



F224 YOUTH PROGRAMS

Fall 2 2024 • October 28-December 22

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	Oct 28	Dec 16		\$40.00	\$80.00	Katie R	Community Rm
Creative Movement	3-5	Mon	10:30 AM	11:00 AM	Oct 28	Dec 16		\$32.00	\$64.00	Elena S	Gym Center
Totally Awesome Tots	2	Mon	10:30 AM	11:00 AM	Oct 28	Dec 16		\$28.00	\$56.00	Katie R	Community Rm
Kids Yoga	3-5	Tue	10:00 AM	10:30 AM	Oct 29	Dec 17		\$32.00	\$64.00	Elena S	Gym C
Art Adventures	3-5	Tue	10:45 AM	11:15 AM	Oct 29	Dec 17		\$40.00	\$80.00	Rebecca B	Teen Center
Tumble Tots	2	Wed	9:15 AM	10:00 AM	Oct 30	Dec 18		\$28.00	\$56.00	Katie R	Gym Center
Kindersports	3-5	Wed	10:00 AM	10:30 AM	Oct 30	Dec 18		\$32.00	\$64.00	Lynn R	Gym C
Kid's in the Kitchen (Preschool)	3-5	Wed	10:15 AM	11:00 AM	Oct 30	Dec 18		\$40.00	\$80.00	Katie/Dori	Kitchen
Pepitas Preschool Spanish	3-5	Thu	8:45 AM	9:30 AM	Oct 31	Dec 19	Nov 28	\$35.00	\$70.00	Gabby M	Underground
Kindercubs	3-5	Thu	9:45 AM	10:30 AM	Oct 31	Dec 19	Nov 28	\$28.00	\$56.00	Lynn/Katie	Gym Center

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	Oct 29	Dec 17		\$32.00	\$64.00	Elena S	Studio 3
Ballet/Tap 1	5-6	Tue	4:45 PM	5:15 PM	In	Progress				Elena S	Studio 3
Kids Yoga (Cancelled)	5-8	Thu	4:00 PM	4:30 PM	Nov 7	Dec 19	Nov 28	\$24.00	\$48.00	Elena S	Studio 3
Contemporary/Hip Hop 1	5-7	Thu	4:45 PM	5:15 PM	In	Progress	Oct 31, Nov 28			Elena S	Studio 3
Contemporary/Hip Hop 2	8-12	Thu	5:30 PM	6:15 PM	In	Progress	Oct 31, Nov 28			Elena S	Studio 3
Winter Dance Rehearsal		Sun	1:00 PM	2:00 PM	Dec 15	Dec 15				Elena S	Prince of Peace
Winter Dance Recital		Mon	6:00 PM	7:00 PM	Dec 16	Dec 16				Elena S	Prince of Peace

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	Oct. 28	Dec 16		\$44.00	\$84.00	Demi P.	Gym Ctr.
KinderGymnastics	4 to 6	Mon	5:45 PM	6:30 PM	Oct. 28	Dec 16		\$44.00	\$84.00	Demi P.	Gym Ctr.
KinderGymnastics	4 to 6	Wed	5:45 PM	6:30 PM	Oct. 30	Dec 18		\$44.00	\$84.00	Alyssa L.	Gym Ctr.
Progressive Gymnastics	7 to 13	Tues	3:30 PM	4:15 PM	Oct. 29	Dec 17		\$44.00	\$84.00	Stacey B.	Gym Ctr.
Progressive Gymnastics	7 to 13	Wed	5:00 PM	5:45 PM	Oct. 30	Dec 18		\$44.00	\$84.00	Stacey B.	Gym Ctr.
Progressive Gymnastics	7 to 13	Fri	3:30 PM	4:15 PM	Nov. 1	Dec 20		\$44.00	\$84.00	Stacey B.	Gym Ctr.
Progressive Gymnastics	7 to 13	Fri	4:15 PM	5:00 PM	Nov. 1	Dec 20		\$44.00	\$84.00	Stacey B.	Gym Ctr.
Pre-Team	Invite Only	Tue	3:30 PM	4:30 PM	Oct. 29	Dec 17		\$66.00	\$98.00	Demi P./ Heather H.	Gym Ctr.
Pre-Team	Invite Only	Thu	3:30 PM	4:30 PM	Nov. 7	Dec 19	Oct. 31, Nov. 28	\$49.50	\$73.50	Demi P./ Stacey B.	Gym Ctr.

COMPETITIVE GYMNASTICS TEAM

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	INST	LOC
Silver Striver Team Time	Silver Team Only	Tue	4:30 PM	6:00 PM	Oct. 29	Mar 16	See Handbook.	\$340.00	Demi P./ Heather H.	Gym Ctr.
Silver Striver Team Time	Silver Team Only	Thu	4:30 PM	6:00 PM	Oct. 31	Mar 16	See Handbook.	\$340.00	Demi P./ Stacey B.	Gym Ctr.
Gold/ Level 8 Team Time	Gold/Level 8 Only	2x a season	Between Nikki and Gerrit times (37 workouts)		Oct. 28	Mar 16	See Handbook.	\$680.00	Nikki P./Gerrit D.	Gym Ctr.
Gold/ Level 8 Team Time	Gold/Level 8 Only	3x a season	Between Nikki and Gerrit times (55 workouts)		Oct. 28	Mar 16	See Handbook.	\$1,050.00	Nikki P./Gerrit D.	Gym Ctr.
Gold/ Level 8 Team Time	Gold/Level 8 Only	4x a season	Between Nikki and Gerrit times (74 workouts)		Oct. 28	Mar 16	See Handbook.	\$1,390.00	Nikki P./Gerrit D.	Gym Ctr.

YOUTH SPORTS

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	INST	LOC
Basketball Skills and Drills	Gr 1st-6th	Mon	3:45 PM	4:45 PM	Oct 28	Dec 16		\$30.00	\$60.00	Paul B.	Gym A/B
Basketball Skills and Drills	Gr 1st-6th	Tue	3:45 PM	4:45 PM	Oct 29	Dec 17		\$30.00	\$60.00	Paul B.	Gym A/B
Volleyball	Gr 3rd-8th	Wed	3:45 PM	4:45 PM	Oct 30	Dec 18		\$30.00	\$60.00	Staff	Gym A/B
Dodgeball	Gr 1st-6th	Thu	3:45 PM	4:45 PM	Oct 31	Dec 19	Nov 28	\$30.00	\$60.00	Paul B.	Gym A/B
Homeschool PE	5-8 yr	Fri	10:15 AM	11:00 AM	Nov 1	Dec 20	Nov 29	\$24.00	\$48.00	Demi	Gym A/B
Homeschool PE	9-15 yr	Fri	11:00 AM	11:45 AM	Nov 1	Dec 20	Nov 29	\$24.00	\$48.00	Demi	Gym A/B

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										
Sports Performance Training Teens	Ages 12-17	Mon	4:00 PM	5:00 PM	Oct 28	Dec 16		\$52.00	\$104.00	Mike/Aiden	S.P. Field
Sports Performance Training Teens	Ages 12-17	Tue	4:00 PM	5:00 PM	Oct 29	Dec 17		\$52.00	\$104.00	Mike/Aiden	S.P. Field
Sports Performance Training Teens	Ages 12-17	Wed	4:00 PM	5:00 PM	Oct 30	Dec 18		\$52.00	\$104.00	Mike/Aiden	S.P. Field
Sports Performance Training Teens	Ages 12-17	Thu	4:00 PM	5:00 PM	Oct 31	Dec 19	Nov 28	\$52.00	\$104.00	Mike/Aiden	S.P. 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	Oct 29	Dec 17		\$40.00	\$80.00	Rebecca B	Teen Center
Homeschool Art	Ages 5-8	Fri	9:15 AM	10:00 AM	Nov 1	Dec 20	Nov 29	\$40.00	\$80.00	Rebecca B	Teen Center
Homeschool Art	Ages 9-15	Fri	10:10 AM	10:55 AM	Nov 1	Dec 20	Nov 29	\$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	6:15 PM	6:45 PM	Sept 17	May 27		FREE	FREE	Tonya F/Allyson F	Meeting Room
Super Kids Fun Night Sport Tournaments	Gr 2-6	Fri	5:00 PM	7:00 PM	Nov 15	Nov 15		\$8.00	\$16.00	Staff	Gyms, Gym. Cntr., pool
Christmas Then and Now Family Night	Grandparent s/Grandchild	Fri	5:00 PM	7:00 PM	Dec 6	Dec 6		\$8.00 per child	\$8.00 per child	Rebecca B	Studio 2-3
Money Wise	7-11 yr	Wed	3:45 PM	4:45 PM	Oct 30	Dec 18		FREE	FREE	Leslie B	Meeting Room
Kid's in the Kitchen	Gr 1-6	Mon	4:00 PM	5:00 PM	Oct 28	Dec 16		\$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	Oct 31	Dec 19	Nov 28	\$40.00	\$80.00	Rhian M/Rachel P	Program Kitchen
Amigos - Kids Spanish	Gr 1-6	Tue	3:45 PM	4:45 PM	Oct 29	Dec 17		\$40.00	\$80.00	Gabby M	Comm. Rm.
Teen Night	12+ yr	Fri	6:00 PM	8:00 PM	Nov 1	Nov 1		\$5.00	\$5.00	Logan/Rachel	Underground
Underground Afterschool Program	8+ yr	Mon-Thur	3:00 PM	5:00 PM	Sept 3rd	May 30th		Free	Free	Logan	Underground
Underground Teen Hangout	10+	T/Th	5:00 PM	6:30 PM	Sept 3rd	May 30th		Free	Free	Logan	Underground
Underground - Days Off of School	8+	Thu	12:30 PM	5:00 PM	Oct 24	Oct 24		Free	Free	Logan	Underground
Underground - Days Off of School	8+	Fri	11:00 AM	3:00 PM	Oct 25	Oct 25		Free	Free	Logan	Underground
Underground - Days Off of School	8+	Fri	11:00 AM	3:00 PM	Nov 8	Nov 8		Free	Free	Logan	Underground

Kids Club

CLASS	MBR.	COMM.	LOCATION
Before School Care Daily	\$15.00	\$20.00	Kress Youth Activity Center
Before School Care 3 Days	\$27.50	\$32.50	Kress Youth Activity Center
Before School Care 4 Days	\$30.00	\$35.00	Kress Youth Activity Center
Before School Care 5 Days	\$32.50	\$37.50	Kress Youth Activity Center
Preschool 2 Days	\$60.00	\$70.00	Kress Youth Activity Center
Preschool 4 Days	\$90.00	\$100.00	Kress Youth Activity Center
Preschool Wrap-Around Care 2 Days	\$40.00	\$50.00	Kress Youth Activity Center
Preschool Wrap-Around Care 4 Days	\$75.00	\$85.00	Kress Youth Activity Center
After School Care Daily	\$25.00	\$35.00	Kress Youth Activity Center
After School Care 3 Days	\$60.00	\$70.00	Kress Youth Activity Center
After School Care 4 Days	\$68.00	\$78.00	Kress Youth Activity Center
After School Care 5 Days	\$72.00	\$82.00	Kress Youth Activity Center
Kids Day Out 1/2 Day	\$36.00	\$46.00	Kress Youth Activity Center
Kids Day Out Full Day	\$50.00	\$60.00	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	Oct 29	Dec 10	Nov 19	\$28.50	\$57.00	Rec Pool
Parent/Child B	18mo-3yrs	Tue	4:55 PM	5:30 PM	Oct 29	Dec 10	Nov 19	\$28.50	\$57.00	Rec Pool
Parent/Child A/B	6mo-3yrs	Wed	9:10 AM	9:45 AM	Oct 30	Dec 11		\$33.25	\$66.50	Rec Pool
Parent/Child A/B	6mo-3yrs	Fri	8:30 AM	9:05 AM	Nov 1	Dec 13		\$33.25	\$66.50	Rec Pool

PRESCHOOL SWIM LESSONS

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	LOCATION
Preschool Swim Stage 1	3 to 5	Tue	5:20 PM	5:55 PM	Oct 29	Dec 10		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 1	3 to 5	Wed	8:30 AM	9:05 AM	Oct 30	Dec 11		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 1	3 to 5	Fri	9:10 AM	9:45 AM	Nov 1	Dec 13		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 2	3 to 5	Mon	5:35 PM	5:35 PM	Oct 28	Dec 9		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 2	3 to 5	Tue	4:00 PM	5:15 PM	Oct 29	Dec 10		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 2	3 to 5	Thu	5:30 PM	6:05 PM	Nov 7	Dec 12	Oct.31, Nov. 28	\$23.75	\$47.50	Rec Pool
Preschool Swim Stage 2	3 to 5	Sun	8:15 AM	8:50 AM	Nov 3	Dec 15		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 3	3 to 5	Thu	4:45 PM	5:20 PM	Nov 7	Dec 12	Oct.31, Nov. 28	\$23.75	\$47.50	Rec Pool
Preschool Swim Stage 3	3 to 5	Sun	9:45 AM	10:20 AM	Nov 3	Dec 15		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 3	3 to 5	Sun	10:30 AM	11:05 AM	Nov 3	Dec 15		\$33.25	\$66.50	Rec Pool
Preschool Swim Stage 4	3 to 5	Sun	9:00 AM	9:35 AM	Nov 3	Dec 15		\$33.25	\$66.50	Rec Pool

YOUTH SWIM LESSONS

CLASS	AGE	DAY	START	END	START	END	NO CLASS	MBR.	COMM.	LOCATION
Youth Swim Stage 1	6+	Mon	5:30 PM	6:15 PM	Oct 28	Dec 9		\$33.25	\$66.50	Rec Pool
Youth Swim Stage 1	6+	Tue	4:30 PM	5:15 PM	Oct 29	Dec 10		\$33.25	\$66.50	Rec Pool
Youth Swim Stage 1	6+	Tue	5:20 PM	6:05 PM	Oct 29	Dec 10		\$33.25	\$66.50	Rec Pool
Youth Swim Stage 2	6+	Thu	4:30 PM	5:15 PM	Nov 7	Dec 12	Oct.31, Nov. 28	\$23.75	\$47.50	Rec Pool
Youth Swim Stage 2	6+	Thu	5:20 PM	6:05 PM	Nov 7	Dec 12	Oct.31, Nov. 28	\$23.75	\$47.50	Rec Pool
Youth Swim Stage 3	6+	Wed	4:45 PM	5:30 PM	Oct 30	Dec 11		\$33.25	\$66.50	Rec Pool
Youth Swim Stage 3	6+	Wed	5:40 PM	6:25 PM	Oct 30	Dec 11		\$33.25	\$66.50	Rec Pool
Youth Swim Stage 4	6+	Mon	4:00 PM	4:45 PM	Oct 28	Dec 9		\$33.25	\$66.50	Rec/Comp Pool
Youth Swim Stage 4	6+	Thu	4:00 PM	4:45 PM	Nov 7	Dec 12	Oct.31, Nov. 28	\$23.75	\$47.50	Rec/Comp Pool
Youth Swim Stage 5	6+	Wed	4:50 PM	5:35 PM	Oct 30	Dec 11		\$33.25	\$66.50	Comp Pool
Youth Swim Stage 5	6+	Thu	4:50 PM	5:35 PM	Nov 7	Dec 12	Oct.31, Nov. 28	\$23.75	\$47.50	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	Oct 28	Dec 18		\$76.00	\$152.00	Comp Pool
DCY SWIM Team (Juniors)3 day	6+	M/T/TH	3:45 PM	5:00 PM	Oct 28	Mar 21	Nov 28	\$365.00		Comp Pool
DCY SWIM Team-JE/Seniors 3 Day	9+	M/T/TH	5:15 PM	7:00 PM	Oct 28	Mar 21	Nov 28	\$420.00		Comp Pool
DCY SWIM Team-JE/Seniors 4 Day	9+	M-TH	5:15 PM	7:00 PM	Oct 28	Mar 21	Nov 28	\$600.00		Comp Pool
DCY SWIM Team-JE/Seniors 5 Day	9+	M-Th(PM) F (AM)	5:15PM 6:00AM	7:00 PM 7:00AM	Oct 28	Mar 21	Nov 28	\$760.00		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 - MUST attend all four days	15+	Thu-Sun						\$325.00		Heidi	Rec/Comp & Meeting Rm.
Lifeguard Recertification Training - MUST hold a current lifeguard certification	15+	Saturday						\$150.00		Heidi	Rec/Comp & Meeting Rm.