercise year round. (The Northern Door track is not open for walkers on M/W/F noon to 2:30 pm.)

WATER WALKERS

• **Ages 13+** **Sturgeon Bay**
• **Ages 13+** **Northern Door**
Get all of the benefits of walking without stressing your joints! Participants have access to the rec pool only during designated times; use of the remainder of the YMCA facilities is not included in fee.

WOW (Women On Weights)

• **Ages 14+** **Sturgeon Bay**
Ladies, not familiar with the free weight room? This course is designed to give you the knowledge and confidence to succeed! Learn the correct technique for lifting and learn how to put together a complete workout for yourself.

YOGA • 1

• **Ages 13+** **Sturgeon Bay**
This class is great for people just starting out in yoga. Class will combine yoga postures, breathing and meditation with the goal to increase your energy and level of relaxation. The postures will slowly and smoothly flow together while linking them to your breath, improving concentration and focus while soothing your nervous system.

YOGA • 1.5

• **Ages 13+** **Sturgeon Bay**
A class for students looking to progress beyond a beginner's class. Each class will have a moderate flow series and provide students with the opportunity to increase strength, flexibility and balance beyond the yoga 1 level. Please take one or more sessions of yoga 1 before advancing to this class as it assumes familiarity with basic postures and tenants of yoga practice.

YOGA • 1 & 2

• **Ages 13+** **Sturgeon Bay**
The centuries old practice of Hatha Yoga has millions of devotees in America; it offers mind-body exercise that develops balance, strength, and flexibility and promotes confidence and a sense of well-being. Learn postures and movements. "Listen to your body, go at your own pace."

YOGA • BEGINNERS

• **Ages 13+** **Northern Door**
This class is designed for beginning yoga students. Participants will learn about the union of their breath and each asana, or posture. The class will help students focus on their breath while building strength. Participants should be able to move from a standing position to the mat with ease.

YOGA • BEGINNER/INTERMEDIATE

• **Ages 13+** **Northern Door**
Stretching, core work and yoga with careful instructions given for the level that you are at. The focus is to become stronger, have more balance, strength and coordination. All ages are welcome, however you must be able to get up and down from the floor easily.

YOGA • CHAIR

• **Ages 13+** **Sturgeon Bay**
• **Ages 13+** **Northern Door**
Using guided meditation, students will improve their flexibility, strength and balance as they develop stronger back and abdominal muscles. The exercises are performed in a safe, controlled manner, using a chair as part of class. Great for individuals new to yoga, or with some experience.

YOGA • FUNCTIONAL

• **Ages 13+** **Northern Door**
This class is designed for functional stretching from head to toe using yoga and Pilates poses that are linked to the breath and quieting of the mind. Slow, controlled movements improve joint mobility (flexibility), increase muscular stamina and strength, and focus intention on improving posture and body alignment.

YOGA • INTRO / SENIOR

• **Ages 13+** **Sturgeon Bay**
Yoga is for everyone! Did you know that the health benefits of Yoga are anti-aging? Yoga poses can improve circulation, flexibility, balance and strength and even memory. Not only are these great benefits, but the meditation techniques can help decrease stress levels. In this class chairs are used for assistance and later as we progress we will optionally explore some of the gentle floor poses. You don't even have to take off your shoes to participate. Come give our class a try, you might even meet some new friends.

YOGA/PILATES

• **Ages 13+** **Sister Bay**
This class blends the benefits of yoga and Pilates into a compact hour of exercise. With a focus on the core and breathing, this class helps students increase flexibility and mobility with a sense of calm.

YOGA • SWASTHYA

- Ages 13+ **Sturgeon Bay**

As practiced here at the Y, Swasthya Yoga explores a number of different yogic traditions in a relaxed and comfortable manner, easily accomplished by all skill and comfort levels. The word swasthya is derived from Sanskrit, meaning well being of the total person. It uses low impact forms with awareness of breath and movement that incorporate visualization and mindfulness. It is based on Patanjali's basic fundamental yogic rules, which include devotion to the practice, the asana or postures and meditation.

YOGA • VINYASA

- Ages 13+ **Lansing Center**

- Ages 13+ **Sturgeon Bay**

Vinyasa Yoga is an all-level class. Directions for increasing or decreasing the level of difficulty are provided for students to decide the best level for themselves. A goal of this class is to help build both strength and flexibility to balance the body. The flowing movement through poses builds heat in the body to prepare the student for restorative stretches and relaxation toward the end of class. Breath control is emphasized which aids the student to connect with their core muscles and assists in focusing. Lessons learned during yoga may better prepare students for a calmer response to life's challenges.

ZUMBA

- Ages 13+ **Sister Bay**

- Ages 13+ **Sturgeon Bay**

- Ages 13+ **Northern Door**

Zumba combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries. Zumba is a fusion of Latin and International music dance themes that create a dynamic, exciting effective fitness system! The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.