



# S24 YOUTH PROGRAMS

Summer 2024 • June 17 - August 25

Sturgeon Bay Program Center • 920.743.4949  
1900 Michigan St. Sturgeon Bay, WI 54235

## PRESCHOOL ENRICHMENT

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Wonderbugs Discoveries	4 to 5	Tue/Thu	10:30 AM	11:30 AM	Jun 18	Aug 22	July 4	\$95.00	\$190.00	Katie R	Outside/w eather permitting
Wacky Wednesday	4 to 6	Wed	9:00 AM	9:45 AM	Jun 19	Aug 21		\$50.00	\$100.00	Katie R/ Lynn R	Comm. Rm. /Kitchen/G ym C

## YOUTH DANCE

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Dazzling Jazz Dancers 1	5 to 7	Mon - Thu	4:00 PM	4:30 PM	Jun 17	Jul 4		\$65.00	\$130.00	Elena	Studio 3
Dazzling Jazz Dancers 2	8 to 13	Mon - Thu	4:45 PM	5:30 PM	Jun 17	Jul 4		\$75.00	\$150.00	Elena	Studio 3
Poppin Hip-Hoppers 1	5 to 7	Tue/Thu	4:00 PM	4:30 PM	Jul 16	Aug 15		\$65.00	\$130.00	Elena	Studio 3
Poppin Hip-Hoppers 2	8 to 13	Tue/Thu	4:45 PM	5:30 PM	Jul 16	Aug 15		\$75.00	\$150.00	Elena	Studio 3

## PROGRESSIVE GYMNASTICS

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
KinderGymnastics	4 to 6	Mon	5:00 PM	5:45 PM	Jun 17	Aug 19		\$49.50	\$94.50	Demi P	Gym Ctr.
<b>Progressive 1, 2, 3 Camp</b>	6 to 13	Wed-Fri	9:30 AM	11:30 AM	Jun 19	Jun 21		\$42.00	\$54.00	Stacey B	Gym Ctr.
Progressive 1, 2, 3	6 to 13	Wed	5:00 PM	6:00 PM	Jun 19	Aug 21		\$49.50	\$94.50	Demi P	Gym Ctr.
<b>Pre-Team Camp Invite Only</b>	6 to 13	Mon-Thu	9:30 AM	11:30 AM	Jun 24	Jun 27		\$70.00	\$90.00	Stacey B	Gym Ctr.
<b>Pre-Team Camp Invite Only</b>	6 to 13	Mon-Thu	9:30 AM	11:30 AM	Aug 12	Aug 15		\$70.00	\$90.00	Stacey B	Gym Ctr.
Pre-Team Invite Only	6 to 13	Tue	4:00 PM	5:00 PM	Jun 18	Aug 20		\$74.25	\$110.25	Stacey B	Gym Ctr.
Pre-Team Invite Only	6 to 13	Thu	4:00 PM	5:00 PM	Jun 20	Aug 22	Jul 4	\$66.00	\$98.00	Stacey B	Gym Ctr.

## COMPETITIVE GYMNASTICS TEAM

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Workout with Gerrit	Invite Only	Mon	3:30 PM	5:15 PM	Jun 17	Aug 19		\$120.00	N/A	Gerrit D	Gym Ctr
Workout with Gerrit	Invite Only	Wed	3:30 PM	5:15 PM	Jun 19	Aug 20		\$120.00	N/A	Gerrit D	Gym Ctr
Striver Team Camp	All Team Girls	Mon-Fri	9:30 AM	11:30 AM	Jun 10	Jun 14		\$100.00	N/A	Nikki P	Gym Ctr.
<del>Striver Team Time</del>	<del>All Team Girls</del>	<del>Tue</del>	<del>9:30 AM</del>	<del>11:30 AM</del>	<del>Jul 9</del>	<del>Aug 8</del>		<del>\$120.00</del>	<del>N/A</del>	<del>Nikki P</del>	<del>Gym Ctr.</del>
Striver Team Time	All Team Girls	Thu	9:30 AM	11:30 AM	Jul 9	Aug 8		\$120.00	N/A	Nikki P	Gym Ctr.
Striver Team Time	All Team Girls	Tue	5:30 PM	7:00 PM	Jun 18	Aug 20	Jul 2	\$120.00	N/A	Nikki P	Gym Ctr.
Striver Team Time	All Team Girls	Thu	5:30 PM	7:00 PM	Jun 20	Aug 22	Jul 4	\$120.00	N/A	Nikki P	Gym Ctr.

## YOUTH SPORTS

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Baseball - Tee Ball	4k-5k	Tue	5:00 PM	5:45 PM	Jun 18	Aug 6		\$40.00	\$80.00	Paul B	Sunset Park
Baseball - Coach Pitch	1st-6th	Tue	6:00 PM	6:55 PM	Jun 18	Aug 6		\$40.00	\$80.00	Paul B	Sunset Park

## SPORTS PERFORMANCE

\*\*\*\*UNLIMITED PACKAGE\*\*\* enjoy unlimited classes throughout the week during our 8 week session for **\$115**

**UNLOCK YOUR FITNESS POTENTIAL** and elevate your training to new heights through the YMCA's cutting-edge sports performance training program on our new Performance Field. Transform your body as you build lean muscle, reduce the risk of injury, and unleash your strength and power.

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
<b>2x/wk discount (50% off 2nd day)</b>											

<b>UNLIMITED PACKAGE (15+ see adult guide for more options)</b>	15+ Yrs				Jun 17	Aug 7		\$115.00	N/A		S.P. Field
<del>Sports Performance Training Teens- 12-17-yr</del>	<del>12-17yr</del>	<del>Mon</del>	<del>4:00 PM</del>	<del>5:00 PM</del>	<del>Jun 17</del>	<del>Aug 5</del>		<del>\$52.00</del>	<del>\$104.00</del>	<del>Abby T./Aiden L.</del>	<del>S.P. Field</del>
<del>Sports Performance Training Teens- 12-17-yr</del>	<del>12-17yr</del>	<del>Wed</del>	<del>4:00 PM</del>	<del>5:00 PM</del>	<del>Jun 19</del>	<del>Aug 7</del>		<del>\$52.00</del>	<del>\$104.00</del>	<del>Abby T./Aiden L.</del>	<del>S.P. Field</del>
Peak Performance JR	Gr 3-6	M, T, TH	10:30 AM	12:00 PM	Jun 18	Jul 26	Jul 4	\$110.00	\$150.00	Mike M/Aiden	Park/SP Field
Peak Performance	Gr 7-12	M-TH	7:45 AM	9:30 AM	Jun 18	Jul 26	Jul 4	\$145.00	\$210.00	Mike M/Aiden	Park/SP Field

**YOUTH SPECIALTY PROGRAMS**

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Father Daughter Ball	All	Sat	6:00 PM	8:00 PM	Jun 15	Jun 15		\$40 per couple / \$10 additional child			Gym A/B
Private Strings Lessons- 8, 30 minute lessons	Gr 3-12	Please fill out Strings Request Form at front desk						\$200.00	\$240.00	Mid-Summer Music	Comm. Rm.
Kids Musical Theater	7 +	Mon-Fri	9:00 AM	12:00 PM	Jul 8	Jul 19		\$90.00	\$180.00	Kelly B	TBD
Junior Scientists	6 to 10	Mon-Fri	1:00 PM	3:00 PM	Jul 8	Jul 19		\$90.00	\$180.00	Kelly B	Outdoor Classroom
Gnome Homes Workshop	Gr 1-6	Tue	9:00 AM	10:30 AM	Jun 18 & 25	Jun 18 & 25		\$50.00	\$90.00	Becky B	Kitchen
Paper Making	Gr 1-6	Thu	9:00 AM	10:00 AM	Jun 20 & 27	Jun 20 & 27		\$15.00	\$30.00	Becky B	Kitchen
Line and Wash Watercolor Painting	Ages 8+	Wed	10:00 AM	11:00 AM	Jul 24 & 31	Jul 24 & 31		\$20.00	\$40.00	Becky B	Kitchen
Design Challenge Workshop	Ages 8+	Tu/W/Th	9:30 AM	11:00 AM	Aug 6, 7, 8	Aug 6, 7, 8		\$30.00	\$60.00	Becky B	Kitchen
Shadow Puppet Theater Week	Ages 7 to 12	Mon-Fri	9:30 AM	11:00 AM	Aug 19, 20, 21, 22, 23	Aug 19, 20, 21, 22, 23		\$60.00	\$120.00	Becky B	TBD

**PARENT/CHILD SWIM LESSONS**

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	LOCATION
<b>More options are coming soon. Please check back on June 19th.</b>										
Parent/Child A	6mo-18mo	Tue	4:45 PM	5:20 PM	Jul 9	Aug 27		\$38.00	\$76.00	Rec Pool
Parent/Child B	18mo-3yrs	Tue	4:00 PM	4:35 PM	Jul 9	Aug 27		\$38.00	\$76.00	Rec Pool

**PRESCHOOL SUPER SWIM LESSONS**

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	LOCATION
<b>Super Swim Week 1 &amp; 2 Registration opens June 10th</b>										
Preschool Swim Stage 1 Week 1	3 to 5	M-TH	5:10 PM	5:55 PM	Jun 17	Jun 20		\$28.80	\$57.60	Rec Pool
Preschool Swim Stage 3 Week 1	3 to 5	M-TH	5:10 PM	5:55 PM	Jun 17	Jun 20		\$28.80	\$57.60	Rec Pool
Preschool Swim Stage 4 Week 1	3 to 5	M-TH	5:10 PM	5:55 PM	Jun 17	Jun 20		\$28.80	\$57.60	Rec Pool
Preschool Swim Stage 5 Week 1	3 to 5	M-TH	5:10 PM	5:55 PM	Jun 17	Jun 20		\$28.80	\$57.60	Rec Pool
Preschool Swim Stage 1 Week 2	3 to 5	M-TH	4:10 PM	4:55 PM	Jun 24	Jun 27		\$28.80	\$57.60	Rec Pool
Preschool Swim Stage 2 Week 2	3 to 5	M-TH	4:10 PM	4:55 PM	Jun 24	Jun 27		\$28.80	\$57.60	Rec Pool
Preschool Swim Stage 5 Week 2	3 to 5	M-TH	4:10 PM	4:55 PM	Jun 24	Jun 27		\$28.80	\$57.60	Rec Pool
<b>More options are coming soon. Please check back on June 19th.</b>										
Preschool Swim Stage 1	3 to 5	Mon	9:00 AM	9:35 AM	Jul 8	Aug 26		\$38.00	\$76.00	Rec Pool
Preschool Swim Stage 1	3 to 5	Tue	5:30 PM	6:05 PM	Jul 9	Aug 27		\$38.00	\$76.00	Rec Pool
Preschool Swim Stage 2	3 to 5	Mon	9:45 AM	10:20 AM	Jul 8	Aug 26		\$38.00	\$76.00	Rec Pool
Preschool Swim Stage 3	3 to 5	Mon	5:30 PM	6:05 PM	Jul 8	Aug 26		\$38.00	\$76.00	Rec Pool
Preschool Swim Stage 4	3 to 5	Mon	4:00 PM	4:35 PM	Jul 8	Aug 26		\$38.00	\$76.00	Rec Pool
Preschool Swim Stage 4	3 to 5	Tue	4:00 PM	4:35 PM	Jul 9	Aug 27		\$38.00	\$76.00	Rec Pool
Preschool Swim Stage 4	3 to 5	Tue	4:45 PM	5:20 PM	Jul 9	Aug 27		\$38.00	\$76.00	Rec Pool
Preschool Swim Stage 4	3 to 5	Thu	5:45 PM	6:20 PM	Jul 10	Aug 28		\$38.00	\$76.00	Rec Pool
Preschool Swim Stage 5	3 to 5	Thu	4:50 PM	5:35 PM	Jul 10	Aug 28		\$38.00	\$76.00	Rec Pool

**YOUTH SUPER SWIM LESSONS**

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	LOCATION
<b>Super Swim Week 1 &amp; 2 Registration opens June 10th</b>										
Youth Swim Stage 1 Week 1	6+	M-TH	4:00 PM	5:00 PM	Jun 17	Jun 20		\$38.40	\$76.80	Rec Pool

Youth Swim Stage 2 Week 1	6+	M-TH	4:00 PM	5:00 PM	Jun 17	Jun 20		\$38.40	\$76.80	Rec Pool
Youth Swim Stage 3 Week 1	6+	M-TH	4:00 PM	5:00 PM	Jun 17	Jun 20		\$38.40	\$76.80	Rec Pool
Youth Swim Stage 5 Week 1	6+	M-TH	4:00 PM	5:00 PM	Jun 17	Jun 20		\$38.40	\$76.80	Rec Pool
Youth Swim Stage 2 Week 2	6+	M-TH	5:00 PM	6:00 PM	Jun 24	Jun 27		\$38.40	\$76.80	Rec Pool
Youth Swim Stage 3 Week 2	6+	M-TH	5:00 PM	6:00 PM	Jun 24	Jun 27		\$38.40	\$76.80	Rec Pool
Youth Swim Stage 5 Week 2	6+	M-TH	5:00 PM	6:00 PM	Jun 24	Jun 27		\$38.40	\$76.80	Rec Pool
<b>More options are coming soon. Please check back on June 19th.</b>										
Youth Swim Stage 1	6+	Mon	10:30 AM	11:15 AM	Jul 8	Aug 26		\$38.00	\$76.00	Rec Pool
Youth Swim Stage 2	6+	Mon	4:50 PM	5:35 PM	Jul 8	Aug 26		\$38.00	\$76.00	Rec Pool
Youth Swim Stage 2	6+	Thu	5:50 PM	6:35 PM	Jul 11	Aug 29		\$38.00	\$76.00	Rec Pool
Youth Swim Stage 3	6+	Wed	5:50 PM	6:35 PM	Jul 10	Aug 28		\$38.00	\$76.00	Rec Pool
Youth Swim Stage 4	6+	Mon	5:45 PM	6:30 PM	Jul 8	Aug 26		\$38.00	\$76.00	Rec/Comp Pool
Youth Swim Stage 4	6+	Tue	5:45 PM	6:30 PM	Jul 9	Aug 27		\$38.00	\$76.00	Rec/Comp Pool
Youth Swim Stage 4	6+	Thu	4:00 PM	4:45 PM	Jul 11	Aug 29		\$38.00	\$76.00	Rec/Comp Pool
Youth Swim Stage 5	6+	Mon	5:50 PM	6:35 PM	Jul 8	Aug 26		\$38.00	\$76.00	Comp Pool
Youth Swim Stage 5	6+	Tue	5:50 PM	6:35 PM	Jul 9	Aug 27		\$38.00	\$76.00	Comp Pool
Youth Swim Stage 5	6+	Thu	5:00 PM	5:45 PM	Jul 11	Aug 29		\$38.00	\$76.00	Comp Pool

**COMPETITIVE SWIM TEAM**

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	LOCATION
DCY Swim Team-Summer Training	6+	M/W	9:30 AM	10:30 AM	Jun 19	Jul 24		\$80.00	\$130.00	Comp Pool
DCY Swim Team-Summer Training	6+	T/TH	9:30 AM	10:30 AM	Jun 18	July 25	Jul 4	\$80.00	\$130.00	Comp Pool

**PRIVATE SWIM LESSONS**

CLASS	MBR.	COMM.	INST	LOC	
Private Swim Lessons	By appointment (price is per person, 4 lessons)	\$100.00	\$150.00	TBA	Rec/Comp
Semi-Private Swim Lessons	By appointment (price is per person, 4 lessons)	\$80.00	\$130.00	TBA	Rec/Comp

**LIFEGUARD CLASS**

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Lifeguard Certification Training - <i>MUST attend all four days</i>	15+	Thu-Sun	August 22nd & 23rd 4:00PM-8:00PM August 24th & 25th 7:00AM-5:00PM					\$325.00	Free Course and Y Membership when you join our Team	Heidi	Rec/Comp & Meeting Rm.
Lifeguard Recertification Training - <i>MUST hold a current lifeguard certification</i>	15+	Sat	8:00 AM	5:00 PM	Aug 17th	Aug 17th		\$150.00	Free if you currently work at the Y	Heidi	Rec/Comp & Meeting Rm.