



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 Northern Door**

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.

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 • BALLET BASICS

• **Ages 3 to 5 Northern Door**

The foundation of all dance forms and essential for reaching one's fullest potential as a dancer. Learn the basics of ballet, body movement, rhythm and memorization. Your young dancer will have a chance to showcase their newly learned moves at the Visit with Santa Day in the December and at the Spring Recital. Parent meetings held prior to the start of the dance session.

DANCE • CREATIVE MOVEMENT

• **Ages 5 to 7 Northern Door**

Designed for children to develop basic movement techniques. Class includes activities which draw individual child's response to rhythm, music and imagery. Music, games and stories are part of the class content. Please wear breathable comfortable clothing. Bare feet are suggested.

DANCE • FIRST STARS

• **Ages 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 • JAZZ/HIP HOP

• **Ages 7 to 12 Northern Door**

Students will explore movement and rhythm through Hip Hop and Funk music and dance styles. Popping, locking, stomping, isolations and funky footwork will keep the kids moving during this dynamic class. Performance experiences during the Visit with Santa Day in December and the Spring Recital will give the dancers a chance to show their moves. Parent meetings held prior to the start of the dance session.

DANCE • MINI STARS

• **Ages 6 to 8 Sturgeon Bay**

Learn the fundamentals of ballet with exercises at the barre, center, and across the floor. Build strength, confidence, and grace, all while having lots of fun.

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 • RAISING STARS

• **Ages 9+ Sturgeon Bay**

Continue learning the ballet basics with vocabulary, barre, center, and floor exercises. Experience the fun and structure of ballet.

DANCE • RHYTHM STARS

• **Ages 8+ Sturgeon Bay**

Explores creative movement with fun, high energy, and upbeat music.

DANCE • YOUTH DANCE 1

• **Ages 5+ Northern Door**

A class for children who would like to move beyond basic creative movement, this class will introduce beginning ballet and tap concepts through fun exercises and occasional dance games. Dance vocabulary will be taught along with dance class etiquette. Focusing on body movement control, rhythm and musicality as well as memorization are also key concepts. Your young dancer will get a chance to shine during at the performance at the Visit Santa Day in December and again at the Spring Recital. Parent meetings held prior to the start of the dance session.

WINTER FUN AND CRAFTS

• **Ages 3 to 5 Northern Door**

Your child will have a chance to let their creativity shine with a Winter craft project that they can take home with them and some fun physical activities to use up some of that energy! All supplies are provided.

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.

Beginning KARATE

- Ages 6+ Sturgeon Bay

Find out if Karate is right for you! No experience or uniform is necessary to join class. 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. Participants will benefit from having class overlap with the regular Karate class to acclimate beginner to a more disciplined style of class. Adults and children are welcome.

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. You must have completed Beginning Karate or be a white belt yellow stripe to join this class. (Uniform is required- see instructor for details.)

GIBRALTAR MIDDLE SCHOOL PROGRAM

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 •

- **INTRO TO PRE-TEAM**
- **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

- Ages 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.

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.

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!

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
- Ages 3^{1/2} to 5^{1/2} Northern Door

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 to be create an atmosphere full of fun and physical activity.

SNACK ATTACK

- Ages 3 to 5 Northern Door

This class will begin with your instructor reading a fun, subject related text to your preschooler. They will identify healthy options for snack time. He/She will make his/her own healthy snack. If time allows, we'll do a little moving to get the wiggles out.

STRENGTH AND CONDITIONING MIDDLE SCHOOL / HIGH SCHOOL

• **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 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.

TIS' THE SEASON

• **Ages 3 to 5** Northern Door

Your child will make a season craft project and bring it home for you to enjoy. Class will include a fun physical activity. All supplies will be provided.

TUMBLE TOTS

• **Ages 2 1/2 to 3 1/2** Sturgeon Bay

If your 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 rhythm games, songs, and story time. Gross motor skills and coordination will be developed, as well as social interaction and listening skills. Class is short and sweet but includes a lot of fun!

AQUATICS

SWIM LESSONS AND SWIM TRAINING FOR ALL AGES

PRESCHOOL SWIM STAGE A (Previously 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

PRESCHOOL SWM STAGE B (Previously PERCH PLUNGE)

• **Parent/child class for children 18 months to 3 years**
Sturgeon Bay/ Northern Door

Program includes water adjustment skills, fun and games for parent and child, building on skills learned in STAGE A and merging STAGE B 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

PRESCHOOL SWIM STAGE 1 (Previously RAINBOW)

• **Ages 2 1/2 to 5 years, without parent**
Sturgeon Bay / Northern Door

For children ready to move on from STAGE A and STAGE B but not quite ready for STAGE 1 Plus. 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

PRESCHOOL SWIM STAGE 1 PLUS (Previously PIKE)

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

In STAGE 1 Plus, 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

PRESCHOOL SWIM STAGE 2 (Previously EEL)

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

The objectives of STAGE 2 are to build on the basic aquatics skills learned in STAGE 1 Plus and to give children further success with fundamental aquatic skills performed to a slightly more advanced degree than STAGE 1 Plus. 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

PRESCHOOL SWIM STAGE 3 (Previously STARFISH)

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

The objective of STAGE 3 is to build on the skills learned in STAGE 1 Plus and STAGE 2 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

PRESCHOOL SWIM STAGE 4 (Previously 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

YOUTH SWIM STAGE 1 (Previously POLLIWOG 1)

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

The objective of YOUTH STAGE 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

YOUTH SWIM STAGE 2 (Previously POLLIWOG 2)

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

The objective of YOUTH STAGE 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

YOUTH SWIM STAGE 3 (Previously GUPPY 1)

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

The objective of YOUTH STAGE 3 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

YOUTH SWIM STAGE 4 (Previously GUPPY 2)

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

The objective of YOUTH STAGE 4 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

YOUTH SWIM STAGE 5 (Previously MINNOW-FISH)

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

The objective of YOUTH STAGE 5 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

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 DCY Swim Team? Sign them up for Dolphin Club, which is the entry-level program for the DCY Swim 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. Dolphin club is not available for Spring and Summer Sessions Note: Must be able to complete one length of the competition pool (25 yards) unassisted on their front to participate in Dolphin.

LIFEGUARD CERTIFICATION TRAINING

- **Ages 15½+** **Sturgeon Bay**
- **Ages 15½+** **Northern Door**

This certification requires a prerequisite swim, that you be at least 15½ 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 and/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 using legs only back to start, place brick on deck and get out without using a ladder. Additional yardage and scenario for waterfront – please contact Mike McHugh (920-743-4949) or Mary Heimann at (920-868-3660) for more information.

LOG ROLLING

- **Ages 7+** **Sturgeon Bay**

Looking for a new fun activity for the family? Whether you're a first timer, or have rolled before, Log Rolling is a fun, challenging sport gaining worldwide attention. With three logs of varying skill available to you, and a terrific instructor, we have all you could want for this popular lumberjack event!

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.

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? Do you as an adult wish to get stronger and more confident in the water? Let the YMCA aquatic staff assist you or your child individually in their progressive swim lesson growth and development. Simply register and pay for private lessons, and you will be contacted by an instructor to schedule you or your child's lessons at a time that is convenient for you, the YMCA and our staff. Semi-private lessons allow two children or adults to take private lessons at the same time.

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.

ADULT & FAMILY PROGRAMS

LAND FITNESS, WATER FITNESS, EDUCATION, FUN

ADULT DANCE • BALLET

• Ages 18+ Northern Door

Would you like to develop more strength and agility while executing fluid and graceful movements? If yes, adult ballet is for you! Begin with fundamentals, technique and then progressing to more challenging combinations. Modifications given throughout for all skill levels, including those with no dance experience. Move your body in ways you never imagined while having fun!

ADULT DANCE • Jazz / Hip Hop

• Ages 18+ Sturgeon Bay
• 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!

ADULT DANCE • TAP • LEVEL 1

• Ages 14+ Northern Door

Get on your feet and make some noise! This beginner level class will focus on proper instruction of how to articulate your feet and ankles as well as explore musicality, rhythm, and syncopation. Tap shoes required.

ADULT DANCE • 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.

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.

BEGINNING / CONTINUING 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.

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 SilverFit 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 KICKBOXING

• 13+ Northern Door

Cardio kickboxing is a high-energy aerobic workout that boosts cardiovascular capacity, tones muscles, and builds coordination and balance. Several different formats, like intervals and endurance, keep the workouts fresh. Cardio kickboxing uses a variety of kicks and punches to burn hundreds of calories in a single session. No bags, no gloves, just a killer workout!

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**

Walk taller, feel stronger! Improve athletic performance, posture, balance and stability with movements strengthening and shaping your core musculature

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+** **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.

DANCE JAM EXPRESS

• **Ages 13+** **Sturgeon Bay**

Total body workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility while boosting energy! This 30 minute class will have movin' and groovin' and burning some serious calories!

ESSENTRICS® STRETCH AND TONE

• **Ages 13+** **Sturgeon Bay**

The popular Classical Stretch fitness TV show is based on the Essentrics technique. Expect a dynamic, full body workout suitable for all fitness levels, that simultaneously combines stretching and strengthening while engaging all 650 muscles. This equipment-free workout will increase flexibility and mobility and leave you feeling energized.

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 or up to the experience level.

HEALTHY CHOICE

• **Ages 13+** **Sturgeon Bay**

• **Ages 13+** **Northern Door**

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

H.I.I.T Yoga

• **Ages 13+** **Northern Door**

High-intensity interval training (HIIT) is fun, effective, and challenging for all. Yoga is the practice of poses that combines deep, meditative breathing with slow strengthening movements which is incredibly healthy for your mind, body, and spirit. Fusing these two seemingly different formats together is clearly a "win-win" approach for successful cardiovascular exercise improvement and overall performance thus, we have 'HIIT Yoga'.

INSANITY™

• **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.

KETTLEBELL

• **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**
- **Ages 13+** **Northern Door**

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. *Fee's subsidized through the support of the Door County Medical Center.

Jazz / Hip Hop

- **Ages 18+** **Sturgeon Bay**
- **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!

LAND ARTHRITIS

- **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.

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 in the brochure for additional information.

MOVE WELL

- **Ages 18+** **Northern Door**

Jazz and popular sounds will accompany this movement class. Movements will enhance body and mind balance. Images provide neuromuscular re-education and integrate strength and flexibility. Posture coaching is part of our time together as is spontaneous participation. Comfortable and breathable clothing and bare feet or soft soled shoes.

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.

PILATES

- **Ages 13+** **Sturgeon Bay**

Pilates is an exercise method that develops strength, flexibility, coordination and flat abs. Explore this popular exercise program with our trained and certified instructors.

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**
- **Ages 50+** **Northern Door**

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.

SENIOR WATER

- **Ages 50+** **Northern Door**

Senior Water Fitness is geared toward toning, core strength and stabilization exercises, with a focus on balance, and limited yoga moves in the water.

SILVER AND FIT EXPERIENCE

• **Ages 13+ Northern Door**

Silver and Fit Experience is designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. All exercises are performed in a standing position with the option of using a chair for light support.

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.

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.

STRETCH, STENGTH AND RELAXATION

• **Ages 18+ Northern Door**

Stretching and strengthening are explored for different muscle groups. We will also take a look at individual needs and problem solving for flexibility, strength, and stress reduction. Wear comfortable, breathable clothing. Bare feet or flexible shoes, it's your choice.

STEP

• **Ages 13+ Sturgeon Bay**

Using the Reebok Step platform, this motivating class begins with an aerobic warm-up and progresses into more intense aerobic conditioning that keeps you working in your target zone. Classes start with basic step movements and progress into more creative movements on, over and around the platform. It may also include a combination heart-pumping cardio moves to give you the best of cardio. Strength and endurance work is included toward the end of class to give you one well rounded high-energy workout.

STEP

• **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 class will teach students the first third of the form.

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.

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.

YOGA • 1

• **Ages 13+** **Sturgeon Bay**

• **Ages 13+** **Northern Door**

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 & 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 • 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/PILATES

• **Ages 13+** **Northern Door**

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**

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**

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.

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