



## Class Descriptions Sturgeon Bay Program Center

1900 Michigan Street  
Sturgeon Bay, WI 54235  
(920) 743-4949

**Adult Swim Lessons** - Ages 16 + This class is designed to improve freestyle technique and endurance. This is the ideal class for adult lap swimmers, triathletes and post competition swimmers. We will have progression challenges for all levels.

**After School Sports and Games** - Available to Grades K-5 Please contact Northern Door Youth Director Lee McConkey at [lmconkey@doorcountyyymca.org](mailto:lmconkey@doorcountyyymca.org) for more information on this program.

**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.

**Aquatic Knee & Hip Joint** - • Ages 13+ For those with Impending joint replacement or those who have had this surgery. The water provides cushion and support while reducing the impact of your joints, allowing you to do more than you would on land. In both shallow & deep water.

**Barre** - This 45-minute total body class will get your muscles shaking like never before. The class will flow through low-impact, high intensity movements meant to shape and tone your muscles.

**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.

**Dance Jam** - • Ages 13+ 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!

**Dolphin Club** - • Ages 5+ Sturgeon Bay • Ages 6+ Northern Door For swimmers interested in competitive swimming, but not ready for the Swim Team. Swimmers will see what it's like to be on the team and will see great stroke improvement and improved physical fitness.

**Fit for Life** - • Ages 13+ A great cardio and strength class. Participants run stairs, do step ups, and lots of aerobic and floor work.

**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.

**Goju Ryu Karate** - • Ages 6+ The Japanese term Goju means "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. No experience is necessary. (Uniform is required)

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

**HIIT** - Ages 13+ High-Intensity Interval Training is a compact class - no more than 30 minutes - that aims to push you to your max for a short period of time followed by rest and then repeated.

**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.

**Kettlebell** - • Ages 13+ This class combines cardio, strength and endurance development. Come and experience a whole-body workout using a kettlebell.

**KinderGymnastics** - • Ages 4 to 6 The emphasis of KinderGymnastics is the basics of the sport: basic body positions, swinging, rotating, balance, flexibility, strength and agility. Children will learn beginning skills and terminology associated with gymnastics.

**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.

**Land Arthritis** - • Ages 13+ This class is developed by the Arthritis Foundation, designed to help keep joints flexible and muscles strong. You'll have less pain and more confidence in your ability to continue activities.

**Livestrong Alumni** - • Ages 13+ Livestrong is a powerful program for those who are affected by cancer. Please refer to the Sturgeon Bay fitness section of the program guide for additional information.

**Meditation** - Participants will learn basic meditation techniques and tools for self-care and stress management. Give yourself a 'timeout' to increase self-awareness, promote relaxation and reduce 'MonkeyMind'.

**Meditation Guided** - Take a journey that explores the basics of a mindfulness meditative practice. Those who meditate on a regular basis experience greater levels of concentration, self-awareness, happiness, cognition, cardiovascular and immune health.

**Over Your Head** - • Ages 13+ 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 This program is designed to improve mobility for those affected by Parkinson's disease and Parkinson's related issues. Offered in collaboration with Ministry Door County Medical Center.



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**Pickleball - 101 Class** - Offered twice a month on the beginner court to welcome new players to the game. This time will be focused on instruction for beginners

**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.

**Progressive Levels 1, 2, 3** - • Ages 6 to 13 The YMCA's Progressive Gymnastics begins with laying the basic foundation of gymnastics (balance, repulsion, amplitude, form and style.) Higher levels focus on building and refining skills and routines.

**RIP** - • Ages 13+ Rip is a program designed for people of all ages and fitness levels. Matching movement to music and using a weighted barbell. Strong for Life!

**Senior Strength** - • Ages 50+ 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 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!

**Stepping On Fall Prevention** - Stepping-On is a community-based program aimed at educating participants and building confidence to reduce and/or eliminate falls.

**Tai Chi Movement** - • Ages 13+ 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.

**Tumble Tots** - • Ages 2 1/2 to 3 1/2 If you're looking for a bit of creative movement and toddler gymnastics, this NEW parent/child class is for you and your little one!

**Twinges** - Ages 13+ Exercise program designed to accommodate those with arthritis and related diseases. Improve muscular strength, endurance and flexibility, maintain independence and manage pain. You do not need to know how to swim to enjoy this class.

**Underwater Hockey** - • Ages 9+ Learn and develop the skills of underwater hockey. 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.

**Workout With Gerrit** - • By Invitation For advanced gymnasts who are on the Strivers Team; participation is by invitation only.

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

**Yoga - Chair** - • Ages 13+ This is a chair-based class. Using guided meditation, students will improve their flexibility, strength and balance as they develop stronger back and abdominal muscles.

**Yoga - Swasthya** - • Ages 13+ Swasthya Yoga explores different yoga traditions in a relaxed and comfortable manner at all skill levels. It uses low impact forms with awareness of breath, movement and mindfulness.

**Youth Dance - Ballet/Tap** - Ages 5-6 Emphasis on technique and alignment. Dancers will perform proper stretching exercises along with exercises designed to improve strength and flexibility. Using memorization and musicality will be expected and dance vocabulary will be used.

**Youth Dance - Creative Movement** - Ages 5-7 This dance class is a fun, simple, creative movement class for kids. Each week we will have a different theme including ballet, hula hoops, balloon fun, country line dancing, hip hop, and cheer.

**Youth Floorball** - • Gr 1 to 6 This fun, fast-paced game resembles floor hockey but is played with a plastic ball, lightweight sticks and small nets. Kids learn the skills and concepts of the game, while honing in on teamwork, camaraderie and enjoyment of the sport.