



Oshkosh Community YMCA  
324 Washington Avenue,  
Oshkosh, WI 54901

Non-Profit  
Organization  
US Postage  
PAID  
Oshkosh, WI 54902  
Permit No. 145



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

- 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 gym 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!**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



### THE KRUEGER FAMILY

Stephanie, Jeff,  
Trent (age 8) &  
Helayna (age 6)

See page 6 to  
learn more about  
our cover family.

**FALL 1**  
**September 12-October 23**

**FALL 2**  
**October 31-December 18** (no classes November 21-27)

A community within our community. PEOPLE CARING FOR PEOPLE.

OSHKOSH COMMUNITY YMCA • Fall 2016



LIVESTRONG<sup>®</sup>  
FOUNDATION

# PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG<sup>®</sup> AT THE YMCA



FOR  
BODY, MIND  
& SPIRIT.

## DID YOU KNOW?

**OVER 130 SURVIVORS** have gone through the **LIVESTRONG<sup>®</sup>** at the Y program in Oshkosh.

Currently **13 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**.

Each survivor is able to bring one support person to each class. Each household receives a **FREE MEMBERSHIP** to help reduce the burden that Cancer brings to a family.

The cost to each survivor, their support person and their family is **\$0**.

**FOR MORE INFORMATION:**

Contact Dan Braun at [danbraun@oshkoshymca.org](mailto:danbraun@oshkoshymca.org) • 230-8915

## LOCATIONS

**DT DOWNTOWN (920) 236-3380**  
324 Washington Ave. Oshkosh, WI 54901  
Fax (920) 236-3402

**20 AVENUE (920) 230-8439**  
3303 W. 20th Ave. Oshkosh, WI 54904  
Fax (920) 230-8444

## TENNIS CENTER

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

**EAGLES CLUB** some Group Exercise classes will be held at this location during construction of the Downtown Facility.  
405 Washington Ave, Oshkosh, WI 54901

## FACILITY HOURS

**DT MONDAY-FRIDAY** 5:00 a.m.–9:30 p.m.  
**SATURDAY** 5:00 a.m.–5:00 p.m.  
**\*SUNDAY** 12:30–5:00 p.m.  
(January–April)

**20 MONDAY-FRIDAY** 5:00 a.m.–9:30 p.m.  
**SATURDAY-SUNDAY**  
7:00 a.m.–7:00 p.m. (through Memorial Day)

**EMAIL** [comments@oshkoshymca.org](mailto:comments@oshkoshymca.org) • **WEBSITE** [www.oshkoshymca.org](http://www.oshkoshymca.org)

## CLOSED DAYS

Labor Day • Thanksgiving Day • Christmas Eve (open until 2:00 p.m.)  
• Christmas Day • New Year's Eve (open until 5 p.m.) • Easter Sunday  
• Memorial Day

**Open New  
Year's Day  
11 a.m.–3 p.m.**

## ACTIVITY REGISTRATION

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](http://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).

### FALL 1 September 12–October 23

Activity Members register 8/22/16. Members register any time

### FALL 2 October 31–December 18 (no classes November 21–27)

Activity Members register 10/10/16. Members register any time

**YMCA Members enjoy Priority Registration on ALL YMCA programs!**

**REGISTER** at [www.oshkoshymca.org](http://www.oshkoshymca.org)

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

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## 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, 230-8920.

## 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 ■  
**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 core fitness classes per week** – including pilates, yoga, indoor cycling, water fitness, Body Pump and Zumba.

## MISSION

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

# 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.

## 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](http://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](http://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.

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!

## 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 DT 20

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 DT 20** 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 DT 20

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 20** 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 20** 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 DT 20** 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 DT 20

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

**GYMNASIUM 20** A 15,500 square foot gymnasium is home to 2 full WIAA courts or 4 cross-courts or 3 volleyball courts.

**TRACK 20** 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 20** 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 20** 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 DT 20** 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	●
Running/Walking Track	●
Sauna	●
Spirit Mind Body Room	● ●
Multi-Purpose Room	● ●
Family Gym	●
Strength Training Equipment	● ●
Circuit Equipment	● ●
Free Weights	● ●
Towel Service	●
Whirlpool	● ●
YMCA Café	●
Preschool	●
4-kindergarten	● ●
Volleyball	●



Photo Courtesy of Look! That's My Kid Photography!

## FAMILY TIME TOGETHER

Y FAMILY NIGHT

JOIN US FOR  
FAMILY NIGHT  
INCLUDING: BOUNCE HOUSE,  
CLIMBING, SWIMMING, ICE  
SKATING, BASKETBALL AND  
FAMILY PRIME TIME.

\$5.75/family Activity Member  
(includes skate rental)

20TH AVE. 6:00-8:00 p.m.

Sept 24 • Share Your Talent

Oct 29 • Halloween Fun

Nov 12 • Magic Show (6:30-7:15)

Dec 17 • Ice Skate with Santa

SATURDAY, DECEMBER 31

New Year's Eve Family Night

Special time: 6:00-9:00 p.m.

Family nights presented by

 **Mercy**  
Medical Center  
AFFINITY HEALTH SYSTEM





**The Krueger Family**

## ON THE COVER

Growing up, my family struggled financially; my seven siblings and I weren't able to go to a gym and sports were very limited. Unfortunately, this led to not playing the sport that we loved, it meant having too much time on our hands and getting in trouble, and most importantly it meant being unhappy and unhealthy!! It is very easy to take an establishment like the YMCA for granted, but when you've experienced life without one it's very hard to do that ...what I wouldn't have given to have access to a YMCA!!

Luckily things changed once I got to college; I took the initiative to make better health decisions and exercise regularly. Once I got to Chiropractic College, I was eager to continue my health journey. My boyfriend (now husband), who was also my biggest advocate, joined the local YMCA with me. We were on a student's budget, so luckily we were eligible for a reduced gym rate and were able to utilize the Y regularly; it was a huge stress reliever for us both while we were completing a demanding academic schedule and helped us stay in good physical shape (even though we were eating

ice cream and ramen noodles for each meal!). The YMCA was a very big part of our lives and we never took for granted what that organization provided for us back then.

Since moving to Oshkosh ten years ago we have added two kids into the mix and appreciate the YMCA in even more ways. When the kids were younger I would bring them to the Y with me and put them in the drop-in child care; I could actually attend a workout class and/or run on the treadmill...this was my means of finding myself again and setting post-partum goals. It was hard for me to find any "ME time" during this time of my life and the YMCA once again provided me with a facility that helped me relieve stress, get back in shape, and build relationships with other moms that shared the same health goals.

The past couple years have also been imperative to our children's athletic development; we have made a point to start their exposure to health and wellness early on, so that they aren't forced to learn later in life like I did. At ages 8 and 6, we are proud to say that both of our children have been able to try every sport imaginable because of the YMCA - what a blessing that has been. This has been the stepping stone for our children in finding the one (or two) particular sports that they really enjoy.

My husband Jeff has loved the convenience of the YMCA and will often go bright and early at 5am before going to work. There is a high level of stress when you are a business owner and he continues to depend on the YMCA to maintain his level of health and decrease stress.

The YMCA has meant a lot to us as a family; it has been with us through many ups and downs. We realize that when we needed physical, mental and financial support, that the Y was there for us. Our feelings of appreciation run deep and almost feel indebted to this organization. We have gauged our success with our business on WHEN we were able to give back to this (Oshkosh community based) facility that has given us so much. This goal of giving back has been a reality this year and we couldn't be happier!! Thank you Oshkosh YMCA! **#BecauseY** - Stephanie Krueger, D.C.



## YOUR CHANCE TO GIVE BACK! GREAT FUTURES MENTORING PROGRAM

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](mailto: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.

**YOU CAN MAKE A DIFFERENCE.  
IT'S SO EASY.  
AND IT MATTERS SO MUCH.**

## 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: SEPT 7 • OCT 5 • NOV 2 • DEC 7**

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

**FEE FREE!**

**AOA FREE TO MEMBERS**

### NEW! HEARING SCREENINGS

Tests to tell if people might have hearing loss and are easy and not painful. It takes a very short time—usually only a few minutes. Stop by to have your hearing checked by Connect Hearing of Oshkosh. They will do free screenings and answer any questions you might have.

**20 WEDNESDAYS: SEPT 28 • NOV 16**

9:00 a.m.–1:00 p.m. Held in Café/Lobby

**FEE FREE!**

**AOA FREE TO MEMBERS**

### NEW! MEMORY SCREENINGS

A series of questions and tasks meant to help people assess whether they may be at risk for Alzheimer's or other conditions. Screenings take 5–10 minutes to administer, are non-invasive and are not used to diagnose any illness and in no way replace an exam by a qualified healthcare professional.

**DT MONDAYS: SEPT 12 & NOV 14 12:00–2:00 p.m.**

**20 FRIDAY, SEPT 16 & THURSDAY, NOV 17 10:00 a.m.–12:00 p.m.**

**FEE FREE!**

**AOA FREE TO MEMBERS**



Carolyn & Ed Williams support the YMCA's cause! Give a gift of \$30 or more and receive an Annual Campaign T-shirt! Give today and help the Y build a better us!

When you  
**learn,  
teach.**  
When you  
**get,  
give.**

What a  
difference  
you can  
make!

— Maya Angelou

## 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.

### SEPTEMBER 26–30

#### ACTIVE AGING WEEK

Meet new friends and instructors, and have fun!

**DT 20** Sept 26–30

### OCTOBER

#### SAFETY AT HOME

**DT** Oct 17 **20** Oct 21

### NOVEMBER

#### DIABETES MONTH

**DT** Nov 14 **20** Nov 16

### DECEMBER

#### UGLY SWEATER PARTY

**DT** DEC 12 **20** Dec 16

**ACTIVE OLDER ADULTS  
FREE TO MEMBERS**

## 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

**20 EVERY DAY** 7:00–7:00 p.m.

Mixed Doubles

**FEE FREE TO Y MEMBERS**

Schedule  
subject to  
change.

## BEGINNER PICKLEBALL

**DT TUESDAY**

12–12:30 p.m. • Learn the rules of the game and scenario game play.

12:30–2 p.m.

Free to Y Members • \$5 Activity Members

**FREE  
TO OSHKOSH  
Y MEMBERS**



Khamsy Luangpraseuth (right) plays Pickleball on a regular basis at the 20th Ave location! He also enjoys playing tennis at the YMCA Tennis Center.

**DID  
YOU  
KNOW?**

Pickleball is becoming one of the fastest-growing sports for seniors!



## 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 21).

## 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

**AOA FREE TO MEMBERS**

## NEW! SENIOR CORE

This class uses mats on the floor, to strengthen your core, improve balance and increase flexibility. Moves include Pilates, Yoga and Weight Training.

**20 WEDNESDAY** 10:00-10:45 a.m. Aerobics Room

**AOA FREE TO MEMBERS**

Nothing feels better than

**feeling good** about yourself.  
Go for it.

## 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. Eagles Club

**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. Eagles Club

**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**

**You can't help getting older, but you don't have to get old.**

~ George Burns

20

20TH AVE  
SWIM LESSONS

	Shrimp	Goldfish	Pike	Eel	Ray	Starfish	Polliwog	Guppy	Minnow	Fish	Flying Fish	Shark	Porpoise
<b>MONDAY</b>													
9:00-9:45 AM		●	●	●									
9:55-10:40 AM					●	●	●	●					
4:00-4:45 PM					●		●	●	●				
4:55-5:40 PM	●		●	●			●						
5:50-6:35 PM		●			●		●	●					
6:45-7:30 PM			●	●							●	●	●
<b>TUESDAY</b>													
4:00-4:45 PM			●	●	●		●	●	●				
4:55-5:40 PM			●	●		●	●				●	●	
<b>WEDNESDAY</b>													
9:00-9:45 AM					●	●	●	●					
9:55-10:40 AM	●		●	●									
4:00-4:45 PM			●	●			●	●					
4:55-5:40 PM	●	●									●	●	●
5:50-6:35 PM			●	●			●	●					
6:45-7:30 PM					●	●			●	●			
<b>THURSDAY</b>													
4:00-4:45 PM			●	●		●	●				●		●
4:55-5:40 PM			●	●	●		●	●	●				
<b>FRIDAY</b>													
9:00-9:45 AM								●	●	●			
9:55-10:40 AM			●	●			●	●					
<b>SATURDAY</b>													
9:15-10:00 AM	●		●	●	●		●						
10:10-10:55 AM		●				●		●	●	●			
11:05-11:50 AM			●	●							●	●	●
<b>SUNDAY</b>													
3:00-3:45 PM			●	●	●		●						
3:55-4:40 PM						●		●	●	●	●		

Classes are held once a week for 6 weeks, 45 minutes each lesson.

DT

DOWNTOWN  
SWIM LESSONS

	Shrimp	Goldfish	Pike	Eel	Ray	Starfish	Polliwog	Guppy	Minnow	Fish	Flying Fish	Shark	Porpoise
<b>MONDAY</b>													
3:45-4:30 PM					●	●		●	●	●	●		
4:40-5:25 PM			●	●			●					●	●
<b>TUESDAY</b>													
9:00-9:45 AM						●	●	●	●	●			
9:55-10:40 AM		●	●	●	●								
3:45-4:30 PM						●		●	●	●	●		
4:40-5:25 PM	●	●	●	●	●								
5:35-6:20 PM			●	●	●		●						
6:30-7:15 PM						●		●	●				
<b>WEDNESDAY</b>													
2:50-3:35 PM							●	●	●	●	●		
3:45-4:30 PM			●	●			●					●	●
4:40-5:25 PM					●	●	●	●	●	●	●		
<b>THURSDAY</b>													
9:00-9:45 AM	●		●	●	●								
9:55-10:40 AM						●	●	●	●	●			
3:45-4:30 PM						●	●	●	●	●			
4:40-5:25 PM	●	●	●	●	●								
5:35-6:20 PM			●	●	●		●						
6:30-7:15 PM									●	●	●	●	●
<b>FRIDAY</b>													
3:45-4:30 PM			●	●			●					●	●
4:40-5:25 PM					●	●		●	●	●	●		
<b>SATURDAY</b>													
10:00-10:45 AM	●	●	●	●									
10:55-11:40 AM					●	●	●	●					
11:50-12:35 PM									●	●	●		
12:45-1:30 PM												●	●

Try Downtown lessons for a quieter environment and warmer pools!

## POOLS CLOSED

Home Meet November 18-20  
(close at 5 p.m. on 11/18)

## High School Meets

9/13, 9/27, 10/11, 10/18

Annual Shutdown • 20th Avenue  
August 29-September 5

Reopens Tuesday, September 6

## HELP WANTED

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.

A little step can be the **start**  
of a BIG JOURNEY.

~ Unknown





## YMCA SWIM LESSONS (AGES 6 MOS.+)

**FALL 1** September 12–October 23

**FALL 2** October 31–December 18 (No lessons Nov 21–27)

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 backstroke, 100 yards breaststroke, 75 yards butterfly and sidestroke and a 15 minute continuous swim in order to complete this level.

**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.

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



For information and scheduling of Scout Workshops, 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 With UW-O Students (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. For more information, please contact Tracy Gilles at tracygilles@oshkoshymca.org or by telephone: 920.230.8966.

**FALL** Sept 21, 28 • Oct 5, 12, 19  
• Nov 2, 9, 16, 30 • Dec 7

**DT WEDNESDAY** 6:30-7:30 p.m.  
**FEE** \$40

### HOME SCHOOL SWIM LESSONS

Home-schooling your kids? We have youth levels available Monday through Friday mornings.

**DT 20** See Swim Lesson charts for daytime hours for youth levels.

**FEE** \$30 Member • \$55 Activity Member

### SCOUTS SWIMMING WORKSHOPS

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

**FEE** \$5 per participant

For information on American Red Cross training, please contact:  
20th Ave: Lisa Bifano at 230.8913 or lisabifano@oshkoshymca.org  
DTC: Tracy Gilles at 230.8966 or tracygilles@oshkoshymca.org

### AMERICAN RED CROSS LIFEGUARD TRAINING AGES 15+

Lifeguard training is a great skill to have. In order to successfully pass this course, you will need to pass a practical and written test with 80% or better. Certifications include American Red Cross Lifeguard Training, First Aid, and CPR for the Professional Rescuer and AED.

This class does require passing some pre-requisite water skills prior to entry. Prerequisites include: Swim 300 yards continuously using these strokes in the following order: (100 yards front crawl using rhythmic breathing, 100 yards breaststroke using correct kick, pull, glide form, 100 yards either front crawl or breaststroke or a combination of the two strokes, 2 minutes of treading water without hands.) Swim 20 yards using front crawl or breaststroke, surface dive to 9ft, retrieve a 10 lb. brick, swim 20 yards to starting point with object and exit the water without using a ladder or steps in 1 minute 40 seconds. Prescreening will be held the first day of class. Participants will be refunded the cost of the class if they do not pass the pre-requisites. Participants should bring I.D. to verify age the first day of class. Books are included in the fee.

**DT** Oct 8-9 & 15-16 • 9 a.m.-5 p.m.

**20** NOV 5-6 & 12-13 • 9 a.m.-5 p.m.

**FEE** \$175 Member • \$200 Activity Member

**EVERY SESSION MUST BE  
ATTENDED IN FULL. NO EXCEPTIONS!**

### AMERICAN RED CROSS LIFEGUARD TRAINING, FIRST AID & CPR FOR THE PROFESSIONAL RESCUER/AED RECERTIFICATION

A class for individuals needing to re-certify their Lifeguarding, First Aid and CPR. This class is designed for those who feel comfortable demonstrating their skills with minimal review. You will be expected to competently demonstrate all of the lifeguarding skills; the precourse swim of 300 yards; the 10 lb. brick retrieval at 9 feet; must tread water for 2 minutes without hands; and pass a written test with 80% or better.

**DT** SUNDAY September 25 • 9:00-3:00 p.m.

**20** SUNDAY December 4 • 9:00-3:00 p.m.

**FEE FOR ALL 3 CERTIFICATIONS**

\$100 Member • \$125 Activity Member



Mitchell and Jacob Slezak have been lifeguards and swim instructors for over 3 years. "Our favorite thing about working for the Y is the amazing staff!"

**"We love teaching kids how to swim and making sure our members and guests are safe."**



## 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](http://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

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

**20** **TUESDAY & THURSDAY** 5:45-7:45 p.m. • **FRIDAY** 4:00-8:00 p.m.  
**SATURDAY** 12:00-4:00 p.m. • **SUNDAY** Noon-2:45 p.m.

## 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](mailto:jaycoleman@oshkoshymca.org).



Lots of laughter and smiles! These high school members of the OSHY Swim Team enjoy bonding with the younger swimmers at home meets!

## OSHKOSH DOLPHIN HOME SWIM MEETS

**20** Ever wondered what a swim meet is like and all about? Stop in at one of our home meets and check out the team in action!

- **FRIDAY, SEPT 30**
- **SATURDAY, OCT 22**
- **FRIDAY-SUN, NOV 18-20**
- **TUESDAY, DEC 6**

The 20th Ave. pools will be closed during all home swim meets. Check out the downtown location for extra open hours during swim meets.

## WATER FITNESS

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** 9:00-10:30 a.m. Competition pool  
**FRI** 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  
**TUES, THURS** 5:35-6:20 p.m. Rockwell pool  
**SATURDAY** 9:00-10:00 a.m. Williams pool

**FREE TO 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.)

## 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 MEMBERS**

## SENIOR WATER FITNESS

Senior water fitness class is designed to be a less strenuous class than our regular water fitness class. Focus is more on toning, stretching, and flexibility. Participants also enjoy a social and recreational component.

**DT** **WED, FRI** 10:05-10:50 a.m. Rockwell pool

**FREE TO MEMBERS**

See page 11 for SilverSneakers Splash

The best investment you will ever make  
is the one you make in yourself.  
**you matter.**

## SENIORS!

**SENIOR WATER FITNESS &  
SILVERSPLASH**

See page 12 for info on these  
& other great classes just for you.



## 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 MEMBERS**

**FREE TO OSHKOSH 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 MEMBERS**

**FREE TO OSHKOSH 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 MEMBERS**

**FREE TO OSHKOSH Y MEMBERS**



**DIVE-IN MOVIES**

**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** Fridays 6:00-8:00 p.m.  
10/28 The Penguins of Madagascar  
12/16 Ice Age - Collision Course

**MAKE TIME FOR FAMILY!**

## JUDO (AGES 6-ADULT)

A martial art that promotes physical fitness, discipline and self-confidence. Judo teaches throws, mat pins and falling techniques.

**20** WEDNESDAY (MPR #1 & 2)

5:00-6:15 p.m. Junior Beginners

6:30-7:45 p.m. Junior Advanced and Beginner Family

8:00-9:15 p.m. Adult Advanced and Beginners

**FEE** Individual: \$45 Member • \$64 Activity Member  
Family: \$82 Member • \$118 Activity Member

## 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** Please see current Group Exercise class schedule for days/times.

**FREE TO MEMBERS**

**FREE TO OSHKOSH 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! This program is a 7-week session. Classes run year-round.

**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.

**FEE** \$86 Member • \$125 Activity Member • 10% Sibling discount available.



Lucas Laska (left) recently earned his black belt. He is following in the footsteps of his two older brothers.



## 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 a certified instructor. Whether you brave the 28-foot high walls or the 18-foot high ropes course—this is an experience you will never forget! Open climb accommodates three people at one time. Each participant will enjoy 2-3 climbs per session.

**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.**

## 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.)

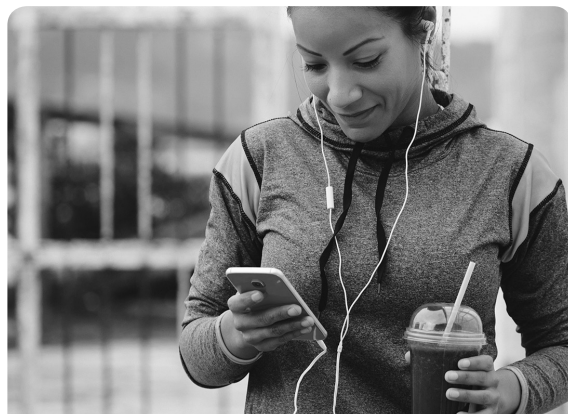
### MONDAY

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**



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

**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.**

## 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**

## 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!

### 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**

## 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

**Five 1-hour sessions\***

\$150 Member

\$225 Activity Member

\*Sessions must be used within 6 months of purchase

CLIMB



## 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

## 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

## NEW MEMBER ORIENTATION

FREE TO OSHKOSH Y MEMBERS

### FITNESS TESTING

Contact the Health & Wellness Center to schedule a Fitness Test.

**DT 20** FREE to Oshkosh Y Members

**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

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. Teens 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

## HOME SCHOOL FIT FOR KIDS

Physical Education for the home schooled child. Fit For Kids uses organized, instructional and cooperative games to fill a 13-week curriculum. Class limited to 60 participants.

September 12-December 14 (no classes week of Thanksgiving)

AGE 4-14 (4 groups will be established on age/child distribution.)

**20** MONDAY & WEDNESDAY 1:30-2:30 p.m.

FEE	Member	Activity Member	
	\$80	\$112 (1 child)	\$5 late fee for each person signed up after September 5.
	\$75/each	\$105/each (2 children)	
	\$70/each	\$98/each (3+ children)	



**FREE  
TO OSHKOSH  
Y MEMBERS**

**ADULT HEALTH & WELLNESS CLASSES** AGE High School+ Oshkosh Y members enjoy the benefit of over 140 free core 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](http://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 tubing, 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.

**Body Pump™** 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, masterfully combined for Resistance, Interval, Power Plyometrics, Endurance and Diet training.

## **20 TRX**

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: Fall 1 or Fall 2)

## **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.

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

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

**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!

**Essentrics** For men and women of all fitness levels. A dynamic, full body workout that combines stretching and strengthening. Increases flexibility and mobility for a healthy, toned, pain-free body.

**DURING DOWNTOWN FACILITY CONSTRUCTION** Some Group Exercise classes will be held at the Eagles Club: 405 Washington Ave., Oshkosh.

## **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

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

**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

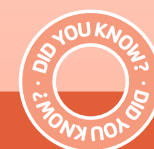
**5-DAY DIET ANALYSIS:** \$65

**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



## YOU CAN REDUCE YOUR DIABETES RISK & GAIN TOOLS FOR HEALTHY LIVING THROUGH THE YMCA'S DIABETES PREVENTION PROGRAM.



THE GREATER THE OBSTACLE,  
THE MORE GLORY IN  
OVERCOMING IT. ~ MOLIÈRE

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](mailto:danbraun@oshkoshymca.org) 230-8915

Begins early fall with the Fall 1 session.

### LIVESTRONG® at the YMCA

LIVESTRONG at the YMCA is a twelve-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.

### SEPTEMBER 20-DECEMBER 14

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

**DT** TUESDAY & THURSDAY 5:00-7:00 p.m.

Call Dan Braun for more information.

230-8915 or [danbraun@oshkoshymca.org](mailto:danbraun@oshkoshymca.org).

WHEN YOU COME TO THE END  
OF YOUR ROPE, TIE A KNOT AND  
**HANG ON!**  
- FRANKLIN D. ROOSEVELT

### 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.



## FREE HOCKEY INITIATION PROGRAM (HIP)

The Hockey Initiation Program is a "Learn to Play" program that is run by the Oshkosh Youth Hockey Association.

How a child gets their first taste of hockey is crucial. If a beginner has fun while developing basic skills and building confidence, there is a good chance that they will go on to enjoy hockey for many years.

### GOALS AND OBJECTIVES:

- Children will learn by participating in practice drills and informal and modified games.
- Skating, puck control, passing and shooting are introduced and refined.
- To implement fitness, fair play and cooperation within the fun of the game.

This program is for children 8 years old and younger. Families with children older than 8 can email Matt Carey at [mattcarey1973@yahoo.com](mailto:mattcarey1973@yahoo.com) for a recommendation on the most appropriate hockey development program for their age level.

The Hockey Initiation Program will run in two sessions. The first session is FREE for children that are new to the sport of hockey (has never participated in a formal hockey program) and reside in the Oshkosh, Omro, Winneconne, and Ripon school districts. The fee for returning players is \$75.00 per session or \$125.00 when you register for both sessions at the same time. All fees include the use of any or all needed hockey equipment. For more information go to [www.oshkoshyouthhockey.org](http://www.oshkoshyouthhockey.org) for registration forms or contact [oshkoshwarbirds@yahoo.com](mailto:oshkoshwarbirds@yahoo.com)

## 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.

**MONDAY Level 1** 5:45-6:15 p.m. • **FEE** \$36 Member • \$62 Activity Member  
**Level 2-4** 6:15-7:00 p.m. • **FEE** \$53 Member • \$75 Activity Member

## FALL FIRE UP HOCKEY

The Y's Fall Fire Up program is a 5-week program designed to offer hockey players ice time and instruction to get them back in shape before the upcoming season. Individual skill work as well as scrimmages and small games will be implemented to provide a fun learning environment.

**September 6-October 6**

**TUESDAY & THURSDAY**

Mite/Squirt 5:45-6:30 p.m. • PeeWee/Bantam 6:45-8:00 p.m.

**FEE** \$70 Member • \$100 Activity Member

## TRY HOCKEY FOR FREE

Sponsored by Oshkosh Youth Hockey Association and the Oshkosh YMCA

Sign up for the FREE event after October 22 at [www.tryhockeyforfree.com](http://www.tryhockeyforfree.com)

**Saturday, November 12**

## INTRO TO ADULT CO-ED ROOKIE HOCKEY LEAGUE (AGES 18+)

An instructional program for the beginner interested in learning to skate and play hockey. No skating experience is required. This program includes skate instruction and drills. Full equipment is required.

**FALL September 11-December 18** Reg deadline 9/6/16

**SUNDAY** 4:45-5:30 p.m.

**FEE** \$100 (+tax) = \$105 Member • \$150 (+tax) = \$157.50 Activity Member

## ADULT CO-ED ROOKIE HOCKEY LEAGUE (AGES 18+)

An instructional program for beginner or less experienced adults. This program includes informal practices and drills followed by a recreational game. Full equipment is required.

**FALL September 11-December 18** Reg deadline 9/6/16

**SUNDAY** 5:45-6:45 p.m.

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

Goalies play FREE!

## 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.

**FALL September 14-December 21** Reg deadline 9/6/16

**WEDNESDAY** Games 7:00-9:30 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 league for the more experienced player. No checking or slap shots. One game per week and full equipment is required.

**FALL September 11-December 18** Reg deadline 9/6/16

**SUNDAY** Games 7:00-9:30 p.m. Game time determined by number of teams.

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

Goalies play FREE!

**COMING TOGETHER IS A BEGINNING,  
STAYING TOGETHER IS PROGRESS, AND  
WORKING TOGETHER IS SUCCESS ~ Henry Ford**

**YOU CAN DO IT.**

## LEARN TO SKATE (AGES 4+)

Classes based on the Learn to Skate USA program: Snowplow Sam 1-4 as well as Basic 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.

**MONDAY** 5:45-6:15 p.m.

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

## SKATE WITH US Basic 3-6, Pre-Free Skate & Adult 1-6

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** 6:15-7:00 p.m.

**FEE** \$53 Member • \$75 Activity Member

For more information contact Angela Dodge at 230-8439 ext. 121 or [angeladodge@oshkoshymca.org](mailto:angeladodge@oshkoshymca.org)

## FREESTYLE WITH US Freeskiate 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** 7:00-7:45 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.

**Do something today that your future self will thank you for.**

## OPEN ICE SKATING

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](http://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.

## HOMESCHOOL SKATE LESSONS

Introductory and basic skate lessons for homeschool children.

**MONDAY** 2:45-3:15 p.m.

**FEE** \$36 Member • \$62 Activity Member



JOIN US!

**Fun, challenging  
and rewarding!  
Come ice skate  
at the Y!**

**CREATE  
MEMORIES  
MAKE NEW  
FRIENDS**

Photo Courtesy of  
Look! That's My Kid Photography!



## 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

## BEFORE AND AFTER SCHOOL KIDS CLUB PROGRAM

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 • Read • Oaklawn

Please call for more information or visit [www.oshkoshymca.org](http://www.oshkoshymca.org).

For more information contact Erin: 236-3380 or [erinbaranek@oshkoshymca.org](mailto:erinbaranek@oshkoshymca.org)



### A GREAT PROGRAM FOR WORKING MOMS WHO WANT TO CONNECT WITH OTHER MOMS.

This is a **FREE** community program for working mothers, which meets at the YMCA the 3rd Thursday of every month (September-November and January-April) from 5:30-7:00 p.m. Reserve your spot by calling either YMCA location. All sessions include a **FREE** dinner, a **FREE** drawing & **FREE** CHILDCARE!

**FOR MORE INFORMATION** please contact  
Angie Flanigan at 230-8439,  
[angelaflanigan@oshkoshymca.org](mailto:angelaflanigan@oshkoshymca.org), or visit us on  
facebook or the web: [www.oshkoshymca.org](http://www.oshkoshymca.org).



## 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 are just some of the fun features in this supervised center.

**20** **MONDAY-FRIDAY** 3:00 p.m.-8:00 p.m.

**SATURDAY** 8:45 a.m.-7:00 p.m.

**SUNDAY** 10:00 a.m.-7:00 p.m.

**DT** **MONDAY-FRIDAY** 3:30 p.m.-8:00 p.m.

**SATURDAY** 12:00 p.m.-5:00 p.m.

**SUNDAY** Closed

## OSHKOSH PUBLIC SCHOOL'S-OUT DAYS

### Family Prime Time Centers

Open 10:00 a.m.

### 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.-1:15 p.m. and 4:00-8:00 p.m.

**FRIDAY** 7:30 a.m.-1:30 p.m.

**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



## 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](mailto:kimstelzer@oshkoshymca.org)

**JANE GATES, 20TH AVE**  
[janegates@oshkoshymca.org](mailto: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 Sept 1, 2016

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

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

## KID'S DAY OUT | 2016-2017 Limited Slots available, register early!

Kid's Day Out is a full day, school age child care program offered on "school out" days in accordance with the Oshkosh Area School District student calendar. Children ages Kindergarten to 12 years of age will participate in arts and crafts, Family Prime Time, games, swimming, ice skating, sports, and occasional fieldtrips. Feel safe knowing your children are enjoying their "day out" in a fun, supervised environment. Morning and afternoon snack will be provided by the YMCA.

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

**2016:**

**Oct 28, Nov 18**

**Dec 23, Dec 26-30**

**2017:**

**Jan 2, Jan 20, Feb 20**

**April 14, April 17-21**

\*Possible 2017 Snow days/Make up school days: Mar 24; June 9 (Downtown)

\*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

**AGE** K-12 years

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

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



## 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 Nething for more info!

All parties are 3 hours in length. • Ice Skating and Rock Climbing may be added to the packages 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.

## 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.

Group rates/packages are available. Minimum 10 people.

## AFTER-HOURS ACTIVITIES AND OVERNIGHT RENTALS

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) • **Climbing** (10 people max per hour) • **Swimming**

For more information contact Lisa Nething at 230-8920.



All ages love the Y pools. See pages 12-20 for a full listing of our aquatic offerings.

A family that  
**PLAYS TOGETHER,  
STAYS TOGETHER.**

**LET'S  
HAVE  
SOME  
FUN!**



## YOUTH INDOOR SOCCER LEAGUE

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 location of residence. Volunteer coaches will conduct practices and supervise games. The first week will be practice and information meeting with the coach. If interested in coaching please contact Sohaila Akhavein.

**Requirements** Soccer shin guards.

**October 29-December 18** Registration deadline 10/16/16 (no games Nov 26-27)

**Times may vary based on enrollment.**

**20** AGE 4-Kindergarten | 1st Grade | **Saturday** Morning  
2nd Grade | 3rd Grade | **Saturday** Mid-day  
4th Grade **Saturday** Afternoon  
5th-6th Grade **Saturday** Evening  
7th-8th Grade **Sunday** Mid-Morning

**FEE** \$44 Member • \$66 Activity Member

## GIRL'S HIGH SCHOOL INDOOR SOCCER LEAGUE

A league for high school girls, this session will consist of one game per week.

**October 31-December 19** Registration deadline 10/23/16

**Requirements** Soccer shin guards (no outdoor cleats)

**AGE** 9th-12th grade

**20** **MONDAY** 5:00-10:00 p.m.

**FEE** Team Registrations only. Team Fee: \$300/team (tax included)

**For information on  
Soccer programs,  
contact Sohaila Akhavein  
at 230-8439 ext 141**



**Interested in volunteering?**  
The Oshkosh YMCA offers  
many volunteer opportunities  
throughout the year.

We welcome  
volunteers with all  
talents, interests, and  
abilities. Contact Siri  
Smits at [sirismits@oshkoshymca.org](mailto:sirismits@oshkoshymca.org) to  
be added to the  
volunteer email list!

**MAKE A DIFFERENCE,  
BE A VOLUNTEER!**



## ADULT CO-ED SOCCER LEAGUE

A league for men and women of all ages to have fun and stay in shape. Teams will have the opportunity to select their level of play, either **recreational** OR **competitive**.

**FALL October 23-December 18**  
(no games 11/27/16) Reg. deadline  
10/14/16

**20** **SUNDAY** 2:00-11:00 p.m. Game  
times vary due to enrollment.

**FEE** \$375/team (tax included) Teams  
must provide their own t-shirts.

## OPEN ADULT MEN'S SOCCER LEAGUE

Games will be played 5-versus-5 and a goalie, with roster size limited to 12. Register as a team or as a free agent.

**FALL October 19-December 7** Reg.  
deadline 10/14/16

**20** **WEDNESDAY** 5:00-11:00 p.m. Game  
time dependent on number of teams.

**FEE** \$375 (includes tax) per team Teams  
must provide their own t-shirts.

## ADULT MEN'S BASKETBALL LEAGUES (AGE 18+)

Leagues designed for friendly competition, staying in shape, and having fun. Two officials will be provided. Games will consist of two 20-minute halves. Teams must provide their own shirts w/numbers

**20** **FALL 1 August 16-October 4** Reg.  
deadline 8/1/16  
**TUESDAY** 6:00-10:00 p.m.

**20** **FALL 2 October 19-December 14**  
Reg. deadline 10/5/16  
**WEDNESDAY** 6:00-10:00  
p.m. (no games Nov 23)

**FEE** \$300/team (includes tax)

# 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.

**GET  
FIT  
AT  
WORK**



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





## MEN'S INDOOR FLAG FOOTBALL (AGE 18+)

Compete in a 5 v 5 football league held in the soccer arena. Eight week league with one game per week, and a tournament held on the eighth week. Teams must provide their own team shirts or the Y will provide pinnies at game time.

**FALL 1 September 9–October 28** Reg. deadline 8/26/16

**FALL 2 November 4–December 30** Reg. deadline 10/21/16 (no games Nov 25)

**20 FRIDAY** 5:00–11:00 p.m. Game times dependent on number of registered teams.

**FEE** \$350/team (includes tax)

## 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 flag football games.

**FALL September 10–October 22**

**20 SATURDAY**

9:00–9:45 a.m. (4K–Grade 2) • 10:00–10:45 a.m. (Grades 3–5)

**FEE** \$44 Member • \$66 Activity Member (Includes team t-shirt.)

## YOUTH FLAG FOOTBALL – NEW!

Join us for an exciting 5v5 football league. The purpose of this league is to have fun and teach basic developmental skills such as passing, catching, running routes, blitzing and covering receivers individuals will be placed on teams according to their school location. **WEEKLY PRACTICES** start the week of August 29th. Times and locations to be determined by the coach.

**FALL September 10–October 22** (Reg. deadline 8/1/16)

**20 SATURDAY MORNINGS**

4K–Grade 8

**FEE** \$44 Member

\$66 Activity Member

(Includes team t-shirt and flags.)

**PASS.  
CATCH.  
LEARN  
NEW  
SKILLS.**

Boys & Girls  
Youth Flag Football



## CONTACT INFORMATION YMCA TENNIS CENTER:

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

Tennis Center Instructors:

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

RICK THIEL, USPTA Elite Professional

## DAILY COURT RATES

**Standard Rate** | \$19.00/hour  
Monday–Friday 8:00 a.m.–1:00 p.m.

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

**Prime Time** | \$20.00/hour  
Monday–Friday 3:00–10:00 p.m.  
Saturday–Sunday 8:00 a.m.–Close

**Value Time** | \$13.50/hour  
Monday–Friday 1:00–3:00 p.m.

**Junior Rate** | \$13.50/hour (18 & under, Jr Members only)

**Non-Member Guest Fee** \$5/guest

## MEMBERSHIP DUES

**Oshkosh YMCA Member**  
Youth\* \$63 | Adult \$137 |  
Family \$168

**Fond du Lac, Neenah or  
Appleton YMCA Member**  
Youth\* \$83 |  
Adult \$146 | Family \$194

**Y Tennis Center  
Membership**  
Youth \$100 | Adult \$216 |  
Family \$324

## TENNIS CENTER BENEFITS

- Reduced rates on all group and private lessons
- Free Junior Match play on Sunday afternoons. Call for details
- Ability to reserve courts 1 week in advance. (Non members can reserve three days in advance)
- Reduced junior court rate

## PRIVATE INSTRUCTION

RATE PER HOUR

	Member	Activity Member
1 person	\$40 / person	\$50 / person
2 people	\$25 / person	\$30 / person
3 people	\$21 / person	\$26 / person
4 people	\$19 / person	\$22 / person
5 person	\$17 / person	\$19 / person
6 people	\$16 / person	\$18 / person
7 people	\$15 / person	\$17 / person
8 people	\$14 / person	\$16 / person

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



**YOU'RE  
NEVER TOO  
OLD FOR  
TENNIS!**

**LEGENDARY  
TENNIS PLAYER  
BOB LUEDTKE  
AND HIS  
FRIENDS HAVE  
BEEN PLAYING  
THE SPORT  
SINCE THE  
MID 30S!**

## YOUTH & ADULT TENNIS LESSONS

**Session I** September 6–October 23 (7 weeks)  
**Session II** October 24–December 18 (7 weeks)  
 No classes November 24–27

**NOTE: Need at least 3 players to hold class.**

## ADULT LESSON SCHEDULE

### SATURDAY

Adult Intermediate • 8:00–9:00 a.m.  
 Adult Advanced • 8:00–9:00 a.m.  
 Adult Beginner • 9:00–10:00 a.m.

## ADULT LESSON FEES

7-Wk Session	TC Member	Activity Member
	\$110	\$135

## YOUTH LESSON SCHEDULE

### SUNDAY

Invitational Groups  
 (Players are invited by the Tennis Professionals)  
 Girls High School Excellence  
 Noon–1:30 p.m.  
 Boys High School Excellence  
 2:30–4:00 p.m.

### WEDNESDAY

Young Stars 4:30–5:30 p.m.

### SATURDAY

Young Stars 9:00–10:00 a.m.  
 Future Stars 10:00–11:30 a.m.  
 Junior Varsity 11:30–1:00 p.m.  
 Varsity 1:00–2:30 p.m.

## LESSON LEVELS & AGES

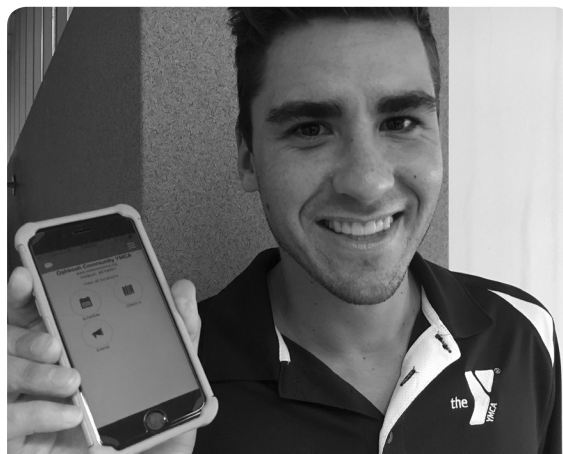
**Mighty Hitters (4–5)**  
**Quick Start (5–9)**  
**Young Stars (10–12)**  
**Future Stars (10–14)**  
**Junior Varsity (13–17)**  
**Varsity (14–18)**

Age descriptions are a general guide for program placement. Instructors will recommend placement based primarily on ability level.

## YOUTH LESSON FEES

7-Week Session	TC Member	Activity Member
1 hour lessons	\$85	\$115
1.5 hour lessons	\$105	\$140

**LESSON POLICY** • No credit can be given for missed lessons • To avoid being charged, private lessons and courts must be cancelled 24 hours in advance • Enrollment in group lesson is for entire session • All Program Member lessons must be paid in advance



**STAY IN TOUCH**  
 Download the Oshkosh Community YMCA MOBILE APP for a convenient way to keep up with the Y on the go!

## YOUTH CLASSES

### QUICK START & MIGHTY HITTER PROGRAMS FOR YOUTH AGES 4–9

These drill groups are organized to introduce kids to the game of tennis. The program has fun drills and games that develop hand-eye coordination, movement and tennis skills. No Y Tennis Center membership is necessary to enroll in these programs.

#### Session I

September 6–October 22 (7 weeks)

#### Session II

October 23–December 17 (7 weeks)

### MIGHTY HITTERS AGES 4–5

FEE \$55.00

#### TUESDAY

9:00–9:45 a.m.  
 4:30–5:15 p.m.

#### THURSDAY

1:00–1:45 p.m.

#### SATURDAY

8:00–9:00 a.m.

### QUICK START AGES 6–7 & 8–9

FEE \$64.00

#### TUESDAY

4:30–5:30 p.m. (Ages 6–7)  
 5:30–6:30 p.m. (Ages 8–9)

#### SATURDAY

8:00–9:00 a.m. (Ages 6–9)

## ADULT CLASSES

### CO-ED DROP-IN DRILL

Learn basics of proper doubles play and strategy.

FRIDAY 9:00–10:30 a.m.

FEE \$17 Member • \$22 Activity Member

### ADULT LEAGUE PLAY

Leagues are held every day at a variety of times for all ability levels. All members are eligible for league play. If you are interested in joining a league call the Y Tennis Center and we will help you get started.

#### Session I

September 6–December 20

No league play November 24–27.

### CARDIO TENNIS

A one-hour clinic that will get your heart pumping and improve your tennis while participating in fast-paced drills.

MONDAY & WEDNESDAY 10:30–11:30 a.m.

WEDNESDAY 7:00–8:00 p.m.  
 (pre-registration is required)

FEE \$12 Member • \$18 Activity Member

### HIT TIME WITH A COLLEGE PLAYER

The Y Tennis Center employs a number of individuals that have played for the UW-O Tennis Team. This program is intended for adults and youths that have played varsity-level competition. If you are interested in either a match or the development of tactics on the court, call to set up a hitting session.

FEE \$20 Member • \$25 Activity Member

IF YOUR ACTIONS **INSPIRE OTHERS** TO  
**DREAM MORE**, LEARN MORE, DO  
 MORE AND **BECOME MORE**,  
**YOU ARE A LEADER.**

– John Quincy Adams

# WEE ACTIVITIES. laugh, learn, play.

## 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 SOCCER ARENA

FALL 1 WEDNESDAY 5:00-5:30 p.m.  
TUESDAY 3:00-3:30 p.m.

FALL 2 MONDAY 3:00-3:30 p.m.  
TUESDAY 5:00-5:30 p.m.

FEE \$36 Member • \$62 Activity Member

## WEE T-BALL AGES 3-5

Boys and girls will love learning about baseball playing Y T-Ball! The basics fundamentals of t-ball will be taught in a cooperative and fun environment. All classes will be held in the soccer arena. Baseball glove is required.

### 20 SOCCER ARENA

FALL 1 TUESDAY 4:00-4:30 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 MAIN GYM

FALL 1 TUESDAY 9:00-9:30 a.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 SOCCER ARENA

FALL 2 TUESDAY 3:30-4:00 p.m.

FEE \$36 Member • \$62 Activity Member

## WEE SPORTS AGES 3-5

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

### 20 LOCATION WILL BE DETERMINED BY SPORT

FALL 2 TUESDAY 9:00-9:30 a.m.

FEE \$36 Member • \$62 Activity Member

## WEE DISCOVER OUR SENSES AGES 3-5

Children will participate in preschool activities exploring the 5 senses.

### 20 MULTI-PURPOSE ROOM

FALL 1 TUESDAY 9:00-9:45 a.m.

FEE \$36 Member • \$62 Activity Member

## WEE MAKE TIS THE SEASON ART AGES 3-5

This class is for kids to be creative making holiday/seasonal art projects.

### 20 MULTI-PURPOSE ROOM

FALL 2 TUESDAY 9:00-9:45 a.m.

FEE \$36 Member • \$62 Activity Member

## KINDERMUSIK

Play, sing, and dance – while developing fundamental skills. This class is a 4-week session.

### 20 MULTI-PURPOSE ROOM



FALL 1 & 2

MONDAY 9:00-9:45 a.m. • AGES 6 MOS.-2 YRS

This is a parent/child class. A parent must be present the entire time.

MONDAY 10:00-10:45 a.m. • AGES 3-5

This class requires parents be present the last 15 minutes of the class, but parents are welcome to stay the entire time.

FEE \$36 Member • \$62 Activity Member

## WEE GYMNASTICS AGES 3-5

A beginning level tumbling introductory class.

### 20 MULTI-PURPOSE ROOM

FALL 1 & 2 WEDNESDAY 5:30-6:15 p.m.

FEE \$36 Member • \$62 Activity Member

## WEE DANCE 1 AGES 4-6

Kids will be introduced to very basic beginning dance skills. A short routine will also be learned.

### 20 MULTI-PURPOSE ROOM

FALL 1 THURSDAY 5:15-6:00 p.m.

## WEE DANCE 2 AGES 4-6

Kids will learn more advance steps to build coordination and large motor development through tap, ballet, and jazz.

### 20 MULTI-PURPOSE ROOM

FALL 2 THURSDAY 5:15-6:00 p.m.

FEE \$36 Member • \$62 Activity Member

## WEE SKATE AGES 3-5

This activity introduces preschoolers to the basics of skating in a safe and fun way. Helmet and gloves/mittens are required, elbow/knee pads are recommended.

### 20 ICE ARENA

FALL 1 & 2 MONDAY 3:15-3:45 p.m.

FEE \$36 Member • \$62 Activity Member

# SUPER FUN

## WIGGLES & GIGGLES (PRESCHOOL)

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!

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



## 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**  
Aquatic 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 Coordinator **Sheila Counts**  
4-K Teacher/Camp Director **Meredith Danforth**  
Membership Manager **Steph Daniel-Merkel**  
Accounts Receivable **Eric Davis**  
Ice Arena/Café Coordinator **Angela Dodge**  
Senior Program Director **Angie Flanigan**  
20th Ave Childcare Director **Jane Gates**  
Aquatics Director (DTC) **Tracy Gilles**  
Group Exercise Director **Brandy Hankey**  
Property Manager (20th) **Dave Ihrig**  
Health & Wellness Director (20th) **Kathy Leonard**  
4K Teacher **Amanda Mattulle**  
Downtown Branch Executive **Lester Millette**  
Family & Special Events Director **Lisa Nething**  
IT Director **Josh Plaster**  
Chief Financial Officer **Judy Rehm**  
Accounts Payable **Amanda Sattler**  
School Age Coordinator/Teen Adventure 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**  
Property Manager (DTC) **Jeff Troudt**  
Aquatic Coordinator (20th) **Chelsea Vosters**  
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 Trembley**

**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**  
**Carey Sharpe**  
**Karrine Spiller**  
**Ed Williams**



### 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.

Our new Y will include an aquatic center, child care, running track, health and wellness center, gym and locker rooms.

The Downtown YMCA Groundbreaking Friday, August 5 started this awesome project, but, we aren't to the finish line yet! Donations are still needed to make this project a success.

Don't miss your chance to be part of this amazing project. 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.

For more information, stop by the Front Desk or contact Amy Albright at [amyalbright@oshkoshymca.org](mailto:amyalbright@oshkoshymca.org) for more details!



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.

## PARENTS NIGHT OUT AGES 6-12

Parents can enjoy a night out, while their kids have a fun, safe night at the Y! Activities include swimming, basketball, crafts and More. See Front Desk for registration.

**20 FRIDAY, DECEMBER 2** 6:00-9:00 p.m.

**FEE** \$10 (+tax) = \$10.50 Member • \$20 (+tax) = \$21 Activity Member

## FAMILY BINGO NIGHT

Bingo, music and family fun. Popcorn, snacks and refreshments will be available to purchase.

**20 FRIDAYS: OCTOBER 14 • NOVEMBER 4 • DECEMBER 16** 5:30-7:30 p.m.

**FEE** Bingo sheets are 5 for \$3, or 10 for \$5

Like most moms, I don't have a lot of time for fitness. Once I had my second child, I was desperate for a way to keep up my exercise routine while taking care of a newborn full-time. While going for walks outside was great, I wanted something that would jumpstart my post-baby weight loss while working up a good sweat. I really enjoyed taking fitness classes at the YMCA and was hoping I could find something that would help me get back into shape. Through their Stroller Aerobics program, I have not only lost the baby weight but also gained so much more.

After I had my daughter, Aubrey, in August 2014, I found myself saddled with an extra 15 pounds. When I hit 5 weeks postpartum, I decided to try the Stroller Aerobics class at the Downtown YMCA. Although I live less than a mile from the 20th Ave location, making the drive to the other side of town was worth it if baby could come along. I left that class feeling awesome, sweaty and motivated. I became dedicated to attending the class weekly and the results showed.

Combining it with a 3-4 day running schedule at the 20th Ave location, Stroller Aerobics helped me lose all the baby weight plus an extra 10 pounds in just five short months! I had another baby a quick 15 months later in November 2015. Although I now need to push a double stroller around the track, I am quickly closing in on another successful weight loss after the birth of my son, Jacoby.

I would encourage any parent that wants to work out their children to try Stroller Aerobics. The instructor, Nicole, combines great music with a challenging mix of cardio and strength training. In just a quick 45 minutes, I get a full-body workout that not only keeps me energized throughout the day but also helps me manage the everyday stresses of being a busy mom. While getting fit has its benefits, I have gained so much more than just a trim body with this class. I have found a great support system in the other class regulars and developed lifelong friendships through the program.

Nicole always reminds us that "Strong Moms = Strong Kids" and I truly believe that. This class allows me to show my children the importance of staying fit and taking care of your body. For me, Stroller Aerobics is more than just a class. It is an opportunity to spend quality time with my children, hang out with friends, and accomplish my fitness goals.



Katie Zurawski

## FUN, SAFE, EASY & AFFORDABLE

### YMCA FIELD TRIPS

#### SOCCER ARENA • ICE SKATING

#### • SWIMMING • BASKETBALL

#### • ROCK CLIMBING

#### • FAMILY PRIME TIME

Take your next field trip to the Y.

Any grades/number of kids can be accommodated. Let's start planning now! Let's have some fun!



CLASS TRIPS  
INCENTIVE DAYS  
REWARD DAYS

Contact Lisa Nothing at  
lisanothing@oshkoshymca.org or  
230-8439 for more information.

## IT'S A WIN/WIN YOUTH LOCK-IN = PARENTS NIGHT OUT

Spend the night at the YMCA! Activities include ice skating, swimming, soccer, movies, games and much more! A late night snack is provided. Please bring a swim suit, towel, warm clothing (for skating), sleeping bag, pillow and pajamas.

Pre-registration is required.

See front desk for registration form and permission slip.

**20 SATURDAY, OCTOBER 29** 8 p.m.-8 a.m.

**AGE** 7-12 (minimum of 20 required)

**FEE** \$25+ TAX = \$26.25 Member

\$35+ TAX = \$36.75 Activity Member



## SPECIAL NEW YEAR'S FAMILY NIGHT

**SATURDAY, DECEMBER 31**

Special time: 6:00-9:00 p.m.

Watch for more information on this special evening which includes something for the whole family—swimming, soccer, ice skating, basketball, Family Prime Time, and more!

**FREE for Oshkosh YMCA Member Families**

\$5.75 for Activity Member Families.  
(includes skate rental)

SPONSORED BY



**FAMILY  
TIME  
TOGETHER**  
YMCA FAMILY NIGHT

