



Door County YMCA

Program Descriptions

RV 08/10/2026

Group Exercise Programs

Group Ex ages: 13+ (unless indicated otherwise)

Aqualite (Kane Center, Sturgeon Bay)

A fun, supportive, and great water class for all levels! You'll build strength, improve cardio, and increase flexibility. You do not need to know how to swim to enjoy this class.

Aquatic Knee and Hip (Sturgeon Bay)

Is a joint replacement in your future? Have you already had a knee or hip replacement and want to sustain the gains that you already made? The water environment provides cushion and support while reducing the impact of your joints. When you exercise, the buoyancy, hydrostatic pressure and viscosity allow you to do more than you usually would be able to on land. This class is held in our warm water pool. You should be comfortable in both shallow and deep water. Our Class is a collaborative program between Door County Medical Center and the YMCA. Between the periodic visits from DCMC therapists and working with our certified YMCA trainers at every class, we will help you realize success with your flexibility and build your strength and endurance. Fees subsidized through the support of the Door County Medical Center. Paperwork including a physician's approval is required prior to starting class.

Beginner Kettlebell (Sturgeon Bay)

This class will introduce the beginner to basic kettlebell techniques, such as the kettlebell deadlift, swing, press and Turkish get up. Learn how to safely utilize the kettlebell to gain strength and improve cardio fitness. Each class will include a mobility warm up and body weight strength exercises as preparation for kettlebell work.

Beginner Pickleball (Kane Center)

Learn and develop the skills of the popular sport of pickleball. Learn the rules and techniques required to play competitively or recreationally. Get a great active workout that is fun all while learning a new sport.

BodyPump® (Kane Center)

BodyPump™ by Les Mills is a 60-minute, strength-training workout choreographed to 10 tracks of great music. Appropriate for all ages and fitness levels, participants will burn up to 600 calories per class using low weights and high reps to fatigue all of the major muscle groups. Allow our certified instructors to help you build strength and tone muscle, pushing you to your limit and beyond every time!

Cardio & More (Sturgeon Bay)

Get a total body workout combining cardio, strength, and core exercises. This class is designed to improve endurance, build muscle, and keep workouts fun with a variety of movements and equipment options for all fitness levels. This class includes both standing exercises and floor work for a well-rounded workout.

Cycle (Kane Center, Sturgeon Bay)

This stationary cycling class is a great and energizing cardio workout for all fitness levels. The instructor will challenge you using music, drills, and intervals to get a great workout. Participants control the intensity of their ride, making it a great option for all fitness levels while enjoying motivating music and a supportive group atmosphere.

Dance Fit (Kane Center, Sturgeon Bay)

Dance Fit is a fun, high-energy workout that combines easy-to-follow dance moves with cardio exercise to improve endurance, coordination, and overall fitness. Participants will move to upbeat music while enjoying a welcoming group atmosphere that makes exercise feel more like a party than a workout.

Essentrics® (Sturgeon Bay)

A dynamic, full body workout that simultaneously combines stretching and strengthening, while engaging all muscles. Through standing and floor work, this class will increase your flexibility and mobility for a healthy and toned body.

Essentrics® Extra Strength (Sturgeon Bay)

A full body workout combining the original Essentrics foundational stretching and strengthening routine with the EXTRA of strength training using hand weights. Through standing and floor work, this class will increase flexibility, strength, mobility, and endurance.

Fit for Life (Sturgeon Bay)

Get a total body workout combining cardio, strength, and core exercises. This class is designed to improve cardiovascular health by running or walking, climbing stairs, building muscle through body and free weight work. Come check out this really fun class with a supportive community. This class includes both standing exercises and floor work for a well-rounded workout. All fitness levels are welcome.

Flex Power (Sturgeon Bay)

Flex Power is a strength-focused workout designed to build muscle, improve endurance, and increase overall body strength. Using a variety of equipment and functional movements, participants will work through both upper, lower body, and core exercises in a supportive, motivating group setting. Through a mix of standing and floor work this class will leave you feeling strong!

ForeverWell™ Strength (Kane Center, Sturgeon Bay)

Also offered as a virtual class at both Sturgeon Bay and Kane Centers

It's never too late to start weight training. This class is focused on building strength, balance, and flexibility using low-impact, body-weight, and lightweight movements. This class involves floor exercises. Participants must be able to get up and down from the floor.

Healthy Choice-Beginner (Sturgeon Bay)

Fun, easy to follow aerobic, muscle, endurance and conditioning designed with a lower intensity and pace than Healthy Choice. Get moving with simple and progressive, heart-healthy cardio movements. The class finishes with strength and balance exercises to help improve stability, coordination, and everyday function.

Healthy Choice (Sturgeon Bay)

Also offered as a virtual class at both Sturgeon Bay and Kane Centers

Healthy Choice is a cardio class designed to improve heart health, endurance, and overall fitness in a supportive environment. Participants can expect easy-to-follow movements, a mix of standing and floor work, and options for all fitness levels. The class finishes with strength and balance exercises to help improve stability, coordination, and everyday function.

HIIT (High-Intensity Interval Training) (Kane Center, Sturgeon Bay)

HIIT is a fast-paced workout that alternates short bursts of hard effort with brief recovery periods to boost cardio fitness and burn calories. Expect a mix of bodyweight and strength exercises that challenge your whole body in a fun, energizing format. All movements can be modified so participants can work at their own intensity level.

H2O Bootcamp (Sturgeon Bay)

H2O Boot Camp is aimed at delivering a full body workout that leaves you stronger each and every time! Let us help you meet and exceed your fitness goals with water workouts that combine various types of resistance and cardio training and circuits. Participants will use a variety of water weights, and more all while working and toning each and every muscle group! This class is adaptable for all fitness levels, no previous experience or knowledge of swimming is necessary.

Introduction to Foam Rolling (Kane Center)

This beginner friendly class introduces the fundamentals of foam rolling and tennis ball techniques to help release muscle tension, improve flexibility, and support overall mobility. Participants will learn how to use a foam roller to target tight muscles, improve circulation, and reduce aches and stiffness.

Kettlebell (Sturgeon Bay)

Kettlebells are the latest and most popular strength-training tool, considered to be the best combination for cardio, strength and endurance development. Experience an incredible whole-body workout that improves your endurance, strength, flexibility and power. (Offer Be

Knee and Hip (Kane Center, Sturgeon Bay)

Is a joint replacement in your future? Have you already had a knee or hip replaced and you want to sustain the gains that you have already made? This class will improve your chances for a great outcome! Our Knee/Hip Joint Class is a collaborative program between Door County Medical Center and the YMCA, designed to help you get yourself to where you want to be. Between the periodic visits from DCMC therapists and working with our certified YMCA trainers at every class, we will help you realize success with your flexibility and build your strength and endurance. Paperwork including a physician's approval is required prior to starting class. Fees subsidized through the support of the Door County Medical Center.

Land Arthritis (Sturgeon Bay)

Also offered as a virtual class at both Sturgeon Bay and Kane Centers

Join us for this exercise program developed by the Arthritis Foundation that will help you feel better! This class is designed to help keep joints flexible and muscles strong, help you sleep better, increase your energy and improve your overall outlook. You'll have less pain and more confidence in your ability to continue the activities you want to do. The instructor is certified by the Arthritis Foundation.

Line Dancing (Sturgeon Bay)

Line Dancing class is a fun, social, and energetic way to dance in a group while learning choreographed routines to various music styles. Participants will learn basic steps and patterns, often broken down and demonstrated by the instructor, and have the opportunity to practice together.

LIVESTRONG® at the Y

LIVESTRONG® at the YMCA is a small group exercise and movement program for cancer survivors. This program empowers participants to improve their health and quality of life while diminishing the adverse effects of cancer or various cancer treatments. Each 12-week session consists of classes that meet for 75 minutes two times per week. Class will include strength training, cardiovascular endurance, nutrition, and more. All fitness levels are welcome. In addition to physical benefits, the program is also

focused on the emotional well-being of survivors and their families by providing a supportive community environment where people affected by cancer can connect during treatment and beyond.

All program participants receive a FREE family Y membership for the session's duration.

Meditation- Beginner (Sturgeon Bay)

Looking to explore Meditation? Join our beginner mediation class and take a journey that explores the basics of a mindfulness meditation practice. Those who meditate regularly experience greater levels of concentration, self-awareness, happiness, cognition, and cardiovascular and immune health.

Meditation- Guided (Sturgeon Bay)

Have you meditated before and want to get back into meditation? Join us for a guided meditation that will focus on mindfulness. Those who meditate regularly experience greater levels of concentration, self-awareness, happiness, cognition, and cardiovascular and immune health.

Memory In Development (M. IN D.) (Sturgeon Bay)

M. IN D. is a research-driven workshop for those who are suffering from memory issues or are concerned about memory loss. This class engages participants and care partners throughout education, exercise, and encouragement in a socially enriching atmosphere. This program is taught in collaboration with DCMC.

Moving For Better Balance (Sturgeon Bay)

This is a 12-week evidence-based fall prevention program proven to reduce falls by 55%. Over 12 weeks, participants will learn 8 modified forms of Tai Chi and balance exercises. This class will help you improve your strength, balance, flexibility and mobility through slow movements and deep breathing.

Moving For Better Balance Alumni (Sturgeon Bay)

This class is for the graduating students of our Moving For Better Balance classes. Continue to work on your strength, balance and flexibility.

Over Your Head (Sturgeon Bay)

Deep-water cardio/strengthening water workout with no impact! Use jog belts, dumbbells, and noodles. This class improves cardiovascular endurance, strength, and core stability while reducing stress on the joints, making it a great option for a variety of fitness levels. Must be comfortable in deep water.

Parkinson's Exercise (Sturgeon Bay)

An exercise group geared towards individuals with Parkinson's Disease (PD) and Parkinson's Related Syndromes (PRS) These exercise groups are designed & led by a physical therapist with experience working with individuals with PD & PRS. The hour long class is split into 1/2 hr sessions. 30 minutes will be spent on stretching with focus on trunk mobility. The other 30 minutes, participants will walk on a treadmill. The theory behind this program is that improved trunk mobility combined with an aerobic conditioning program should lead to improvement or maintenance of functional activities used in everyday life. Wear comfortable clothes, athletic shoes & bring a water bottle to class. If you have any questions, please call Carl, PT or Hannah, PTA at Door County Medical Center at (920) 746-0410.

Rock Steady Boxing for Parkinson's (Sturgeon Bay)

Rock Steady Boxing is a non-contact boxing program specifically designed for people with Parkinson's disease. It utilizes boxing inspired, strength, balance, and functional exercises to improve physical function and overall quality of life for individuals with Parkinson's. Wear comfortable clothes, athletic shoes & bring a water bottle to class.

Personal Training (Kane Center, Sturgeon Bay)

Get in shape with our Personal Trainers who are committed to help you improve your physical fitness, health, and overall quality of life. All sessions are catered to individual needs to help you achieve maximum results and meet your fitness goals.

Pickleball Strength & Agility (Sturgeon Bay)

Move quicker. Hit harder. Play longer. This class builds the strength, agility, and balance you need to elevate your pickleball game and prevent injuries — all in a fun small-group (multi-level) setting. Limited space!

Pilaqua (Kane Center)

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. Participants should be comfortable in the water.

Pilates (Kane Center, Sturgeon Bay)

Mat Pilates is a low-impact class that focuses on core strength, flexibility, posture, and balance through controlled movements performed on a mat. Participants will improve overall body awareness and stability while building strength in a supportive, welcoming environment, and modifications are provided to accommodate all fitness levels.

P.O.W.E.R (Sturgeon Bay)

Unlock your fitness potential and discover your power. Join us for a fun and innovative workout on our performance turf using unique fitness equipment including our battle ropes, weighted tank, TRX, and more. Transform your body as you build lean muscle and endurance. Our certified trainers will help you reach your goals, teach proper techniques, and motivate you to reach your potential no matter the starting point. Classes run in a 30 minute and 1 hour format to fit all needs. During class, participants will cycle through stations and perform a variety of exercises. Throughout the program progress is tracked through a variety of assessments.

Power Lift (Kane Center)

Get a full body workout designed to build and maintain strength and muscle. This class targets all major muscle groups using heavier weights for shorter, intense sets to challenge your body and boost overall strength. Perfect for toning, sculpting, and improving functional fitness.

RIP (Sturgeon Bay)

RIP is a total-body strength workout that combines resistance training, powerful movements, and high repetitions to build muscular endurance and strength. Using a barbell, weights, and bodyweight exercises, you'll challenge your entire body in a motivating, music-driven format. All fitness levels are welcome, with options to adjust intensity and weight.

Silver and Fit Experience (Kane Center)

The Silver and Fit Experience is 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. Strength exercises are performed in a standing position with the option of using a chair for light support, and moderate cardio and mobility movements will be practiced.

Silver Sneakers BOOM Muscle (Kane Center, Sturgeon Bay)

Are you an older adult looking for more of a challenge? BOOM MUSCLE incorporates athletic exercises that boost overall fitness, health, and total body conditioning. In this class you will move through several "blocks" which are groups of exercises that focus on different muscle groups for strength and activity-specific drills to improve strength, balance, endurance, and functional skills.

Silver Sneakers Classic (Kane Center, Sturgeon Bay)

Also offered as a virtual class at both Sturgeon Bay and Kane Centers

A great class for seniors and individuals who have physical challenges with a focus on muscular strength and range of motion. In this chair exercise program, you'll have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, balance, and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Sprint 8® (Sturgeon Bay)

DISCOVER MAXIMUM RESULTS IN MINIMUM TIME. Sprint 8 is an efficient, science-based, fat-burning sprint-Intensity Interval program that gives you a complete cardio workout, Including warm-up and cool-down, In just 25

minutes. This Is a great exercise program for burning calories and reducing body fat, most people see results in just eight weeks or less. We will coach you and help you discover what sprint is best for you whether you choose a treadmill, bike, or elliptical.

Sports Performance Training (Sturgeon Bay)

Are you ready to become a better athlete? Unlock your fitness potential and elevate your training to new heights with the YMCA's cutting-edge sports performance training. This program is proven to increase your strength, power, and endurance. With pre and post-testing, athletes will know where they Improved and where they still need Improvement after each session. Transform your body as you build lean muscle, reduce your Injury risk, and meet new friends. Sports performance training Is a community-focused, certified trainer-led, and results-driven program using cutting-edge equipment.

Starter Fit (Sturgeon Bay)

Starter Fit is an instructor-led 8-week small group orientation for anyone who is new to fitness and wants help starting out. We will teach you how to use all the cardio machines and selectorized strength machines at a slow and steady pace. No matter your fitness experience you will leave with a sense of accomplishment and confidence in the wellness center.

STAYSTRONG (Sturgeon Bay)

StayStrong is a class for LIVESTRONG alumni to continue their wellness journey with the friends they have made. Continue to build your strength and endurance while creating a support system with fellow survivors.

Step (Kane Center, Sturgeon Bay)

Step classes are a great way to add aerobic conditioning to your workout! By using the motion of stepping up and down, you can vary the intensity of your workout by adjusting the platform height. Strength and endurance work is included toward the end of class to give you one well rounded high-energy workout.

Stretch and Relaxation (Kane Center)

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 "monkey mind".

Tai Chi Movement (Kane Center, Sturgeon Bay)

Tai Chi is a gentle, flowing movement class that combines slow, mindful exercises with deep breathing to improve balance, flexibility, and mental focus. Participants will enhance overall well-being, reduce stress, and develop strength and coordination.

Tai Chi Movement 2 (Kane Center)

Tai Chi Movement 2 will expand upon the lessons from Tai Chi Movement by introducing more advanced and intricate Tai Chi forms and by delving more deeply into Tai Chi meditative and energy work practices, including two-person techniques. It is recommended that students complete Tai Chi Movement or have previous Tai Chi experience prior to participating in this class.

TRX (Sturgeon Bay)

TRX® Band Small Group Training is geared towards increasing functional strength, this class, led by one of our personal trainers provides new exercises and direction on how to incorporate TRX straps into your workout.

Twinges (Kane Center, Sturgeon Bay)

An exercise program designed to accommodate individuals with arthritis and other related diseases. Taught in a group setting with activities and exercises to encourage self-care, provide social interaction, improve muscular strength, endurance and flexibility, maintain independence, manage pain and relieve symptoms of arthritis. When you exercise, the buoyancy, hydrostatic pressure and viscosity allow you to do more than you usually would be able to on land. This class is held in our warm water pool. You do not need to know how to swim to enjoy class.

Underwater Hockey (Sturgeon Bay)

Learn and develop skills of underwater hockey, a global non-contact sport in which teams compete to maneuver a puck across the bottom of the pool in goals. Players wear a dive mask, snorkel, fins and use a short hockey stick. Kendall Banks, our instructor, played underwater hockey for over 30 years. He is a former Underwater Hockey National Director of the Underwater Society of American and captain of the US national team at the first ever Underwater Hockey World Championships in 1980 through 2006.

Volleyball League

Monday Night Volleyball League, A League.

Monday Night Volleyball League, B League.

W3-Women, Weights and Wellness (Sturgeon Bay)

Get lifting tips and form correction. You can also get exercise ideas to refine your routine. Strength training is a critical component of a balanced fitness routine and healthy lifestyle for women of all ages and life stages. No registration necessary. Check for scheduled classes.

W.O.W (Women on Weights) (Sturgeon Bay)

W.O.W Is a strength training class designed specifically for women. The goal is to teach women the proper design and structure of a sound strength training program. Meet friends and build confidence in the gym.

Y's Weight Loss (Kane Center, Sturgeon Bay)

A 12-week weight loss program with no gimmicks and no restrictive approaches-just tools you need to make the necessary changes to achieve your wellness goals. Our program provides helpful tips and strategies to incorporate nutrition and physical activity into your lifestyle, while also addressing motivation, obstacles and pitfalls that make losing weight (and keeping it off) such a challenge.

Y's Weight Loss Alumni Club (Sturgeon Bay)

Healthy habits are a lifelong journey. Let's stay on the journey together and continue supporting one another. Join us each week for a quick weekly weigh-in. This program aims to help you maintain or continue your

weight-loss journey. The instructor will be available for weekly weigh-ins and weight loss/nutritional questions

Yoga-Beginner/Intermediate (Kane Center, Sturgeon Bay)

This is a class designed to build strength, flexibility, and balance through foundational poses and mindful breathing. The focus is to become stronger, have more balance, and coordination. Modifications are offered to accommodate all levels, allowing participants to progress at their own pace. All ages are welcome, however you must be able to get up and down from the floor.

Yoga-Chair (Kane Center, Sturgeon Bay)

Chair Yoga modifies mat yoga for the senior, or less active. If you want a gentle workout to: get started, are recovering from surgery, or have an injury, weight, or mobility issues, consider Chair Yoga. All movements are done sitting in a chair or standing near one. Improving balance and increasing flexibility are two goals of this class. Most participants experience a sense of calm and relaxed breathing. Benefit from the grace, beauty, and gentle energy of chair yoga.

Yoga for Pain Relief (Sturgeon Bay)

Mindful Yoga for Pain Relief: A slow-paced practice designed for nervous system regulation and chronic pain management. This class targets the neck, shoulders, low back, and hips to release deep-seated tension and stiffness. Using a blend of structured flow, supportive poses, and breathwork, this practice can help participants manage chronic pain and improve mobility, flexibility, and balance. Standing and floor exercises.

Yoga-Restorative (Kane Center)

This gentle practice is suitable for all levels of experience. Remaining seated or lying down for the entirety of our time together we are able to activate our parasympathetic nervous system and move from the typical fight or flight mode into rest and digest. Each class is designed to move the body through postures that link the body with breath, release tension, increase flexibility, and cultivate a calm presence.

Yoga-Swasthya (Sturgeon Bay)

As practiced here at the Y, Swasthya Yoga explores a number of different yogic traditions in a relaxed and comfortable manner, easily accomplished by all skill and comfort levels. The word swasthya is derived from Sanskrit, meaning well being of the total person. It uses low impact forms with awareness of breath and movement that incorporates visualization and mindfulness. It is based on Patanjali's basic fundamental yogic rules, which include devotion to the practice, the asana or postures and meditation.

Yoga-Vinyasa (Sturgeon Bay)

A Vinyasa yoga class is a dynamic "flow" style where poses are linked together seamlessly, moving from one to the next with each breath, creating a fluid, often rigorous practice that builds heat, strength, and flexibility, unlike slower styles that hold poses longer. This class incorporates sun salutations and creative sequences, making each session a unique moving meditation. Although the defining feature of Vinyasa is the rhythmic flow of movement, the instructor will also teach the specific postures and assist participants as needed. Beginners are welcome, as anyone with moderate strength and mobility will benefit from this class.

Zumba GOLD® (Sturgeon Bay)

Zumba GOLD® is a fun, low-impact dance fitness class designed for active adults and beginners. Participants will move to energetic music with easy-to-follow choreography that improves cardiovascular health, coordination, and overall fitness in a supportive, social atmosphere.

Youth Programs

Annual Spring Fling Dance (Sturgeon Bay)

Grades 6-9

Join your friends and make new connections during an epic dance party. Get dressed up, take some great photos, dare to dance with a crush and make memories that will last a lifetime. This is an amazing opportunity for teens from all Y programs from swimming to gymnastics to art, as well as teens from every school district to get together with their YMCA buddies and celebrate that spring is in the air!

Annual YMCA Art Show (Sturgeon Bay)

Our Annual art show featuring YMCA Art Program participants is back and sure to be our best yet! Join us in the Underground to celebrate the impressive creative skills being nurtured at the Y.

Submission Guidelines will be shared with class participants. Our Artists can't wait to share their work with you!

Art Exploration for Adults with Disabilities (Sturgeon Bay)

Please pre-register if possible so we can purchase the supplies.

Each one hour session will be an opportunity to socialize and express yourself using a variety of art materials. We'll focus on open ended projects as we draw inspiration from famous works of art, music, the seasons, and even each other. Some demonstrations of materials and technique may be included in each class, but the focus will be on individual expression and finding joy in the process of creating art. We will celebrate our work with a spring art show along with other YMCA art program participants.

Baseball/Softball Spring Training (Sturgeon Bay, Kane Center)

Grades 1st- 6th

Instructional based class focused on learning different weekly skills. Throwing form, fielding, hitting, baserunning, and teamwork will all be covered. Games/scrimmages will be held in the last few weeks.

Basketball Skills and Drills (Sturgeon Bay, Kane Center)

Grades 1st-6th

Learn the fundamentals of basketball with Coach Paul Briney! Skill development will be focused on dribbling, passing, shooting, and simulated games. No experience required.

Basketball - Saturday's (Sturgeon Bay)

Ages 4- 12

Weeks one and two will be focused on skill development, with the following weeks leading to games/scrimmages. All children receive a shirt.

Creative Movement (Sturgeon Bay)

Ages: 3-5

This fun active class encourages young children to explore their bodies and express themselves through playful movement, rhythm, and music. With fun

activities and guided improvisation, kids develop coordination, balance, spatial awareness, and confidence while nurturing their creativity and love of dance

Dodgeball (Sturgeon Bay, Kane Center)

Ages: 6-12

After School Dodgeball uses many different formats of dodgeball throughout the session. Teamwork and participation are heavily emphasized, as everyone will have a role in these fast paced games.

Flag Football Practice (Sturgeon Bay, Kane Center)

Ages: 6-12

Flag Football Practice is designed to help children build on their flag football skills in an after school format, practicing catching, throwing, running, and juking. Participants do not have to additionally sign up for Saturday games as well. A new skill will be introduced each week with scrimmages taking place near the end of the session.

Flag Football - Saturday's (Sturgeon Bay)

Ages: 4-12

Saturday Flag Football is broken down into three different age groups- 4k/5k, 1st-2nd, and 3rd-6th. In this eight week program, the first two weeks are run like a scouting combine with different drills and races. The last six weeks, participants will receive a jersey and be assigned to a team. They will spend the remaining weeks playing the other teams.

Gaga Ball (Sturgeon Bay, Kane Center)

Ages: 6-12

Gaga Ball is a fast paced game that takes place in our inflatable gaga pit. Upon start, everyone enters the pit and takes turns trying to hit the ball at another person's shins (knee all the way down to feet counts) If the person gets hit in that area, they are out. Games end when one final person is left in then all can restart.

Homeschool PE (Sturgeon Bay, Kane Center)

Ages: 5-17

Interested in gym class for your home school child? The YMCA offers the perfect location for this type of educational opportunity. Children will get a chance to play sports and fun gym games in a welcoming environment. Class will be inside and outside depending on weather.

Homeschool Lunch and Recess (Sturgeon Bay)

Ages: 5-17

Friday mornings are full of fun for Homeschoolers! Kids aged 5 thru high school can participate in community building homeschool classes like gym and art, and now they'll even have the opportunity to strengthen their friendships during a staff supervised lunch and recess period. Kids in each age group (5-10 and 11-17) will have 20 minutes to eat cold lunch (brought from home) together before heading outside for 25 min of recess fun in Peterson Park. Kids 8 and up, who are comfortable transitioning independently between classes, can be left at the Y to complete Art, Gym, lunch and recess without a parent. (9:15a thru 11:45a for ages 8-10 and 10:10a thru 12:30 for ages 11 and up) Our youngest homeschoolers, aged 5-7, will still need a responsible adult to help them get to their classrooms. Lunch and recess will be staff and volunteer supervised for all ages.

Homeschool Art (Sturgeon Bay)

Ages: 5-17

Your child will gain both confidence and an understanding of the visual arts while building, painting, and drawing. Lead by Rebecca Brown.

Hip Hop 1 (Sturgeon Bay)

Ages: 5-7

Perfect for first-time dancers, this beginner hip hop class is all about learning the basics while having a blast! Kids will explore fun, age-appropriate moves set to upbeat music that keeps them energized and engaged. Dancers will build coordination, rhythm, and confidence through easy-to-follow warm-ups, basic footwork, and simple choreography. No experience needed. Just come ready to move, groove, and have fun!

Hip Hop 2 (Sturgeon Bay)

Ages: 8+

Get ready to groove! This high-energy class introduces kids to the basics of hip hop dance in a fun, supportive environment. Dancers will learn age-appropriate moves, improve coordination, and build confidence through upbeat combinations and freestyle exploration. Each class includes a warm-up, across-the-floor drills, and choreography set to kid-friendly hip hop and pop music. No previous dance experience required just a great attitude and a love of music!

Imagination Creation Station (Sturgeon Bay)

Ages: 3-5

Let your littles explore the intersection of Art, Literature and Pretend Play each week at Imagination Creation Station. Each class will introduce your child to a different artist or children's author, from Picasso to Eric Carle. Kids will have opportunities to sculpt, snip, paint and draw as we create projects inspired by the Greats. We will also explore stories and artists through active, sensory, and pretend play. Projects and activities include: Picasso face collages, Where the Wild Things Are masks and the wild rumpus game. Cardboard box busses and Driving with the Pigeon (Mo Willems), Matisse's gold fish wax resist, Sudsy farm animal baths (Mrs. Wishy Washy) and many more. The Imagination Creation Station is joy-filled, silly, delight your child is sure to love.

Incredible Kids (Sturgeon Bay)

Birth to 2

The Incredible kids will be in Kidcare, our drop off childcare. We will have toys, games, music and some lovable arms for the littles.

Pre-registration is an absolute must! (Allow us to know who is coming so we can ensure adequate staffing for safety and supervision.)

Kids in the Kitchen (Sturgeon Bay)

Ages: 3-5, 1st- 6th grade

Join us in the kitchen to mix up a variety both food, fun, eating and teamwork while learning how to use measuring cups, spoons, bowls, graters, mixers and catching on to some kitchen etiquette.

Kids Yoga (Sturgeon Bay)

Ages: 3-5

This playful yoga class is designed especially for toddlers and preschoolers to explore movement, balance, and breathing in a fun and safe environment. Through imaginative stories, simple poses, songs, and games, children will develop body awareness, flexibility, and focus while building confidence and relaxation skills.

Kindercubs (Sturgeon Bay)

Ages: 3-5

Beginning gymnastics, including tumbling, low bar, beam and trampoline. We also include songs, games and emphasis on the YMCA core values. This

popular class ensures your child will burn energy, learn new skills and have fun at the time

Kindersports (Sturgeon Bay)

Ages: 3-5

Is a fun, active class. Children explore movement and coordination through games, obstacle courses, catching, throwing, kicking, simple sports activities, with playful challenges. The focus is on building confidence, following directions, teamwork, and motor skills in a positive, encouraging environment — all while having lots of fun.

Little Scientists (Sturgeon Bay)

Ages: 3-5

Get ready to mix, pour, stir, and experiment. Little Scientists is back with a Mixing it Up twist! Your child will be introduced to science concepts with easy hands on experiments and science activities. They will also explore sensory play, color mixing, creative construction, and nature.

Mind Flex (Sturgeon Bay)

Gr 7-9

Mind Flex is an awesome opportunity for creative teens to stretch their design and engineering skills while having a blast with like-minded kids. A meal will be provided.

Parkour (Sturgeon Bay)

Ages 8-14

Parkour is a non-competitive physical discipline focused on training to move freely over and through any terrain, helping individuals identify and overcome their physical and mental limits to build confidence and self-reliance.

In addition to the basics of running, jumping, and climbing movement patterns, learn how to move through your environment with balance, control, fluidity, and creativity. Engage with the culture of parkour along the way, finding a sense of play and camaraderie while challenging yourself in new and exciting ways.

PROCESS Art Adventures (Sturgeon Bay)

Ages: 3-5

Process art is a way of making art where the focus is on the experience of creating, not on the final product. Each week, children will explore materials, experiment with colors, textures, and tools, and make choices as they go. There's no, right, or wrong way, and the end result doesn't have to look a certain way. What matters most is the creativity, discovery, and joy that happen while making the art. And, we'll clean up the mess.

Strings Lessons (Sturgeon Bay)

Grades 3- 12

Private lessons are available for beginner to intermediate level strings lessons for violin/viola/cello from Midsummer's Music professionals. Lessons are pre purchased for eight 30 minute sessions. Participants must provide their own instruments. Rentals are available through Heid Music.

Soccer Skills and Drills (Sturgeon Bay, Kane Center)

Grades 1st-6th

Indoor soccer is back! Youth players will develop their dribbling, passing, and finishing techniques while building the necessary confidence to be successful on the field

Soccer - Saturday's (Sturgeon Bay)

Ages 4- 12

Weeks one and two will be focused on skill development, with the following weeks leading to games/scrimmages. All children receive a shirt.

Swim Lessons

Home School Lessons

Ages 5-12 years old

Home school swim lessons focus on water safety, basic and advanced swimming skills. We will introduce all of the swimming strokes and proper swimming techniques. We will group the participants according to skill level which will be assessed on the first day. Instructors will teach the same skills as those taught in our youth 1-5 lessons.

Parent/Child Swim Stage A

Ages 6 months-18 months

For children ages 6 months up to 18 months and take place in the recreation/wading pool. This stage introduces infants and toddlers to the aquatic environment. Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building activities. The following skills are taught during this class: asking permission to enter the water, pool safety, blow bubbles on the surface, front tow and front float with chin in water, water entry and exit, back float and back tow with chin on shoulder, roll from front to back and back to front and grabbing the wall.

Parent/Child Swim Stage B

Ages 18 months - 3 years old

For children ages 18 months up to 3 years old and take place in the recreation/wading pool. This stage focuses on body positions, blowing bubbles, and fundamental safety. Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building activities. The following skills are taught during this class: blow bubbles with mouth submerged, front tow and front float while blowing bubbles, back tow and back float with head on chest, monkey crawl along wall and submerging.

Parent/Child Adaptive

Ages 3-12 years old

Parent/Child Adaptive Swim Lessons are only for children with special needs (I.E. sensory processing disorders, autism, adhd, blind or vision impaired, cerebral palsy, deaf or hard of hearing, developmental disabilities, down syndrome, epilepsy, limb loss, brain injury, cancer, cardiac conditions) In this program the instructor will help the parents and children learn water safety skills. Parents will be in the water working with their children while the instructor is teaching the skills. Instructors will follow the YMCA Swim Lesson curriculum but break it down into a first, then, then structure to keep it from being overwhelming for children.

Preschool Swim Stage 1 Water Acclimation

Ages 3 - 5 years old

Preschool stages are for children ages 3-5 years old and take place in the recreation/wading pool. In Preschool Swim Stage 1 children learn to increase their comfort with underwater exploration and are introduced to basic self-rescue skills with the assistance of the instructor. The following skills are taught during this class: submerge by bobbing independently under the water, front and back glide, jump in the water, push off the bottom and exit the water, front and back float, roll from front to back and back to front, performing the swim/float/swim sequence and flutter kick.

Requirements - Before moving on to this stage children must be comfortable separating from their adult. Children should be able to do the following skills: blow bubbles with mouth submerged, front tow and front float while blowing bubbles, back tow and back float with head on chest. This is typically done in parent/child class. If they haven't taken a parent/child or don't have these skills then this is the level they should start with.

NO PRESCHOOL SWIM STAGE 1+

Preschool Swim Stage 2 Water Movement

Ages 3-5 years old

Preschool stages are for children ages 3-5 years old and take place in the recreation/wading pool. In Preschool Swim Stage 2 children focus on forward movement in water and basic self-rescue skills with the assistance of the instructor. The following skills are taught during this class: submerge and look at an object on the bottom, front and back glide, jump in the water, push off the bottom and exit the water, front and back float, roll from front to back and back to front, tread water (10 seconds) , perform the swim/float/swim sequence and flutter kick.

Requirements - Before moving on to this stage children must be comfortable separating from their adult. Children should be able to do the following skills: blow bubbles with mouth submerged, front tow and front float while blowing bubbles, back tow and back float with head on chest. This is typically done in parent/child class. **If they**

haven't taken parent/child or don't have these skills then this is the level they should start with.

Preschool Swim Stage 3 Water Stamina

Ages 3-5 years old

Preschool stages are for children ages 3-5 years old and take place in the recreation/wading pool. In Preschool Swim Stage 3 children work on self-rescue skills and swimming longer distances with the assistance of the instructor. The following skills are taught during this class: submerge and retrieve an object from the water, swim on front 10 yards, jump in the water, push off the bottom and exit the water, swim on back 10 yards, tread water 30 seconds, perform the swim/float/swim sequence and flutter kick.

Requirements - Before moving on to this stage children should have achieved the following skills: front and back glide with assistance, tread water with assistance, front and back float with little assistance, roll from front to back and back to front with little assistance, jump, push, turn, grab with little assistance.

Preschool Swim Stage 4 Stroke Introduction

Ages 3-5 years old

Preschool stages are for children ages 3-5 years old and take place in the recreation/wading pool. In Preschool Swim Stage 4 children will be introduced to front and back crawl. They will continue to learn water safety through treading water and elementary backstroke. With the assistance of the instructor, a wide variety of swimming tools and techniques children will be introduced to the following skills: endurance swimming a stroke for distance, front crawl with rotary breathing 5 yards, back crawl 15 yards, sitting dive, resting stroke 5 yards, tread water 30 seconds, breaststroke kick and butterfly kick, perform the swim/float/swim sequence and flutter kick. Once children have passed this level they are 6 years old they will move on to Youth Swim Stage 1.

Requirements - Before moving on to this stage children should have achieved the following skills: front and back glide with assistance, tread water with assistance, front and back float with little

assistance, roll from front to back and back to front with little assistance, jump, push, turn, grab with little assistance.

Youth Swim Stage 1 Water Acclimation

Ages 6-12 years old

Youth stages 1-3 are for children ages 6-12 years old and take place in the recreation/wading pool. In Youth Swim Stage 1 children will review a lot of the same skills as in the preschool stages but are expected to perform the skills with little assistance or independently and for a longer period of time or farther distance. The following skills will be taught during this class: submerge, front and back glide 5 feet, jump in the water, push off the bottom and exit the water, front and back float for 10 seconds, roll and recover independently, perform the swim/float/swim sequence and flutter kick.

Requirements - Before moving on to or enrolling in this stage children should have achieved or be able to demonstrate the following skills: submerge, front and back glide with little or no assistance, front and back float with little or no assistance, jump in push off the bottom and go to the wall with little assistance, tread water with little assistance and swim on front and back with assistance. **If they haven't taken any swim lessons or have no swim skills this is the level they should start with.**

Youth Swim Stage 2 Water Movement

Ages 6-12 years old

Youth stages 1-3 are for children ages 6-12 years old and take place in the recreation/wading pool. In Youth Swim Stage 2 children will review a lot of the same skills as in the preschool stages but are expected to perform the skills independently and for a longer period of time or farther distance. The following skills will be taught during this class: submerge and look at and object on the bottom, front and back glide 10 feet, jump in the water, push off the bottom and exit the water, tread water 10 seconds, front and back float, roll and recover independently, perform the swim/float/swim sequence and flutter kick.

Requirements - Before moving on to or enrolling in this stage children should have achieved or be able to demonstrate the following skills: submerge, front and back glide independently, front and back

float independently, jump in the water push off the bottom and go to the wall with little assistance, treading water with little assistance, swim on front and back with little assistance.

Youth Swim Stage 3 Water Stamina

Ages 6-12 years old

Youth stages 1-3 are for children ages 6-12 years old and take place in the recreation/wading pool. In Youth Swim Stage 3 children will review a lot of the same skills as in the preschool stages but are expected to perform the skills independently and for a longer period of time or farther distance. This level is very important as children will start learning how to put skills together for future stroke introduction in stage 4. The following skills will be taught during this class: submerge in deeper water to retrieve objects from the bottom, swim on front and back for 15 yards, introduces the rotary breathing skill to be used with swim on front, jump in the water, push off the bottom and swim back to the wall, tread water for 1 minute, perform the swim/float/swim sequence and flutter kick.

Requirements- Before moving on to or enrolling in this stage children should have achieved the following skills: submerge, front and back glide, front and back float, rolling from front to back and back to front, treading water, swimming on front and back with little assistance.

Youth Swim Stage 4 Stroke Introduction

Ages 6-12 years old

Youth stage 4 is for children ages 6-12 years old and takes place in both the recreation/wading and competition pools. In Youth Swim Stage 4 children will be introduced to basic stroke technique. The following skills will be taught during this class: endurance (any stroke or combination on strokes for 25 yards), front crawl with rotary breathing for 15 yards, back crawl for 15 yards, sitting dive, resting stroke (elementary backstroke) for 15 yards, tread water for 1 minute, breaststroke kick for 15 yards, butterfly kick for 15 yards and flutter kick 15 yards.

Requirements- Before moving onto or enrolling in this stage children should have achieved the following skills and be able to perform them independently: submerge, front and back glide, front and back float,

jump in and exit water, roll from front to back and back to front, tread water 30 seconds, swim on front and back.

Youth Swim Stage 5 Stroke Development

Aged 6-12 years old

Youth stage 5 is for children ages 6-12 years old and takes place in the competition pool. In Youth Swim Stage 5 children will be introduced to breaststroke and butterfly while refining their front and back crawl skills. The following skills will be taught during this class: endurance (any stroke or combination of strokes for 50 yards), front crawl with rotary breathing for 25 yards, back crawl for 25 yards, kneeling dive, resting stroke (sidestroke) for 25 yards, tread water for 2 minutes, breaststroke with simultaneous arm and kick for 25 yards and butterfly with simultaneous arm and kick for 15 yards. After Youth Swim Stage 5 children will move on to our Dolphin Club which we consider a pre swim team and run like a swim team practice.

Requirements- Before moving on to or enrolling in this stage children should have achieved the following skills: front crawl with rotary breathing, back crawl, resting strokes, front and back glide, front and back float, sitting dive, jump in and exit water, the swim, float, swim sequence, and have the endurance to swim multiple lengths in the competition pool.

Dolphin Club

Ages 6-14

Is your child interested in competitive swimming, but you're not sure they are ready for the DCY Swim Team? Sign them up for Dolphin Club, this is the entry-level program for the DCY Swim Team.

Participants will swim and train just like the swim team does but on a scaled back version. Dolphin Club participants can also swim in home swim meets if they choose to. Participants will get a taste of what it is like to be on the team and will see stroke improvement and physical fitness that comes along with being a part of the program. Note: Must be able to complete one length of the competition pool (25 yards) unassisted on their front to participate in Dolphin Club.

Lifeguard Certification

Ages 15+

To participate in the course, you must be able to pass a prerequisite swimming skills evaluation, which includes two parts and takes place before the first day of training. If these skills are not accomplished by/on the first day you will not be able to continue in the course. Please set up a time with the Aquatics Director to complete your prerequisites before the first day of class.

Prerequisite 1: Jump in, submerge, resurface and swim 150 yards continuously, tread water for 2 minutes, and then swim 50 more yards. While swimming, you must keep your face in the water and demonstrate good breath control by using rotary breathing. You may swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted. Swim goggles are allowed. When treading, you must use only your legs.

Prerequisite 2: Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed. Surface dive (head-first or feet-first) to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on your back to return to the starting point, holding the object at the surface with both hands and keeping your face at or near the surface. Swimming the distance underwater is not permitted. Exit the water without using a ladder or the steps.

Participants must attend all class sessions. The certification includes Lifeguarding including deep water, CPR/AED for the professional rescuer and First Aid. This class can be strenuous and there is close physical contact with others in the class. Total class time is roughly 27-28 hours.

Adult Lessons

Ages 13+

Are you unsure of yourself in the water? Our Adult Swim Lessons offer personalized instruction to help you conquer the water with confidence. From overcoming fear to refining strokes, our experienced instructors guide you through essential skills tailored to your level. It is never too late to learn how to swim and improve your skills in the

water. Whatever your goal is to build confidence in the water, swim faster or learn the butterfly, let us help you achieve it. Increase your confidence, physical fitness and swimming ability while meeting others who are doing the same.

Youth Underwater Hockey

Ages: 9-14 years

Learn and develop skills of underwater hockey, a global non-contact sport in which teams compete to maneuver a puck across the bottom of the pool in goals. Players wear a dive mask, snorkel, fins and use a short hockey stick. Kendall Banks, our instructor, played underwater hockey for over 30 years. He is a former Underwater Hockey National Director of the Underwater Society of American and captain of the US national team at the first ever Underwater Hockey World Championships in 1980 through 2006.

Private Swim Lessons

Tee Ball (Sturgeon Bay, Kane Center)

Ages 4-5

Instructional based class focused on learning different weekly skills. Throwing form, fielding, hitting, baserunning, and teamwork will all be covered. Games/scrimmages will be held in the last few weeks. All participants receive a shirt.

Tiny Tumblers (Sturgeon Bay)

Ages: 1-2

This parent-and-tot pre-tumbling class is a fun way for toddlers and their caregiver to spend quality time together. Little ones will bounce, roll, climb, and explore soft play equipment while building balance, coordination, and early motor skills. Parents must attend to their toddlers at all times. No siblings unless age appropriate and signed up for class. Kidcare will be open for siblings.

Tumble Tots (Sturgeon Bay)

Age: 2

If you are looking for a bit of creative movement and toddler gymnastics, this parent/child class is for you and your little one. This class is designed especially and only for **2-year-olds** and gives them a chance to explore

movement, climbing, tumbling, music and free play while you participate right alongside them. Kidcare will be open during this time, so siblings are welcome to enjoy a fun and nurturing space while you attend class with your toddler.

Tippy Toes (Sturgeon Bay)

Ages: 3-4

A sweet and gentle introduction to the world of dance! In this class, our littlest dancers will learn basic ballet movements, creative expression, and classroom skills like taking turns and following directions. Through music, props, and imagination play, dancers will build coordination, rhythm, and confidence--all while having fun in a nurturing environment

YMCA Art Studio Sessions (Sturgeon Bay)

Ages: 8-13

YMCA Art Studio Sessions offer children an opportunity to express themselves and gain new art skills. Each eight-week session presents young artists with a specific medium like clay or paper Mache, or theme like fabric art or shadow Puppet Theater. By narrowing our focus to specific art mediums or themes each session, we hope to appeal to kids who want more time to work with materials they enjoy most. We also hope to introduce young artists to a large variety of art forms throughout the year as well as to other kids who share their passion for creating. Check our YMCA registration each session for details specific to the Art Studio Sessions.

Youth in Government (Sturgeon Bay)

Gr 7-12

Are you in 7-12th grade looking to build self-confidence and improve your public speaking skills? Or discuss and advocate for issues that are important to you? Youth in Government is the program for you! YIG is a hands-on civic learning program where students learn about state government and practice their writing and presentation skills. In early March, student delegates from across the state gather in Madison for the annual YIG conference, where they elect their own leaders, debate their own ideas, and build a vision for a stronger state.