



# Door County YMCA Policy Information & Program Descriptions

Revised: May 3, 2019

**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

#### Key of when programs run:

Fall 1	F1
Fall 2	F2
Winter 1	W1
Winter 2	W2
Spring	SP
Summer	S

# 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](http://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. All children 17 and under 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 ages 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 an age limit is in place for that specific class. Contact the Healthy Living Director to discuss any exceptions. No children under 13 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.

## ADULT & FAMILY PROGRAMS

### LAND FITNESS, WATER FITNESS, EDUCATION, FUN

#### ADULT DANCE • Jazz / Hip Hop

- Ages 18+ Sturgeon Bay F1, F2, W1, W2, SP, S

This class 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 2

- Ages 14+ Northern Door F1, F2, W1, SP, S

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, or see our bin of free, gently used tap shoes.

#### AQUALITE

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

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.

#### AQUATIC KNEE & HIP JOINT

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

Is joint replacement in your future? Have you already had a knee or hip replacement and want to sustain the gains that you already made? The water environment provides cushion and support while reducing the impact of your joints. When you exercise, the buoyancy, hydrostatic pressure and viscosity allow you to do more than you would usually be able to on land. This class is held in our warm water pool. You should be comfortable in both shallow and deep water.

#### BASKETBALL (Pick-Up Games)

- Ages 16+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 15+ Northern Door F1, F2, W1, W2, SP, S

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+ Northern Door F2, W1, W2

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 F1, F2, W1, W2, SP, S

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 F1, F2, W1, W2, SP, S

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

## **CARDIO & MORE**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP

Experience a variety of cardio exercises. Floor work included.

## **CORE & MORE**

- Ages 13+ Northern Door F1, F2, W1, W2, SP, S
- Ages 13+ SDHS Gym F1, F2, W1, W2, SP

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

## **CYCLE**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

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.

## **DANCE JAM EXPRESS**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door S, F1, SP

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!

## **DIABETES PREVENTION PROGRAM**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease. Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and 71% in adults over age 60.

## **ESSETRICS® STRETCH AND TONE I**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S

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.

## **ESSETRICS® STRETCH AND TONE II**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S

Pre-requisite is Essentrics Stretch and Tone I. Students familiar with Essentrics I positions will be challenged to new moves and will continue to progress on signature moves at a more quick flowing pace.

## **FIT FOR LIFE**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

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 F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

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.

## **HEALTHY CHOICE**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

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

## **KETTLEBELL**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S

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

## **KNEE/HIP JOINT**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

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. \*Fees subsidized through the support of the Door County Medical Center.

## **LAND ARTHRITIS**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S

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**

- Ages 13+ Sturgeon Bay F1, SP
- Ages 13+ Northern Door F1, W1

**LIVESTRONG®** at the YMCA is a small group exercise and movement program for the adult cancer survivor. This program empowers the participants to improve their health and quality of life while diminishing the adverse effects of cancer or various cancer treatments. Each 12-week session is comprised of classes that meet for 75 minutes two times per week. In addition to physical benefits, the program is also focused on the emotional well-being of survivors and their families by providing a supportive community environment where people affected by cancer can connect during treatment and beyond. All program participants receive a FREE family Y membership for the session's duration.

## **LIVESTRONG® ALUMNI**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

**LIVESTRONG®** Alumni is a continuing program for those who are affected by cancer. Please refer to the Sturgeon Bay fitness section in the brochure for additional information.

## **MARTIAL ART FIT FUSION**

- Ages 13+ Sturgeon Bay SP

A fun and fast paced martial arts-fit fusion experience to give you a total body workout. Classes will include self-defense skills, padwork, form drill, and more. Learn techniques from a variety of styles while working on strength, flexibility and conditioning!

## **Memory In Development (M. IN D.)**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S

M. IN D. is a research-driven workshop which engages participants and care partners throughout education, exercise, and encouragement in a socially enriching atmosphere. This program is taught in collaboration with DCMC.

## **MOVING FOR BETTER BALANCE**

- Ages 55+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 55+ Northern Door W1, S

This is a 12-week evidence-based, instructor-led program to help you improve your strength, balance, flexibility and mobility through slow movements and deep breathing.

## **MINDFUL WALK AND TALKS**

- Ages 13+ Sturgeon Bay W1, W2, SP

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.

## **MOVING FOR BETTER BALANCE ALUMNI**

- Ages 55+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 55+ Northern Door W1, S

This class is for the graduating students of our Move For Better Balance classes. Continue to work on your strength, balance and flexibility.

## **OVER YOUR HEAD**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S

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

## **PARKINSON'S EXERCISE**

- All Ages Sturgeon Bay F1, F2, W1, W2, SP, S
- All Ages Northern Door F1, F2, W1, W2, SP, S

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.

- \* Parkinson's Support Group held at the Northern Door Program Center on the first Thursday of the month; All are welcome to join.

## **PICKLEBALL**

- Ages 16+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 15+ Northern Door F1, F2, W1, W2, SP, S

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.

Play is divided by level (beginner, intermediate, advanced). See the Adult Recreation & Sports section of the guide for specifics. In Sturgeon Bay lessons are available twice a month on Saturday Mornings - please pre-register).

## **PILATES**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S

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 F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

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 F1, W2, SP, S

PiYo®LIVE 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 F1, F2, W1, W2, SP, S

Strong for life! RIP is a program designed for 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 F1, F2, W1, W2, SP, S
- Ages 50+ Northern Door F1, F2, W1, W2, SP, S

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 EXPERIENCE

- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

The 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 F1, F2, W1, W2, SP, S
- Ages 50+ Northern Door F1, F2, W1, W2, SP, S

A great class for seniors and individuals who have 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 F1, F2, W1, W2, SP, S \*Available upon request.
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

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.

## STEP

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

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! Strength and endurance work is included toward the end of class to give you one well rounded high-energy workout.

## SUP • FIT

- Age 13+ Northern Door F2, W1

Let a Stand Up Paddleboard 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+ Northern Door F1, F2, W1, W2, SP, S

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 F1, F2, W1, W2, SP, S

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 F1, F2, W1, W2, SP, S

The class will teach students the first third of the form.

## **TWINGES IN THE HINGES**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

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 F1, F2, W1, W2, SP, S

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.

## **ULTIMATE FIT CLUB**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, S

Need an extra push? This will do it! Come get a new type of workout that will challenge you to the max. This is a circuit style class using many different types of equipment to give you a full body workout: Kettlebells, swiss balls, speed hurdles, agility ladder and battling ropes! We dare you to give it a try!

## **WALKING PROGRAM**

- Ages 65+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 65+ Northern Door F1, F2, W1, W2, SP, S

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 F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

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 • BEGINNER**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, S

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 • BEGINNER/INTERMEDIATE**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

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 F1, F2, W1, W2, SP, S
- Ages 13+ Northern Door F1, F2, W1, W2, SP, S

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 • SWASTHYA**

- Ages 13+ Sturgeon Bay F1, F2, W1, W2, SP, S

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 incorporates 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+ Sturgeon Bay F1, F2, W1, W2, SP

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+ Northern Door S

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.

## **YOUTH CLASSES**

### **DANCE, GYMNASTICS, MARTIAL ARTS, SPORTS, AQUATICS, SKILLS-BASED**

#### **AFTER SCHOOL DANCE**

- Gr 1 to 5 Sturgeon Bay W2

A fun, informal dance class without focus on technique or routine memorization. Children will stay active with high-energy dance games, learn popular organized and line dances and free dance.

#### **AFTER SCHOOL SPORTS**

- Gr 1 to 8 Northern Door F1, F2, W1, W2, SP

These classes are 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 different sports and different opportunities to anyone interested.

#### **AFTER SCHOOL ARTS AND GAMES**

- Gr 1 to 5 Sturgeon Bay W2, S

This two day offering will provide participants with the option to create art or play board games with friends. New arts and crafts projects will be offered each week. Great for students looking for a fun, non-competitive after school program.

#### **AFTER SCHOOL SPORTS AND GAMES**

- Gr 1 to 5 Sturgeon Bay F1, F2, W1, W2, SP

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 Lee McConkey at 743-4949 or at [lmccconkey@doorcountymca.org](mailto:lmccconkey@doorcountymca.org).

#### **AFTER SCHOOL YOGA**

- Gr 1 to 5 Sturgeon Bay W2

A very basic kid-centered approach to the practice of yoga. Kids will learn basic poses, breathing techniques, meditation techniques and learn some things about themselves in the process!

#### **ARTSY SMARTSY**

- Ages 2 to 5 Northern Door F1, F2, W1, W2, SP

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**

- Newborn to Walking Sturgeon Bay F1, F2, W1, W2, SP

This parent/baby class brings finger play, music, play and friendship into your baby's day. Parents must attend to babies at all times. No siblings unless age appropriate.

#### **CRUISERS**

- Walking to 2 Sturgeon Bay F1, F2, W1, W2, SP

This NEW parent/child class is for toddlers exploring their new world walking and learning about the environment in a different way. Parents must participate with children at all times. No siblings unless age appropriate.

## **DANCE • BALLET BASICS**

• Ages 3 to 5 Northern Door F1

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 F1, F2, W1

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 • BALLET AND TAP**

• Ages 4 to 5 Sturgeon Bay F1, F2, W1, W2, SP

An introduction to movement, rhythm and basic technique. This class is aimed to get children more comfortable moving and begin the most basic techniques of ballet and tap including basic positions, steps, and simple dance numbers. Comfortable clothing and ballet and tap shoes required.

## **DANCE • JAZZ**

• Ages 7 to 12 Northern Door F2, W1, W2

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 • CONTEMPORARY**

• Ages 6 to 8 Sturgeon Bay F1, F2, W1, W2, SP

Contemporary is a combination of ballet, jazz, and modern dance. This style of dance will include graceful, fluid movements and focus on strengthening dance technique. The class will be less structured than a formal ballet class while still incorporating important elements of dance such as spins, jumps and leaps. Comfortable clothing and comfortable athletic shoes or jazz dance shoes recommended.

## **DANCE • MUSICAL THEATRE**

• Ages 7 to 12 Northern Door F1, F2, W1, W2

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 songs and choreography through a variety of dance techniques and styles including ballet, jazz, and tap.

## **DANCE • HIP-HOP**

• Ages 6-8 Sturgeon Bay F2, W1

A high-energy, freestyle based dance with an emphasis on rhythm, footwork and style. Comfortable clothing and athletic shoes recommended.

## **DANCE • YOUTH DANCE 1**

- Ages 5+ Northern Door F1

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.

## **FAMILY GYM**

- All Ages Sturgeon Bay F1, F2, W1, W2, SP, S
- All Ages Northern Door F1, F2, W1, W2, SP, S

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 F1, F2, W1, W2, SP, S

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 8th 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 F1, F2, W1, W2, SP, S
- Ages 6+ Northern Door F1, F2, W1, W2, SP, S

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 8th 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.)

## **GIRLS NIGHT OUT**

- Gr. 5th Sturgeon Bay W2, SP

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, 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.

## **GYMNASTICS • KINDERGYMNASTICS**

- Ages 4 to 6 Sturgeon Bay F1, F2, W1, W2, SP, S

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 1/2 through 6 must complete KinderGymnastics before moving on to Progressive Gymnastics.

## **GYMNASTICS • PRE-TEAM GYMNASTICS**

• By Invitation Only      Sturgeon Bay      F1, F2, W1, W2, SP, S

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      F1, F2, W1, W2, SP, S

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      F1, F2, W1, W2, SP, S

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      F1, F2, W1, W2, SP, S

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 • STRIVERS COMPETITIVE GYMNASTICS TEAM**

• By Invitation Only      Sturgeon Bay      October through March

Our gymnastics team is built around the fundamentals of the YMCA. We compete against other Wisconsin YMCA's using USAG rules and regulations. Please contact Nikki Pollman, Director of Gymnastics or Amy Gamble, Gymnastics & Marketing Coordinator for more information.

## **HOME SCHOOL PHY ED**

• School aged      Sturgeon Bay      F1, F2, W1, W2, SP

• School aged      Northern Door      F1, F2, W1, W2, SP

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

## **HOME SCHOOL SWIM LESSONS**

• Ages 6+      Northern Door      F1, F2, W1, W2, SP

Youth Stages 1 - 5

Three instructors are available to work with combination groups to provide swim lessons for those swimmers who are home schooled. The groupings will be Youth Stages 1/2, Youth Stages 3/4, Youth Stage 5. Please read our class descriptions under Youth Aquatics for class descriptions of the different Stages. Students will be evaluated on the first day of class to determine which Stage is a good fit for them.

## **KIDDIE KINETICS**

• Ages 2 to 5      Northern Door      F1, F2, W1, W2, SP

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 DAY OUT**

•Gr 1 - 6 Northern Door F1, F2, W1, W2, SP  
When school is out at Gibraltar, the Y offers an enlightening experience for school-aged kids and an option for working parents. Activities will include playing games in the gym, swimming in the pool, hiking in Peninsula State Park and creating arts & crafts. Parents should remember to pack a bag lunch, towel & swimsuit, and warm clothes for outdoor activities. With no late bus service, parents should pick children up at the Y by 5:15pm.

## **KINDERCUBS**

• Ages 3½ to 5½ Sturgeon Bay F1, F2, W1, W2, SP  
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 to 5 Sturgeon Bay F1, F2, W1, W2, SP  
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.

## **PEAK PERFORMANCE JR**

• Ages 8 to 11 Sturgeon Bay S  
(must be going into 3rd-6th grade)  
Designed by Coach Mike McHugh, In response to the high demand for younger athletes wanting to participate in Peak Performance, we have responded with the new Peak Performance Jr. Peak Jr. is a results based athletic performance training program that improves athletes speed, agility, strength and overall endurance. We continue to provide today's best age-appropriate equipment along with fundamental sports movement training. All athletes looking to enhance their physical abilities should enroll in this tremendous program. This high intensity program utilizes over \$9,000 of the best sports equipment available.

## **PEAK PERFORMANCE CAMP**

• Ages 12+ Sturgeon Bay S  
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 18 years. Combined with todays 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 \$9,000 of the best sports equipment available.

## **RIDE4KIDS**

• Ages 7-18 Sturgeon Bay F2,S  
In collaboration with Door County Medical Center, Sturgeon Bay School District and the YMCA, we are able to provide a program designed to provide new opportunities for children with disabilities. RIDE4KKIDS was designed to serve children with cognitive, sensory and physical disabilities by providing the kids with an opportunity to be active and in a new and social environment. Each participant is paired up with a local high school student volunteer who guides and supports the child through the game stations.

## **STRENGTH & CONDITIONING**

- Gr. 6-12 Northern Door F1, F2, W1, W2, SP

This program will improve your Strength, Power, Speed and Agility. We will teach you the techniques and skills to keep you injury free. Whether you are in season or out, Nick will help develop you and make you into an athlete.

## **STRINGS - VIOLIN/VIOLA**

- Gr 1-8 Northern Door W2

## **STRINGS- CELLO**

- Gr 1-8 Northern Door W2

## **SUMMIT STRENGTH & CONDITIONING CLINIC**

- Gr. 6-12 Northern Door S

Summit Strength & Conditioning will improve athletic performance along with teaching skills to minimize the risk of injury. The athletes in this clinic will be exposed to many different training methods and nutritional advice that will assist in long-term healthy and active lifestyles.

## **SUPER KIDS FUN NIGHT**

- All Ages Sturgeon Bay F1,F2, W1,W2,SP
- All Ages Northern Door F1, F2, W1, W2, SP

This fun night is for kids of all ages. There will be a variety of games such as Gaga-Ball and Dodge-ball, activities, bounce house, Just Dance, swimming, snacks, and much more. Come and enjoy a fun night with families and friends!

## **TUMBLE TOTS**

- Ages 2 to 3 Sturgeon Bay F1, F2, W1, W2, SP

If you are looking for a bit of creative movement and toddler gymnastics, this parent/child class is for you and your little one! Parents must participate with children at all times. No siblings unless age appropriate.

## **WEE READ & WIGGLE**

- Ages 3 to 4 Sturgeon Bay F1, F2, W1, W2, SP

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!

## **YOGA FOR KIDS**

- Ages 6 to 8 Sturgeon Bay W2

A very basic kid-centered approach to the practice of yoga. Kids will learn basic poses, breathing techniques, meditation techniques and learn some things about themselves in the process!



# AQUATICS

## SWIM LESSONS AND SWIM TRAINING FOR ALL AGES

### **PRESCHOOL SWIM STAGE A** (FREE with Household Membership)

- Parent/child class for children ages

6 months to 18 months

Sturgeon Bay

F1, F2, W1, W2, SP, S

6 months to 18 months

Northern Door

F1, F2, W1, W2, SP,

The instructor will focus on presentation of skills to the parent 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
- Entries & Exits

### **PRESCHOOL SWIM STAGE B**

- Parent/child class for children

18 months to 3 years

Sturgeon Bay

F1, F2, W1, W2, SP, S

18 months to 3 years

Northern Door

F1, F2, W1, W2, SP,

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

- Ages 2½ to 5 years, without parent Sturgeon Bay

F1, F2, W1, W2, SP, S

- Ages 2½ to 5 years, without parent Northern Door

F1, F2, W1, W2, SP, S

For children ready to move on from SWIM STAGE A and SWIM STAGE B but not quite ready for SWIM 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+**

- Ages 3 to 5 Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 3 to 5 Northern Door F1, F2, W1, W2, SP, S

In SWIM STAGE 1 Plus, children are taught the most basic skills on which they build as they progress through the pre-school 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
- Self Rescue Skills

Red Cross Equivalent: Preschool Level 1

## **PRESCHOOL SWIM STAGE 2**

- Ages 3 to 5 Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 3 to 5 Northern Door F1, F2, W1, W2, SP, S

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

Red Cross Equivalent: Preschool Level 2

## **PRESCHOOL SWIM STAGE 3**

- Ages 3 to 5 Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 3 to 5 Northern Door F1, F2, W1, W2, SP, S

The objective of SWIM STAGE 3 is to build on the skills learned in SWIM STAGE 1 Plus and SWIM 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
- Self Rescue Skills

Red Cross Equivalent: Preschool Level 3

## **PRESCHOOL SWIM STAGE 4**

- Ages 3 to 5                      Sturgeon Bay                      F1, F2, W1, W2, SP, S

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**

- Ages 6+                              Sturgeon Bay                              F1, F2, W1, W2, SP, S
- Ages 6+                              Northern Door                              F1, F2, W1, W2, SP, S

The objective of YOUTH SWIM 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, Rhythmic Breathing, Submerging
- Buoyancy Control (Front and Back), Changing Directions, Treading
- Alternating, Simultaneous and Combined Swim on Front and Back
- Water Safety
- Self Rescue Skills

Red Cross Equivalent: Learn to Swim Level 1

## **YOUTH SWIM STAGE 2**

- Ages 6+                              Sturgeon Bay                              F1, F2, W1, W2, SP, S
- Ages 6+                              Northern Door                              F1, F2, W1, W2, SP, S

The objective of YOUTH SWIM 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
- Self Rescue Skills

Red Cross Equivalent: Learn to Swim Level 2

## **YOUTH SWIM STAGE 3**

- Ages 6+                              Sturgeon Bay                              F1, F2, W1, W2, SP, S
- Ages 6+                              Northern Door                              F1, F2, W1, W2, SP, S

The objective of YOUTH SWIM 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, Back Stroke Development
- Basic Rescue Skills
- Rotary Breathing
- Self Rescue Skills

Red Cross Equivalent: Learn to Swim Level 3

## **YOUTH SWIM STAGE 4**

- Ages 6+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 6+ Northern Door F1, F2, W1, W2, SP, S

The objective of YOUTH SWIM 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**

- Ages 6+ Sturgeon Bay F1, F2, W1, W2, SP, S
- Ages 6+ Northern Door F1, F2, W1, W2, SP, S

The objective of YOUTH SWIM 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 September - March
- Ages 6+ Northern Door October - March

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. Note: Must be able to complete one length of the competition pool

(25 yards) unassisted on their front to participate in Dolphin.

## **FALL PREP**

- Ages 6+ Sturgeon Bay F1, F2
- Ages 6+ Northern Door F1

The start of the new team season starts with Fall Prep, a training session designed to increase cardio endurance and muscular power. For State level swimming aspirations, this is a necessary step to begin your dream of elite swimming levels. This is also a session dedicated to our season focus on stroke technique and new drills designed to increase proficiency and efficiency.

## COMPETITIVE SWIM TEAM

- Ages 6+ Sturgeon Bay October through April
- Ages 6+ Northern Door October through April

This is the DCY SWIM winter season—the main focus of our entire team. Anyone interested in swimming in our program simply needs to be able to swim 1 length of freestyle and backstroke, demonstrating an ability to breathe correctly during the freestyle length. If you have any questions about our program or the requirements of our program, please see Mike McHugh, Director of competitive swimming. Mike can be reached at 920-743-4949 or email at [mmchugh@doorcountymca.org](mailto:mmchugh@doorcountymca.org).

## HOME SCHOOL SWIM LESSONS

- Ages 6+ Northern Door F1, F2, W1, W2, SP  
Youth Stages 1 - 5

Three instructors are available to work with combination groups to provide swim lessons for those swimmers who are home schooled. The groupings will be Youth Stages 1/2, Youth Stages 3/4, Youth Stage 5. Please read our class descriptions under Youth Aquatics for class descriptions of the different Stages. Students will be evaluated on the first day of class to determine which Stage is a good fit for them.

## LIFEGUARD CERTIFICATION TRAINING

- Ages 15½+ Sturgeon Bay Contact for availability
- Ages 15½+ Northern Door Contact for availability

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 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 Tyler Powell at (920-868-3660) for more information.

## LOG ROLLING

- Ages 7+ Sturgeon Bay Contact for availability

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 F1, F2, W1, W2, SP, S

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 F1, F2, W1, W2, SP, S
- All Ages Northern Door F1, F2, W1, W2, SP, S

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.

## **ADULT SWIM LESSONS**

- Ages 16+ Sturgeon Bay F1, F2, W1, W2, SP, S

Are you unsure of yourself in the water? It is never too late to learn how to swim and improve your skills in the water. Whether your goal is to build confidence in the water, swim faster, or learn the butterfly, let us help you achieve it! Increase your confidence, physical fitness and swimming ability while meeting a few other adults who are doing the same.

## **SWIM AND BOARD**

- Ages 6+ Northern Door F1, F2, W1, W2, SP

This class is designed for those who are challenged with basic breath control and body control skills in the water. The class addresses 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.

## **UNDERWATER HOCKEY**

- Ages 9+ Sturgeon Bay F1, F2, W1, W2, SP, S

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.