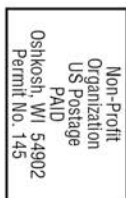




Oshkosh Community YMCA
324 Washington Avenue,
Oshkosh, WI 54901



**BEST
FITNESS
CENTER**

**& SO
MUCH
MORE!**

Chosen **BEST HEALTH & FITNESS
CENTER** by Oshkosh Northwestern
readers year after year.

**DOWNLOAD OUR MOBILE APP
AND SEE WHY:**

- Programs for all ages
- Youth sports • Individual and group fitness opportunities

WHY THE Y? ALL THIS...

- Two great locations to serve you in Oshkosh
 - **FREE** access to any Y facility in Wisconsin or the U.P. of Michigan
 - Away Member privileges at out-of-state Y's
 - Complete Wellness Centers featuring cardio, circuit and free weight equipment
 - **FREE** Wellness Center Orientation and Program Refresher to add some new and challenging exercises to your current routine
 - **FREE** Group Exercise classes: Over 140 classes per week including BodyPump, P90X, Pilates and more. Convenient drop-in schedule (both land and water classes)
 - **FREE** Active Older Adult Programming
 - **FREE** Youth/Teen recreation room; Family Prime Time
 - **FREE** Open Skate with special price for skate rental
 - **FREE** programming in Wiggles & Giggles, Sports, Family Nights, Dive-In Movie Nights, PickleBall
 - **FREE** use of indoor running/walking track
 - **FREE** use of Y facilities throughout all program areas during Open Time for members including Open & Lap Swim
 - On-site childcare while you're here
 - Priority registration for all Y programming
 - Reduced fees on all Y programming including Camp, Childcare, Youth Sports, Swim Lessons & the Y Tennis Center
 - Caring & knowledgeable staff here for YOU
 - Three **FREE** guest passes a year to qualifying members
 - **FREE** Fitness Testing
 - **FREE** Towel Service
 - **FREE** WI-FI
 - **FREE** Climbing Wall during Open Climb
- & MORE!**

A community within our community. PEOPLE CARING FOR PEOPLE.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER 1
June 6-July 24

SUMMER 2
July 25-Sept 4

Swim 1: June 13-July 1

Swim 2: July 11-29

Swim 3: August 8-26

No classes July 4-10



THE HOEFGEN FAMILY

Krysta & Jeremy, with
Brady (4), Arianna (6) and Jack (1)

See page 8 to learn
about this great family!

REVITALIZING AND RENEWING



THE NEED FOR A NEW YMCA

Downtown Oshkosh has experienced a decade of change and revitalization. The Downtown District is home to both new and well-established businesses. It is the center of civic life. But most importantly, it is home. More than 3,700 of the 14,000+ households in the Downtown District are families with children.

The facility on Washington Avenue is a 1960s era building trying to serve the needs of a twenty-first century world. The building layout is not conducive to the programs that have become important to our community. It doesn't meet current accessibility and efficiency standards. To meet the challenges of today, and future generations, a new facility is needed.

As you may have seen in the news, we proudly announced that we have raised \$10.7 million toward our \$15 million goal! Should fundraising progress, we hope to have a ground breaking this summer with the project completed by Fall 2017. Our new Y will include an aquatic center, child care, running track, health and wellness center, gym and locker rooms.

Although we have made great progress ... we need your help to finish this campaign! Your contribution will ensure that the Y in Downtown Oshkosh will continue to enrich the lives of children, families and seniors for another 50 years! We are proud to be part of the unfolding downtown revitalization of Oshkosh while serving the east and north neighborhoods.



Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone (work) _____ (home) _____

Email _____

PAYMENT INFORMATION

- ☐ **Check enclosed – payable to Oshkosh Community YMCA**
- ☐ **Bill at once**
- ☐ **Bill over 3 years in the month of** _____
- ☐ **Credit Card**

Credit Card # _____ Type _____

Exp Date _____ 3-Digit Security Code _____

Please charge on this date(s) _____

My gift will be matched by _____

- ☐ **Company** ☐ **Foundation** ☐ **Family**
- ☐ **I would also be willing to consider a planned gift to the YMCA endowment program to leave a legacy and ensure important YMCA programs continue in the future.**

ACKNOWLEDGMENT

Name(s) as you would like to appear in formal recognitions: _____

Name(s) _____

- ☐ **I would like my gift to be anonymous and do not want my name listed for recognition.**

Donor Signature _____ Date _____

Donations are tax-deductible to the extent allowed by the law. Questions regarding contributions should be referred to your tax advisor. All contributed dollars will be used exclusively for the campaign based on the discretion of the YMCA Board of Directors and Staff.

LOCATIONS

DT DOWNTOWN (920) 236-3380
324 Washington Ave. Oshkosh, WI 54901

20 AVENUE (920) 230-8439
3303 W. 20th Ave. Oshkosh, WI 54904

TENNIS CENTER
640 E. County Trunk Y, Oshkosh, WI 54901
(920) 236-3400

EMAIL comments@oshkoshymca.org

WEBSITE www.oshkoshymca.org

FACILITY HOURS

THROUGH MEMORIAL DAY:

DT MONDAY-FRIDAY 5:00 a.m.-9:30 p.m.
SATURDAY 5:00 a.m.-5:00 p.m.
SUNDAY 12:30 a.m.-5:00 p.m. (Through 4/30)

20 MONDAY-FRIDAY 5:00 a.m.-9:30 p.m.
SATURDAY-SUNDAY 7:00 a.m.-7:00 p.m.

BEGINNING MEMORIAL DAY:

DT MONDAY-FRIDAY 5:00 a.m.-8:30 p.m.
SATURDAY 5:00 a.m.-2:00 p.m.
SUNDAY Closed (May-January)

20 MONDAY-FRIDAY 5:00 a.m.-9:30 p.m.
SATURDAY 7:00 a.m.-5:00 p.m.
SUNDAY 7:00 a.m.-Noon
Summer hours begin May 31, 2016

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OUR MISSION IS TO PUT
CHRISTIAN PRINCIPLES
INTO PRACTICE THROUGH
PROGRAMS THAT BUILD
HEALTHY SPIRIT, MIND
AND BODY FOR ALL.

CLOSED DAYS Memorial Day • July 4 • Labor Day

ACTIVITY REGISTRATION

MEMBERS REGISTER ANY TIME

Activity and class information is published in this guide. Many adult and youth activities are held on a session basis and have a specific start and end date, unless otherwise noted. Registration can be completed online at www.oshkoshymca.org or in person at our front desk. Registrations can be made via mail or fax using the form located in the back of this guide. Checks, Visa, Discover and MasterCard will be accepted by mail. Fax registration must be paid via Visa, Discover or MasterCard (remember to include a daytime phone number).

SUMMER 1 June 6-July 24 Activity Members register 5/23/16. Members register any time.

SUMMER 2 July 25-Sept 4 Activity Members register 7/11/16. Members register any time.

No programming July 4-10.

Swim 1: June 13-July 1 Register by June 10

Swim 2: July 11-29 Register by July 8

Swim 3: August 8-26 Register by August 5

YMCA Members enjoy Priority Registration on ALL YMCA programs!

REGISTER at www.oshkoshymca.org

MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

VOLUNTEER ASSISTANCE

There are many opportunities to help change someone's life from volunteering at the YMCA. All talents, interests and schedules can be accommodated.

YOUTH & FAMILIES AT THE Y

Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community. The Y has always been a place where families can play and be active together, and that's more important than ever. Whether the activities are physical like sports or exercise classes, or more recreational like swimming, camping, skating and arts, Ys want families doing them together because you'll live healthier and make memories for a lifetime. **Children under the age of 5 must be accompanied by their parent or adult guardian at all times. Youth ages 6 and older may use the Y on their own.** The Y recommends parents take the time to tour the Y with their children to learn what areas are safe for children to use. The Member Code of Conduct is available for viewing on our website and age guidelines are found on page 4 under each facility offering.

CREDIT POLICY

Activities that are canceled by reason of the participant will be assessed a \$15 refund processing fee or given a full credit toward any YMCA activity or membership.

- There are no credits given for individual classes missed.
- The YMCA reserves the right to cancel a class when it does not meet the minimum enrollment requirement.

TOURS

Tours of our facilities are available during hours of operation. No appointment is necessary. To schedule a group tour, please call for an appointment.

RENTAL

Rent either YMCA facility for birthday parties or special events. Utilize pools, Family Prime Time Centers, games and more. Simply call the YMCA for details and pricing. Contact: Special Events Director Lisa Nething, 230.8449, ext. 123

BENEFITS

□ **Open and family swim time** □ **Open gym time** □ **Open skating time** □ **Free open climbing** □ **Open indoor soccer time** □ **Health & Wellness Center** access that includes cardio, circuit and free weight equipment □ Use of **seven racquetball courts** □ **Basketball courts** □ **Family Prime Time Centers** □ **Caring and knowledgeable staff** □ **Adult access** to sauna, steam room and whirlpools □ **Health & Wellness Center orientation** with trainer □ **Reduced fees** at the YMCA Tennis Center □ **Reduced fees** on all YMCA activities and camp □ **Over 140 FREE group exercise classes per week** – including pilates, yoga, group cycling, water fitness, BodyPump and Zumba.

GRATITUDE is what turns what we have...into enough.

YOU BELONG.

You can work-out anywhere...but you Belong at the Y... all of them around Wisconsin and the U.P. of Michigan. When you join the Y, you join more than a fitness club – you become part of a community of people dedicated to improving the health and quality of life for themselves, their families, and their neighbors. Membership is available for individuals, families and youth, with no contracts and easy monthly payment plans.

Your membership card will now provide you free access to any Y in Wisconsin or the U.P. of Michigan. Stop in and try out any of the great Y facilities!

Affordable To All

MEMBERSHIP FOR ALL

One rate does not fit all, so we offer MEMBERSHIP FOR ALL. The heart of the Y's mission is to serve all people in our community. Thanks to donations (provided by Y members, staff, local families, and businesses) – to the Y's Annual Campaign – we can offer membership on a sliding fee scale. Membership For All gives kids, families, and adults the opportunity to pay the monthly membership fee that best aligns to their household income. Applications are available at the front desk or you can print your own at www.oshkoshymca.org.

"My Y is Every Y"

WELCOME EVERYWHERE IN WISCONSIN AND THE U.P.

Make an investment in yourself and your family by joining 93,000 of your friends and neighbors in Northeast Wisconsin at the Y. **Your membership card will now provide you free access to any Y membership facility in Wisconsin or the U.P. of Michigan.** Stop in and take a tour of any of our facilities – now YOUR Y, too.



We are for HEALTHY LIVING and we want you to stay active and keep moving! Get out and explore Wisconsin and the U.P., visit friends and relatives and remember to take your Y card with you. Y members are welcome – FREE – anywhere in Wisconsin and the U.P. of Michigan with their current Y ID card. (Photo ID also required. All local Y rules regarding facility use apply. To find a Y in your area, visit ymca.net.)

The Oshkosh Y Tennis Center is a separate membership to your Y Membership.

facebook

twitter

FOLLOW US on Facebook and Twitter, and don't miss a beat!



Download our app to get up-to-date schedules, hours, classes and more.

FACILITY OFFERINGS

The Y offers excellent facilities for all of its members. We strive for a clean, safe environment and take pride in providing state-of-the-art and well-maintained equipment. Children ages 5 and under must be accompanied by an adult at the Y at all times. Youth ages 6 and older can use the Y on their own within the guidelines for each program area. Drop In Childcare is available for children 6 weeks through 6 years.


HEALTH & WELLNESS CENTERS


Our Health & Wellness Centers offer the latest in cardiovascular fitness equipment and circuit weight equipment. Equipment includes: elliptical cross-trainers, treadmills, incline trainers, stairmasters, stationary bicycles, Life Fitness circuit equipment and free weights, as well as a Cardio Theatre television system. The Health & Wellness Centers are open during regular operating hours. Wellness Center staff are available by appointment at no charge for new member orientations, fitness testing and questions regarding the use of equipment. Personal Training is also available by our ACSM trained staff team. Youth who are 16 and older may use the Wellness Center as an adult. Youth ages 10-15 may use the Wellness Center under the direct supervision of their parent(s). Strong Teens is available to girls and boys, ages 11-15 who would like to be trained to use the Wellness Center.



AQUATIC CENTERS   Both YMCA facilities house two pools. The 20th Avenue YMCA boasts the Kuhn Family Pool, an eight-lane, 25-yard, competitive lap pool, as well as a warm-water family fun pool. The Oshkosh Truck Family Pool includes a water slide, zero-depth entry, a lazy river current, and water spouting gadgets. The Downtown YMCA is home to the Rockwell Pool, a four-lane, 25-yard pool, as well as the Williams 3 foot deep pool.

CHILD DEVELOPMENT CENTERS

The YMCA offers conveniently located, state-licensed childcare at both YMCA facilities. Our centers provide safe and dependable environments for children to enhance their physical, emotional, intellectual and social growth, as well as their developmental skills.


INDOOR ICE ARENA  Our ice arena is utilized for skating, figure skating and hockey activities for all members of varying skill levels, starting as early as four years old. Designated time for public skates, and skate rental are also available.



INDOOR SOCCER FACILITY  The YMCA is home to the only indoor soccer facility in the city. The field is artificial turf (similar to a football field) and the area of play is confined by a dasher board system. Programs for all ages and skill levels, as well as open soccer times are available.


FAMILY PRIME TIME CENTERS   The Family Prime Time Centers make it easy for families to spend quality time together. The areas consist of lounges, computer stations (with limited internet access), soft play mazes, air hockey and more. Children six and older are free to play in this staff-supervised area without a parent. Children 5 and under must be accompanied by an adult at the Y at all times.


DROP-IN CHILDCARE CENTERS



Both YMCA facilities provide safe, affordable care for children six weeks to six years old, while parents participate in YMCA programs and services.

GYMNASIUM  A 15,500 square foot gymnasium is home to 2 full WIAA courts or 4 cross-courts or 3 volleyball courts.

TRACK   12 times around is a mile on the track that surrounds and overlooks the 20th Ave gymnasium. Downtown: an average of 18 laps per mile. Must be High School age or older to use the track.

INDOOR CLIMBING CENTER  Our indoor climbing center offers opportunities for Open Climb time, as well as additional classes and activities. The Center offers elements of a high ropes course, including a log walk, leap of faith and 28-foot climbing wall.

FAMILY LOCKER ROOM  The family locker room offers private shower areas for parents with small children and individuals with special needs. Families with school age children should use the appropriate gender locker rooms unless there is a special need so that we may accommodate those families and individuals who have no other choice for locker room facilities.

LOCKER ROOM FACILITIES   Our men's and women's locker room facilities offer general use or locker and laundry service for an additional fee. Youth locker rooms are also available.

YMCA TENNIS CENTER The Tennis Center is Oshkosh's only indoor tennis facility; home to four indoor tennis courts! YMCA members receive special Tennis Center member rates. See pages 49-51 for tennis programming.

YMCA LOCATION

DT 20

Aerobic Studio	● ●
Basketball Courts	● ●
Cardiovascular Equipment	● ●
Elliptical Trainers	● ●
Treadmills	● ●
Stairmasters	● ●
Recumbent/Lifecycle Bicycles	● ●
Drop-In Child Watch Center	● ●
Family Locker Room	●
Family Prime Time Center	● ●
Incline Trainers	● ●
Group Cycling	● ●
Indoor Ice Arena	●
Indoor Rock Climbing	●
Indoor Soccer Facility	●
Gymnasium	● ●
Licensed Childcare Center	● ●
Kit Lockers/Laundry Service	● ●
Pools	● ●
8-Lane, 25-Yard Competitive	●
Family Fun Pool & Slide	●
3 Foot Pool	●
4-Lane, 25-Yard Pool	●
Racquetball/Handball Courts	●
Running/Walking Track	● ●
Sauna	● ●
Spirit Mind Body Room	● ●
Multi-Purpose Room	● ●
Family Gym	●
Steam Room (men's only DTC)	● ●
Strength Training Equipment	● ●
Circuit Equipment	● ●
Free Weights	● ●
Towel Service	● ●
Whirlpool	● ●
YMCA Café	●
Preschool	●
4-kindergarten	● ●
Volleyball	●
Wallyball	●

THERE'S SOMETHING FOR EVERY ONE AT EVERY AGE AT THE Y.

ACHIEVE YOUR GOALS AT THE Y.

CHOOSE THE MEMBERSHIP FIT RIGHT FOR YOU!

YOUTH ages 6-18

YOUNG ADULT ages 19-26

ADULT ages 27-64

SENIOR ages 65+

FAMILY two adults in your household and your minor children*

SINGLE FAMILY one adult and your minor children*

*Children 18 through 23 who are full-time college students may be included on their parents membership.

**Family Plus 1 and 2 options available to accommodate families with more than 2 adults in the household.

WELCOME BACK COLLEGE STUDENTS!

SUMMER COLLEGE MEMBERSHIP

May 15-August 31st for just: \$72

Senior Health & Fitness Day

The Y will be open and free to seniors!

Join us for awesome activities on Wednesday, May 25 at both Y locations from 8 a.m.-Noon

OSHKOSH YMCA STAFF HERE TO HELP YOU!

Sports Coordinator **Sohaila Akhavein**
Development and Communications Director
Amy Albright
Cash Accountant **Kelli Baneck**
School Age Director **Erin Baranek**
Aquatics Director (20th) **Lisa Bifano**
President/CEO **Tom Blaze**
Active Aging & Special Initiatives Manager **Dan Braun**
Community Health & Wellness Director **Molly Butz**
Head Swim Team Coach **Jay Coleman**
Tennis Center Manager **Sheila Counts**
4-K Teacher/Camp Director **Meredith Danforth**
Membership Manager **Steph Daniel-Merkel**
Accounts Receivable **Eric Davis**
Ice Arena Coordinator **Angela Dodge**
Senior Program Director **Angie Flanigan**
20th Ave Childcare Director **Jane Gates**
Aquatics Director (DTC) **Tracy Gilles**
Group Exercise Director **Brandy Hankey**
Tennis Ctr Program Director **Robert Henshaw**
Property Manager (20th) **Dave Ihrig**
Health & Wellness Director (20th) **Kathy Leonard**
4K Teacher **Amanda Matulle**
Downtown Branch Executive **Lester Millette**
Family & Special Events Director **Lisa Nething**
Chief Financial Officer **Judy Rehm**
Accounts Payable **Amanda Sattler**
School Age Coordinator **Secelie Schaeffer**
Senior Vice President; 20th Ave Executive Director
Jeff Schneider
Sports Coordinator **Travis Shufelt**
Membership Director **Julie Smith**
Marketing & Development Coordinator **Siri Smits**
Downtown Childcare Director **Kim Stelzer**
Health & Wellness Coordinator **Charlotte Stich**
Aquatics Coordinator (20th) **Jake Thull**
Property Manager (DTC) **Jeff Troudt**
Health & Wellness Director (DTC) **Ben Wanezek**

YOUR YMCA BOARD OF DIRECTORS

The YMCA is led by a vibrant, committed volunteer Board of Directors. These community leaders bring new perspectives and connections to the work and mission of the YMCA.

Past President
Randy Schmiedel
President
Tony Renning
President-Elect
Joan Woldt
Treasurer
Tony Wihlm
Secretary
Wayne Trembly

Brent Antti
Jeff Bard
Mark Bullard
Mike Burgess
John Casper
Mike Floyd
Steve Grey
Melissa Kohn
Deb Laibly
Megan Lang
Maureen Lasky
Melinda Mann
Tim Mulloy
Julie Pollnow
David Seekings
Karrine Spiller
Ed Williams

YOUR CHANCE TO GIVE BACK! GREAT FUTURES

M E N T O R I N G P R O G R A M



BOYS & GIRLS CLUB
OSHKOSH

The Boys & Girls Club of Oshkosh in collaboration with the Oshkosh Area School District, the Oshkosh Y and other community partners, offer the **Great Futures Start Here Middle School Mentoring Program**. Youth will be matched with a caring and responsible adult who will serve as their

mentor for at least two years. Mentors and mentees meet a minimum of 4 times a month (about once a week) for about an hour per week at the youth's school during study hall or after school at the Boys & Girls Club. Mentees will be 30 individuals who are in 6th, 7th, and 8th grade who have problems with family, school, drugs and/or alcohol, self-esteem, or the law. They will continue the program through middle school and high school. Mentors will be responsible for attending an orientation, trainings, and meeting with the youth mentee on a regular basis.

TO BECOME A MENTOR: Contact Carlea Liermann at the Boys & Girls Club of Oshkosh at 233-1414 or email carleal@bgcosh.org. Volunteer mentors will need to fill out an application, undergo a background and reference check, and will meet individually with the Great Futures Mentoring Coordinator for an interview.

Orientation and training dates to be determined by the Great Futures Mentoring Coordinator.

CORPORATE WELLNESS PROGRAM

GOOD HEALTH IS GOOD BUSINESS

Ask how the Y can generate a wellness program tailored to your company's specific needs. Increase employee productivity, reduce absenteeism and help lower insurance claims by designing on-site programming that can include: **Corporate Membership Discount • On-Site Exercise Classes • On-Site Health Education • On-Site Blood Pressure Screenings •**

Fitness Assessments •

Corporate Events such as Family Events, Sports Teams and Team Building Activities.

Offer a wellness program and improve your workplace environment and morale. Simply stated, an investment in employee wellness is money well spent.



QUESTIONS? Contact Molly Butz to discuss your Y Corporate Partnership Program at (920) 236-3380 or mollybutz@oshkoshymca.org

FIT AT WORK

"...there's no place we would rather be. The YMCA is a nurturing, loving environment for us, that encourages a healthy lifestyle! We can't wait to see what the future has in store for our Y!" ~ Krysta Hoefgen

ON THE COVER: The Hoefgen Family

Our Y story begins with us moving to Oshkosh four years ago from out of state, in the middle of winter. Jeremy took a job here and we didn't know a single soul, or have any family members even remotely close by. After about a week of being in the house with a 2 year old Arianna and



Brady (4)
Arianna (6)
Jack (1)

5 month old Brady, and a husband who worked long hours, I decided that we needed to find something to do! Growing up, Jeremy had spent lots of time at his hometown YMCA, in Menominee, MI and I worked out at our hometown Y, in Lake Zurich, IL as a teenager, so we decided that getting a family membership to the Oshkosh YMCA was our next step.

The rest is history! We immediately started coming at least 5-6 days a week and made many friends, all of

whom who we are still very close to. One memory that really sticks out from our early days as being members, was being greeted by name by the front desk staff, every time we came in. It really meant a lot to feel like we had made some connections in our new town and also to feel valued as members! We have participated in almost every Wee Sport that the Y offers, my husband loves to play pickup basketball, and I have trained for a number of half and full marathons using Y treadmills and tracks! Recently, I started working in the Health and Wellness Center at the Downtown Y and I absolutely love it. I have built relationships with so many of the members and they are closer to my heart than they probably know!

Now that our kids are a little older, we are getting into swim, flag football, cheerleading and more! Jeremy got involved by helping coach the 4k flag football team last fall, which was absolutely adorable! We still frequent the Y at least 5 days a week, just now with another baby in tow. Sometimes I laugh when I think about how many hours a week we spend at the Y, but honestly, there's no place we would rather be. The YMCA is a nurturing, loving environment for us, that encourages a healthy lifestyle! We can't wait to see what the future has in store for our Y! ~ Submitted by Krysta Hoefgen

ACTIVE OLDER ADULTS • NEW OFFERINGS!

NEW! HEALTH CHAT/BLOOD PRESSURE CHECK

Stop by for a quick Health Chat and Blood Pressure Check! Valley VNA Senior Services will provide a Nurse to help answer your health questions. Different health topic handouts will be available to pick up and each month a new topic will be presented. The Nurse will provide Blood Pressure monitoring cards to record monthly blood pressures.

20 WEDNESDAYS: JUNE 1 • JULY 6 • AUGUST 3

10:30 a.m.–11:30 p.m. Held in Café/Lobby

FEE FREE TO Y MEMBERS

**ACTIVE OLDER ADULTS
FREE TO MEMBERS**

LIFELONG LEARNING

Special events created for members and guests, ages 55+. **Free for Y Members** and a small fee for guests.

All Lifelong Learning events run from Noon–2 p.m. Registration at the Front Desk is strongly encouraged.

SUMMER AOA PICNIC

Watch for information for this fun annual event!

DT MONDAY, JULY 11

20 FRIDAY, JULY 15

Join us for fun, friendship and food!

SAVE THE DATE!

Active Aging Week 2016

Watch for details and an action-packed schedule – to come – for this week filled with special activities and events for seniors.

DT 20 Monday, Sept. 26–
Friday, Sept. 30.

PICKLEBALL

A fun game that is played on a badminton court with a low net. Pickleball, easy for beginners, is becoming one of the fastest-growing sports for seniors. All equipment is provided by the YMCA. Contact Lester Millette for more information. **ALL ABILITIES ARE WELCOME!**

DT MONDAY, THURSDAY, FRIDAY

8:00–11:00 a.m. Mixed Doubles

TUESDAY 8:00–11:00 a.m. Women/Mixed Doubles

WEDNESDAY 8:00–11:00 a.m. Men

MONDAY, WEDNESDAY, FRIDAY

6:30–8:00 a.m. Competitive Play

SATURDAY 7:00–10:00 a.m.

Schedule
subject to
change.

20 MONDAY–FRIDAY 7:00–9:00 a.m.

THURSDAY EVENINGS 6:00–8:00 p.m.

SATURDAY–SUNDAY 7:00–9:00 a.m.

Mixed Doubles

FEE FREE TO Y MEMBERS

**FREE
TO OSHKOSH
Y MEMBERS**

NEW! BEGINNER PICKLEBALL

DT TUESDAY

12:00–1:00 p.m. • Learn the rules of
the game and scenario game play.

1:00–2:00 p.m.

Free to Y Members • \$5 Activity Members

DT THURSDAY

12:00–1:30 p.m. Free Play.



THE Y IS A NETWORK HEALTH PLAN SITE.

Call 236–3380 for information.

ARTHRITIS AQUATICS

This activity offers water exercises that are recommended by the Wisconsin Chapter Arthritis Foundation. For more information on this program, please see Aquatics (Page 19).

ACTIVE OLDER ADULTS

AOA FREE TO MEMBERS

AGE 55+ Free to members. Activity members can participate for a reduced daily fee of \$4.50 per day before 12:00 p.m., Monday-Friday.

FEE FREE TO MEMBERS • Activity Member \$60 (18-visit punch card)

SENIOR WATER FITNESS

This class is designed to be a solid aerobic workout without stress to your joints.

DT WEDNESDAY & FRIDAY 10:05-10:50 a.m.

AOA FREE TO MEMBERS

WALK FOR FITNESS

Anyone over 55 can use our walking track free of charge, during the specified times.

DT MONDAY-FRIDAY 7:00-9:00 a.m.

20 MONDAY-FRIDAY 5:00-8:00 a.m.

AOA FREE TO MEMBERS

SENIOR PILATES

Pilates offers unique opportunities for participants to work on core muscles and toning. This version is less strenuous than a 'regular' Pilates class.

DT MONDAY 9:00-9:45 a.m. Harwell Room

AOA FREE TO MEMBERS

SENIOR CYCLING

Take a fun-filled group ride that's fitting for beginners and seasoned cyclists.

20 TUESDAY 9:30-10:15 a.m.

AOA FREE TO MEMBERS

STRETCH, FLEX & BALANCE

Stretch your muscles from head to toe and improve balance by using simple yoga and Pilates moves.

DT MONDAY & WEDNESDAY 10:00-10:30 a.m. Harwell Room

FRIDAY 9:30-10:00 a.m. Harwell Room

20 WEDNESDAY 10:00-10:30 a.m. SMB Room

AOA FREE TO MEMBERS

NEW! SENIOR AEROBIC DANCE

Get a great, fun workout while incorporating movements from Latin, swing, jazz and other popular dance styles. A low impact (no jumping), non-partner-type dance class. Dancing has been shown to improve cardiovascular health, balance, muscular endurance and strength, coordination, and mental sharpness and clarity.

20 WEDNESDAY 11:00-11:45 a.m. Aerobics Room

AOA FREE TO MEMBERS

SILVERSNEAKERS

DT 20 The SilverSneakers Fitness Program, a product of HealthWays, is the nation’s leading fitness program designed exclusively for older adults. The SilverSneakers Fitness Program may be available to you at no additional cost through your health plan. Please call for more details. Once you are enrolled in the program you are eligible to participate in all activities the YMCA has to offer. For more information, contact Dan Braun at 230-8915.



SILVERSNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

DT **TUESDAY & THURSDAY** 10:15-11:00 a.m. Hoffmaster Gym*

20 **MONDAY & FRIDAY** 9:00-9:45 a.m. SMB Room
MONDAY & FRIDAY 10:00-10:45 a.m. SMB Room

AOA FREE TO MEMBERS

SILVERSNEAKERS CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength-work (with hand-held weights, elastic tubing with handles and a ball) is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

DT **WEDNESDAY** 10:45-11:30 a.m. Hoffmaster Gym

20 **WEDNESDAY** 9:00-9:45 a.m. SMB Room

AOA FREE TO MEMBERS

SILVERSNEAKERS YOGA

Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

YOGA STRETCH

DT **MONDAY** 10:45-11:30 a.m. Harwell Room
FRIDAY 10:15-11:00 a.m. Harwell Room

20 **TUESDAY** 10:30-11:15 a.m. SMB Room
THURSDAY 10:15-11:00 a.m. SMB Room

AOA FREE TO MEMBERS

SILVERSNEAKERS SPLASH

SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

DT **MONDAY** 10:05-10:50 a.m. Rockwell Pool

AOA FREE TO MEMBERS

20

20TH AVE
SWIM LESSONS

Shrimp Goldfish Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark Porpoise

MONDAY/WEDNESDAY

10:50-11:35 AM			●	●	●	●	●							
11:45-12:30 PM								●	●	●	●	●	●	●
4:10-4:55 PM										●	●	●	●	●
5:05-5:50 PM	●		●	●	●		●							
6:00-6:45 PM		●				●		●	●					

TUESDAY/THURSDAY

9:00-9:45 AM		●	●	●			●							
9:55-10:40 AM	●				●			●	●					
10:50-11:35 AM			●	●						●	●	●	●	●
11:45-12:30 PM						●	●	●	●					
4:00-4:45 PM			●	●			●			●	●			
4:55-5:40 PM					●	●	●	●				●	●	
5:50-6:35 PM			●	●				●	●					

Classes are held twice a week for 3 weeks, 45 minutes each lesson.

AMERICAN RED CROSS LIFEGUARD TRAINING RECERTIFICATION

For individuals needing to recertify their Lifeguarding, First Aid, and CPR for the Professional Lifeguard. This class is designed for those who feel comfortable demonstrating their skills without needing a review. You will be expected to competently demonstrate all lifeguarding skills and the pre-course swim of 300 yds and the 10 lb brick-retrieval at 9 feet. You must pass a written exam with an 80% or better. Contact Tracy Gilles for more information at 236-3380 or tracygilles@oshkoshymca.org.

DT SUNDAY May 1 • 9:00-1:00 p.m.

FEE \$100 Member • \$125 Activity Member

The Oshkosh Y is hiring for lifeguard and swim instructor positions. Lifeguards must be certified in LG, CPR, AED, and First Aid. Swim Instructors: WSI preferred. Apply in person at either YMCA location.

**MAKE A DIFFERENCE
IN SOMEONE'S LIFE
AND HELP PEOPLE
STAY SAFE.
HELP WANTED:
AQUATICS**





DOWNTOWN SWIM LESSONS

Shrimp Goldfish Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark Porpoise

MONDAY/WEDNESDAY

8:05-8:50 AM	●	●											
4:10-4:55 PM			●	●	●	●	●						
5:05-5:50 PM								●	●	●	●	●	

TUESDAY/THURSDAY

10:50-11:35 AM					●	●	●	●	●				
11:45-12:30 PM			●	●						●	●		
3:30-4:15 PM					●	●	●	●	●				
4:25-5:10 PM	●		●	●						●	●		
5:20-6:05 PM		●	●	●									
6:15-7:00 PM					●		●					●	●

Try
Downtown
lessons for a
quieter
environment
and warmer
pools!

**DID IN 2015, THE OSHKOSH Y PROVIDED
YOU OVER \$100,000 IN FREE FACILITY
KNOW? USE TO COMMUNITY GROUPS.
THE Y IS FOR ALL.**



**FREE AND
OPEN TO
ALL!**

FREE! COMMUNITY POOL PARTIES

Enjoy fun family time in our downtown pool!

DT Sundays • 1:00-4:00 p.m

June 12

July 10

August 14

INTERESTED IN BECOMING A LIFEGUARD? For more information about training and positions available, contact Tracy Gilles (Downtown) at 230-8966, or Lisa Bifano (20th Ave) at 230-8913.

YMCA SWIM LESSONS (AGES 6 MOS.+)

SWIM 1 June 13–July 1 (Registration ends 6/10)

SWIM 2 July 11–July 29 (Registration ends 7/8)

SWIM 3 August 8–August 26 (Registration ends 8/5)

Your child will come once a week for 6 weeks, 45 minutes each lesson.

Where everyone counts! Our format allows for easy scheduling for families with multiple kids. Pick your preferred location, day, and time on the charts provided. Our instructor/student ratios are the lowest in the community. Preschool level classes are limited to 4 students per instructor and youth level lessons are limited to 6 students per instructor. Your child will get plenty of water time and attention from our skilled instructors. We do everything we can to help our students learn to swim in a safe, values-driven environment. Please contact the aquatics director if you are unsure where to place your child – we can help! **LESSON TIMES FILL QUICKLY. REGISTER NOW! Y members register anytime!**

PARENT/CHILD SWIM LESSONS (AGES 6 MOS.–3 YEARS)

Fee \$30 Member • \$55 Activity Member

Parent/Child lessons include water safety, adjustment and play, songs and games, to introduce swimming in a fun way. Ages have been split to make class more cohesive for all participants. Class levels will be limited to 6 participants per class.

SHRIMP AGES: 6 MOS. UP TO 1½ YR. • This class is for parents introducing their babies to the water. Parents will learn how to hold their child correctly in the water. Parents will explore the water together under the guidance of their instructor. Parents will learn how to safely support their child while they discover the water.

GOLDFISH AGES: 1½ –3YR. • This class is for parents with children able to listen to their parents commands. Parents and children will work on basic skills like introducing putting their face in the water and front and back floats with flotation. This class is geared toward getting your child more independent in the water and ready for a Pike class.

PRESCHOOL SWIM LESSONS (AGES 3–5)

Fee \$30 Member • \$55 Activity Member

Pike/Eel held in shallow pool, Ray/Starfish in lap pool/shallow pool. Instruction is 45 min. per lesson. Each level is a continuation of the previous level. The emphasis is learning, not passing or failing. Class levels will be limited to 4 participants per class.

PIKE A beginner level for preschoolers without their parents. Focus is on getting students comfortable in the water, kicking, basic arm strokes, and floating with a float belt. Must be able to fully submerge and perform a front and back float with a float belt to advance.

EEL A beginner level for preschoolers more comfortable in the water. Introductions of front and back crawl and focus on completing skills with and without the aid of a float belt. Students must be able to demonstrate 5yds of independent swimming on front and back to advance.

RAY A more advanced level for preschoolers in which students will be focusing on skills without the aid of a float belt. Students will be introduced to the lap pool. More difficult skills are introduced such as rotary breathing. Must be able to swim 10 yds front and back crawl and elementary backstroke independently to advance.

STARFISH The most advanced level for preschoolers with focus on longer distances, stroke development, and endurance. Must be able to swim 15 yds front and back crawls and elementary backstroke, be independent in deep water and tread water for 20 secs. Preschoolers who complete this level will advance to MINNOW.

YOUTH SWIM LESSONS (AGES 6+)

Fee \$30 Member • \$55 Activity Member

All levels are held in lap pool. Instruction is 45 min. per lesson. Each level is a continuation of the previous level. Longer distances and endurance introduced throughout. The emphasis is learning, not passing and failing. Class levels will be limited to 6 participants per class.

POLLIWOG AGES 6+ (Equivalent of Eel or Ray levels). For students who have never taken lessons or at the beginner level. Focus is on floating, kicking and proper arm strokes for front and back crawls, completed with and without a float belt. Water confidence, deep water exploration and demonstrating 10 yds of front crawl, back crawl and elementary backstroke are needed to advance.

GUPPY (Equivalent of Starfish level)- Further stroke development and technique for the front and back crawl strokes and introduction to more advanced skills and strokes. Independence in the water a must, and ability to swim 15 yds of front and back crawls and elementary backstroke necessary to advance.

MINNOW (Preschoolers who PASS Starfish should be placed in this level.) Focus on swimming 25 yds front and back crawls and breaststroke with good stroke technique. Introduction to competition skills such as butterfly, streamlining, stroke finishes and diving. Must be able to swim 25 yds front and back crawls, elementary backstroke and breaststroke and demonstrating good stroke technique necessary to advance.

FISH Longer distances for endurance and stroke refinement is the focus of this class. Students will learn Butterfly and introduction to sidestroke with continued development of competition skills such as finishes, underwater swimming and turns. Must be able to swim 50 yds of freestyle, backstroke, breaststroke and elementary backstroke and a 5 minute continuous swim.

FLYING FISH Stroke refinement and endurance for all four competitive strokes (back, breast, fly and free). Swimming continuously for 8 minutes and gaining an understanding of the competitive elements of swimming and introduction of sidestroke. Demonstrating ability to swim 75 yds of freestyle, backstroke, breaststroke, and elementary backstroke needed to advance.

SHARK For the more serious swimmer. Longer distances for the competitive strokes and a 12-minute continuous swim. More focus on swimming sets and competitive skills. Must be able to swim 100 yds of freestyle, backstroke, and breaststroke and 50 yds butterfly to advance.

PORPOISE The most advanced level of swim lessons. Understanding swimming for fitness and exploring lifeguarding rescue techniques. Students must swim 200 yards freestyle and back-stroke, 100 yards breaststroke, 75 yards butterfly and sidestroke and a 15 minute continuous swim in order to complete this level.

LAP SWIM AND OPEN SWIM TIMES

Times vary throughout each day. Please pick up a copy of the pool schedule at either location or visit our website at www.oshkoshymca.org. Pool schedules are regularly updated throughout the year so please occasionally pick up a new schedule. Please, no open swim during lessons! Lap swim times may require you to share lanes by circle swimming!

SLIDE TIMES

FREE TO OSHKOSH Y MEMBERS

Come visit us for open swim times with the slide available. Great for family time!

- 20 MONDAY/WEDNESDAY** 12:45 a.m.-3:00 p.m.
TUESDAY 1:30 p.m.-3:45 p.m. and 6:45-8:30 p.m.
THURSDAY 12:45-3:45 p.m. and 6:45-8:30 p.m.
FRIDAY 1:30-6:00 p.m. • **SATURDAY** Noon-4:00 p.m.



Big News!

The Oshkosh YMCA is proud to be managing Winneconne's Marble Park this summer. More information and programming coming soon!

WINNECONNE MARBLE PARK

June 4–August 29

OPEN SWIM

Monday–Friday 12:30–6:30 p.m.

Saturday & Sunday Noon–7:00 p.m.

Further information on Marble Park please contact Tracy Gilles at 230.8966 or tracygilles@oshkoshymca.org or visit our mobile app and www.oshkoshymca.org

MAKE TIME FOR
**SUMMER
FUN!**

SPECIAL SUMMER DIVE-IN MOVIE!



**FREE TO
MEMBERS**

Guest Families:
\$5.25/family

Bring your family and float around our pool while watching a movie on the big screen!

DT Friday 6:00–8:00 p.m.

AUGUST 12 • KUNG FU PANDA 3

MAKE TIME FOR **FAMILY.** ALL SUMMER LONG.

For information and scheduling of Private,
Adapted or Adult Swim lessons, please contact:

20th Ave: Lisa Bifano at 230.8913 or
lisabifano@oshkoshymca.org

DTC: Tracy Gilles at 230.8966 or
tracygilles@oshkoshymca.org

PRIVATE SWIM LESSONS

For children and adults who would like individual instruction to further their swimming ability. Instruction is based on the student's ability. Each private lesson is 45 minutes in length.

DT 20

FEE PER PRIVATE LESSON:

\$20 Member • \$25 Activity Member

ADAPTED SWIM LESSONS

For children with special needs. Our trained instructors will work at your child's level to teach water skills and safety. We offer individual lessons to give your child the most attention!

DT 20

FEE \$30 Member • \$55 Activity Member

ADULT SWIM LESSONS (AGES 18+)

Instruction is 45 min. per lesson. Instructors will work on skills specific to each participant's ability.

DT 20

FEE \$30 Member • \$55 Activity Member

ADAPTED AQUATICS (AGES 3-ADULT)

For individuals with physical and cognitive disabilities. The goal of the program is to provide all ability levels an opportunity to learn new things or improve existing aquatic skills. Depending on the nature and severity of the disability, the instructor ratio will be 1:1 – up to 1:3. Slots are limited.

SUMMER SESSION (8 weeks)

June 15, 22, 29

July 13, 20, 27

August 10, 17

DT WEDNESDAY 6:30–7:30 p.m.

FEE \$25

SUMMER FUN CLUB SWIM LESSONS

Sending your child to Summer Fun Club this summer?? Why not take advantage of getting your children into swimming lessons at the same time? Convenient for families with working parents, Summer Fun Club and Aquatics staff will get your child to and from lessons.

Students will come twice a week, 45 minute lessons for 3 weeks. Registrations are only for those enrolled in Summer Fun Club. All registration must be received the Friday before each session begins.

No Late Registrations will be accepted.

SWIM 1

June 13–July 1
(Reg ends 6/10)

SWIM 2

July 11–29
(Reg ends 7/8)

SWIM 3

August 8–26
(Reg ends 8/5)

DT 20 MON & WED

3:15–4:00 p.m.

FEE \$30

**MARK YOUR
CALENDARS!
DOWNTOWN
Annual Shutdown
MAY 29–JUNE 5**

**20TH AVE
Annual Shutdown
AUG 29–SEPT 5**

OSHKOSH YMCA DOLPHIN SWIM TEAM (AGES 5+)

Participants must be able to swim the front crawl for 25 yards or have passed Guppy or Starfish levels. The dolphin swim team has groups to meet the needs of the novice swimmer through the national level swimmer. This is a year round activity running from mid-September through mid-August. Most new swimmers begin practicing three times per week. Swim meets are held throughout the year. Swim team members must be members of the YMCA. Contact the head coach Jay Coleman at 230-8921 for more information.

OSHKOSH YMCA DOLPHIN SWIM TEAM TRY-IT (AGES 5-12)

The Dolphin Swim Team Try-It Program gives swimmers an introduction to the swim team. The Try-It week is a chance for children who are interested in joining the swim team to learn and experience what being on the team is like and what practices are like. Try-It participants should be between the ages of 5-12 and can swim one length of the pool (25 yards). Participants will be introduced to the 4 competitive strokes – freestyle, backstroke, breaststroke, and butterfly. Try-It anytime!

For more information, please contact Jay Coleman at 230-8921 or email jaycoleman@oshkoshymca.org.

NKB SWIM CAMP

On February 20th, 2010, the Wisconsin swimming family and the Oshkosh YMCA lost one of its most uplifting spirits. While returning home from a swim meet, a



tragic car accident took the life of long-time OSHY swimmer Natalie Kate Bolin. Natalie was an incredible person who shared her kindness with everyone she met. One of her favorite things about the swim team was going to camp every summer in Ely, MN. She loved camp and Ely was her favorite place in the world. It was easy to find a reason to

create a camp that Natalie would have been proud of and would have enjoyed attending. The NKB Swim Camp is a camp to learn more about yourself, challenge your abilities, learn more about respecting nature, experience competition, connect with people, share ideas and have fun! Natalie was all about having fun! If Natalie was alive today, she would be thrilled that her camp has brought swimmers together from across the miles. From Florida, to Texas, across Michigan and to Minnesota, people have joined forces to spend a week in the Northwood's honoring a life of a fellow swimmer and enhancing their own lives. Natalie's radiant personality touched the lives of many and her legacy continues to encourage, motivate and support the swimmers of Wisconsin. ~ Mary Jo, Natalie's mother

WATER FITNESS

FREE TO OSHKOSH Y MEMBERS

Classes are designed to improve cardiovascular endurance and promote muscle conditioning, strength, and toning. You get a great workout with the resistance of the water.

20 MON, WED 9:00-10:00 a.m. Competition pool
FRIDAY 9:00-9:45 a.m. Competition pool

DT MON, FRI 9:00-9:50 a.m. Rockwell pool
MON, FRI 12:00-12:45 p.m. Williams pool
MON, WED 5:30-6:30 p.m. Williams pool
TUESDAY 5:35-6:20 p.m. Rockwell pool
SATURDAY 9:00-10:00 a.m. Williams pool

FREE TO MEMBERS

SENIORS!

SENIOR WATER FITNESS & SILVERSPASH

See pgs 10-11 for info on these & other great classes just for you.

FREE TO OSHKOSH Y MEMBERS

ARTHRITIS AQUATICS

This class offers water exercises that are recommended by the Arthritis Foundation for joint movement. There are also exercises for maintaining strength. The ability to swim is not required as all classes are offered in the shallow pool which at its deepest point is 3½ feet. Participants also enjoy a social and recreational component.

DT MONDAY, WEDNESDAY, FRIDAY 11:00-11:45 a.m. Williams Pool

20 MONDAY, WEDNESDAY, THURSDAY, FRIDAY 10:00-10:45 a.m. Family Pool

FREE TO MEMBERS Activity members \$3 per class OR
\$60 for 30-day program pass. (30-day punch card is available at the front desk.)

WATER YOGA

Relax your body and mind while concentrating on long, gentle stretches and breathing exercises. Improve balance and flexibility. Shallow water workout.

DT MONDAY 6:30-7:15 p.m.

FREE TO OSHKOSH Y MEMBERS

FREE TO MEMBERS

AQUA ZUMBA

Physical conditioning through Latin dance moves and water exercise. Shallow water workout, medium impact and a cardiovascular workout that is great for beginners and intermediate exercisers.

DT WEDNESDAY 9:00-9:45 a.m. Rockwell Pool - OR - 12:00-12:45 p.m. Williams Pool
FRIDAY 5:15-6:00 p.m. Williams Pool

FREE TO OSHKOSH Y MEMBERS

FREE TO MEMBERS

SCOUTS SWIMMING WORKSHOPS

Our instructors will assist your troop in earning its swimming badge. Available for girls and boys troops, participants will work on swimming skills including lifesaving safety, water fun, sports and games. Skills depend on the troop level. Badges are not included. Please call the aquatics director at least two weeks prior to set up a date and time of your workshop.

FEE \$5 per participant

ROCK & ROLL WATER AEROBICS

Join us for a rockin' good time. Water Aerobics with oldies inspired music. Get ready to sweat

DT TUESDAY & THURSDAY 9:00-9:45 a.m. Rockwell Pool

FREE TO Y MEMBERS

DEEP WATER FITNESS

Class is held in the deep end of the Rockwell Lap Pool. Awesome class for joints – no impact but a great workout!

DT THURSDAY 5:35-6:20 p.m.

FREE TO Y MEMBERS

WATER TAI CHI | GENTLE LOW IMPACT EXERCISE

Water Tai Chi is a system of gentle physical exercises and stretching. Doing these low-impact workouts you perform a series of postures or movements in a slow, graceful manner. This class teaches breathing coordinated with movement to enhance the development of inner energy and peace of mind. By doing these exercises in the water you provide a constant and consistent resistance to your muscles, yet at the same time cut down on the amount of stress experienced by your body.

DT WEDNESDAY 10:00-10:45 a.m. Williams Pool

FREE TO Y MEMBERS

POWER CURRENT

Looking for a new way to vary your workout? Try our new water walk/run/jog class! Any ability is welcome as you can set your own pace. An instructor will lead you through walking, jogging and running through the water with very low impact to your joints. The water creates great resistance and is a good change from the treadmill in the winter.

DT TUESDAY, THURSDAY & SATURDAY 8:10-8:55 a.m. Williams Pool

FREE TO Y MEMBERS



Carol has lost
more than 150
pounds.

Plan gastric bypass surgery or order a wheel-chair. Those were the options Carol's doctor gave her as a way to handle her weight problem. Carol didn't want to rely on a surgical procedure to lose weight; instead, she decided to make changes in her life – changing her eating habits and getting up off the couch and getting active – to help her achieve her weight loss goals. Her doctor didn't think she'd be able to do it on her own.

Three years after she first stepped foot in the Y, Carol has lost more than 150 pounds. She's gone from using a walker and needing help getting in and out of the pool, to riding her bicycle to the Y and teaching a water aerobics class. "Walking into this place was the scariest thing I ever did," Carol said. "But this was like home. Everybody was welcoming." Carol's determination and willingness to work hard and stick with her exercise routine, along with the support she received from the Y staff and members were key to her success.

Photo Courtesy of the Oshkosh Northwestern

TAI CHI

Tai chi is a noncompetitive, self-paced system of gentle physical exercises and stretching. In tai chi, you perform a series of postures or movements in a slow, graceful manner, each posture flowing into the next without pausing. Anyone, regardless of age or physical ability, can practice Tai Chi. This class teaches breathing coordinated with movement to enhance the development of inner energy and peace of mind. Participants will learn taiji basic exercises and a few taiji postures. Neigong (sitting meditation) and the empty hand form (Thirteen Postures) will also be taught.

20 MONDAY (Beginner Friendly)
WEDNESDAY (All Levels) 6:00-7:00 a.m. • (All Levels) 6:45-8:00 p.m.

FREE TO Y MEMBERS

KARATE (AGES 4-ADULT)

Karate is good exercise, it's fun, it enhances your confidence, teaches you methods to defend yourself, develops patience and more!

20 TUESDAY & THURSDAY
5:30-5:55 p.m. Ages 4-7 Beginner
5:55-6:20 p.m. Ages 4-7 Intermediate
6:20-7:00 p.m. Ages 8-12 Beginner-Intermediate
7:00-8:00 p.m. Ages 13+ All Ranks
SATURDAY 9:30-10:30 a.m. Yellow belts and above, only.

This program is a 7-week session. Classes run year-round.

FEE \$86 Member • \$125 Activity Member
Save time and money by signing up for automatic bank withdrawal.
No contracts or minimums. \$45/month Member • \$70/month Activity Member
Save even more money by paying in full for the year!
\$486/member • \$756/Activity Member
10% Sibling discount available.



Karate enhances your confidence, teaches you methods to defend yourself, and more!

YOGA

DT 20 Yoga is offered for all fitness levels so all can work at their own pace. Please bring your own mat. Please check online or at the Front Desk of either YMCA for class schedules.

YOGA is system of stretching and positional exercises derived from this discipline to promote good health, fitness, and control of the mind.

FREE TO OSHKOSH Y MEMBERS

OPEN CLIMB (AGES 4+)

Never rock climbed before? Open Climb is the perfect opportunity for beginners or advanced climbers! No experience is necessary. All Open Climbs are staffed with certified instructors. Whether you brave the 28-foot high walls or the 18-foot high ropes course—this is an experience you will never forget!

Register for Open Climb daily at the Service Center. Oshkosh Y Member Registration begins 1/2 hour prior to starting time.

FEE FREE TO OSHKOSH YMCA MEMBERS!

\$4.20 Away Member • \$5.25 + Day Pass Activity Members

FREE TO OSHKOSH Y MEMBERS

Climbers who have been certified to belay must pass a skills check with the Climbing Staff each time they wish to belay themselves or others.

NEW! PROGRESSIVE ROCK CLIMBING CLASSES

This is an introduction to the sport of climbing. The class will educate climbers on basic equipment, skills, harness set-up and safety. Each age group will vary based on the needs and level of the participants. The participants will be belayed by an instructor throughout the class and will have an opportunity to learn how to boulder and learn other climbing techniques. (Minimum of 3 participants needed to offer class.)

MONDAY

5:00–6:00 p.m. Ages 4–6

6:00–7:00 p.m. Ages 7–9

7:00–8:00 p.m. Ages 10–13

FEE \$40 Member • \$60 Activity Member

**WORK TOGETHER.
PROBLEM-SOLVE.
GET TO KNOW
EACH OTHER.**

**TEAM
BUILDING**

**CONTACT KATHY
AT 230-8439 FOR
MORE INFORMATION.**

An outstanding activity for the complete team-building experience – both fun and functional. This program utilizes our indoor climbing facility and ropes course as well as offering land-based programming to help team members work together, problem solve, and get to know each other. Ask about our lunch option.

FEE Full day: (8-hour event) \$40 per participant
Minimum 24 participants

Half day: (4-hour event) \$20 per participant
Minimum 12 participants

**Coming together is a beginning;
keeping together is progress;
working together is success.**

~ Henry Ford

FOR SAFETY, CLIMBERS MUST BE AT LEAST 4 YEARS OLD AND WEIGH 40 LBS OR MORE. HOWEVER, MEETING THESE MINIMUM STANDARDS DOES NOT GUARANTEE PROPER FIT OF THE HARNESS. APPROVAL TO CLIMB WILL BE DETERMINED BY THE CERTIFIED CLIMBING STAFF.

NEW! ADVANCED CLIMBING CLASS

This class is a step up from the introduction class. Participants will continue to grow in their climbing technique and put their skill to the test by climbing the various routes we have in our facility. All participants are encouraged to challenge themselves in this class. (Minimum of 4 participants needed to offer class.)

TUESDAY 5:00-6:30 p.m. Ages 10-15
FEE \$50 Member • \$75 Activity Member

NEW! GROUP/FAMILY CLASS

Learn the basics of rock climbing in a laid back atmosphere, while friends and family members shout encouragement. Participants 15 years old and above will be certified to belay. (Minimum of 4 participants needed to offer class.)

TUESDAY 6:30-8:00 p.m. Ages 4+
FEE \$25 Member • \$40 Activity Member

TRY SOMETHING BOLD, FUN, NEW!

NEW!

ADULT CLIMBING CLASS

Here is a chance for all adults who want a class for Climbing! Adult climbing mixes the basics with the advanced. In this class you will learn climbing equipment and safety as well as various climbing techniques. All participants will be belayed certified. (Minimum of 4 participants needed to offer class.)

WEDNESDAY 6:30-8:00 p.m.
Ages 16+
FEE \$50 Member
\$75 Activity Member

CLIMB

PERSONAL CLIMBING INSTRUCTION

Personal climbing training consists of one-on-one training with experienced instructors. Lessons are based on participants’ wants. Spend your time on the ground or the wall, learning the basics of climbing. Belay certification is also available upon request.

Call Michelle Zach at 230-8439 to set up an appointment.

FEE 1-hour sessions*
\$35 Member
\$53 Activity Member
5 1-hour sessions
\$150 Member
\$225 Activity Member
10 1-hour sessions
\$250 Member
\$375 Activity Member

*Sessions must be used within 6 months of purchase

GIRL SCOUT PATCH & BADGE WORK

The YMCA Climbing Wall offers instruction to complete certain requirements for girl scouts to earn different climbing awards. Available are the Adventure Sports Badge, the Sports Sampler Badge, or a High Adventure Interest Project. The Climbing Fun Patch is also available for those who want to climb for fun.

20 Call Lisa Nething at 230-8920 for more information.

FEE \$5 Per Participant

BOY SCOUT CLIMBING MERIT BADGE

Instruction is available for Boy Scouts interested in working towards specific requirements needed to earn their Climbing Merit Badge. Certain prerequisites are needed to participate.

20 Call Lisa Nething at 230-8920 for more information.

FEE \$10 Per Participant

REACH FOR THE STARS

This program is targeted towards youth age 4-17, helping to build self-esteem and spatial awareness during open climb. Stars are given out for completing certain prerequisites within a three month period. (Jan 1-Mar 31 • April 1-June 30 • July 1-Sept 30 • Oct 1-Dec 31) Prizes will be awarded for receiving a certain amount of stars. Both members and non-members may participate, and open climb fees still apply. Stop by the climbing wall to learn how to earn your stars.

FEE \$5 Per Participant

HOME SCHOOL FFK ROCK CLIMBING (AGES 4-16)

This class will teach students how to properly climb all of the elements that our indoor rock wall has to offer. Students will learn different climbing terminology, equipment names, how to warm-up for rock climbing, understand the different climbing techniques, and so much more! (Minimum 2 participants, maximum 10)

Call Michelle Zach at 230-8439 for more information.

MONDAY & WEDNESDAY 3:00-4:00 p.m.

FEE \$50 Member • \$75 Activity Member



**HAVEN'T
TRIED
CLIMBING
YET? WHAT
ARE YOU
WAITING
FOR?
CLIMBING IS
FUN FOR ALL
AGES.**

NEW MEMBER ORIENTATION

FREE TO OSHKOSH Y MEMBERS

FITNESS TESTING

CONTACT THE HEALTH & WELLNESS CENTER TO SCHEDULE A FITNESS TEST.

FEE FREE to Oshkosh Y Members

DT 20

DT 20 We offer each new member complimentary time with a fitness trainer to introduce you to our cardio and circuit machines. Based on your goals and fitness level, our fitness trainers will teach you how to use the equipment appropriate for you. You will be instructed on proper form and on how to adjust the machines. The amount of time spent with the trainer will be based on your personal needs. This orientation is designed to help you feel comfortable with our equipment, and to get off to a good start. In order to maximize the benefits from this program, it is necessary to complete the program within 60 days of your joining date. Contact the Health & Wellness Center to schedule your appointment.

FEE FREE TO OSHKOSH YMCA MEMBERS

PROGRAM REFRESHER

FREE TO OSHKOSH Y MEMBERS

This gives you an opportunity to add some new, more challenging exercises to your current program. Contact the Health & Wellness Center for more information or to schedule your appointment.

DT 20 FEE FREE TO OSHKOSH YMCA MEMBERS

STRONG TEENS (AGES 11-15)

This six-week, activity-based course will teach teens the basics of living an active, healthy lifestyle. Teens will learn how to properly use the cardiovascular and circuit equipment in our Health and Wellness Center. Topics include: Benefits of Exercise, Basic Anatomy, Heart Rate training, FITT Principle, program design and Nutrition. After successful completion of this class, participants will receive a pass to use the Health & Wellness Center.

20 TUESDAY & THURSDAY 4:30-5:30 p.m.

FEE \$30 • OSHKOSH YMCA MEMBERS ONLY

STRONG TEENS FAST PASS (AGES 14-15)

Successful completion of this test will allow a high-school aged student (14-15) to use the Health & Wellness Centers by testing out of the full Strong Teens course. Candidates are evaluated in the areas of strength, cardiovascular, core exercises and flexibility, safety, and gym etiquette. Candidates must be enrolled in high school to take this program, proof of enrollment required. Contact a Health & Wellness Representative for appointment.

DT 20 FEE \$15 • OSHKOSH YMCA MEMBERS ONLY

be active • be healthy • be happy

**FREE
TO OSHKOSH
Y MEMBERS**

ADULT HEALTH & WELLNESS CLASSES AGE High School+ Oshkosh Y members enjoy the benefit of over 140 free Health & Wellness classes every week. These classes are run on a drop-in, continuous basis. **Schedules are available at the Front Desk or www.oshkoshymca.org – and on our new MOBILE APP!**

DT 20 DOWNTOWN & 20TH AVE:

Cardio Kickboxing Punch, kick and jump in this powerful cardio workout. This is a high-energy, non-contact class done to music.

Muscle Conditioning This strength, conditioning and toning class increases muscular strength using resistance, bands, weights and body bars. Great for all levels.

Group Cycling A non-impact journey on specially designed stationary bikes, allowing participants to work at their own pace while coached through a 45-60 minute workout. Reserve a spot at the service desk up to 60 minutes before class.

Zumba Dance and get fit in this high-energy class. A fusion of international music/dance, the routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Fit Camp Everything from step to kickboxing, muscle conditioning and more!

Yoga Offered for all fitness levels so all can work at their own pace. Please bring your own mat.

Pilates A series of exercises performed on a floor mat, using few or no props to develop core muscular strength and flexibility.

BodyPump™ The original Les Mills™ barbell class will sculpt, tone and strengthen your entire body.

R.I.P.P.E.D. A total-body, high-intensity program using free weights, resistance and body weight.

20 20TH AVENUE:

Hip Hop A high-energy class providing a cardio workout using fast-paced combination sets and mini routines to the beats of the latest hip hop and club music. Tone muscles and increase stamina, while indulging in a fun-filled dance activity.

Insanity This class will push you past your limits with plyometric drills and intervals of strength, power and resistance, incorporating ab and core training techniques to sculpt and tone.

Tabata Interval training completed in a series of 4-minute rounds. Exercises are performed for 20 seconds with 10 second breaks, 8 times through.

P90X Experience the at-home program as an hour long class using the same intense workouts seen in the P90X program.

Contact Kickboxing A high-energy class for all ages and abilities, focusing on fundamental kickboxing techniques, strength building, and aerobic conditioning. Participants are asked to bring their own gloves.

DT DOWNTOWN:

Hi/Lo Cardio Fitness For multiple fitness levels, this class offers a full-body workout including a cardio section that incorporates free style HI & LO impact aerobic moves along with muscle conditioning and stretching. A great workout.

Stroller Aerobics This cardio and strength program will challenge participants to work at their own personal best! With a fun, family-friendly atmosphere anyone with an infant or toddler are welcome to participate. Participants are required to bring their own stroller/child carrier.

Cardio Bootcamp Take everything you learned in gym class and put it to some heart-pumping music: plyometric skills, running, jumping, drills, kickboxing, pushups, sit-ups, squats, lunges and more!

NEW! TRX

20 Use suspension straps to push, pull and lift your bodyweight to develop strength, balance, flexibility and core stability simultaneously.

Register online or at the Front Desk.

FEE \$15 Member • \$30 Activity Member
(fee is per full session: Summer 1 or 2)



NEW!

ESSENTRICS

Perfect for men and women of all fitness levels, Essentrics is a dynamic, full-body workout suitable for all fitness levels that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned and pain-free body.

PERSONAL TRAINING – PHYSICAL ENHANCEMENT SERVICES

Introducing the Gold Standard for Personal Training! Our personal training has taken extreme measures to increase our expertise to help you reach your goals. Our vision allows us to provide exercise and fitness programs for healthy individuals and for those with physical and developmental disabilities. Our approach is precise and scientific in order to create an individualized program to suit our client's specific needs. Each person is evaluated on his or her current medical and mechanical needs so that we can provide a plan for accomplishing functional independence and health goals.

PERSONAL TRAINING: Our approach takes in all medical and personal concerns when designing efficient and effective exercise programs to improve independence, function and overall health.

ATHLETIC CONDITIONING: In addition to speed and agility drills, our goal is to determine which mechanics are weak. It is these weak actions that prevent peak performance. Implementing exact drills and exercises to strengthen weak movement builds a more powerful athlete.

EXERCISE FOR CLINICAL CONCERNS: Exercise programming for individuals with clinical ailments to help increase function, reduce pain and promote independence.

- Arthritis • Multiple Sclerosis • Cerebral Palsy • Senior Exercise • Wheelchair Bound
- Cancer • Cardiac • Stroke • Quad / Paraplegics • Down Syndrome

1 PERSON	\$50/hour	\$25/half hour
2 PEOPLE (per person)	\$40/hour	\$20/half hour
3 PEOPLE (per person)	\$35/hour	\$17.50/half hour
4 PEOPLE (per person)	\$30/hour	\$15/half hour

**BUY 7 HALF HOURS
GET ONE FREE! \$175
FOR 8 SESSIONS**

TRIPLES (3 half-hour sessions in one week): \$65

MECHANICAL ANALYSIS (Gait, Sport Specific, Body Mapping): \$65

5-DAY DIET ANALYSIS: \$65

FITNESS / VO2 TESTING: \$65

3 PNF STRETCHES: \$50

COMPREHENSIVE STARTER PACKAGE \$250
New Clients Only

- Diet Analysis • Fitness/VO2 Testing
- Body Map/Gait Analysis
- 8 Half-hour Training Sessions
- Customized Written Results, Recommendations and Routines



**Only Y Staff are
allowed to provide
Personal Training
within Y programs
and facilities.**

**GET
STARTED...**

**WEIGHT LOSS
PACKAGE \$125**

- 5-Day Diet Analysis
- 4 Half-hour Training Sessions

**TESTING &
TRAINING \$125**

- Fitness/VO2 Testing
- 3 Half-hour Training Sessions

**GET
SERIOUS...**

**GET
FIT!**

**TEST, DIET &
TRAINING \$150**

- Fitness/VO2 Testing
- Diet Analysis
- 3 Half-hour Training Sessions

Reduce your diabetes risk & gain tools for healthy living through the YMCA's DIABETES PREVENTION PROGRAM

58% OF NEW CASES OF TYPE 2 DIABETES CAN BE PREVENTED THROUGH PROGRAMS LIKE THE YMCA'S DIABETES PREVENTION PROGRAM

If you are at high risk for Type 2 diabetes, the YMCA's Diabetes Prevention Program can help you adopt and maintain healthy lifestyles that will help you reduce your chances of developing diabetes.

The YMCA's Diabetes Prevention Program helps those at high risk of developing Type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease.

Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the number of cases of Type 2 diabetes by 58%.

ABOUT THE PROGRAM: In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over a 12-month period, beginning with 16 weekly one-hour sessions followed by monthly maintenance for added support to help them maintain their progress. The 12-month cost for the program is \$429.

PROGRAM GOALS: • Reduce body weight by 7% • Increase physical activity to 150 minutes per week

WHO CAN PARTICIPATE? In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25)* and at high risk for developing type 2 diabetes indicated by a confirmatory blood value†, prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy, or a qualifying risk score.

*Asian individual(s) BMI > 22

†Individuals who have already been diagnosed with either Type 1 or Type 2 diabetes do not qualify for this program.

FOR MORE INFORMATION: Contact Dan Braun at danbraun@oshkoshymca.org or 230-8915

NEW! TRX SUSPENSION TRAINING

20 Use suspension straps to push, pull and lift your bodyweight to develop strength, balance, flexibility and core stability simultaneously.

Register online or at the Front Desk. SPACE IS LIMITED! REGISTER EARLY!

FEE \$15 Member

\$30 Activity Member

(fee is per full session:

Summer 1 or Summer 2)

- Develop and maintain a rock-solid core
- Achieve a total body cardio and strength training workout in under an hour



LIVESTRONG® at the YMCA (Summer only)
LIVESTRONG at the YMCA is a ten-week, small group program designed for adult cancer survivors. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal." The program is conducted outside of medical facilities to emphasize that LIVESTRONG at the YMCA is about health, not disease.

Our goal is to help participants build muscle mass and muscle strength, increase flexibility and endurance and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle, not only as part of their recovery, but as a way of life. In addition to the physical benefits, the program provides participants a supportive environment and a feeling of community with their fellow survivors, YMCA staff and members.

YMCA fitness instructors work with each participant to fit the program to their individual needs. The instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care.

JUNE 14-AUGUST 25

20 TUESDAY & THURSDAY 1:00-2:30 p.m.

No class the week of July 4.

Call Dan Braun for more information.
230-8915 or danbraun@oshkoshymca.org.

NATIONAL LIVESTRONG DAY 2016

Friday May 20, 2016 at both YMCAs.

Help the YMCA celebrate NATIONAL LIVESTRONG DAY by honoring cancer survivors and their families.

Contact Dan Braun at 230-8915 or danbraun@oshkoshymca.org for information.

AFFINITY SPORTS MEDICINE & WELLNESS CENTER

20 For more information about



**Affinity's Sports Medicine
& Wellness Center, call
(920) 223-2479**

Center Hours
MONDAY-THURSDAY

9:00 a.m.-5:00 p.m.

CLOSED FRIDAY

Affinity Health System has partnered with the Oshkosh YMCA to provide sports medicine and wellness resources at the 20th Avenue YMCA. The Affinity Sports Medicine & Wellness Center has a wealth of information including books, pamphlets, audio and videotapes focused on wellness, injury prevention and general health. A computer terminal provides Web access to the Clark Family Health Science Library at Mercy Medical Center and appropriate sites. Physical therapy staff are available to answer questions regarding injury and rehabilitation.



WARBIRDS HOCKEY OSHKOSH YOUTH HOCKEY ASSOCIATION

The Oshkosh Youth Hockey Association (OYHA) offers a competitive, traveling youth hockey program utilizing the YMCA Ice Arena for practices and home games. Play follows USA Hockey and Wisconsin Amateur Hockey Association (WAHA) guidelines. The Warbirds are open to boys and girls ages 6 to 14, residing within OYHA boundaries. Each team practices 2 times per week and games are scheduled on weekends versus East-Central Wisconsin teams of the same age levels. Programs run October to mid-March. Check the Warbirds website for more information: oshkoshyouthhockey.org

INTERESTED IN HOCKEY?

USA Hockey recommends that beginning hockey players learn to skate BEFORE putting a stick in their hand. The YMCA uses a basic skating skills program that teaches students the strong skating skills that are important to master before moving on to hockey or figure skating. Students will learn forward and backward skating, stopping and turning in the basic skills class.

LEARN TO HOCKEY SKATE

Designed to teach the fundamentals of hockey skating. All elements will be taught WITHOUT a stick or a puck as proper skating techniques are the primary focus of this class. Full hockey gear is encouraged in Levels 1 and 2, and will be required in Levels 3 and 4. Hockey gear will be available to use at no cost during this program.

Parent Meeting for first-time participants will be held Monday the week before the start of each session at 5:30 pm in the bleachers in the ice arena.

MONDAY 5:30-6:00 p.m.

FEE \$36 Member • \$62 Activity Member

ADULT LEARN TO HOCKEY SKATE

Designed to teach the fundamentals of hockey skating. All elements will be taught without a stick or puck as proper skating techniques are the primary focus of this class. Learn how to maneuver on the ice in this exclusive adult only beginner class.

WEDNESDAY 6:00-6:45 p.m.

FEE \$53 Member • \$75 Activity Member

PLANET HOCKEY TOTAL PLAYER DEVELOPMENT SUPER CAMP



Power skating: quickness, mobility, speed and efficiency. Stickhandling. Scoring. Small games. Team play. Body contact, battles and puck protection. Professional/certified international staff. Dryland training. Video lectures and focus sessions. Personalized player evaluation and video. Free camp jersey. STP Program. Pre-camp preparation workbook. Final day game - and much more!

JULY 11-15 • MONDAY-FRIDAY 8:30 a.m.-2:00 p.m.

FEE \$479

For more information please call: (720) 304-3880 www.planethockey.com

ADULT CO-ED INTERMEDIATE HOCKEY LEAGUE (AGES 18+)

A 15-week league for Intermediate hockey players. No checking or slap shots. One game per week, and full equipment is required.

SUMMER May 4–August 24 Reg deadline 4/20/2016 No games 6/1 and 7/6

WEDNESDAY Games 7:00–10:30 p.m. Game time determined by number of teams.

FEE \$130 (+tax) = \$136.50 Member • \$180 (+tax) = \$189 Activity Member

Goalies play FREE!

ADULT COMPETITIVE HOCKEY LEAGUE (AGES 18+)

A competitive 15-week non-check hockey league played 5-on-5 with goalie. This league is for the more experienced player ages 18+. No checking or slap shots. Teams play one game per week and full equipment is required. Team registration only. Teams must provide their own jerseys.

SUMMER May 2–August 22 Reg deadline 4/20/2016 No games 5/30 and 7/4

MONDAY Games 7:00–10:30 p.m. Game time determined by number of teams.

FEE \$1,650 + tax = \$1,732.50 per team • Goalies play FREE!

GOALIES: LEARN NEW SKILLS

PREMIER SUMMER GOALIE SERIES

Take a progressive approach to your goaltending development this summer. This goalie series encourages you to participate in other sports while also keeping your goaltending skills tuned up. This is a selective program that will host 4 goalies at each of 2 levels: Elite and Advanced. The Elite group is meant for goalies who will be playing at the Bantam, High School, College level next season. These goalies will have a solid understanding of their game and be willing to put in the highest level of work. Advanced (Squirt and PeeWee) goalies are developing their game to get to that next level. Their work ethic is still strong, and they are eager to learn new goaltending concepts.

To sign up for the either group, goalies must provide a written statement as to why they want to participate in the goalie series and provide an assessment of their game. **Interested goalies should contact Tom Breunig, instructor, at tombreunig@oshkoshymca.org prior to registering to get information on how to assess their game.**

JUNE 5, 12, 26 • JULY 10, 17, 31 • AUGUST 7, 21

FEE \$200 Member • \$250 Activity Member

PROTECT THE GOAL!

LEARN TO SKATE (AGES 4+)

Classes based on US Figure Skating Skills program: Snowplow Sam 1-3 as well as Basic Skate 1-2. Each session includes one half-hour lesson per week. Participants learn the basics of skating by developing balance and confidence. Gloves or mittens and bike helmets are required. Knee and elbow pads are recommended.

Parent Meeting for first-time participants will be held Monday the week before the start of each session at 5:30 pm in the bleachers in the ice arena.

MONDAY 5:30-6:00 p.m.

FEE \$36 Member • \$62 Activity Member Skate rentals free for program use.

SKATE WITH US Basic 3-8 & Adult 1-4

A fun, challenging and rewarding program that give participants the opportunity to advance at their own pace. Sessions consist of one 45-minute on-ice lesson per week. Skills testing conducted at the end of each session. Adult Beginners are also welcome in this class.

MONDAY 6:00-6:45 p.m.

FEE \$53 Member • \$75 Activity Member

For more information contact Angela Dodge at 230-8439 ext. 121 or angeladodge@oshkoshymca.org

FREESTYLE WITH US Freeski 1-6

A challenging program that allows participants to advance their skills. Each session consists of one 45-minute on-ice lesson per week. Skills testing conducted as needed.

MONDAY 6:00-6:45 p.m.

FEE \$53 Member • \$75 Activity Member

PRIVATE SKATE LESSONS

Set up private lessons with a YMCA instructor based on your schedule. Available to all skill levels. Instruction available for recreational skating, figure skating, hockey skating and goalie coaching. Call the YMCA at 230-8449 ext. 121 for details.

FEE 1-hour punch card* \$50 Member • \$65 Activity Member

2.5-hour punch card* \$110 Member • \$145 Activity Member

5-hour punch card* \$200 Member • \$275 Activity Member

SEMI-PRIVATE SKATE LESSONS

Semi-private lessons are available to children and adults who are looking for a more individualized program in a small group setting. Instructors will work with small groups (2-3 students) to advance skating ability and technique.

FEE 1-hour punch card* \$30 Member • \$45 Activity Member

2.5-hour punch card* \$65 Member • \$100 Activity Member

5-hour punch card* \$120 Member • \$190 Activity Member

*Lessons are redeemable in 15 minute increments. Actual lesson length will be determined by the student and instructor.

OPEN ICE SKATING

FREE TO OSHKOSH Y MEMBERS

Open Ice Skating is a fun and exciting activity the whole family can enjoy. With Open Skating sessions all week long, there's always a convenient time to skate and stay fit!

All sessions open to the public.

FEE FREE FOR Y MEMBERS

\$2 Youth Activity Member • \$4 Adult Activity Member

SKATE RENTAL \$1.50 Member • \$3 Activity Member

See the most up-to-date schedules for Open Ice at www.oshkoshymca.org

OPEN HOCKEY

Open Hockey is a great way to improve skills, compete in a friendly game, or just stay active. Multiple Open Hockey programs are available for all ages. See the Open Skate schedule for available programs, times, and fees.

HIGH SCHOOL HOCKEY LEAGUE

An 8-week league for high school age hockey players. No checking or slap shots. One game per week. Full equipment is required.

SUMMER JUNE 14–AUGUST 9 Reg deadline 5/31/2016 (no games 7/5)

TUESDAY Games 4:00–6:15 p.m. Game time determined by number of teams.

FEE \$55 + tax = \$57.75 Member • \$80 + tax = \$84.00 Activity Member

YOUTH HOCKEY POWER SKATING

Six-week instructional program to improve hockey skating skills including speed and agility. This is an advanced hockey skating class. Previous skating experience required.

FRIDAY 5:45–6:00 p.m.

FEE \$52 Member • \$73 Activity Member

SUMMER FUN SKATE LESSONS

Get out of the heat and into the cool rink to learn how to skate. **Skate rental free of charge with registration.**

IN SUMMER FUN CLUB? Staff will take your child to and from their lesson.

SUMMER FUN SKATE 1 June 13–July 1

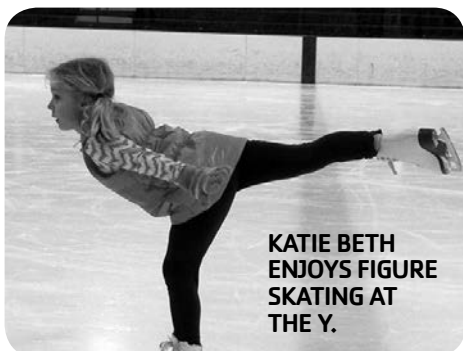
SUMMER FUN SKATE 2 July 11–29

SUMMER FUN SKATE 3 August 8–26

MONDAY & THURSDAY

10:15–10:45 a.m.

FEE \$36 Member • \$62 Activity Member



KATIE BETH
ENJOYS FIGURE
SKATING AT
THE Y.

CHILD DEVELOPMENT CENTER

Our Child Development Center, licensed by the State of the Wisconsin's Department of Health and Family Services, nurtures the whole child. Our center provides developmentally age-appropriate programs, which are committed to nurturing individual differences and encouraging the social, intellectual, physical, mental and spiritual growth of the child. USDA approved meals, including breakfast, lunch and afternoon snacks are provided. Swimming lessons, gymnastics and other youth sports are offered throughout the year for children three to six years old.

AGE 6 weeks through pre-Kindergarten

MONDAY-FRIDAY

DT 6:30 a.m.-5:30 p.m.

20 6:00 a.m.-6:00 p.m.

FOR MORE INFORMATION:

DTC Kim Stelzer at 920.230.8954 or
kimstelzer@oshkoshymca.org

20th Ave Jane Gates at 920.230.8918 or
janegates@oshkoshymca.org

KID'S CLUB 2015-2016 BEFORE- AND AFTER-SCHOOL CARE

Kid's Club (Wisconsin state-licensed) is available on-site at your child's elementary school, before and after school, to provide a fun and safe environment for those who need care for their elementary school-age children. The club provides fun, age-appropriate recreational and educational activities for its participants. Character development, social competence, conflict resolution, arts and humanities and more are also incorporated. Children must be enrolled on a full-time basis. Snacks are provided at after-school sites and a light breakfast is provided at before-school sites.

BEFORE SCHOOL

6:15 a.m.-School Start Time • Oakwood School

6:00 a.m.-School Start Time: • Franklin School

AFTER SCHOOL Dismissal Time-6:00 p.m.:

• Carl Traeger • Oakwood • Omro and HB Patch • Franklin

Please call for more information or visit www.oshkoshymca.org.

REGISTRATIONS FOR 2016-17

WILL BEGIN APRIL 2016. For more information contact Erin: 236-3380 or erinbaranek@oshkoshymca.org

KID'S DAY OUT 2016 **Limited Slots available, register early!**

Kid's Day Out is a full day, school-age, childcare program offered on "school out" days. Children ages Kindergarten to 12 years of age will participate in arts and crafts, Family Prime Time, games, swimming, character development activities and occasional field trips. The program will be held at the 20th Avenue YMCA from 6:30 a.m.-6:00 p.m. Participants provide their own sack lunch and a morning and afternoon snack is provided by the YMCA. Registration forms are available at both YMCA locations.

20 AGES K-12 **AGES** K-12 years • 6:30 a.m.-6:00 p.m.

2016: MARCH 25 | MARCH 28-APRIL 1

FEE \$40/Day Member • \$45/Day Activity Member

Kid's Day Out does not offer a sibling discount.

For more information contact Erin: 236-3380 or erinbaranek@oshkoshymca.org

Additional possible snow make up days: May 27; June 9-10 (June DT only)

* If school is cancelled due to weather there will be a make up school day (and No KDO).

Refunds will be made for families who have registered/paid.

* If there are no make up days due to weather we will have KDO.

FAMILY PRIME TIME CENTERS

FREE
TO OSHKOSH
Y MEMBERS

A special area designed for children and parents to spend quality time with each other. Children ages six and older can enjoy the centers without an accompanying adult. Computers, play mazes, pool tables, air hockey and big screen television/ lounge areas (with Xbox Kinect!) are just some of the fun features in this supervised center.

20 MONDAY-FRIDAY 9:00 a.m.-7:00 p.m.

SATURDAY 8:45 a.m.-5:00 p.m.

SUNDAY CLOSED

DT MONDAY-FRIDAY 9:00 a.m.-7:00 p.m.

SATURDAY-SUNDAY CLOSED

FEE FREE TO MEMBERS

Activity Members purchase a day pass

DROP-IN CHILDCARE CENTERS (AGE 6 WEEKS-6 YEARS)

Experienced staff will care for children while parents experience other YMCA activities. Parents/guardians must remain in the building for this short-term care.

20 MONDAY-THURSDAY 7:30 a.m.-8:00 p.m.

FRIDAY-SATURDAY 7:30 a.m.-1:00 p.m.

DT MONDAY-THURSDAY

7:30 a.m.-1:00 p.m. and 4:00-8:00 p.m.

FRIDAY-SATURDAY 7:30 a.m.-1:00 p.m.

FEE \$2 per hour for one child and

\$1 per hour for additional child

**BELIEVE DEEP DOWN
IN YOUR HEART
THAT YOU ARE DESTINED
TO DO GREAT THINGS.**

~ RACHEL JOY SCOTT



Baby Patrick
loves the Y!

EARLY RELEASE DANCE (GRADES 4+)

Learn the basics in leading, following, rhythm and timing in a variety of social dance styles. We will use age appropriate music ranging from traditional to contemporary. No signup required.

20 WEDNESDAYS

2:00-3:00 p.m.

EARLY RELEASE DANCES 2016:

Jan 13 • Feb 17

Mar 14 • Apr 13 • May 11

FEE FREE!



**SO MANY SUPER
GREAT KIDS AT THE Y!**

YOUTH DISCIPLINE POLICY

The YMCA is a great place to have fun. Please follow the YMCA Core Values of Caring, Honesty, Respect & Responsibility as you enjoy your visit. The YMCA will give you three verbal warnings for conduct that is not in keeping with our mission or core values.

If you are still unable to conduct yourself appropriately, a telephone call home will follow our verbal attempts to help you. If further attention is needed, your YMCA membership benefits will be suspended or removed. This is a helpful reminder so you know what is expected of you.

AFTERNOON SESSIONS STILL OPEN AT BOTH LOCATIONS

CONTACT:

KIM STELZER, DOWNTOWN
kimstelzer@oshkoshymca.org

JANE GATES, 20TH AVE
janegates@oshkoshymca.org

2016-2017 SCHOOL YEAR

READY-4-LEARNING PRE-KINDERGARTEN

In collaboration with the Oshkosh Area School District, the Oshkosh Community YMCA is excited to offer 4-year-old Pre-Kindergarten at both YMCA locations. Through play-based curriculum designed around the Wisconsin Model Early Learning Standards, children will be introduced to Everyday Mathematics and Creative Curriculum for Literacy. Children will also be encouraged to explore in other areas such as art, science, music and movement, health awareness, active play, and much more! Space is very limited and is filling quickly! To register please call the Oshkosh Area School District at (920) 424-0395.

AGE Children must be 4 years old by 9/1/16

DT 20 AM: 8:15-11:00 a.m.

PM: 12:00-2:45 p.m.

MOM TIME

Take a break while your kids are
cared for. Includes **FREE**
CHILDCARE and a **FREE DINNER!**

How awesome is that?!

This is a **FREE** community program for
working mothers, which meets at the YMCA the
3rd Thursday of the month from 5:30-7:00 p.m.
(except June, July or August). Reserve your spot
by calling either YMCA location.

FOR MORE INFORMATION

please contact

Angie Flanigan at 230-8439,
angelaflanigan@oshkoshymca.org,
or visit us on facebook or the
web: www.oshkoshymca.org.

Thank you, sponsors!



**STRONG
MOMS**



Strong Moms does not meet June, July, or August, but will be back in September.

BIRTHDAY PARTY PACKAGES
THE YMCA IS A GREAT PLACE TO HOLD
YOUR NEXT BIRTHDAY PARTY!

1-10 KIDS PACKAGE

INCLUDES: Family Prime Time,
basketball gym, soccer arena,
swimming, soccer conference room
for 3 hours and 1/4 sheet cake

MEMBER • \$95 +\$4.75 tax: \$99.75

ACTIVITY MEMBER • \$115 +\$5.75 tax: \$120.75

11-15 KIDS PACKAGE

INCLUDES: Family Prime Time, basketball gym, soccer arena, swimming,
multi-purpose room for 3 hours and 1/4 sheet cake

MEMBER \$135 +\$6.75 tax: \$141.75 **ACTIVITY MEMBER** \$155 +\$7.75 tax: \$162.75

Packages are available for larger groups. Contact Lisa Nothing for more info!

All parties are 3 hours in length. • Ice Skating and Rock Climbing may be added to the pack-
ages for an additional fee. • All birthday parties must be booked seven days in advance. • All
activities during open times only. • Ice skates are included with
packages. • Rock Climbing is for 10 people maximum per hour.

**Y
PARTIES
ROCK!**

Deluxe parties include
themed cake, party hats,
balloons and themed
paper products.
Additional \$40.00

YMCA FACILITY RENTALS

Contact the Oshkosh YMCA for group activities for your school, church, day care, etc.
All activities are during open times.

Choose from swimming, soccer, rock climbing or ice skating for \$4 only per person.
Group rates/packages are available. Minimum 10 people.

AFTER-HOURS ACTIVITIES AND OVERNIGHT RENTALS

BASE RATE 2 HRS: \$210 +\$10.40 tax: \$220.50

OVERNIGHT: \$525 +\$26.25 tax: \$551.25 (9 p.m.-8 a.m.)

Base rate includes the use of the Family Prime Time Center, Basketball Gym, Soccer Arena
and multi-purpose room. All areas must have a chaperone.

OPTIONAL ADDITIONS:

Ice Skating (skates included)

1 hour: \$100 +\$5 tax: \$105

2 hrs: \$150 +\$7.50 tax: \$157.50

Climbing (10 people max per hour)

1 hour: \$100 +\$5 tax: \$105

2 hrs: \$150 +\$7.50 tax: \$157.50

Swimming

1 hour: \$100 +\$5 tax: \$105

2 hrs: \$150 +\$7.50 tax: \$157.50

HAVE YOUR NEXT PARTY ON THE ICE!
CALL 230-8439 FOR INFORMATION OR TO BOOK YOUR PARTY.

Y CAMPS = SUMMER FUN FOR ALL AGES

PRESCHOOL SUMMER CAMP (AGES 4-5)

20 Preschool Summer Camp is a fun and exciting introductory camp located at the 20th Ave Y. Camp includes lots of safe and healthy activities geared toward a preschooler's developmental level while exploring a new theme each week. Fun field trips and swimming included. Full and Part Time options available. Registration begins March 2016.

SUMMER FUN CLUB (AGES POST-K -11 YRS.)

DT 20 Summer Fun Club is an onsite, licensed summer childcare program for school-age children. Activities include swimming, weekly field trips, arts and crafts, reading, games, character development and more. Registration begins March 2016.

CAMP WINNI•Y•CO (AGES POST-K -11 YRS.)

A state-licensed , summer day camp for you school age child. Participants are dropped off and picked up a the Y, where a bus transports them to our day camp. Activities include, mountain biking, archery, outdoor activities, nature education, weekly fieldtrips, swimming, arts and crafts, and more! Registration begins March 2016.



Space is limited!
Early registration is encouraged!

SAFETY CITY

A hands-on education for children ages 4-9. The program combines interactive and classroom activities in an environment that is fun, child-sized and gives a safe city experience.

SAFETY CITY will be held at Most Blessed Sacramento (St. Peter's Site) 449 High Avenue, Oshkosh.

Each participant will receive a bike helmet, t-shirt and daily snack.

\$36 YMCA Member • \$46 Activity Member

SAFETY CITY (Ages 4-6)

June 13-16 Registration deadline 6/1
9:00 a.m.-Noon or 1:00-4:00 p.m.

June 20-23 Registration deadline 6/13
9 a.m.-Noon

SAFETY CITY 2 (Ages 7-9)

June 20-23 Registration deadline 6/13
1-4:00 p.m.

Registration packets are available at oshkoshymca.org or for more information, please contact Lisa Nething at lisanething@oshkoshymca.org. or 230.8439.



SUMMER TEEN ADVENTURE PROGRAM

DT 20 (AGES 11-16)

Teens can experience a diverse amount of activities in a program that allows them to exercise independence and responsibility. Weekly field trips are fun, exciting, and adventurous and meant to enhance and challenge teens in spirit, mind, and body. Participants also take frequent mini-trips into the community and bike or skateboard on a regular basis.

Teens play a significant role in program planning and participate in weekly activities such as: group games, team building activities, science and nature projects, specialty clubs, and arts and humanities activities.

Kids spend their summer in a safe, supportive, and positive environment that is more like a community where all are encouraged to exercise leadership skills, develop self-awareness, and grow with healthy perspectives, as well as part take in community service initiatives and events.

The **Leaders in Training Program** is offered to Teens 13-16 years old. A separate application is required for all teens interested in participating.

Registration begins March 2016.

Teen staff, leaders in training, and participants enjoying the sun and adventure on the water in Wisconsin Dells with Jet Boat Adventure tours.

TECH ADVENTURE CAMPS 20 (AGES 7-12)

Monday-Thursday 12:30-5:30 p.m. SPACE IS LIMITED

A unique Science & Technology summer educational experience that will challenge and excite your child. The YMCA in conjunction with Oshkosh FIRST Wave Robotics will offer mentor-led instruction featuring hands-on learning experiences. Gain skills and confidence through creating, exploring and problem-solving.

Have fun while you learn! Get energized and engaged with real-life problem solving that includes computer science, technology and engineering. Campers will build and create with EV3 LEGO MINDSTORM Robots and Makers Projects. If you no nothing, or a lot about LEGO EV2 and the Maker Movement, this camp is for you.

Campers will learn: The basics of programming to more complex programming and sensor use. • The basics of gears and simple machines. • The Core Values of FIRST. • To make stuff by making stuff.

Campers will build and program a robot and make stuff to complete missions. Thursday will be Challenge Showcase Day and campers will present their Maker projects as well as put their robot to the test. Challenge day will be open to family and friends to see what campers have accomplished during their week at camp.

FEE \$175 Member • \$200 Activity Member Includes t-shirt (one per child)

GOT SUMMER SCHOOL IN THE MORNING? The 20th Avenue Y is a drop off site from summer school. OASD will bus kids to camp from Traeger after summer school, for free.

4 SEPARATE OPPORTUNITIES

June 20-23

June 27-30

July 11-14

July 18-21

ADULT INDOOR FLAG FOOTBALL (AGE 18+)

Eight week league with one game per week. During the 8th week there will be a tournament. Teams will have the option to play recreation or competitive. Teams must provide own team shirts or the Y will have pinnies. (16 team maximum).

20 FALL SEPTEMBER 9-OCTOBER 28 Registration deadline 8/26/16

FRIDAY 5:00-11:00 p.m.

FEE \$350/team (tax included)

MEN'S BASKETBALL LEAGUE

An eight week league designed for staying in shape and having fun with the guys. Two officials will be provided for each court. Games will consist of two 20-minute halves for league games. Teams must provide their own jerseys/shirts with numbers. (16 team maximum).

20 JUNE 13-AUG 8 Registration deadline 5/30/16 (no games 7/4/16)

MONDAY 5:00-11:00 p.m. Game time dependent on number of teams.

20 FALL August 16-October 4 Registration deadline 8/1/16

TUESDAY 5:00-11:00 p.m. Game time dependent on number of teams.

FEE \$300/team (tax included)



Download the Oshkosh Community YMCA NEW MOBILE APP for a convenient way to keep up with the Y on the go!

GO TEAM!
LEARN MORE
ABOUT THE FUN
Y CHEERLEADING
PROGRAM ON
PAGE 41.



TACKLE FOOTBALL LEAGUE

A 7-week season of TACKLE football fun! Games take place on Saturday mornings. Practice times and locations will be determined by individual coaches.

20 SEPTEMBER 10-OCTOBER 22 Registration deadline 8/1/16
(Practice starts 8/22/16)

Requirements All tackle players must weigh in by August 6 at either YMCA location.

AGE Grades 4-6 (determined by the grade enrolled in for Fall 2016 school year)

SATURDAY Game time dependent on number of teams.

FEE \$70 Member • \$92 Activity Member

YOUTH TACKLE CLINIC

Highly recommended for the first-time tackle player and coach, all players and coaches are encouraged to attend this FREE clinic, put on by UW-Oshkosh Coaching Staff. The basics, including tackling and blocking will be demonstrated, practiced and critiqued by UW-O coaches and players. A great way to get back into football and tune up your skills for the upcoming season. All players should report in full pads to the field behind the 20th Ave YMCA. For more information, call Travis at 230-8439.

20 DATES TO BE DETERMINED

Requirements All tackle players must weigh in by August 6 at either YMCA location.

AGE Grades 4-6 Tackle Football players (determined by the grade enrolled in for Fall 2016 school year)

FEE FREE WITH TACKLE FOOTBALL REGISTRATION

FLAG FOOTBALL LEAGUE

A seven-week season of FLAG football fun for everyone! Games take place on Saturday mornings. Practice times and locations will be determined by individual coaches.

20 SEPTEMBER 10-OCTOBER 22 Registration deadline 8/1/16
(Practice starts 8/22/16)

AGE Grades K-5 (determined by the grade enrolled in for Fall 2016 school year)

SATURDAY Game time dependent on number of teams.

FEE \$44 Member • \$66 Activity Member

YMCA CHEERLEADING

Get ready to get your spirit on! Join us for a fun 7-week program to learn simple cheers and short routines. Practices will be held indoors at the 20th Ave Y and as participants progress throughout the season we will move outdoors to cheer for the football games!

20 SEPTEMBER 10-OCTOBER 22

SATURDAY Grades K-2: 9:00-9:45 a.m.
Grades 3-5: 10:00-10:45 a.m.

FEE \$44 Member • \$66 Activity Member
(includes t-shirt)



YOUTH VOLLEYBALL SKILLS

Whether you are getting ready for the upcoming volleyball season or just getting started Youth Volleyball at the Y is perfect for you! Practice and learn the fundamentals in a fun and supportive environment.

20 SUMMER 2

AGE Grades 5-8

THURSDAY Grades 1-4 5:00-5:45 p.m.
Grades 5-8 6:00-6:45 p.m.

FEE \$44 Member • \$66 Activity Member

FALL OUTDOOR CO-ED YOUTH SOCCER

Extend the summer soccer season! Instructional league offers team practice and play on the same day. A 10-minute practice will be followed by a game of two, 20-minute halves. Individuals will be placed on teams according to their school and/or location of residence. Volunteer coaches will conduct practice and supervise games. Soccer shin guards are required.

20 AUGUST 11-SEPTEMBER 22 Registration deadline 7/20/16
(Practice starts 8/22/16)

AGE Grades 4K-6 (determined by the grade enrolled in for Fall 2016 school year)

THURSDAY Evenings

FEE \$44 Member • \$66 Activity Member (includes t-shirt)

YOUTH SOCCER CAMP

Each session will focus on skill development for young soccer players. Campers will learn soccer skills and techniques through exercises and games specifically designed for the young player. Campers are encouraged to learn and develop at their own pace under the careful guidance of the staff. The emphasis is always on fun and learning.

Camp will be instructed by Sohaila Akhavein, Former College player, Director of Player Development for Oshkosh United SC, HS Girls Soccer Coach at Oshkosh North for 8 years, Former Ripon College Women's Assistant, National "C" coaching license, Wisconsin Youth Soccer Association Olympic Development Coach.

20 JUNE 27-JUNE 30

AGE Grades 1-8 (determined by the grade enrolled in for Fall 2016 school year)

THURSDAY Grades 1-2 8:00-9:00 a.m.
Grades 3-4 9:30-10:30 p.m.
Grades 5-6 11:00-12:00 p.m.
Grades 7-8 1:30-2:30 p.m.

FEE \$40 Member • \$60 Activity Member (includes t-shirt)

**"If your actions inspire others to dream more,
learn more, do more and become more, you are a leader."**

~John Quincy Adams

BEGINNER RACQUETBALL (AGES 16+)

DT Beginner racquetball is by appointment; see or call the service desk for details.

FEE \$8 per hour

KILL SHOT CLUB

The Kill Shot Club is a YMCA handball fellowship club. Membership includes: Club shirt, free entry to YMCA tournaments, and social gatherings.

DT MEMBERS ONLY

RACQUETBALL OPEN COURTS

6 Handball/Racquetball Courts. Members can reserve courts up to 2 days in advance. Equipment is available for use at the Service Desk. Court 2 is available to use for Wallyball.

DT FOR MORE INFORMATION contact Wanda White at wandawhite@oshkoshymca.org or 236-3380.

YMCA TENNIS CENTER:

236-3400 • 640 E Cty Trunk Y, Oshkosh, WI 54901 • Neenah: 725-6011

Tennis Center Instructors: ROBERT HENSHAW, Program Director/USPTA Professional
roberthenshaw@oshkoshymca.org

SHEILA COUNTS, Manager/Quick Start Instructor, sheilacounts@oshkoshymca.org

RICK THIEL, USPTA Elite Professional

The Y Tennis Center will be Open This Summer Mon–Thur 9:00 a.m.–5:00 p.m.

(We will open for USTA events when applicable. Call to inquire about times.)

DAILY COURT RATES

Standard Rate | \$17.50/hour

Monday–Thursday 8:00 a.m.–1:00 p.m.

Prime Time | \$18.50/hour

Monday–Thursday 3:00–10:00 p.m.

Value Time | \$13/hour

Monday–Thursday 1:00–3:00 p.m.

Junior Rate | \$13/hour

(18 & under,
Junior Members only)

Non-Member Guest Fee

\$5/guest

MEMBERSHIP DUES

Oshkosh YMCA Member

Youth* \$63 | Adult \$137 |
Family \$168

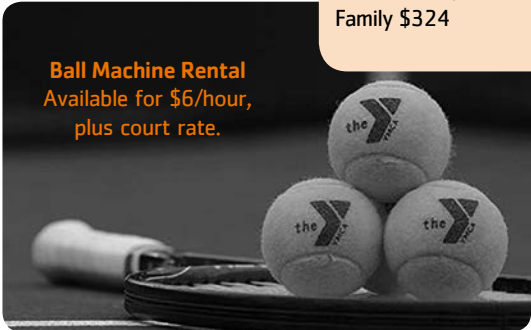
Neenah or Appleton YMCA

Member Youth* \$83 |
Adult \$146 | Family \$194

Y Tennis Center

Membership
Youth \$100 | Adult \$216 |
Family \$324

Ball Machine Rental
Available for \$6/hour,
plus court rate.



Professional instruction is available at all times subject to court availability. Private, semi-private, and group lessons can be arranged through our professional staff. Call 236-3400 for more information.

PRIVATE INSTRUCTION (per hour)

	Member	Act. Member		Member	Act. Member
1 person	\$38/person	\$48/person	5 people	\$17/person	\$19/person
2 people	\$24/person	\$29/person	6 people	\$16/person	\$18/person
3 people	\$20/person	\$25/person	7 people	\$15/person	\$17/person
4 people	\$18/person	\$22/person	8 people	\$14/person	\$16/person

OSHKOSH Y YOUTH TEAM TENNIS

Whether or not your child has ever held a racquet, there is a spot on a team for them. Featuring the 10 & Under tennis play format, that uses age-appropriate equipment and courts scaled to the size of the players, Midwest Youth Team Tennis makes the game more accessible and more fun by allowing kids to get involved and experience success from the start. Every player will receive: T-shirt, racquet, ball and 1 year USTA membership. Participants may sign up for one or both classes.

June 13-July 25 (No classes the week of July 4)
MONDAY Oshkosh North High School Tennis Courts
5:30-6:30 p.m. Ages 5-6 • Ages 7-8 • Ages 9-10
6:30-7:30 p.m. Ages 11-14

June 14-July 26 (No classes the week of July 4)
TUESDAY Oshkosh Y Tennis Center Indoor Courts
5:30-6:30 p.m. Ages 5-6 • Ages 7-8 • Ages 9-10
FEE **EARLY Registration** (by 5/15/16) \$58 Members • \$67 Participants
Registration (by 5/29/16) \$78 Members • \$87 Participants

Become a volunteer:
Parental participation is necessary to the success of this program. If you are interested in becoming a coach, contact Robert Henshaw at 236-3400 or roberthenshaw@oshkoshymca.org

OSHKOSH Y TENNIS CENTER HIGH PERFORMANCE CLINIC

Headed by USPTA certified professional and former WI State doubles champion Robert Henshaw, this high performance clinic is aimed at improving technique, fitness and mental toughness for high school aged players and USTA-tournament-ready juniors. (This class is not for beginners.) Participants will be pushed to reach peak physical fitness, will examine mental toughness concepts in order to cultivate the mind of a champion and will improve their tennis playing through state of the art, current drills and play. The class will be instructed with the help of college tennis players.

Session 1 June 13, 16, 20, 23, 27
Session 2 July 11, 14, 18, 21, 25
MONDAY 1:30-3:30 p.m. Y Tennis Center
THURSDAY 1:30-3:30 p.m. Oshkosh West High School Tennis Courts
FEE \$190/participant

To register, please contact Robert Henshaw at 236-3400 or roberthenshaw@oshkoshymca.org

SUMMER RECREATION TENNIS PROGRAM

The Y Tennis Center and the Oshkosh Recreation Department have teamed up to provide Oshkosh with an excellent tennis program for both boys and girls. The Y Tennis Center will handle all daily operations of the programs, including: questions, scheduling, staffing and tournaments. The Recreation Department will provide financial support, facilities and the registration process. There are activities for all abilities and all ages.

RECREATION ADULT TENNIS LESSONS

Call the Oshkosh Rec Department, 424-0150, to register. Three players must be registered to hold class.

Session 1 June 16, 23, 30

Session 2 July 14, 21, 28

THURSDAY 6:00-7:00 p.m. (Beginner)
7:00-8:00 p.m. (Intermediate)

Oshkosh North Courts

FEE \$18 Oshkosh School District Residents, Tennis Center Members
\$20 All other participants

RECREATION YOUTH TENNIS LESSONS

Lessons held at Menominee Park, Westhaven, and South Park. Participants must register at the Oshkosh Rec Department.

Session 1 June 13-30

Session 2 July 11-28

MONDAY-THURSDAY

9:00-10:00 a.m. (Beginner, ages 6-8)

10:00-11:00 a.m. (Beginner, ages 6-8)

10:00-11:00 a.m. (Intermediate, ages 9-11)

11:00-12:00 p.m. (Intermediate, ages 9-11)

11:00-12:00 p.m. (Advanced, ages 12-14)

FEE \$10 Oshkosh School District Residents, Tennis Center Members
\$15 Non-residents

Y TENNIS CENTER YOUTH CLINIC

Concentrate on tennis skills at our fantastic camp. Pre-registration is required: 236-3400.

High School

Oshkosh West • **August 1-5** • 9:00 a.m.-12:00 p.m. daily

Elementary and Middle School

Y Tennis Center • **August 8-12** • 9:00 a.m.-12:00 p.m. daily

FEE \$165/Week: Tennis Center Member
\$195/Week: Participant

DID YOU KNOW? 106 SURVIVORS have gone through the **LIVESTRONG®** at the Y program in Oshkosh. • Currently 20 survivors are in the **FREE 12 WEEK COURSE**. • Through the 5 YEARS of running this program—ages have ranged from 18-94. • 2/3 of participants have been **FEMALE**. • The cost to each survivor, their support person and their family is \$0. **FOR MORE INFORMATION:** please see page 29.

BILL VAN LIESHOUT MEMORIAL YOUTH TENNIS TOURNAMENT

June 30 (Thursday) • Boys Singles/Girls Singles

July 28 (Thursday) • Boys Doubles/Girls Doubles

Tournament Times:

12 & Under: Report at 8:15 a.m.

15 & Under: Report at 9:30 a.m.

18 & Under: Report at 10:30 a.m.

GIRLS Singles & Doubles Tournaments: Oshkosh West

BOYS Singles & Doubles Tournaments: Oshkosh North

Registration for the tournaments can occur on-site, the day of the tournament at the designated report time. All individuals who wish to enter the tournament must come with a \$5 registration fee, completed registration form and the completed concussion waiver. The registration form and concussion waiver can be obtained from either the ORD office or from instructors at the youth tennis lesson locations.

If you cannot find a doubles partner for the tournament we will attempt to find a partner for you the day of the tournament.

FEE \$5/Person: each tournament

SUMMER WEE TENNIS

Held at the Y Tennis Center, this program is aimed at getting kids introduced to the game of tennis with an emphasis on stroke technique, rules of the game and development of hand-eye coordination.

Session 1 June 14-30

Session 2 July 12-28

AGES 4-5 years

TUESDAY & THURSDAY 10:30-11:15 a.m. or 1:00-1:45 p.m.

FEE \$50/session

MOVIN' ON QUICK START

This program is for 5, 6 and 7 year olds who have taken two or more sessions of Mighty Hitters and/or Quick Start tennis with us at the Y Tennis Center. We will work on developing rally skills, serving and playing games.

Session 1 June 14-30

Session 2 July 12-28

AGES 5-7 years

TUESDAY & THURSDAY 9:15-10:15 a.m.

FEE \$58/session

**WE MAKE A LIVING BY WHAT WE GET.
WE MAKE A LIFE BY WHAT WE GIVE.**

~ Winston Churchill

**GIVE
LIFE**

Give the gift that shows you care about body, mind and spirit. Gift Certificates are available in any amount, any time of year. Or, donate in honor or memory of someone, to the Annual Campaign.

The gift that lives on and on...

WEE DANCEKIDS AGES 4-6

Kids will be introduced to ballet and tap, fast and slow, up and down, how to go across the floor in circles, lines, etc.

20 SUMMER 1 TUESDAY 4:00-4:45 p.m.

WEE DANCEKIDS 2 AGES 4-6

Kids will learn more advanced dance steps for tap, ballet, jazz

20 SUMMER 2 TUESDAY 4:00-4:45 p.m.

FEE \$36 Member • \$62 Activity Member

WEE FOOTBALL AGES 3-5

Sports are a great way for kids to meet new friends and stay active. Participants will learn through fun games and drills.

20 SUMMER 2 WEDNESDAY 5:30-6:15 p.m.

FEE \$36 Member • \$62 Activity Member

WEE SKATE AGES 3-4

Wee skate is an introductory class designed to teach preschoolers basic skills and help them gain confidence on the ice.

20 THURSDAY 9:00-9:30 a.m.

FEE \$36 Member • \$62 Activity Member

PARENT/CHILD PRESCHOOL SWIMMING LESSONS

(See Aquatics Page 14 for more information)

WEE SPORTS AGES 3-5

Wee Sports allows preschoolers to make new friends, learn valuable teamwork skills and have fun. A different sport will be explored each week.

20 SUMMER 1 TUESDAY 3:00-3:45 p.m.

20 SUMMER 2 THURSDAY 3:00-3:45 p.m.

DT SUMMER 1 WEDNESDAY 3:00-3:45 p.m

FEE \$36 Member • \$62 Activity Member

DID YOU KNOW?
In 2015 **2,088**
PRE-SCHOOL
CHILDREN

participated in sport and activity programs at the Y!



WEE EXPLORE ART AGES 3-5

Children will participate in preschool activities and make fun projects based on the seasons/holidays.

20 SUMMER 1 FRIDAY 8:45-9:30 a.m.

20 SUMMER 2 WEDNESDAY 3:00-3:45 p.m.

FEE \$36 Member • \$62 Activity Member

WEE SOCCER AGES 3-5

Wee Soccer is a great way to learn the basics of soccer in a fun and enjoyable way. Participants will learn basics through games and skill drills. More advanced participants will practice scrimmage as well. Shin guards required.

20 SUMMER 1 TUESDAY 8:45-9:30 a.m.

20 SUMMER 2 MONDAY 3:00-3:45 p.m.

FEE \$36 Member • \$62 Activity Member

WEE GYMNASTICS AGES 3-5

A beginning level tumbling class for the child just beginning gymnastics.

20 SUMMER 1 & 2 MONDAY 3:00-3:45 p.m.

FEE \$36 Member • \$62 Activity Member

WEE BASKETBALL AGES 3-5

Your preschool girl or boy will have fun learning the basics of basketball!

20 SUMMER 1 MONDAY 5:30-6:15 p.m.

20 SUMMER 2 TUESDAY 3:00-3:45 p.m.

FEE \$36 Member • \$62 Activity Member

LIFE
IS A SUCCESSION OF
LESSONS WHICH
MUST BE
LIVED
TO BE UNDERSTOOD.
~ HELEN KELLER

WIGGLES & GIGGLES

(PRESCHOOL FUN!)

Wiggles & Giggles has become the "place to be" for preschoolers! The YMCA is offering more value-added programs to its members, and for Y members, this program is **FREE!** Just bring your toddler for a couple hours of super fun running, jumping, playing tunnels, tubes, scooters and balls. Your child will have a blast and meet other kids...and you'll meet other parents! You'll love it, your kids will love it...and they'll be ready for bed when it's over!

May 26 will be the last day of Wiggles and Giggles until fall!

20 MONDAY & THURSDAY
9:30-11 a.m.
Soccer Arena

TUESDAY EVENINGS
4:45-5:45 p.m.

DT MONDAY
5:30-6:30 p.m.

FEE FREE to Members
\$5 per family for Activity Members

HEALTHY KIDS DAY

APRIL 30

The 20th Ave YMCA will be offering family programs and activities for this special day. More information will be available at the Front Desk.



HAVE FUN FOR A CAUSE

Y'NING WOMEN:
THURSDAY, JUNE 23
Hilton Garden Inn

.....
YMCA GOLF OUTING:
MONDAY, JULY 11
Oshkosh Country Club

Make sure you are on
our mailing list for the event.
Email Amy Albright at
[amyalbright@](mailto:amyalbright@oshkoshymca.org)
oshkoshymca.org.

THANK YOU to all of our participants,
sponsors, volunteers and staff
members that made the 2015 event
a success! Raising over \$50,000 to
support the YMCA Annual Campaign,
this event is vital to the work the Y
does in our community!

Stay tuned for details for 2016 –
a summer event you don't want to
miss! Scramble style golf outing at the
beautiful Oshkosh Country Club and a
Wine Tasting for women like no other!
Sponsors, participants and volunteers
are needed.

1ST ANNUAL OSHKOSH YMCA



KID'S MUD RUN

**The Best
Memories are
Made in Mud**

JUNE 5, 2016
Approximately 1 mile
course with
15+ obstacles.

**Registration to begin
in April.**

**SAVE THE DATE +
watch for details!**