



F124 YOUTH PROGRAMS

Fall 1 2024 • September 3 - October 27

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
Wacky Mondays	3-5	Mon	9:30 AM	10:15 AM	Sept 9	Oct 21	Sept 2	\$35.00	\$70.00	Lynn/Katie	Community Rm
Creative Movement	3-5	Mon	10:30 AM	11:00 AM	Sept 9	Oct 21	Sept 2	\$24.50	\$49.00	Elena	Gym Center
Pepitas-Preschool Spanish	4-6	Tue	9:20 AM	10:20 AM	Sept 3	Oct 22		\$40.00	\$80.00	Gabby	Teen-Center
Kids Yoga	3-5	Tue	10:30 AM	11:00 AM	Sept 3	Oct 22		\$28.00	\$56.00	Elena	Gym Center
Art Adventures	3-5	Tue	10:45 AM	11:15 AM	Sept 3	Oct 22		\$40.00	\$80.00	Becky/Katie	Teen Center
Tumble Tots	2	Wed	9:00 AM	9:45 AM	Sept 4	Oct 23		\$28.00	\$56.00	Katie	Gym Center
Kindersports	3-5	Wed	10:00 AM	10:30 AM	Sept 4	Oct 23		\$28.00	\$56.00	Lynn/Katie	Gym C
Kindercubs	3-5	Thu	9:45 AM	10:30 AM	Sept 5	Oct 24		\$32.00	\$64.00	Lynn/Katie	Gym Center
Kid's in the Kitchen (Preschool)	3-5	Thu	10:45 AM	11:30 AM	Sept 5	Oct 24		\$40.00	\$80.00	Lynn/Katie	Kitchen

YOUTH DANCE

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Creative Movement	3-4	Tue	4:00 PM	4:30 PM	Sept 3	Oct 22		\$28.00	\$56.00	Elena	Studio 3
Ballet/Tap 1	5-6	Tue	4:45 PM	5:15 PM	Sept 3	Dec 10		\$75.00	\$150.00	Elena	Studio 3
Ballet/Tap-2	7-8	Tue	5:30 PM	6:00 PM	Sept 3	Dec 10		\$75.00	\$150.00	Elena	Studio 3
Kids Yoga	5-8	Thu	4:00 PM	4:30 PM	Sept 5	Oct 24		\$28.00	\$56.00	Elena	Studio 3
Contemporary/Hip Hop 1	5-7	Thu	4:45 PM	5:15 PM	Sept 5	Dec 12	Oct 31	\$70.00	\$140.00	Elena	Studio 3
Contemporary/Hip Hop 2	8-12	Thu	5:30 PM	6:15 PM	Sept 5	Dec 12	Oct 31	\$77.00	\$154.00	Elena	Studio 3
Contemporary/Hip Hop 3	13-and-up	Thu	6:30 PM	7:15 PM	Sept 5	Dec 12	Oct 31	\$77.00	\$154.00	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	Sept 9	Oct 21		\$38.50	\$73.50	Stacey B.	Gym Ctr.
KinderGymnastics	4 to 6	Wed	5:45 PM	6:30 PM	Sept 4	Oct 23		\$44.00	\$84.00	Alyssa L.	Gym Ctr.
Progressive Gymnastics	7 to 13	Mon	5:45 PM	6:30 PM	Sept 9	Oct 21		\$38.50	\$73.50	Stacey B.	Gym Ctr.
Progressive Gymnastics	7 to 13	Tue	3:45 PM	4:30 PM	Sept 3	Oct 22		\$44.00	\$84.00	Heather H.	Gym Ctr.
Progressive Gymnastics	7 to 13	Wed	5:00 PM	5:45 PM	Sept 4	Oct 23		\$44.00	\$84.00	Stacey B.	Gym Ctr.
Progressive Gymnastics	7 to 13	Thu	3:45 PM	4:30 PM	Sept 5	Oct 24		\$44.00	\$84.00	Demi P.	Gym Ctr.
Pre-Team	Invite Only	Tue	3:45 PM	4:30 PM	Sept 3	Oct 22		\$66.00	\$98.00	Demi P.	Gym Ctr.
Pre-Team	Invite Only	Thu	3:45 PM	4:30 PM	Sept 5	Oct 24		\$66.00	\$98.00	Demi P.	Gym Ctr.

COMPETITIVE GYMNASTICS TEAM

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Striver Time/ Gerrit	Invite Only	Mon	3:45 PM	5:15 PM	Sept 9	Oct 21		\$96.00	N/A	Gerrit D.	Gym Ctr
Silver Striver Team Time	Silver Team Only	Tue	4:30 PM	6:00 PM	Sept 3	Oct 22		\$96.00	N/A	Demi P.	Gym Ctr.
Gold/ Level 8 Striver Team Time	Gold/Level 8 Only	Tue	6:00 PM	7:30 PM	Sept 3	Oct 22		\$96.00	N/A	Nikki P.	Gym Ctr.
Striver Time/ Gerrit	Invite Only	Wed	3:45 PM	5:15 PM	Sept 4	Oct 23		\$96.00	N/A	Gerrit D.	Gym Ctr
Silver Striver Team Time	Silver Team Only	Thu	4:30 PM	6:00 PM	Sept 5	Oct 24		\$96.00	N/A	Demi P.	Gym Ctr.
Gold/ Level 8 Striver Team Time	Gold/Level 8 Only	Thu	6:00 PM	7:30 PM	Sept 5	Oct 24		\$96.00	N/A	Nikki P.	Gym Ctr.

YOUTH SPORTS

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Flag Football Practice	Gr 1st-6th	Mon	3:45 PM	4:45 PM	Sept 9	Oct 21	Sept 2	\$30.00	\$60.00	Paul B.	Peterson Park
Flag Football Practice	Gr 1st-6th	Tue	3:45 PM	4:45 PM	Sept 3	Oct 22		\$30.00	\$60.00	Paul B.	Peterson Park
Volleyball	Gr 3rd-8th	Wed	3:45 PM	4:45 PM	Sept 4	Oct 23		\$30.00	\$60.00	Demi P.	Gym A/B
Dodgeball	Gr 1st-6th	Thu	3:45 PM	4:45 PM	Sept 5	Oct 24		\$30.00	\$60.00	Matt O.	Gym A/B
Homeschool PE	5-8 yr	Fri	10:15 AM	11:00 AM	Sept 6	Oct 25		\$24.00	\$48.00	Demi P.	Gym A/B
Homeschool PE	9-15 yr	Fri	11:00 AM	11:45 AM	Sept 6	Oct 25		\$24.00	\$48.00	Demi P.	Gym A/B
Saturday Flag Football	Gr 4k-5k	Sat	9:00 AM	9:45 AM	Sept 7	Oct 26		\$50.00	\$100.00	Paul B.	Sturgeon Bay High School

Saturday Flag Football	Gr 1st-2nd	Sat	10:00 AM	10:55 AM	Sept 7	Oct 26		\$50.00	\$100.00	Paul B.	Sturgeon Bay High School
Saturday Flag Football	Gr 3rd-6th	Sat	11:00 AM	11:55 AM	Sept 7	Oct 26		\$50.00	\$100.00	Paul B.	Sturgeon Bay High School

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
2x/wk discount (50% off 2nd day)											
UNLIMITED PACKAGE (15+ see adult guide for more options)	15+ Yrs										S.P. Field
Sports Performance Training Teens 12-17 yr	Mon	4:00 PM	5:00 PM	Sept 9	Oct 21	Sept 2	\$52.00	\$104.00	Mike/Aiden	S.P. Field	S.P. Field
Sports Performance Training Teens 12-17 yr	Tue	4:00 PM	5:00 PM	Sept 3	Oct 22		\$52.00	\$104.00	Mike/Aiden	S.P. Field	S.P. Field
Sports Performance Training Teens 12-17 yr	Wed	4:00 PM	5:00 PM	Sept 4	Oct 23		\$52.00	\$104.00	Mike/Aiden	S.P. Field	SP Field
Sports Performance Training Teens 12-17 yr	Thu	4:00 PM	5:00 PM	Sept 5	Oct 24		\$52.00	\$104.00	Mike/Aiden	S.P. Field	SP Field

YOUTH SPECIALTY PROGRAMS

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
After School Art	1st-6th	Tues	3:45 PM	4:45 PM	Sept 3	Oct 22		\$40.00	\$80.00	Rebecca B	Teen Center
Homeschool Art	Ages 5-8	Fri	9:15 AM	10:00 AM	Sept 6	Oct 25		\$40.00	\$80.00	Rebecca B	Teen Center
Homeschool Art	Ages 9-15	Fri	10:10 AM	10:55 AM	Sept 6	Oct 25		\$40.00	\$80.00	Rebecca B	Teen Center
Private Strings Lessons- 8, 30 minute lessons	Gr 3-12	Please fill out Strings Request Form at front desk						\$200.00	\$240.00	Mid-Summers Music	Comm. Rm.
Youth In Government	Gr 7-12	Mon	6:30 PM	7:30 PM	Sept 23	Mar 9		\$325.00	\$400.00	Paul B/Colleen	Meeting Room
Rotary Interact	Gr 7-12	Tue	6:00 PM	7:00 PM	Sept 3	June 3		Free	Free	Tonya F/Mark N	Meeting Room
Super Kids Fun Night	Gr 2-6	Fri	5:00 PM	7:00 PM	Sept 20	Sept 20		\$8.00	\$16.00	Staff	Gyms, Gymnastics,
Halloween Dance Party	All	Fri	5:00 PM	7:00 PM	Oct 25	Oct 25		\$8.00	\$8.00	Staff	Outdoor Classroom
Money Wise (Available online and in person)	7-11 yr	Tue	10:30 AM	11:30 AM	Sept 3	Oct 22		Free	Free	Leslie B	Meeting Room
Kid's in the Kitchen	Gr 1-6	Mon	4:00 PM	5:00 PM	Sept 9	Oct 21	Sept 2	\$40.00	\$80.00	Rhian M/Rachel P	Program Kitchen
Kid's in the Kitchen	Gr 1-6	Thu	4:00 PM	5:00 PM	Sept 5	Oct 24		\$40.00	\$80.00	Rhian M/Rachel P	Program Kitchen
Amigos - Kids Spanish	Gr 1-6	Tue	3:45 PM	4:45 PM	Sept 3	Oct 22		\$40.00	\$80.00	Gabby M	Comm. Rm.
Duathlon	Ages 6+	September 21st at 8am registration ends September 13th Individual or 2 person teams.						20 per person \$30 per team			Carla and Ellsworth Peterson Aquatic Center and Peterson Park

Kids Club

CLASS	MBR.	COMM.	LOCATION	
Before School Care Daily	6:15-7:45 AM School Year, Paid Daily	\$15.00	\$20.00	Kress Youth Activity Center
Before School Care 3 Days	6:15-7:45am School Year, Paid Weekly	\$27.50	\$32.50	Kress Youth Activity Center
Before School Care 4 Days	6:15-7:45am School Year, Paid Weekly	\$30.00	\$35.00	Kress Youth Activity Center
Before School Care 5 Days	6:15-7:45am School Year, Paid Weekly	\$32.50	\$37.50	Kress Youth Activity Center
Preschool 2 Days	Runs until 5/22 8AM-11:45AM	\$60.00	\$70.00	Kress Youth Activity Center
Preschool 4 Days	Runs until 5/22 8AM-11:45AM	\$90.00	\$100.00	Kress Youth Activity Center
Preschool Wrap-Around Care 2 Days	Runs 6:15AM-8AM and 12PM-5:30PM until 5/22, Paid Weekly	\$40.00	\$50.00	Kress Youth Activity Center
Preschool Wrap-Around Care 4 Days	Runs 6:15AM-8AM and 12PM-5:30PM until 5/22, Paid Weekly	\$75.00	\$85.00	Kress Youth Activity Center
After School Care Daily	3-5:30 pm School Year, Paid Weekly	\$25.00	\$35.00	Kress Youth Activity Center
After School Care 3 Days	3-5:30 pm School Year, Paid Weekly	\$60.00	\$70.00	Kress Youth Activity Center
After School Care 4 Days	3-5:30 pm School Year, Paid Weekly	\$68.00	\$78.00	Kress Youth Activity Center
After School Care 5 Days	3-5:30 pm School Year, Paid Weekly	\$72.00	\$82.00	Kress Youth Activity Center

PARENT/CHILD SWIM LESSONS

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	LOCATION
Parent/Child A	6-18 months	Tue	4:10 PM	4:45 PM	Sept 3	Oct 15		\$33.25	\$66.50	Rec Pool
Parent/Child B	18mo-3yrs	Tue	4:55 PM	5:30 PM	Sept 3	Oct 15		\$33.25	\$66.50	Rec Pool

Parent/Child A/B	6mo-3yrs	Tue	9:10 AM	9:45 AM	Sept 3	Oct 15		\$33.25	\$66.50	Rec Pool
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PRESCHOOL SWIM LESSONS

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	LOCATION
Preschool Swim Stage 1	3 to 5	Mon	4:00 PM	4:35 PM	Sept 9	Oct 14	Sept 2	\$28.50	\$57.00	Rec Pool
Preschool Swim Stage 1	3 to 5	Tue	8:30 AM	9:05 AM	Sept 3	Oct 15		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 1	3 to 5	Tue	5:20 PM	5:55 PM	Sept 3	Oct 15		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 1	3 to 5	Fri	9:10 AM	9:45 AM	Sept 6	Oct 18		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 1	3 to 5	Sun	9:45 AM	10:20 AM	Sept 8	Oct 20		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 2	3 to 5	Mon	4:45 PM	5:20 PM	Sept 9	Oct 14	Sept 2	\$28.50	\$57.00	Rec Pool
Preschool Swim Stage 2	3 to 5	Tue	4:40 PM	5:15 PM	Sept 3	Oct 15		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 2	3 to 5	Fri	8:30 AM	9:45 AM	Sept 6	Oct 18		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 3	3 to 5	Sun	10:30 AM	11:05 AM	Sept 8	Oct 20		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 4	3 to 5	Sun	9:00 AM	9:35 AM	Sept 8	Oct 20		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 5	3 to 5	Mon	5:30 PM	6:05 PM	Sept 9	Oct 14	Sept 2	\$28.50	\$57.00	Rec Pool

YOUTH SWIM LESSONS

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	LOCATION
Youth Swim Stage 1	6+	Tue	4:00 PM	4:45 PM	Sept 3	Oct 15		\$33.25	\$66.50	Rec Pool
Youth Swim Stage 2	6+	Tue	4:50 PM	5:35 PM	Sept 3	Oct 15		\$33.25	\$66.50	Rec Pool
Youth Swim Stage 3	6+	Wed	4:45 PM	5:30 PM	Sept 4	Oct 16		\$33.25	\$66.50	Rec Pool
Youth Swim Stage 3	6+	Wed	5:40 PM	6:25 PM	Sept 4	Oct 16		\$33.25	\$66.50	Rec Pool
Youth Swim Stage 4	6+	Thu	4:00 PM	4:45 PM	Sept 5	Oct 17		\$33.25	\$66.50	Rec/Comp Pool
Youth Swim Stage 5	6+	Wed	4:50 PM	5:35 PM	Sept 4	Oct 16		\$33.25	\$66.50	Comp Pool
Youth Swim Stage 5	6+	Thu	4:50 PM	5:35 PM	Sept 5	Oct 17		\$33.25	\$66.50	Comp Pool

COMPETITIVE SWIM TEAM

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	LOCATION
Dolphin Club	6+	M/W	3:45 PM	4:45 PM	Sept 4	Oct 23	Sept 2	\$76.00	\$152.00	Comp Pool
DCY SWIM Team-Fall Prep Training (Juniors)	6+	M	3:45 PM	5:00 PM	Sept 9	Oct 21	Sept 2	\$33.25	\$66.50	Comp Pool
DCY SWIM Team-Fall Prep Training (Juniors)	6+	T/Th	3:45 PM	5:00 PM	Sept 3	Oct 24		\$71.25	\$142.50	Comp Pool
DCY SWIM Team-Fall Prep Training (Junior Elites/Seniors)	6+	M/W	5:15 PM	6:45 PM	Sept 4	Oct 23	Sept 2	\$90.00	\$180.00	Comp Pool
DCY SWIM Team-Fall Prep Training (Junior Elites/Seniors)	6+	T/Th	5:15 PM	6:45 PM	Sept 3	Oct 24		\$90.00	\$180.00	Comp Pool

PRIVATE SWIM LESSONS

CLASS	AGE	DAY	START	END	START	END	NO 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	October 24th and 25th 4:00pm-8:00pm October 26th and 27th 7:00am-5:00pm					\$325.00		Heidi	Rec/Comp & Meeting Rm.
Lifeguard Recertification Training - <i>MUST hold a current lifeguard certification</i>	15+	Saturday	November 16th 7:00am-5:00pm					\$150.00		Heidi	Rec/Comp & Meeting Rm.