



Class Descriptions Northern Door Program Center

3866 Gibraltar Rd
Fish Creek, WI 54212
(920) 868.3660

After School Art and STEM - Grades K-5 - This program will teach kids design, creativity, and personal expression. We will work on a variety of art and STEM projects each week that are both educational and fun!

After School Sports - Grades 1-5 No description available.

Aqualite - • Ages 13+ 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.

BodyPump™ - • Ages 13+ BodyPump™ by Les Mills is a cutting edge strength-training workout choreographed to great music. Participants will burn over 400+ calories per class using low weights and high reps to fatigue all of the major muscle groups.

Core & More - • Ages 13+ A well rounded class to strengthen and tone your core muscles! Floor work included.

Cycle - • Ages 13+ 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.

DCY Swim Team - Ages 6 to 18

Flex Power - • Ages 13+ Flex power is a strength training class using a barbell and various other pieces of equipment. You determine your level of fitness. Stretch and abdominal work included.

Healthy Choice - Ages 13+; Fun, easy to follow aerobic, muscle, endurance and conditioning class for all levels.

Home School Phy-Ed - • School aged Interested in gym class for your home-school child? The YMCA offers the perfect location for this type of educational opportunity.

KinderSports - • Ages 3 to 5 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.

Knee/Hip Joint - • Ages 13+ Is a new joint in your future? Have a new joint and want to sustain your gains? This is a collaborative program between Door County Medical Center and the YMCA.

Monkey Tales - Ages 3 to 5 - Northern Door - Each week the teacher will read a new book or story. Children will then work on a craft, project or activity about that story. New stories and activities will be featured each week.

Pickleball - All Levels - Three courts will be set up during this time; one for beginner's play, one for intermediate play and one for advanced play. Doubles play; 30 minute limit for each court.

Pilaqua - • Ages 13+ 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. Must be comfortable in the water.

Silver and Fit Experience - Ages 13+ 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.

Silver Sneakers Classic - • Ages 13+ Sturgeon Bay; • Ages 50+ Northern Door A chair-based exercise program with a focus on muscular strength and range of movement. Hand-held weights, elastic tubing with handles and a ball are used.

Step - • Ages 13+ Step classes are a great way to add aerobic conditioning to your workout, stepping up and down on a platform of varied heights or adding power moves to challenge yourself, work at your own pace with this fun, high-energy class!

TONE™ - Ages 13+ An optimal mix of strength, cardio and core training featuring a challenging mix of lunges, squats, functional training and tubing exercises that will help you take your fitness to the next level. Options available for all fitness levels.

Yoga - Beginner - • Ages 13+ 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.

Yoga - Beginner & Intermediate - • Ages 13+ Hatha Yoga, a mind-body exercise class that develops balance, strength, and flexibility and well-being. Varied levels offered.

Youth Soccer - Youth Soccer is a semi-competitive program for boys and girls. Kids will learn the skills of the game while focusing on good sportsmanship, competition and playing with others their age. Skill development and game play is included each week.