



Oshkosh Community YMCA
324 Washington Avenue,
Oshkosh, WI 54901

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

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**

Photo Courtesy of Limelite Studios

Loren Potter
Stacy Potter
Keagan (age 11)
Reid (age 8)
Olivier (age 5)

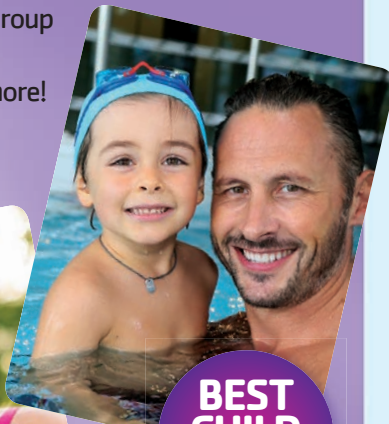
Grandma & Grandpa:
Gary Wagner
Betsy Wagner

WINTER
Jan 2-Feb 12
SPRING 1
Feb 20-April 2
SPRING 2
April 3-May 28

See page 8 to learn what the Y means to this busy family.

Chosen by Oshkosh Northwestern readers year after year as the BEST!

All are welcome! Programs for all ages, Youth Sports, Group Fitness, Quality Childcare and more! Nurturing body, mind and spirit.



BEST CHILD CARE PROVIDER

BEST FITNESS CENTER



BUILDING OUR FUTURE ONE STEP AT A TIME.

If you would like to solidify your legacy at the Oshkosh Community YMCA, please consider joining our Brick Pathways Campaign to help build the new Downtown Y.

There are multiple levels in the Brick and Paver campaign with legacy structures that can be paid out over time.

Your brick will be visible for generations to come!

Be part of history and demonstrate your support by putting your name in the Oshkosh Community YMCA walkway.

4x8: \$1,000 • Engraved: 3 lines/14 characters per line

4x12: \$5,000 • Engraved: 3 lines/21 characters per line

8x8: \$10,000 • Engraved: 6 lines/14 characters per line

For more information contact amyalbright@oshkoshymca.org 920.236.3380 or go to www.oshkoshymca.org



Bridge to the Future
Oshkosh Community YMCA

Brick donations are tax-deductible to the extent allowed by the law. Questions regarding contributions should be referred to your tax advisor.

MAKE YOUR MARK ON THE NEW DOWNTOWN Y!

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 info@oshkoshymca.org • **WEBSITE** www.oshkoshymca.org

CLOSED DAYS

Christmas Eve (open until 2:00 p.m.) • Christmas Day
New Year's Eve (open until 5 p.m.) • New Year's Day 11 a.m.-3 p.m.
Easter Sunday • Memorial Day

NEW YEAR'S OPEN HOUSE
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 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).

WINTER Jan 2-Feb 12 Activity Members register 12/12/16. Members register any time.
SPRING 1 Feb 20-April 2 Activity Members register 1/30/17. Members register any time.
SPRING 2 April 3-May 28 Activity Members register 3/13/17. Members register any time.
No programs Apr 10-23 due to Spring breaks.

YMCA Members enjoy Priority Registration on ALL YMCA programs!

REGISTER at 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 ■ Use of **seven racquetball courts**
- **Basketball courts** ■ **Family Prime Time Centers** ■ **Caring and knowledgeable staff**
- **Adult access** to sauna, steam room and whirlpools ■ **Health & Wellness Center orientation** with trainer ■ **Reduced fees** at the YMCA Tennis Center ■ **Reduced fees** on all YMCA activities and camp ■ **Over 140 FREE 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.

“My Y is Every Y”

WELCOME EVERYWHERE IN WISCONSIN AND THE U.P.

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



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

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

facebook

twitter

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

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

FACILITY OFFERINGS

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

HEALTH & WELLNESS CENTERS **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 **DT 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.

FACILITIES: 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	●
Steam Room (men's only DTC)	● ●
Strength Training Equipment	● ●
Circuit Equipment	● ●
Free Weights	● ●
Towel Service	● ●
Whirlpool	● ●
YMCA Café	●
4-kindergarten	● ●
Volleyball	●



**FAMILY
TIME
TOGETHER**
Y FAMILY NIGHT

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

FREE TO OSHKOSH Y MEMBERS

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

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

SATURDAY, DECEMBER 31

New Year's Eve Family Night
Special time: 6:00-9:00 p.m.

JANUARY 21 • Winter Animal Crafts

FEBRUARY 25 • Mardi Gras Party

MAR 18 • Magic Show

APRIL 29 • Baseball Fun

Family nights presented by



Photo Courtesy of Look! That's My Kid Photography



LIVESTRONG FOUNDATION

PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG AT THE YMCA



FOR BODY, MIND & SPIRIT.

DID YOU KNOW?

OVER 125 SURVIVORS have gone through the **FREE 12-WEEK Livestrong at the Y** program in Oshkosh.

Through the **6 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 • 230-8915

CONNECT TO YOUR CAUSE



GIVE FOR A BETTER US

Every dollar you give to the Oshkosh Y makes a difference. Here are just a few ways your donation can help provide opportunities for everyone that walks through our doors!



\$1000 provides two families the opportunity to belong at the Y, giving them a safe, fun and healthy environment to learn, grow and thrive.



\$500 helps an entire team of kids learn new skills, sportsmanship and values through youth sports.



\$250 supports a month of after school care programming for a child. This program provides working parents with quality care after school in a healthy and safe environment.



\$100 sends a kid to camp for a week, where they will make memories that will last a lifetime.



\$50 gives 2 children a session of swim lessons helping them stay safe and confident in the water.

100%

of your donation directly supports financial assistance and program subsidies for your friends, neighbors and members of the Y community.

ON THE COVER:

THE POTTERS + Family

My family moved to Oshkosh six years ago. I remember when we were considering job opportunities in different parts of the country for my husband, in addition to Wisconsin being close to family, the 20th Ave YMCA was one of the major selling points for Oshkosh!

Six years later, I can't believe how many ways the YMCA has touched our lives! Our YMCA story started at Wiggles and Giggles. As a mom of young kids and new to the area, Wiggles and Giggles was a lifeline to me as I met many of my friends there and it offered a much needed escape from the house during our long winters.

The YMCA has provided such amazing opportunities to all three of my kids. From Wee Sports like soccer, baseball and basketball, to taking swimming lessons at the Y, my kids learned at a young age how to be part of a team and the importance of exercise. Keagan swam on the OSHY swim team for three years and is now taking lessons and playing in tennis tournaments at the YMCA Tennis Center. Reid has played soccer, baseball and basketball for the YMCA. Olivier has taken swimming lessons and Wee gymnastics and loves the Drop-In Childcare (thank goodness for the awesome staff in the Drop-In room)!

I was a cycling instructor at the Downtown YMCA for four years and I have trained in their pools for triathlons. I have taken too many group classes to list and I have even hung out with my dad at the pickleball courts! For the first time, I am in a ladies tennis league at the Tennis Center and having a blast!

Loren has been busy working so that the rest of us can enjoy our YMCA membership. 😊

Thank you YMCA and staff for the countless ways you have positively impacted our lives and made staying healthy so much fun! **Stacy Potter | The Potter Family**

+ GRANDMA AND GRANDPA

We moved to Oshkosh last year to be closer to our daughter, son-in-law and grandchildren. We decided to become active Y members and it has been an opportunity to meet people with similar interests. The friendly atmosphere and variety of classes; pickleball and weights, and Silver Sneakers group exercise gives us a combination of physical fitness and friendship! We love it here, it was the right move! **Gary and Betsy Wagner**



ACTIVE OLDER ADULTS

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: JAN 4, FEB 1, MAR 1, APR 5, MAY 3

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

FEE **FREE!**

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: JAN 11, FEB 8, MAR 8, APR 12, MAY 10

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

FEE **FREE!**

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.

RSVP suggested: Dan Braun at 230-8915

DT MONDAYS: JAN 16, MAR 13, MAY 15 12:00-2:00 p.m.

20 FRIDAYS: JAN 20, MAR 17, MAY 19 12:00-2:00 p.m.

FEE **FREE!**

NEW! OPEN BINGO

Bring your luck with you when you come for bingo! Free to members, day pass fee applies to non-members. No cost to play.

20 WEDNESDAYS: JAN 25, FEB 22, MAR 22, APR 26, MAY 24 1:00-2:00 p.m.

FEE **FREE!**

NEW! MATINEE MOVIE

Join us for a movie on the 3rd Wednesday of the month for a movie and a snack. Small popcorn and beverage is included in the fee.

20 WEDNESDAYS: JAN 18, FEB 15, MAR 15, APR 19, MAY 17 Movie start: 1:00 p.m.

FEE \$2/person

SAVE THE DATE

Wednesday, May 31

FREE FOR
ANYONE 55+

National Senior Health & Fitness Day **DT** **20**

Keep healthy & fit. Join us for a healthy breakfast, special classes, presentations and a healthy lunch. RSVP will be required for breakfast, lunch and presentation. Registration will open on Mon, Apr 10, 2017. Watch for a schedule of events in spring!

ACTIVE OLDER ADULTS FITNESS CLASSES

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)

All AOA classes are run on a drop-in, continuous basis. Schedules of class offerings are available at the Front Desk, on www.oshkoshymca.org or on the Oshkosh YMCA Mobile App.

AOA FREE TO MEMBERS

ARTHRITIS AQUATICS **DT** 20

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).

SENIOR WATER FITNESS **DT**

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

WALK FOR FITNESS **DT** 20

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

SENIOR PILATES **DT**

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

SENIOR CYCLING **DT**

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

STRETCH, FLEX & BALANCE

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

NEW! SENIOR CORE 20

Stretch your muscles, strengthen your core and hips, and work on balance and agility. This class will use mats and go to the floor. Mats provided, but you may bring your own.

NEW! SENIOR AEROBIC DANCE 20

Enjoy a great workout while moving to the beat! This class will improve your cardiovascular endurance and keep you smiling!

NEW! HORSESHOES 20

Give indoor horseshoes a try. Equipment provided. **Wed & Fri Morning Soccer Arena**

NEW! CROQUET 20

A summer favorite, now available anytime. Equipment provided. **Wed & Fri Morning Soccer Arena**

NEW! SENIOR CONDITIONING **DT** EAGLES CLUB

Get up and get moving! This class will help you improve your cardiovascular endurance and muscular strength with a motivating standing workout. Weights, tubes and some rhythmic moves will help you stay in the groove. A chair is offered for support if you need it.

NEW! LOW IMPACT AEROBICS **DT** EAGLES CLUB

This class offers a full body workout that will help you move without any high impact moves.

NEW! INTERMEDIATE CHAIR YOGA **DT**

If you are seeking to expand your yoga experience, this is the class for you. This class will incorporate yoga poses that are standing, chair-based, and floor-based on a mat.

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 **DT** 20

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.

SILVERSNEAKERS CIRCUIT 20

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.

SILVERSNEAKERS YOGA **DT** 20

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.

SILVERSNEAKERS SPLASH **DT**

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.

LIFELONG LEARNING

Special events created for members and guests, ages 55+.

LUNCH WITH A DOC

Bring your lunch and your questions! Join a medical professional from Aurora for an open question and answer session over lunch. RSVP suggested.: Dan Braun: 230-8915 or danbraun@oshkoshymca.org

Watch for more information!

20 JANUARY, MARCH, MAY

DT FEBRUARY, APRIL

WRITE FOR YOUR LIFE WORKSHOPS

Like a smile, teardrop or photograph – writing hardly costs anything, and is just about always available. You can connect with your creative self and even link the present with the past with tomorrow.

In a friendly, upbeat workshop format geared to all levels and most literary venues, you'll explore the essence of good writing. From inspiration to publication, you'll better understand and embrace the entire writing process. You'll see your goals, organize your thoughts and enhance the power and poetry of your written messages – all while having fun.

Join us for this 6-week series of two-hour interactive sessions. Explore your writing talent while receiving feedback from an award-winning, professional writer with over 25 years of experience.

20 THURSDAY 1:00–3:00 p.m.

Winter 1, Spring 1 & Spring 2

FEE For six-week session:

\$45 Member • \$60 Activity Member

MATERIALS TO BRING:

Pen/pencil & notebook(s) of choice

NEW! BUS TRIPS

Join the Y as we hit the road! We will venture out on day trips to see the Green Bay Gamblers in mid March, and the Milwaukee Brewers in early May. Costs (to be determined) will include coach bus to/from the event, snack on the bus and ticket in to the event. Food and other costs at the event are not included. Minimum number of participants is required.

Watch for details for these fun new events!

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!

Schedule subject to change.

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 SATURDAY–SUNDAY

7:00–10:00 a.m. Mixed Doubles

FEE FREE TO Y MEMBERS

Seniors (55+) may purchase an 18-visit punch card.

BEGINNER PICKLEBALL

DT TUESDAY 12–12:30 p.m.

Learn the rules of the game and scenario game play.

DT THURSDAY 12:30–2 p.m.

“Free Play” Beginner Pickleball

FEE FREE TO Y MEMBERS • \$5

Activity Members



See page 50 to learn about Pickleball at the Y Tennis Center.



AMAZING. MAGICAL. MARK!

Mark Zuehlke joined the Oshkosh YMCA in early 2014 after losing his wife to a very rare type of cancer. Mark's friends in a grievance group encouraged him to join the Y knowing that it would help him meet new people and get him back into a routine. As a child growing up in Oshkosh, Mark visited the Y frequently for swimming lessons and other activities. When his two daughters were old enough, they became involved with YMCA programs, participated in swimming lessons and attended Camp Winni-Y-Co.

Since joining, Mark has volunteered for various fundraisers that support the Y's Annual Campaign. He truly goes above and beyond, contributing countless hours throughout the year. He has volunteered for the Y at Waterfest the past two years and for the last three summers at EAA AirVenture working the Y Beverage Carts. Shortly before this summer's AirVenture, Mark was diagnosed with bladder cancer. After undergoing two surgeries (one during the week of EAA) Mark revealed his unwavering commitment to his volunteer role by helping sell soda just days after surgery. **His dedication to our organization, and the community, is truly remarkable.**

Aside from volunteering his time, Mark is a very active runner. He began his running career at the age of 60, inspired by his daughter Jill.

In May 2014, Mark ran his first race – the Expedition Everest Challenge 5k at Walt Disney World's Animal Kingdom. He loved it so much that he decided to sign himself up for his first 10k at the Walt Disney World Marathon Weekend (January 2015). Mark was instantly hooked on Disney races and was soon ready for his first half marathon, the Disneyland Half Marathon.

In two and a half years, Mark has run in 19 races! Five 5ks, four 10ks, and ten half marathons. Despite Mark's recent diagnosis and operations, he has no plans of slowing down. He recently ran the Dumbo Challenge at Disneyland on Labor Day weekend (a 10k and a half marathon), and has since run a 5k and half marathon at Disneyland Paris; a 10k at Kings Island in Cincinnati (where he took second); and in early November a 10k and half marathon at the Disney Wine & Dine weekend. On his bucket list is to complete the Walt Disney World Marathon, to earn a Mickey Mouse medal.

Mark says it is a “dream come true” to run in the kingdom and behind scenes. His favorite thing about races is the time he gets to spend with his daughter. Although Mark's medals remind him of his accomplishments, he loves that they bring back exciting memories shared with Jill.

Mark uses the Oshkosh YMCA on a regular basis to train for his marathon running. Complimenting his running regimen, Mark does Water Yoga and Power Current, two of his favorite classes that the Y offers.

Mark has great advice for anyone who might be intimidated about signing up for a race. **“You are never too old to start running. After never running in my life, I started at 60 years old. With patience, motivation, and determination anyone can succeed at the sport. There are so many wonderful people that will encourage and support you. No one is ever alone, and I have met so many wonderful people since I began my journey.”**

20

20TH AVE SWIM LESSONS

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

MONDAY	Shrimp	Goldfish	Pike	Eel	Ray	Starfish	Polliwog	Guppy	Minnow	Fish	Flying Fish	Shark	Porpoise
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			•	•							•	•	•
TUESDAY													
4:00-4:45 PM				•	•			•	•	•			
4:55-5:40 PM			•	•			•				•	•	
WEDNESDAY													
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					•	•			•	•			
THURSDAY													
4:00-4:45 PM			•	•			•				•		•
4:55-5:40 PM			•		•			•	•	•			
FRIDAY													
9:00-9:45 AM			•	•			•	•					
9:55-10:40 AM									•	•	•		
SATURDAY													
9:15-10:00 AM	•		•	•	•		•						
10:10-10:55 AM		•				•		•	•	•			
11:05-11:50 AM			•	•							•	•	•
SUNDAY													
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

MONDAY	Shrimp	Goldfish	Pike	Eel	Ray	Starfish	Polliwog	Guppy	Minnow	Fish	Flying Fish	Shark	Porpoise
3:45-4:30 PM					•	•		•	•	•	•		
4:40-5:25 PM			•	•			•					•	•
TUESDAY													
9:00-9:45 AM							•	•	•	•			
9:55-10:40 AM	•	•	•	•	•								
10:50-11:35 AM													
11:45-12:30 PM													
3:45-4:30 PM						•		•	•	•	•		
4:40-5:25 PM	•	•	•	•	•								
5:35-6:20 PM			•	•	•		•						
6:30-7:15 PM						•		•	•				
WEDNESDAY													
2:50-3:35 PM							•	•	•	•	•		
3:45-4:30 PM			•	•			•					•	•
4:40-5:25 PM					•	•		•	•	•	•		
THURSDAY													
9:00-9:45 AM			•	•	•							•	•
9:55-10:40 AM							•	•	•	•			
10:50-11:35 AM													
11:45-12:30 PM													
3:45-4:30 PM						•	•	•	•	•			
4:40-5:25 PM	•	•	•	•	•								
5:35-6:20 PM			•	•	•		•						
6:30-7:15 PM									•	•	•	•	•
FRIDAY													
3:45-4:30 PM			•	•			•					•	•
4:40-5:25 PM					•	•		•	•	•	•		
SATURDAY													
9:05-9:50 AM												•	•
10:00-10:45 AM	•	•	•	•									
10:55-11:40 AM					•	•	•	•					
11:50-12:35 PM									•	•	•		

Try Downtown lessons for a quieter environment and warmer pools!

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.

The groundwork of all happiness is health.

BE HEALTHY. BE HAPPY. BE WELL.

YMCA SWIM LESSONS (AGES 6 MOS.-)

WINTER January 2–February 12

SPRING 1 February 20–April 2

SPRING 2 April 3–May 28 (no lessons April 10–23 due to spring breaks)

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.

POOLS CLOSED • 20TH AVENUE

1/6	OSHY • BOTH POOLS closed at 5:30 p.m.
1/7	OSHY • BOTH POOLS closed 11 a.m.–4:00 p.m.
1/17	OSHY • LAP POOL closed at 5:30 p.m. No slide or play gadgets
1/24	Oshkosh North • LAP POOL closed at 5:30 p.m.
1/29	Masters Meet • LAP POOL closed 7:30 a.m.–1:00 p.m. No slide or gadgets
2/3	OSHY • LAP POOL closed at 5:30 p.m. No slide or gadgets 6–8:00 p.m.
2/9–2/12	OSHY WINTER OPEN 2/9 LAP POOL closed at 5:30 p.m. Slide and gadgets closed at 6:30 p.m. 2/10–2/12 BOTH POOLS closed at 3:00 p.m. on Friday for the entire weekend
3/12	OSHY • BOTH POOLS closed 8:00 a.m.–3:00 p.m.

**COME CHECK OUT
THE SWIM MEETS!**

FOR INFORMATION AND SCHEDULING of Scout Workshops, Private, Adapted or Adult Swim Lessons or Scuba rentals, please contact:
20TH AVENUE Lisa Bifano 230.8913 lisabifano@oshkoshymca.org
DOWNTOWN Tracy Gilles 230.8966 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.

DT 20 FEE \$20 Member • \$25 Activity Member

ADAPTED SWIM LESSONS

For children with special needs. Our trained instructors will work with 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 minutes per lesson. Instructors will work on skills specific to each participant's ability.

DT 20 FEE \$30 Member • \$55 Activity Member

SCOUTS SWIMMING WORKSHOPS

Our instructors will assist your troop in earning their swimming badge. Available for girls and boy troops. Participants will work on swimming skills including lifesaving safety, water fun, sports and games. Skills depend on the troop level. Badges are not included. Please call the aquatics director at least 2 weeks prior, to schedule a date and time for your workshop.

DT 20 FEE \$5 per participant

SCOUT SWIM TEST

Is your Scout Troop in need of a swim test before heading to camp? We can help! All swim tests are administered by certified Red Cross lifeguards

DT 20 FEE \$2 per participant

HOME SCHOOL SWIM LESSONS

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

See chart on page 14-15 for daytime hours for youth levels.

DT 20 FEE \$30 Member • \$55 Activity Member

SCUBA RENTAL

Scuba certified instructors may rent a lane for practice or instructional purposes.

DT 20 \$15/per hour

For more information on American Red Cross training, please contact
20th Ave: Lisa Bifano at 230-8913 or lisabifano@oshkoshymca.org or
DT: Tracy Gilles at 230-8966 or tracygilles@oshkoshymca.org.

AMERICAN RED CROSS LIFEGUARD TRAINING AGES 15+

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 requires passing per-requisite water skills prior to entry, including: 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). Swim 20 yards using front crawl or breaststroke surface dive to 9 feet, retrieve a 10-pound brick, swim 20 yards to starting point with object and exit the water without using a ladder or steps in 1 minute 40 seconds, tread water for 2 minutes with legs only. Prescreening will be held the first day of class. Participants will be refunded the cost of the class if they do not pass the per-requisites. Participants should bring I.D. to verify age the first day of class. Books are included in the fee.

DT SPRING 1 Feb 4-5 & 11-12 • 9 a.m.-5 p.m.

20 SPRING 2 Apr 17-20 • 9 a.m.-5 p.m.

20 SPRING 2 Mar 25-26, Apr 1 • 9:00 a.m.-6:30 p.m.

FEE \$175 Member • \$200 Activity Member

EVERY SESSION
MUST BE
ATTENDED IN FULL.
NO EXCEPTIONS!

AMERICAN RED CROSS LIFEGUARD TRAINING RECERTIFICATION

For individuals needing to re-certify their Lifeguarding, First Aid, and CPR for the Professional Lifeguard. This class is designed for those who feel comfortable demonstrating their skills with minimal review. You will be expected to competently demonstrate all lifeguarding skills and the pre-course swim of 300 yds, the 10 lb brick-retrieval at 9 feet, and must tread water for 2 minutes without hands. You must pass a written exam with an 80% or better. Contact Tracy Gilles for more information at 236-3380 or tracygilles@oshkoshymca.org.

DT SUNDAY March 19 • 9:00-3:00 p.m.

DT SUNDAY May 7 • 9:00-3:00 p.m.

FEE \$100 Member • \$125 Activity Member

ADAPTED AQUATICS (AGES 3-ADULT)

For individuals with physical and cognitive disabilities. The goal of the program is to provide all ability levels an opportunity to learn new things or improve existing aquatic skills. Depending on the nature and severity of the disability, the instructor ratio will be 1:1 up to 1:3. Slots are limited. For more information contact Tracy Gilles at tracygilles@oshkoshymca.org or 230-8966.

WINTER (January 4-February 8) • WEDNESDAY 6:30-7:30 p.m.

SPRING 1 (February 22-March 29) • WEDNESDAY 6:30-7:30 p.m.

DT FEE \$25

LAP SWIM AND OPEN SWIM TIMES

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

SLIDE TIMES

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.



OSHKOSH DOLPHIN HOME SWIM MEETS

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!

20 Friday January 6
Tuesday January 17
Friday February 8
Thursday-Sunday, February 9-12
Sunday March 12

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

To learn more about the OSHY Swim Team, please contact Jay Coleman at 230-8921 or email jaycoleman@oshkoshymca.org.

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
FREE TO MEMBERS

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 MONDAY & WEDNESDAY 9:00-10:30 a.m. Competition pool

TUESDAY & THURSDAY 9:00-10:00 a.m. Competition pool

FRIDAY 9:00-9:45 a.m. Competition pool

DT MONDAY, TUESDAY, THURSDAY, FRIDAY 9:00-9:50 a.m. Rockwell pool

MONDAY 12:00-12:45 p.m. Williams pool

MONDAY & WEDNESDAY 5:30-6:30 p.m. Williams pool

TUESDAY & THURSDAY 5:35-6:20 p.m. Rockwell pool

SATURDAY 9:00-10:00 a.m. Williams pool

FREE TO 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

...THE GREATEST GIFT YOU CAN GIVE YOUR FAMILY AND THE WORLD IS A HEALTHY YOU. ~ Joyce Meyer

DIVE-IN MOVIES



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

DT FRIDAYS 6-8 p.m

FEBRUARY 17 *Finding Dory*

APRIL 21 *Trolls*

FREE TO MEMBERS

Guest Families: \$5.25/family

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

FRIDAY 12:00-12:45 p.m. Williams Pool

FREE TO MEMBERS

SENIOR WATER FITNESS

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

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

FREE TO MEMBERS

SILVERSNEAKER SPLASH

This class offers 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

FREE TO MEMBERS

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

~ Winston Churchill



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

The gift that lives on and on...

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 & 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

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. Uniform is not required for first session. Uniform is available to purchase for \$25. Testing is \$40 for all lower levels. More information will be given the first night of class.

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

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.



OPEN CLIMB (AGES 4+)

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

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

FEE FREE TO OSHKOSH YMCA MEMBERS!

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

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

NEW! PROGRESSIVE ROCK CLIMBING CLASSES

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

MONDAY

5:00-6:00 p.m. Ages 4-6

6:00-7:00 p.m. Ages 7-9

7:00-8:00 p.m. Ages 10-13

FEE \$40 Member

\$60 Activity Member

Find the **joy**
in the journey.

DID YOU KNOW?

Practicing techniques and attempting different moves will give you a complete aerobic and anaerobic workout. Indoor rock-climbing is both thrilling and rewarding.



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

NEW! ADVANCED CLIMBING CLASS

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

TUESDAY 5:00-6:30 p.m. Ages 10-15

FEE \$50 Member • \$75 Activity Member

NEW! GROUP/FAMILY CLASS

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

TUESDAY 6:30-8:00 p.m. Ages 4+

FEE \$25 Member • \$40 Activity Member

TRY SOMETHING BOLD, FUN, NEW!

NEW!

ADULT CLIMBING CLASS

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

WEDNESDAY 6:30-8:00 p.m.

Ages 16+

FEE \$50 Member

\$75 Activity Member

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 Travis Shufelt at 230-8439 to set up an appointment.

FEE 1-hour sessions*

\$35 Member

\$53 Activity Member

5 1-hour sessions

\$150 Member

\$225 Activity Member

10 1-hour sessions

\$250 Member

\$375 Activity Member

*Sessions must be used within 6 months of purchase

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 Travis Shufelt 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

CALL BEN WANEZEK
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

FITNESS TESTING

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

FEE FREE to Oshkosh Y Members

DT 20

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

FEE FREE TO OSHKOSH YMCA MEMBERS

PROGRAM REFRESHER

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

DT 20 FEE FREE TO OSHKOSH YMCA MEMBERS

STRONG TEENS (AGES 11-15)

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

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

FEE \$30 • OSHKOSH YMCA MEMBERS ONLY

STRONG TEENS FAST PASS (AGES 14-15)

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

DT 20 FEE \$15 • OSHKOSH YMCA MEMBERS ONLY

LIFE does not get better by chance,
it **GETS BETTER** by change.

**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 – 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: Winter, Spring 1 or Spring 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

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

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

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

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

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

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

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

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

5-DAY DIET ANALYSIS: \$65

3 PNF STRETCHES: \$50

GET STARTED...

COMPREHENSIVE STARTER PACKAGE \$250 • Diet Analysis
• Body Map/Gait Analysis
• 10 Half-hour Training Sessions
• Customized Written Results, Recommendations and Routines
New Clients Only

GET SERIOUS...

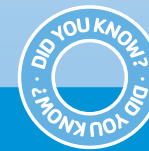
WEIGHT LOSS PACKAGE \$125 • 5-Day Diet Analysis
• 4 Half-hour Training Sessions

GET FIT!



All of our trainers have a four year degree, a nationally accredited certification and hours of continuing education

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



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

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.

Feb 6–May 10 (No classes week of Mar 19–26)

\$5 late fee for each person signed up after Feb 1.

AGE 4–14 (3 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)
	\$75/each	\$105/each (2 children)
	\$70/each	\$98/each (3+ children)



**MAKE A
DIFFERENCE.
CONNECT.
BE A
VOLUNTEER!**

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

Interested in volunteering?

The Oshkosh YMCA offers many volunteer opportunities throughout the year.

Above: friends help out at Waterfest.

At right: a happy group of volunteers serving at Pizza Ranch.



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

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

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

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

ABOUT THE PROGRAM

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

PROGRAM GOALS:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

WHO CAN PARTICIPATE?

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

*Asian individual(s) BMI > 22

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

FOR MORE INFORMATION:

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

The first session will begin in early February.



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

SAVE THE DATE
Y'NING WOMEN 2017:
THURSDAY, JUNE 15
Hilton Garden Inn



THANK YOU to all of our participants, sponsors, volunteers and staff members that made the 2016 event a success! Benefiting the YMCA Annual Campaign, this event is vital to the work the Y does in our community!
Contact Amy Albright for details to sponsor, volunteer and attend.
amyalbright@oshkoshymca.org



The Need

Cancer survivors are seeking a welcoming community in which they can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships and improve their overall wellness and quality of life.

How We're Helping

Livestrong at the YMCA is an evidence-based program that offers people affected by cancer a safe and nurturing environment where they can strengthen their entire person physically, socially and emotionally. Participants work with Y staff trained in supportive cancer care to safely achieve their goals. By focusing on the whole person and not the disease, this program is helping people move beyond cancer in spirit, mind and body in a supportive community of survivors that creates, connects and nurtures lifelong relationships.

How Can You Help

After closing the chapter on routine cancer treatments and medical interventions, cancer patients open the next one to being a healthy, whole person again. A gift to the Annual Campaign will support cancer survivors in the LIVESTRONG at the YMCA 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.

BEGINS JANUARY 31

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

TUESDAY & THURSDAY 5:30-7:00 p.m.

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

NATIONAL LIVESTRONG DAY 2017

Friday May 19, 2017 at both YMCAs. Help the YMCA celebrate NATIONAL LIVESTRONG DAY by honoring cancer survivors and their families. Contact Dan Braun at 230-8915 or danbraun@oshkoshymca.org for information.

AFFINITY SPORTS MEDICINE & WELLNESS CENTER

20 For more information about



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

Center Hours
MONDAY-THURSDAY
9:00 a.m.-5:00 p.m.
CLOSED FRIDAY

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



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 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 for registration forms or contact 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

HIGH SCHOOL HOCKEY LEAGUE

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

March 28-May 23 Reg deadline 3/14/17 (No games 4/18)

TUESDAY 7:45-8:45 p.m.

FEE \$60 Member • \$84 Activity Member • Goalies play FREE!

3 ON 3 YOUTH HOCKEY LEAGUE

An 8-week league for Mite-Bantam age hockey players. Full equipment is required.

March 29-May 24 Reg deadline 3/15/17 (No games 4/19)

WEDNESDAY 5:45-6:45 p.m.

FEE \$60 Member • \$84 Activity Member • Goalies play FREE!

Players are required to provide their own jerseys

IN-SEASON GOALIE WORKOUTS (AGES 8+)

Workouts will include 15 minutes of skating and 30 minutes of saves. Goaltenders will be grouped by skill level and have a consistent coach with their group for the entirety of the session. Each session, which is a set of 6 practices, is limited to 9 goalies to give each group a 3:1 goalie to coach ratio. Email Tom Breunig: tombreunig@oshkoshymca.org for information.

Winter, Spring 1, Spring 2

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

FEE \$100 Member • \$125 Activity Member

INTRO TO ADULT CO-ED HOCKEY ROOKIE 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.

WINTER January 8-April 30 Reg deadline 1/3/17 (No games 2/5 and 4/16)

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

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

ADULT CO-ED HOCKEY ROOKIE 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.

WINTER January 8-April 30 Reg deadline 1/3/17 (No games 2/5 and 4/16)

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

FEE \$130 (+tax) = \$137 Member • \$180 (+tax) = \$189 Activity Member

Goalies play FREE!

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

A 15-week RECREATIONAL league for intermediate level hockey players. This is social league for adults who enjoy hockey and play at an intermediate level. No checking or slap shots. One game per week and full equipment is required. Individual registration only. Teams will be formed by league administrators.

WINTER January 11-May 3 Reg deadline 1/3/17 (No games 2/8 and 4/19)

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

FEE \$130 (+tax) = \$137 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. Individual registration only. Teams will be formed by league administrators.

WINTER January 8-April 30 Reg deadline 1/3/17 (No games 2/5 and 4/16)

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

FEE \$130 (+tax) = \$137 Member • \$180 (+tax) = \$189 Activity Member

Goalies play FREE!

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.

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

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

FREESTYLE WITH US Freeskate 1-6

A challenging program that allows participants to advance their skills. Participants are given the option of one or two 45-minute on-ice lessons per week. Skills testing for the more difficult levels 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

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

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.

THROUGH THE DECADES SPRING ICE SHOW

APRIL 28
6:30 p.m.

APRIL 29
2:00 p.m.



If you are interested in participating please contact Angela Dodge at angeladodge@oshkoshymca.org

OPEN ICE SKATING

Open Ice Skating is a fun and exciting activity the whole family can enjoy. All sessions open to the public.

FEE FREE FOR Y MEMBERS

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

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

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

OPEN HOCKEY

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

HOMESCHOOL SKATE LESSONS

Introductory and basic skate lessons for homeschool children.

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

FEE \$36 Member • \$62 Activity Member

FREE FUN ON THE ICE

January is
National Skating Month!
Join us for FREE OPEN SKATE
AND FREE SKATE RENTAL
January 14 • 1:45-3:15 p.m.

FREE!
OPEN SKATE
GAMES &
PRIZES



Photo Courtesy of Look! That's My Kid Photography



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

Sponsored by:



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

FOR MORE INFORMATION please contact Angie Flanigan at 230-8439, angelaflanigan@oshkoshymca.org, or visit us at www.oshkoshymca.org or Facebook.

YOUR CHANCE TO GIVE BACK! GREAT FUTURES

MENTORING PROGRAM



BOYS & GIRLS CLUB
OSHKOSH

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

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

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

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

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 PLEASE CONTACT:

Kim Stelzer
DOWNTOWN
kimstelzer@oshkoshymca.org
920-230-8954

Jane Gates
20TH AVENUE
janegates@oshkoshymca.org
920-230-8918

KID'S CLUB 2016-2017 BEFORE- AND AFTER-SCHOOL CARE

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

BEFORE SCHOOL

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

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

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

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

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

REGISTRATIONS FOR 2017-18 WILL BEGIN APRIL 2017. For more information contact Erin: 236-3380 or erinbaranek@oshkoshymca.org



The Need

With dual working parents, the need for quality after school care that provides stimulating and enriching activities in a caring environment becomes a daily necessity.

How Can You Help?

Make a gift of \$250 and support a month of after school care programming for a child. Our caring staff will help children with homework, encourage creativity, promote health and activity all in a safe and nurturing environment.

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 12:30 p.m.-4:30 p.m.*
*Times subject to change during construction. Watch for details.

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

FEE \$2 per hour for one child and
\$1 per hour for additional child



SO MANY SUPER GREAT KIDS AT THE Y!

YOUTH DISCIPLINE POLICY

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

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

**KIDS THESE DAYS!
THEY'RE
AWESOME.**

AFTERNOON SESSIONS STILL OPEN AT BOTH LOCATIONS

CONTACT:
KIM STELZER, DOWNTOWN
kimstelzer@oshkoshymca.org

JANE GATES, 20TH AVE
janegates@oshkoshymca.org

2015-2016 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 4, 2016

DT 20 AM: 7:55-10:25 a.m.
PM: 12:00-2:35 p.m.

TOPSOCCER AT THE OSHKOSH YMCA

My name is Sara Muhlbauer and I am a parent of two boys, Chas age 11 and Gus age 9. Chas has been playing soccer at the YMCA since he was 4 years old, while his brother Gus has sat on the sidelines – cheering him on. Today was a new day for our family; Gus was out on the soccer field playing while his brother was cheering from sidelines.

Gus, who is non-verbal, was born with missing chromosomes that have created a cognitive disability. It takes a lot of repetition for Gus to learn new skills, and therefore being a part of an organized team, leaves other teammates frustrated. The TOPSoccer program is great, because it is geared toward meeting the kids where they are at. Gus was excited to buy his soccer shoes and put on his soccer socks and shin guards this morning, he was ready an hour before we needed to leave. He spent this morning's session

kicking around the soccer ball, dribbling with friends and then at the end – pouring water on his head, something he has seen his big brother do after a game.

The Oshkosh Youth Soccer Club, Water Cities Soccer Club and Oshkosh YMCA came together to bring the Oshkosh community the TOPSoccer program. This program brings kids the opportunity of learning and playing soccer to any boy or girl, who has a cognitive or physical disability.



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

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

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

2016: OCT 28 | NOV 18 | DEC 23, 26-30

2017: JAN 2, 20 | FEB 20 | APRIL 14, 17-21

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

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

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

Additional possible snow make up days: March 24, June 9

* 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.

Y CAMPS = SUMMER FUN FOR ALL AGES

PRESCHOOL SUMMER CAMP (AGES 4-5) NEW FOR 2015!

20 Preschool Summer Camp is a fun and exciting introductory camp located at the 20th Ave Y. Camp includes lots of safe and healthy activities geared toward a preschooler's developmental level while exploring a new theme each week. Fun field trips and swimming included. Full and Part Time options available. Registration begins March 2017.

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

DT 20 Summer Fun Club is an onsite, licensed summer childcare program for school-age children. Activities include swimming, weekly field trips, arts and crafts, reading, games, character development and more. Registration begins March 2017.

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

A state-licensed, summer day camp for you school age child. Participants are dropped off and picked up at the Y, where a bus transports them to our day camp. Activities include, mountain biking, archery, outdoor activities, nature education, weekly fieldtrips, swimming, arts and crafts, and more! Registration begins March 2017.



Summer Fun Club kids were surprised by a visit from the Green Bay Packers!

ADVENTURE... FRIENDSHIP...

FUN!



SUMMER TEEN ADVENTURE PROGRAM **DT 20** (AGES 11-16)

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

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

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

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

Registration begins March 2017.

Thank you to Gary Ott from US Bank for the \$1,000 donation to the Oshkosh YMCA. Their generosity helped support the arts in our summer programming! Maddie did an awesome job of accepting the BIG check with Tom Blaze, YMCA President/CEO.

Consider making a gift to the Oshkosh YMCA. Your gift stays local and will make a positive impact on kids and families in our community. To learn more go to www.oshkoshymca.org or contact Amy Albright at 236.3380 or amyalbright@oshkoshymca.org.



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 for \$4 only per person. Group rates/packages are available. Minimum 10 people.

AFTER-HOURS ACTIVITIES AND OVERNIGHT RENTALS

Rent the Oshkosh YMCA for special After-Hours or Overnight Activities.

Choose from options starting with a Base Rate that includes the use of various areas, along with Overnight options and the opportunity to add on activities like Ice Skating, Climbing and Swimming.

For more information please contact Lisa Nething at 230-8920.



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.

March 11-May 6 Registration deadline 2/25/17 (no games 4/15-16 and 4/22-23)

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 \$46 Member • \$68 Activity Member

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

GIRL'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

January 2-February 20 Registration deadline 12/22/16

Requirements Soccer shin guards (no outdoor cleats)

AGE 9th-12th grade

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

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

BOY'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

January 3-February 21 Registration deadline 12/22/16

Requirements Soccer shin guards (no outdoor cleats)

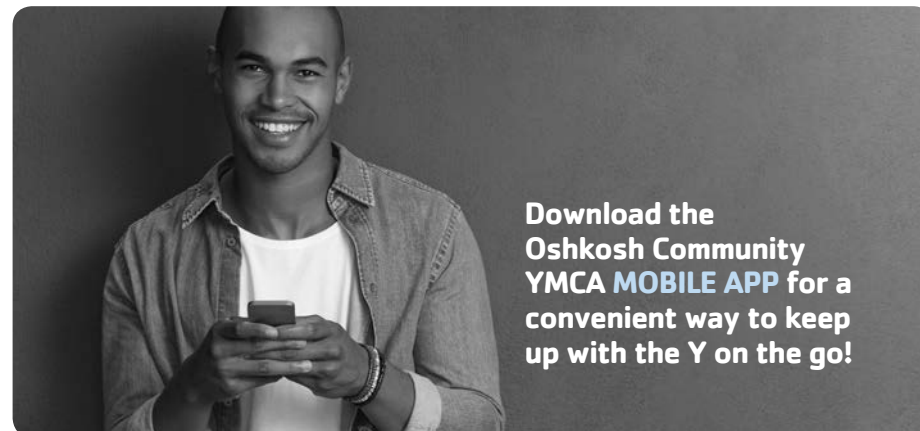
AGE 9th-12th grade

20 TUESDAY 6:00-10:00 p.m.

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

COOL!

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



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**.

WINTER January 8–March 5 Reg. deadline 12/22/16 (no games 2/5/17)

SPRING March 19–May 14 Reg. deadline 3/13/17 (no games 4/16/17)

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 WOMEN'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.

WINTER February 2–March 23 Reg. deadline 1/27/17

20 THURSDAY 6:00–10:00 p.m. Game time dependent on number of teams.

FEE \$375 (includes tax) per team 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.

WINTER January 4–February 22 Reg. deadline 12/22/16

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.

YMCA INDOOR YOUTH SOCCER TOURNAMENTS

Guaranteed 3 games. Max 12 players per team. For more information, contact Sohaila Akhavein.

20 U12 GIRLS: January 21 Registration deadline is 1/6/17

U12 BOYS: January 28 Registration deadline is 1/13/17

FEE \$175/team (team registration only)



The Oshkosh YMCA is partnering with Water Cities Soccer Club and Oshkosh Youth Soccer Club to bring US Youth Soccer TOP Soccer (The Outreach Program) program to our community. This program provides youth with varying abilities the opportunity to participate in soccer skills sessions **FREE** of charge! For more information, contact Sohaila Akhavein at sohailaakavein@oshkoshymca.org.

FEBRUARY 4, 18, 25 & MARCH 4 • 10:30–11:15 a.m.

AGES: K-GRADE 12

FEE **FREE!**

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.

WINTER January 13–March 3 Reg. deadline 1/2/17

SPRING March 10–May 5 Reg. deadline 2/27/17 (no games 4/14)

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

FEE \$350/team (includes tax)

MEN'S SUNDAY NIGHT SLAM BASKETBALL LEAGUE

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

March 5–April 30 (no games 4/16) Registration deadline 2/21/17

20 SUNDAY 5:00–10:00 p.m. Game time dependent on number of teams.

FEE \$300 team (includes tax)

YOUTH VOLLEYBALL SKILLS CAMP

A great way for youth participants to practice and learn the fundamentals in a fun and exciting environment.

SPRING 2

Grades 1–3 5:45–6:30 pm • **Grades 4–6** 6:45–7:30 pm

20 TUESDAY EVENINGS

FEE \$38 Member • \$62 Activity Member

DANCE TEAM (GRADES 4K–5)

Join in on the fun! Participants will learn basic dance techniques and a basic level routine. Each participant will receive a Dance t-shirt and a performance hair ribbon.

Season May 6–June 17 Registration deadline 4/16/17 (no class 5/27)

20 SATURDAY

9:00–9:45 a.m. (4K–Grade 1) • 10:00–10:45 a.m. (Grades 2–5)

FEE \$46 Member • \$68 Activity Member

Includes team t-shirt and performance hair ribbon.

NFL FLAG FOOTBALL LEAGUE (GRADES 4K–8)

The premier youth football league for boys and girls. This six-week season of flag football fun provides an opportunity to engage in non-contact action while learning lessons in teamwork. Dedicated to educating young people about football, emphasizing participation and sportsmanship, players learn to succeed both on and off the field. Games will take place on Saturday mornings. Practices are held 30 minutes prior to the game. All players must wear a mouth guard to participate.

20 Season May 6–June 17 Registration deadline 4/16/17 (no games 5/27)

SATURDAYS

FEE \$55 Member • \$75 Activity Member (Includes Reversible NFL Jersey and flags)

OSHKOSH YMCA YOUTH BASEBALL (AGES 4-12)

An instructional and fun league for boys and girls ages 4-12 that builds baseball skills, encourages teamwork, and promotes positive attitudes. League is determined by child's age prior to April 30, 2017. The Oshkosh YMCA is also excited to announce a collaboration with the Winneconne Youth Baseball Program (that is administered by the Oshkosh YMCA). Teams in the 9/10 and 11/12 leagues will have the opportunity to play games at both Marble Park in Winneconne and Red Arrow Park in Oshkosh. (Number of away games will be minimal.)

Recreational Division – Individual Registration (Ages 4-12)

Players will be placed on teams based on their school/neighborhood location with volunteer coaches. Teams will practice once per week (T-Ball will practice 30 minutes prior to each game) and play one game per week for an 8 game season. Teams in the 9-10 and 11-12 Recreational Division will also participate in a tournament at the end of the season. All players will receive a hat and t-shirt.

Competitive Division – Team Registration Only (Ages 9-12)

Players will compete in a competitive league. Teams are required to have their own coach. Uniform is not provided. Practices will be determined by individual teams, but will play one game per week for an 8 game season. Teams will also compete in a tournament at the end of the season.

Season May 20-July 24 (No games May 27-29, July 2-4)

Practices will begin Mid-April. Exact start times are weather/field dependent.
Registration deadline 3/12/17

OPENING WEEKEND May 20-21

Ages 9-12 will play on Saturday and Ages 4-8 will play on Sunday.
Team pictures will also be taken.

Age	League	Games	Location	Practice	Tourney	Member	Activity Member
4-5	T-Ball	Sun Aft	Red Arrow	30 Min before game	N/A	\$65	\$85
5-6	Coach Pitch	Sun Eve	Red Arrow	1 Night/Week	N/A	\$65	\$85
7-8	Coach Pitch	Thurs Eve	Red Arrow	1 Night/Week	N/A	\$65	\$85
9-10	Player Pitch-REC	Tues Eve	Red Arrow/Marble	1 Night/Week	July 7-9	\$90	\$110
9-10	Player Pitch-COMP	Tues Eve	Red Arrow	Determined by coach	July 7-9	\$1250/Team	
11-12	Player Pitch-REC	Mon Eve	Red Arrow/Marble	1 Night/Week	July 21-23	\$90	\$110
11-12	Player Pitch-COMP	Mon Eve	Red Arrow	Determined by coach	July 21-23	\$1250/Team	

IMPORTANT SCHEDULING INFORMATION

Schedules subject to change based on field availability. Make-up games due to inclement weather and field conditions may be on additional days/evenings, including Fridays.

CONTACT INFORMATION YMCA TENNIS CENTER:

236-3400 • 640 E Cty Trunk Y, Oshkosh, WI 54901

Rick Bowhousen • Program Director, U.S.P.T.A. Certified Tennis Pro,
Rickbowhousen@oshkoshymca.org

Sheila Counts • Manager, sheilacounts@oshkoshymca.org

Rick Thiel • USPTA Certified Professional

Robert Henshaw • UW-Oshkosh Head Tennis Coach

Steve Francour • Lawrence University Head Tennis Coach

DAILY COURT RATES

Standard Rate | \$19/hour (+tax)

Monday-Friday 8:00 a.m.-1:00 p.m.

Prime Time | \$20/hour (+tax)

Monday-Thursday 3:00-10:00 p.m.

Saturday 8:00 a.m.-3:00 p.m • Sunday 8:00 a.m.-Close

Value Time | \$13.50/hour (+tax)

Monday-Thursday 1:00-3:00 p.m.

Friday 1:00 p.m.-Close • Saturday 3:00 p.m.-8:00 p.m.

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

Non-Member Guest Fee \$5/guest

24 hour cancellation needed for court reservations.

Ball Machine Rental

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

MEMBERSHIP DUES

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

Neenah or Appleton YMCA Member Youth* \$83 |
Adult \$146 | Family \$194

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

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 (applicable to parents hitting with their children)

PRIVATE INSTRUCTION

Rate per hour per person	WITH STAFF		WITH TENNIS DIRECTOR	
	TC Member	Activity Member	TC Member	Activity Member
1 person	\$45	\$55	\$50	\$60
2 people	\$30	\$35	\$35	\$40
3 people	\$26	\$31	\$31	\$35
4 people	\$22	\$27	\$27	\$32

Professional instruction is available at all times subject to court availability.

Private, semi-private, and group lessons can be arranged through our professional staff.

24 hour cancellation policy on all lessons.

YOUTH & ADULT TENNIS LESSONS

Session 3 January 2–March 11 (10 weeks)
Session 4 March 13–May 27 (10 weeks)
 (No classes April 14–April 21)

NOTE: Need at least 3 players to hold class.

ADULT LESSON SCHEDULE

SATURDAY

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

ADULT LESSON FEES

(10 weeks/1-hour sessions)

TC Member	Activity Member
\$165	\$200

YOUTH LESSON SCHEDULE

SUNDAY Invitational Groups

(Players are invited by the Tennis Pros)
 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

10-Week Session	TC Member	Activity Member
1 hour lessons	\$165	\$200
1.5 hour lessons	\$200	\$240

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

NEW! TENNIS CENTER PICKLEBALL

TUESDAY & WEDNESDAY 7:00–9:00 a.m. |

2 courts: Competitive Play and 2 courts: Open

FRIDAY 1:00–3:00 p.m. | Open

SUNDAY 7:00–9:00 a.m. | Open

FEE: \$5 Walk-in per person during listed hours
 \$3 for Tennis Center Members during listed hours
 \$40 Punch card for 9 visits
 Punch cards available at Y Tennis Center service desk.
 Punch cards can only be used during listed times, not when a court is reserved.

NEW! FRIDAY NIGHT PICKLEBALL

Join us for Pickleball the 1st Friday night of each month from 6–8 p.m. Watch for information on social gathering to follow! Call the Tennis Center to let us know you will be coming!
Jan 5 • Feb 3 • Mar 3
• Apr 7 • May 5

There are limited paddles and balls for those of you that are new to Pickleball!

Pickleball courts can be reserved during non-pickleball times. Regular Tennis Court fees and guest fees of non-Tennis Center Members will apply per Pickleball court. Call the Tennis Center for fees and times. Pickleball courts cannot be reserved during Tennis League or lesson times.

YOUTH CLASSES

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

No Y Tennis Center membership is necessary to enroll in these programs.

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.

SESSION 3 (10 weeks)

January 2–March 11

Session 4 (10 weeks)

March 13–May 27

MIGHTY HITTERS AGES 4–5

FEE \$90

TUESDAY & THURSDAY

3:45–4:30 p.m.

SATURDAY

8:00–8:45 a.m.

QUICK START AGES 6–7 & 8–9

FEE \$120

TUESDAY

4:30–5:30 p.m. (Ages 6–7)

5:30–6:30 p.m. (Ages 8–9)

WEDNESDAY

4:30–5:30 p.m. (Ages 6–7)

SATURDAY

8:00–9:00 a.m. (Ages 6–7)

9:00–10:00 a.m. (Ages 8–9)

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. Please inquire at Front Desk regarding league options.

SESSION 2 January 2–May 22

No league make-up dates will be allowed.

SUBBING Free to all Y Tennis Center members currently enrolled in a league • \$5 subbing fee for Y Tennis Center members not enrolled in a league • \$10 subbing fee for Activity Members

CARDIO TENNIS

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

MONDAY

10:30–11:30 a.m. Cardio “Reps”

WEDNESDAY

10:30–11:30 a.m. Cardio “Drills”

7:00–8:00 p.m. Cardio “Drills”

Pre-registration required for all Cardio classes. 24 hour cancellation policy.

Private Cardio groups available.

FEE \$12 Member • \$18 Activity Member

CARDIO SAVINGS CARDS available for Members – Stop at the Front Desk for information.

NEW! Double Strategy/Cardio with Rick Bowhousen

Call Rick to set up a time for your group: 920-236-3400

Available Times:

WEDNESDAY 10:30 a.m.–12:00 p.m.

THURSDAY 10:00–11:30 a.m.

FRIDAY 10:30 a.m.–12:00 p.m.

Fee based on number of players. Minimum of 3 players per group.



KINDERMUSIK

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

20

**MULTI-PURPOSE ROOM
WINTER, SPRING 1 &
SPRING 2**

MONDAY

AGES 6 MOS.–2 YRS
9:00–9:45 A.M.

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

AGES 3–5
10:00–10:45 A.M.

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 DANCEKIDS AGES 4–6

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

20 WINTER & SPRING 1 THURSDAY 5:15–6:00 p.m.

WEE DANCEKIDS 2 AGES 4–6

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

20 SPRING 2 THURSDAY 5:15–6:00 p.m.

FEE \$36 Member • \$62 Activity Member

WEE FOOTBALL AGES 3–5

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

20 WINTER & SPRING 1 • THURSDAY 4:45–5:15 p.m.

FEE \$36 Member • \$62 Activity Member

WEE T-BALL AGES 3–5

Boys and girls will love learning about baseball—playing T-Ball! The basic fundamentals of t-ball will be taught in a cooperative and fun environment. Glove is required.

20 WINTER & SPRING 1 • WEDNESDAY 5:30–6:00 p.m.

FEE \$36 Member • \$62 Activity Member

WEE SKATE AGES 3–4

An introductory class designed to teach preschoolers basic skills and help them gain confidence on the ice.

20 MONDAY 3:15–3:45 p.m.

FEE \$36 Member • \$62 Activity Member

PARENT/CHILD PRESCHOOL SWIMMING LESSONS

(See Aquatics Page 16 for more information)

WEE SPORTS AGES 3–5

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

20 WINTER • TUESDAY 4:00–4:30 p.m.

SPRING 2 • THURSDAY 4:00–4:30 p.m.

FEE \$36 Member • \$62 Activity Member

WEE EXPLORE ART AGES 3–5

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

20 WINTER, SPRING 1

TUESDAY 9:00–9:45 a.m.

FEE \$36 Member • \$62 Activity Member

WEE SOCCER AGES 3–5

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

20 WINTER, SPRING 1 & SPRING 2

TUESDAY 9:00–9:30 a.m.

THURSDAY 4:00–4:30 p.m.

FEE \$36 Member • \$62 Activity Member

WEE GYMNASTICS AGES 3–5

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

20 WINTER, SPRING 1 & SPRING 2

WEDNESDAY 5:30–6:15 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!

SPRING 1

20 TUESDAY 4:00–4:30 p.m.

SPRING 2

20 WEDNESDAY 5:30–6:00 p.m.

FEE \$36 Member • \$62 Activity Member

SUPER FUN WIGGLES & GIGGLES PRESCHOOL AGE

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



HEALTHY KIDS DAY

**APRIL 29,
2017** The
20th Ave YMCA

will be offering family programs and activities for this special day. More information will be available at the Front Desk.

OSHKOSH YMCA STAFF HERE TO HELP YOU!

Sports Coordinator **Sohaila Akhavein**
 Development and Communications Director
Amy Albright
 Cash Accountant **Kelli Baneck**
 School Age Director **Erin Baranek**
 Aquatics Director (20th) **Lisa Bifano**
 President/CEO **Tom Blaze**
 Tennis Ctr Program Director **Rick Bowhousen**
 Aging and Special Initiatives Director **Dan Braun**
 Community Health & Wellness Director **Molly Butz**
 Head Swim Team Coach **Jay Coleman**
 Tennis Center Manager **Sheila Counts**
 4-K Teacher/Camp Director **Meredith Danforth**
 Membership Manager **Steph Daniel-Merkel**
 Accounts Receivable **Eric Davis**
 Café and Pro Shop Manager **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**
 Aquatic Coordinator (DTC) **Kathryn Madonia**
 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 **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 Troutd**
 Aquatic Coordinator (20th) **Chelsea Vosters**
 Health & Wellness Director (DTC) **Ben Wanezek**

YOUR YMCA BOARD OF DIRECTORS

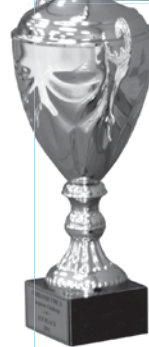
The YMCA is led by a vibrant, committed volunteer Board of Directors. These community leaders bring new perspectives and connections to the work and mission of the YMCA.

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

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

CORPORATE CHALLENGE SUPPORTING THE YMCA ANNUAL CAMPAIGN

SUNDAY, FEB. 26
 8 a.m. – 3 p.m. • 20th Ave



GET YOUR CORPORATE
TEAM TOGETHER NOW
AND JOIN THE FUN

Events Include: Dodgeball,
Corn Hole, Walking Poker,
Human Hungry Hippos,
Chopped Cooking Challenge,
Team Tri, and more!!

\$375

Deadline for registration is Feb 1, 2017.
 Registration/information available
 by emailing Angie Flanigan at
angieflanigan@oshkoshymca.org
 or calling 230-8449 ext. 126



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.

**FIT
AT
WORK**



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

DADDY-DAUGHTER DANCE AGES 4-11

Don't miss out on the chance to twirl your little girl around the dance floor and have dinner. Dads and daughters will take part in an evening of everlasting memories. Don't forget to dress to impress for your keepsake photo! You must pre-register for this event.

20 SATURDAY, FEBRUARY 4 5:00-7:00 p.m.

FEE Members: \$30 per couple/\$5 additional girl members

Activity Members: \$40 per couple/\$10 additional girl non-members

MOTHER-SON DANCE AGES 4-11

Don't miss out on the chance to dance with you son and have dinner. Mothers and sons will take part in an evening of everlasting memories. Don't forget to dress to impress for your keepsake photo! You must pre-register for this event.

20 SATURDAY, APRIL 7 5:00-7:00 p.m.

FEE Members: \$30 per couple/\$5 additional son members

Activity Members: \$40 per couple/\$10 additional son non-members

NEW! FAMILY BINGO NIGHT

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

20 FRIDAYS: JANUARY 20 • MARCH 10 • MAY 12 5:30-7:30 p.m.

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

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



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 Nething at
lisanething@oshkoshymca.org or
230-8439 for more information.

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, FEBRUARY 18 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



The Best Memories are Made in Mud

SAVE THE DATE + watch for details!



JUNE 4, 2017

Approximately 1 mile course with 15+ obstacles.

Registration to begin in April of 2017.