



**Oshkosh Community YMCA**  
324 Washington Avenue,  
Oshkosh, WI 54901

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



## BEST FITNESS CENTER & BEST CHILD CARE

### KEEP UP ON THE GO!

Learn all about the Y. Download the **FREE** Oshkosh Community YMCA **MOBILE APP** for a convenient way to stay up-to-date on class schedules and everything Y!

### WHY THE Y? ALL OF 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!**

**A community within our community. PEOPLE CARING FOR PEOPLE.**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## THE SMITH FAMILY

Dan and Nanette Smith  
Madeline (17) and Emelia (15)

Read about this inspiring family on  
page 6.



**FALL 1: September 11–October 22** | **FALL 2: October 30–December 17**  
(no programs 11/20–26)



LIVESTRONG

FOUNDATION

# PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG® AT THE YMCA



FOR  
BODY, MIND  
& SPIRIT.

## DID YOU KNOW?

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

Currently 12 survivors are in the **FREE 12 WEEK COURSE**.

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

## TABLE OF CONTENTS

Y NEWS.....	1-7
Active Older Adults.....	8-11
Aquatics.....	12-20
Body Mind Spirit .....	21
Climbing .....	22-24
Health & Wellness.....	25-33
Ice .....	34-37
Kids/Childcare.....	38-40
Rentals .....	41
Soccer.....	42
Sports.....	43-44
Tennis.....	45-48
Wee Activities.....	49-50
Staff .....	51
Downtown Progress .....	52
Youth/Family Fun.....	53

## LOCATIONS



### **DOWNTOWN (920) 236-3380**

324 Washington Ave. Oshkosh, WI 54901  
Fax (920) 236-3402



### **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

## FACILITY HOURS



**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)



**MONDAY-FRIDAY** 5:00 a.m.-9:30 p.m.

**SATURDAY-SUNDAY**

7:00 a.m.-7:00 p.m. (through Memorial Day)

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

## CLOSED DAYS

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

**Open New  
Year's Day**

**11 a.m.-3 p.m.**

## ACTIVITY REGISTRATION

**MEMBERS REGISTER ANY TIME**

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

### **FALL 1 September 11-October 22**

Activity Members register 8/23/17. Members register any time

### **FALL 2 October 30-December 17** (no classes November 20-26)

Activity Members register 10/9/17. Members register any time

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

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

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

## MISSION

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

## VOLUNTEER ASSISTANCE

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

## YOUTH & FAMILIES AT THE Y

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

## CREDIT POLICY

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

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

## TOURS

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

## RENTAL

Rent either YMCA facility for birthday parties or special events. Utilize pools, Family Prime Time Centers, games and more. Simply call the YMCA for details and pricing. Contact: Special Events Director Lisa Nething, 230-8920.

## BENEFITS

• **Open and family swim time** • **Open gym time** • **Open skating time** • **Free open climbing** • **Open indoor soccer time** • **Health & Wellness Center** access that includes cardio, circuit and free weight equipment • **Basketball courts** • **Family Prime Time Center** • **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.



# YOU BELONG.

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

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

## Affordable To All

### MEMBERSHIP FOR ALL

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

### “My Y is Every Y”

## WELCOME EVERYWHERE IN WISCONSIN AND THE U.P.

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



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

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

facebook

twitter

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

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

## 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**

Open during regular operating hours, we offer the latest in cardiovascular fitness equipment and circuit weight equipment including elliptical cross-trainers, treadmills, incline trainers, stairmasters, stationary bicycles, Life Fitness circuit equipment and free weights, as well as a Cardio Theatre television system. Staff are available by appointment at no charge for new member orientations, fitness testing and questions regarding the use of equipment. Personal Training is available by certified staff. Youth 16 and older may use the H&W Center as an adult. Youth ages 10-15 may use the H&W Center under the direct supervision of their parent(s). Strong Teens is available for youth ages 11-15 who would like to be trained to use the Wellness Center.

**AQUATIC CENTERS **DT 20**** 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 NEW Downtown YMCA is home to a four-lane, 25-yard lane lap pool, as well as a 3-3.5 foot family pool great for teaching swimming lessons. The pool also includes a large lazy current river with the option to turn on spouting water. Both YMCA locations have an on deck Sauna, Steam room and Whirlpool.

### 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 CENTER **20**** The Family Prime Time Center makes it easy for families to spend quality time together. The areas consist of lounges, 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**** 9 laps around the Downtown track equals one mile, and 12 times around is a mile on the 20th Ave track. 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 **DT 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 45-48 for tennis programming.

## YMCA LOCATION

DT 20

Aerobic Studio	● ●
Basketball Courts	●
Cardiovascular Equipment	● ●
Elliptical Trainers	● ●
Treadmills	● ●
Stairmasters	● ●
Recumbent/Lifecycle Bicycles	● ●
Drop-In Child Watch Center	● ●
Family Locker Room	● ●
Family Prime Time Center	●
Incline Trainers	● ●
Group Cycling	● ●
Indoor Ice Arena	●
Indoor Rock Climbing	●
Indoor Soccer Facility	●
Gymnasium	●
Licensed Childcare Center	● ●
8-Lane, 25-Yard Competitive Pool	●
4-Lane, 25-Yard Pool	●
Family Pool Zero Depth Entry	●
Family Pool 3-3.5 Feet	●
Lazy River	● ●
Slide/Water Gadgets	●
Running/Walking Track	● ●
Sauna/Steam Room/Whirlpool	● ●
Spirit Mind Body Room	●
Multi-Purpose Room	●
Family Gym	●
Strength Training Equipment	● ●
Circuit Equipment	● ●
Free Weights	● ●
Towel Service	● ●
YMCA Café	●
4-kindergarten	● ●



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

## FAMILY TIME TOGETHER

Y FAMILY NIGHT

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

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

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

**Sept 16** • Hawaiian Luau

**Oct 28** • Spooky Skate

**Nov 25** • Carnival

**Dec 23** • Ice Skate with Santa

**SUNDAY, DECEMBER 31**

**New Year's Eve Family Night**

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

Family nights presented by







## ON THE COVER: The Smith Family

*Submitted by Madeline Smith*

My family and I have lived in Oshkosh for the past 16 years. The Oshkosh YMCA has had a large impact on all our lives. From a young age, I remember always being at the YMCA. My sister Emelia and I would hang out in the day care at the 20th Ave Y and were involved with swimming lessons in the summer.

---

**"As a family, we look forward to seeing how the Y will continue to positively impact the Oshkosh community."**

*~Madeline Smith*

---

About four years ago, Emelia and I were reintroduced to the YMCA through the OSHY Swim Team. We started on the team when I was 13 and Emelia was 11. Even though we had not been on the team for as long as many of the other swimmers, we were welcomed into the OSHY family with open arms. My sister and I have built many relationships with our teammates, as well as our coaching staff, who work hard to train us as swimmers but also as individuals. Emelia and I have both had the opportunity to attend OSHY swim camps in Ely, Minnesota. These camps, which include both the middle school camp and the Natalie Kate Bolin Swim

Camp, have taught us a lot about how to work well with others during competitive and fun situations. Overall, the OSHY Swim Team at the YMCA has greatly influenced the lives of my family and I, and continues to portray the YMCA values.

By being members of the swim team, my family has gotten very involved with the Y and many of their fitness programs. My parents and I are especially involved in Personal Training, offered by highly-trained YMCA staff who create workouts specifically tailored to our individual needs. This is a great way for our family to work out and we are so thankful for the wonderful Personal Trainers.

Our family also helps train and socialize service dogs through the Journey Together Service Dog Program, which is based out of the Oshkosh Correctional Institute. We often bring the dogs to the YMCA and introduce them to the different activities and environments. The YMCA staff and community have always been so supportive and involved in this and have been very cooperative as we try to introduce these dogs to new things that benefit their training and learning. The OSHY Swim Team even hosted a fundraiser at a home meet to help raise awareness and funds for the new service dog program. The outpouring of support and community outreach helped so many people associated with the program and helped to offset the costs of raising and training the dogs.

We are so grateful for the many opportunities the Oshkosh YMCA has provided us with. As a family, we look forward to seeing how the Y will continue to positively impact the Oshkosh community.

## YOUR CHANCE TO GIVE BACK!

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 four 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.



IT'S SO EASY.

AND IT  
MATTERS  
SO MUCH.

### TO BECOME A

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

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

**GREAT  
FUTURES  
MENTORING  
PROGRAM**



**BOYS & GIRLS CLUB**  
OSHKOSH

Go Pack Go!  
Our seniors  
back the  
Pack!



## ACTIVE OLDER ADULTS • NEW OFFERINGS!

### NEW! HEALTH CHAT/BLOOD PRESSURE CHECK

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

**20** WEDNESDAYS: SEPT 6 • OCT 4 • NOV 1 • DEC 6

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

FEE **FREE!**

**AOA FREE TO MEMBERS**

### NEW! HEARING SCREENINGS

**AOA FREE TO MEMBERS**

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.

Call Dan to RSVP

**DT** TUESDAY, OCT 24 9:00 a.m.-12:00 p.m.

**20** WEDNESDAYS: SEPT 26 • DEC 19 9:00 a.m.-12:00 p.m.

FEE **FREE!**

### OSHKOSH YMCA MEMORY CAFÉ

**20** Open to you and your care partner. Join us for an afternoon of fun, learning and socializing with others who are living in the early stage of Alzheimer's disease or other dementia. Supported by: Alzheimer's Association, Oshkosh Area United Way, Oshkosh Community Foundation.

Open to all. Y Membership is not required.

FEE **FREE**

Sept 25 • Oct 30 • Nov 27 • Dec 18  
1:00-3:00 p.m.

**CARE** Commitment  
Attitude  
Respect  
Effort

## LIFELONG LEARNING

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

All Lifelong Learning events run from Noon-2 p.m. Registration at the Front Desk is required.

### SEPTEMBER 26-30

#### ACTIVE AGING WEEK

Meet new friends and instructors, and have fun!

**DT 20** Sept 25-29

### OCTOBER

#### SAFETY AT HOME

Oct 13

### NOVEMBER

#### DIABETES MONTH

**20** Nov 10

### DECEMBER

#### UGLY SWEATER PARTY

**DT** Dec 12 **20** Dec 13

**ACTIVE OLDER ADULTS  
FREE TO MEMBERS**

## PICKLEBALL

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

**ALL ABILITIES ARE WELCOME!**

**20 & YMCA TENNIS CENTER**

See schedule for days and times.

**FEE 20TH AVE: FREE TO MEMBERS**

**TENNIS CENTER: TENNIS CENTER FEES APPLY**

**FREE  
TO OSHKOSH  
Y MEMBERS**

Pickleball? It's  
a paddle sport  
for all ages  
and all athletic  
ability levels.  
Fun for  
everyone!



Photo Courtesy of Look! That's My Kid Photography

## SENIOR TRX

The TRX strap is a great tool for seniors to improve their balance, increase joint mobility and stability, and gain muscular strength. You will use the strap to push, pull, and lift your own bodyweight, under the guidance of a certified Personal Trainer.

**DT 20**

See Group Exercise Class Schedule for Days and Times.

**FEE** Per 6-week session \$15 Member • \$30 Activity Member

## NEW! HEALTHWAYS BOOM!

**20 BOOM® MOVE IT** A dance workout class that improves cardio endurance and burns calories starting with simple dance moves then building into more complex sequences.

**DT BOOM® MIND** Mind is a unique class as it takes the best from Yoga and Pilates and combines it into one fusion class. Designed to relax the body and mind with peaceful music and rhythmic body movements. The focus of this class is on core, lower body strength and balance.

---

## ARTHRITIS AQUATICS

**AOA FREE TO MEMBERS**

### Arthritis Aquatics

This class offers water exercises that are recommended by the Arthritis Foundation for joint movement. There are also exercises for maintaining strength. The ability to swim is not required as all classes are offered in the shallow pool (3.5 feet at the deepest.) Participants also enjoy a social and recreational component.

**DT** MONDAY, WEDNESDAY, FRIDAY 11:00–11:45 a.m. Family Pool

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

**FEE** Activity members \$3 per class OR \$60 for 30-day program pass.

(Punch card is available at the front desk.)

---

## ACTIVE OLDER ADULTS

**AOA FREE TO MEMBERS**

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

**FEE** Activity Member \$60 (18-visit punch card)

---

## SENIOR WATER FITNESS

**AOA FREE TO MEMBERS**

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

**DT** MONDAY, FRIDAY 10:00–10:45 a.m.

---

## WALK FOR FITNESS

**AOA FREE TO MEMBERS**

**DT 20** Anyone over 55 can use our walking track free of charge, during the specified times.

---

## 20 SENIOR PILATES

**AOA FREE TO MEMBERS**

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

---

## 20 SENIOR CYCLING

**AOA FREE TO MEMBERS**

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

---

## DT STRETCH, FLEX & BALANCE

**AOA FREE TO MEMBERS**

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

---

## 20 NEW! SENIOR CORE

**AOA FREE TO MEMBERS**

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

---

**How old would you be if you didn't know how old you were?**  
~ Satchel Paige

## SILVERSNEAKERS

**AOA FREE TO MEMBERS**



**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

**AOA FREE TO MEMBERS**

**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

**AOA FREE TO MEMBERS**

**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

**AOA FREE TO MEMBERS**

**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.



We are so proud of our OSHY Dolphins Masters Swim Team! These individuals represented the Oshkosh YMCA at the YMCA Masters National Swim Meet in Florida. The four-day event celebrates the value and benefits of swimming to healthy living. With a complete list of events and no qualifying times, this National meet provides adult swimmers of all levels the opportunity to compete, celebrate achievements, and build life-long relationships. For lap swim times, be sure to pick up a copy of the pool schedule at either location or visit our website at [www.oshkoshymca.org](http://www.oshkoshymca.org).

### YMCA Masters National Swim Meet in Florida

Pictured (L to R): Greg Hollub, Melinda Mann, Jeff Schmeidel, Kelly Wynns, Kyle Trelka.



# 20

## 20TH AVE SWIM LESSONS

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

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

# 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.



## DOWNTOWN SWIM LESSONS

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

### MONDAY

3:45-4:30 PM

4:40-5:25 PM

### TUESDAY

9:00-9:45 AM

9:55-10:40 AM

3:45-4:30 PM

4:40-5:25 PM

5:35-6:20 PM

6:30-7:15 PM

### 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

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

10:00-10:45 AM

10:55-11:40 AM

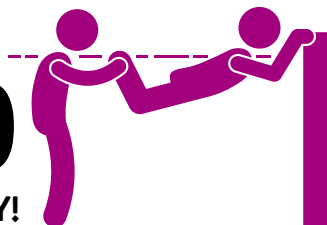
11:50-12:35 PM

12:45-1:30 PM

Try  
Downtown  
lessons for a  
quieter  
environment  
and a warmer  
lap pool!

LAST YEAR:  
**OVER 5,000**

youth and adults learned to swim at the Y!



---

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

**FALL 1** September 11–October 22

**FALL 2** October 30–December 17 (No lessons Nov 20–26)

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

---

# YOUTH SWIM LESSONS (AGES 6+)

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

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

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

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

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

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

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

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

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

---

# HOME SCHOOL SWIM LESSONS

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

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

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



**FUN!!!**  
Mia loves swimming lessons at the Y!

See pages 12-13 for a full schedule of swim lessons.

For information and scheduling of Scuba or Pool Rentals, Scout Workshops, Private, Adapted or Adult Swim Lessons, please contact: Lisa Bifano at 230-8913 or [lisabifano@oshkoshymca.org](mailto:lisabifano@oshkoshymca.org)

## PRIVATE SWIM LESSONS

**DT 20** For children and adults who would like individual instruction to further their swimming ability. Instruction is based on the student's ability. Each private lesson is 45 minutes in length.

**FEE PER PRIVATE LESSON:**

\$20 Member

\$25 Activity Member

## ADAPTED SWIM LESSONS

**DT 20** For children with special needs. Our trained instructors will work at your child's level to teach water skills and safety. We offer one-on-one lessons to give your child the most attention!

These lessons run within the same session dates as our Preschool and Youth levels, please see session dates listed on page 14. You will receive six 45-minute lessons, and they will run once a week for 6 weeks.

**FEE** \$30 Member

\$55 Activity Member

## ADULT SWIM LESSONS (AGES 16+)

**DT 20** Instructors will work on skills specific to each participant's ability. These lessons run within the same session dates as our Preschool and Youth levels, please see session dates listed on page 14. You will receive six 45-minute lessons, and they will run once a week for 6 weeks.

**FEE** \$30 Member

\$55 Activity Member

## ADAPTED AQUATICS (AGES 3-ADULT)

### With UW-Oshkosh Students

For individuals with physical and cognitive disabilities. The goal of the program is to provide persons with all levels of abilities 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 or 1:3. For more information, please contact the Downtown Y Aquatic Director at 230-8966.

**FALL** Sept 20, 27 • Oct 4, 11, 18

• Nov 1, 8, 15 • Dec 6

**DT WEDNESDAY** 6:30-7:30 p.m.

**FEE** \$40

## SCOUTS SWIMMING WORKSHOPS

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

**FEE** \$5 per participant

## SCUBA RENTAL

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

**DT 20 FEE** \$15/hour per lane

## POOL RENTAL

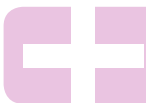
If you would like to rent some of our lap lanes, give us a call.

**DT 20 FEE** \$15/hour per lane



**Celebrate your next birthday at the Y!**

**See pg 41 for our Birthday Party Packages!**



For information on American Red Cross training, please contact:  
Lisa Bifano at 230.8913 or [lisabifano@oshkoshymca.org](mailto:lisabifano@oshkoshymca.org)

## AMERICAN RED CROSS LIFEGUARD TRAINING AGES 15+

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

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

**20** OCT 7-8 & 14-15 • 9 a.m.-5 p.m.

**20** NOV 11-12 & 18-19 • 9 a.m.-5 p.m.

FEE \$175 Member • \$200 Activity Member

EVERY SESSION MUST BE  
ATTENDED IN FULL. NO EXCEPTIONS!

## AMERICAN RED CROSS LIFEGUARD TRAINING, CPR FOR PROFESSIONAL RESCUERS WITH FIRST AID AND AED RECERTIFICATION

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

**20** SUNDAY Sept 24 • 9:00-3:00 p.m.

SATURDAY Nov 4 • 9:00-3:00 p.m.

SUNDAY Dec 3 • 9:00-3:00 p.m.

### FEE FOR ALL 3 CERTIFICATIONS

\$100 Member • \$125 Activity Member

## AMERICAN RED CROSS CPR FOR PROFESSIONAL RESCUERS WITH FIRST AID AND AED TRAINING

Would you like to know what to do in a cardiac emergency? The right answer could help you save a life. This class offers hands on training, covering cardiac emergencies with the use of an AED, breathing emergencies and first aid. To successfully complete this course, you will need to pass a practical, and written exam with an 80% or better. (For the class to run, there must be a minimum of 4 participants)

**20** SATURDAY Sept 9 • 9:00-5:00 p.m.

SATURDAY Oct 28 • 9:00-5:00 p.m.

SATURDAY Dec 2 • 9:00-5:00 p.m.

FEE \$100 Member • \$125 Activity Member

**INTERESTED IN BECOMING A LIFEGUARD?** For more information about training and positions available, contact Lisa Bifano at 230-8913.



---

## LAP SWIM AND OPEN SWIM TIMES

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

---

## SLIDE TIMES

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

**20** **TUESDAY & THURSDAY** 5:45-7:45 p.m. • **FRIDAY** 4:00-8:00 p.m.  
**SATURDAY** 12:00-4:00 p.m. • **SUNDAY** Noon-3:00 p.m.

---

## 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  
**TUESDAY, THURSDAY** 5:30-6:30 p.m. Competition pool  
**FRIDAY** 9:00-9:45 a.m. Competition pool

**DT** **MONDAY, TUESDAY, THURSDAY, FRIDAY** 9:00-9:50 a.m. Lap pool  
**MONDAY, FRIDAY** 12:00-12:45 p.m. Family pool  
**MONDAY, WEDNESDAY** 5:30-6:30 p.m. Lap pool  
**TUESDAY, THURSDAY** 5:30-6:30 p.m. Family pool  
**SATURDAY** 9:00-10:00 a.m. Family pool

**FREE TO MEMBERS**

---

## ARTHRITIS AQUATICS

**AOA FREE TO MEMBERS**

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. Family Pool  
**20** **MONDAY, WEDNESDAY, THURSDAY, FRIDAY** 10:00-10:45 a.m. Family Pool  
**FEE** 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. Lap Pool - OR - 12:00-12:45 p.m. Family Pool

**FREE TO MEMBERS**

---

**It's when we push beyond what we thought was possible  
that we feel stronger.**  
~ Unknown

# SENIOR WATER FITNESS

AOA FREE TO MEMBERS

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

**DT** MONDAY & FRIDAY 10:00-10:45 a.m. Lap pool

## SENIORS!

See page 10-11 for other great classes just for you.

# 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. Lap Pool

FREE TO MEMBERS

# POWER CURRENT

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

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

**20** WEDNESDAY 6:45-7:45 p.m. Family pool

FREE TO MEMBERS

## POOL SCHEDULE CHANGES/CLOSURES

**20** CLOSED for Annual Shutdown August 27-September 4 (will reopen on Sept 5)

### SWIM MEETS

Sept 5 (Tues)	after evening swim lessons hours change (Osh North)
Sept 19 (Tues)	after evening swim lessons hours change (Osh North)
Sept 29 (Fri)	evening pool hours change (OSHY)
Oct 3 (Tues)	after evening swim lessons hours change (Osh North)
Oct 10 (Tues)	after evening swim lessons hours change (Osh North)
Oct 21 (Sat)	pool hours will change (OSHY)
Nov 17-19 (Fri-Sun)	pool will be CLOSED for Champion swim meet (OSHY)
Dec 1 (Fri)	evening pool hours change (OSHY)
Dec 19 (Tues)	after evening swim lessons pool hours change (Osh North)

Please check out our mobile app to see when the pool is available for you.

PLEASE  
PLAN  
AHEAD!



**Good for the mind, great for the body!**

**See pages 18–19 for general water fitness offerings and page 10 for special water fitness classes for Active Older Adults. There is something for everyone!**

---

### **OSHKOSH YMCA DOLPHIN SWIM TEAM (AGES 5+)**

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

---

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

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

**For more information, please contact Jay Coleman at 230-8921 or email [jaycoleman@oshkoshymca.org](mailto:jaycoleman@oshkoshymca.org).**

---

### **OSHKOSH DOLPHIN HOME SWIM MEETS**

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

- **FRIDAY, SEPT 29**
- **SATURDAY, OCT 21**
- **FRIDAY-SUN, NOV 17-19**
- **TUESDAY, DEC 1**

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

## JUDO (AGES 6-ADULT)

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

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

- 5:00-6:15 p.m. Junior Beginners
- 6:30-7:45 p.m. Junior Advanced and Beginner Family
- 8:00-9:15 p.m. Adult Advanced and Beginners

**FEE** Individual: \$47 Member • \$67 Activity Member  
Family (up to 4 people. Additional family members can be added for \$20/person) \$100 Member • \$140 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.

- 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** \$89 Member  
\$128 Activity Member  
10% Sibling discount available.

## YOGA

**DT 20** A system of static and moving exercises focusing on breath to increase flexibility, balance, and strength, as well as calm and focus the mind. Modifications and props are offered so all fitness levels can work at their own capacity. Youth 10-13 years old are welcome to participate with a parent/guardian.

Master Bob Maki leads a group of young karate participants at the completion of a 7-week session.



## OPEN CLIMB (AGES 4+)

Never rock climbed before? Open Climb is the perfect opportunity for beginners or advanced climbers! No experience is necessary. All Open Climbs are staffed with a certified instructor. Whether you brave the 28-foot high walls or the 18-foot high ropes course—this is an experience you will never forget! Each session is 40 minutes and accommodates up to three people. Each participant will enjoy 2–3 climbs per session.

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

**FEE FREE TO OSHKOSH YMCA MEMBERS!**

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

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

## PROGRESSIVE ROCK CLIMBING CLASSES

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

**Fall 1 and 2**

**MONDAY**

6:00–7:00 p.m. Ages 6–9

7:00–8:00 p.m. Ages 10–13

**THURSDAY**

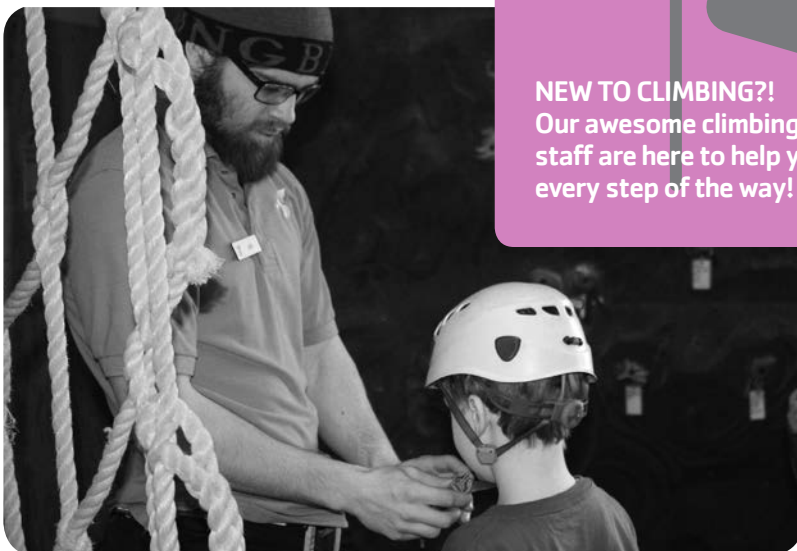
6:00–7:00 p.m. Ages 6–9

7:00–8:00 p.m. Ages 10–13

**FEE \$40 Member • \$60 Activity Member**



**NEW TO CLIMBING?!**  
Our awesome climbing staff are here to help you, every step of the way!



**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.**

---

**GROUP/FAMILY CLASS**

Come enjoy a great family activity for groups or families. The class teaches climbing basics and more for experienced participants. Learn techniques, equipment, and even how to belay! Climbers 15 and older can become certified. (minimum of 3 participants to offer class)

**TUESDAY** 6:30–8:00 p.m. Ages 4+

**FEE** \$25 Member • \$40 Activity Member

---

**TRY SOMETHING  
BOLD! FUN!  
NEW!**

**ADULT CLIMBING CLASS**

Here is a chance for all adults who want a class for Climbing! Adult climbing mixes basics with the advanced. In this class you will learn climbing equipment and safety, as well as various climbing techniques. All participants will be belay certified.

**WEDNESDAY** 6:30–8:00 p.m.  
Ages 16+

**FEE** \$50 Member  
\$75 Activity Member

**PERSONAL CLIMBING INSTRUCTION**

Set up private or semi-private lessons (2–3 people) with a YMCA instructor based on your schedule. Available to all skill levels ages 4+.

**PRIVATE CLIMBING LESSONS** (1 person)

**1 HOUR** \$35 Member • \$53 Activity Member

**5-HOUR PACKAGE** \$150 Member (\$30/hour)  
\$225 Activity Member (\$45/hour)

**10-HOUR PACKAGE** \$250 Member (\$25/hour)  
\$375 Activity Member (\$37.50/hour)

**SEMI-PRIVATE CLIMBING LESSONS**

(2–3 people) *prices are PER PERSON*

**1 HOUR** \$20 Member • \$30 Activity Member

**5-HOUR PACKAGE** \$85 Member (\$17/hour)  
\$120 Activity Member (\$24/hour)

**10-HOUR PACKAGE** \$140 Member (\$14/hour)  
\$196 Activity Member (\$19.60/hour)

**Contact Travis Shufelt at 920–230–8439 ext 114, or [travisshufelt@oshkoshymca.org](mailto:travisshufelt@oshkoshymca.org) for more information or to schedule lessons.**

Lessons must be purchased in either 1-hour, 5-hour or 10-hour increments. Actual lesson times must be requested a minimum of 2 weeks in advance to allow for proper staffing.

---



---

## 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 5-16)

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)

**For more information contact Travis at 230-8924 or [travisshufelt@oshkoshymca.org](mailto:travisshufelt@oshkoshymca.org).**

**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 230-8439 FOR  
MORE INFORMATION.**

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

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

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

# NEW MEMBER ORIENTATION

## FREE INITIAL FITNESS TESTING

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

**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 INITIAL TESTING TO OSHKOSH YMCA MEMBERS**

# PROGRAM REFRESHER

Add some new, more challenging exercises to your current program. Contact the Health & Wellness Center for more information or to schedule your appointment.

**DT 20 FEE FREE TO OSHKOSH YMCA MEMBERS**

# STRONG TEENS (AGES 11-15)

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

**20 TUESDAY & THURSDAY 4:30-5:30 p.m.**  
**FEE \$30 • OSHKOSH YMCA MEMBERS ONLY**

# STRONG TEENS FAST PASS (AGES 14-15)

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

**DT 20 FEE \$15 • OSHKOSH YMCA MEMBERS ONLY**

# HOME SCHOOL FIT FOR KIDS

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

**September 12-December 14** (no classes week of Thanksgiving)  
**AGE 4-14** (4 groups will be established on age/child distribution.)

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

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

**FREE  
TO OSHKOSH  
Y MEMBERS**

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

## **DT 20 DOWNTOWN & 20TH AVE:**

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

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

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

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

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

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

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

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

**NEW! Active Together** Activate Your Life in only one hour! Active Together gives you all the training you need - cardio, strength, balance, and flexibility - in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.

## **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.

**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.

**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.

## **DT 20 TRX NEW TO DT!**

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

**Register online or at the Front Desk.**

**FEE \$15 Member**

• \$30 Activity Member (Fee is per full session: Fall 1 or Fall 2)

## NEW! CIRCUITS

A strength-based workout on our circuit machines that maximizes a full routine of eight different exercises in as little as 30 minutes. This endurance-based strength workout will keep your heart rate going with minimal rest periods between sets. This class is instructed with our health and wellness staff to ensure safe lifting techniques to maximize quality exercise routine. Classes are set for 2x a week. (classes only held if there are 2+ participants)

FEE \$5/per class

**DT** TUESDAY & THURSDAY 8:00–9:00 a.m. and 4:00–5:00 p.m.

## NEW! INTERVALS

An exciting, new twist on a regular treadmill/elliptical workout that will keep you motivated to continue to move each and every day! With speed and resistance continually changing, this will keep you on your toes and ready to master your true potential. Come and see what this new cardio program has to offer! Classes are set for 2x a week. (classes held only if there are 2+ participants)

FEE \$5/per class

**DT** TUESDAY & THURSDAY 9:00–10:00 a.m. and 5:00–6:00 p.m.

## FITNESS FAMILY FUN



See pages 28–31 for  
Personal Training  
information.

We joined the Y in 2010 with the intention of creating an active and healthy life for our family. It was difficult at first to find an activity that worked for all of us, so we simply utilized the pool. Then we discovered **Homeschool Fit for Kids** and signed up right away. Our girls have been attending these classes all through elementary school and we've all made some great connections and friendships. They have also joined the **Learn To Skate** program and love it.

Eventually, I decided that while the girls were in their classes it would be in my best interest to use that time wisely. Exercise for me became a non-negotiable item. So every Monday and Wednesday, we tied up our shoes and got moving. But that wasn't enough. My husband Steve urged me to take

my fitness to the next level and purchase a **Personal Training** package. I was hooked and soon encouraged Steve to purchase a package as well. He was hooked. These sessions led to another step on our journey to wellness, **partner training**.

We now go to the Y between 3 and 5 times each week. We are able to bring our girls to the skating rink for practice while we get a date night—Partner training.  
~ Kristen Anklam

## PRIVATE PERSONAL TRAINING

### PAY-AS-YOU-GO OPTIONS

Whether you prefer land-based exercise or water workouts, our trainer can personalize a plan based on your lifestyle and goals—like working professionals, new moms, athletes or active older adults. At the Oshkosh YMCA, All Personal Trainers are nationally certified at the highest level. Our approach is precise and scientific. Every person will receive their own personalized program based on their specific needs.

#### POLICIES:

- All training must be purchased prior to starting your training program with your certified personal trainers.
- All packages are due in-full at point of service
- You have six months to redeem your sessions. After six months your sessions will be void
- Cancellations must be done by calling the Y 24 hours prior to cancellation at (920) 230-8439 and by notifying your personal trainer by phone or email.
- You will receive two free cancellations due to emergencies.

#### SINGLE SESSION PRICING:

**One 60-minute session:** Member \$50 • Activity Member \$70

**One 30-minute session:** Member \$25 • Activity Member \$35

#### PACKAGE OPTIONS YMCA MEMBERS ONLY:

##### 30-minute Packages

**SAVE \$10: TRIPLES:** 3 half-hours of Personal Training • \$65

**SAVE \$25:** Buy 7 half-hours & get 1 FREE • \$175

##### Gold Package

12 half-hours of Personal Training \$250

**SAVE \$100:** 24 half-hours of Personal Training • \$500

You don't  
know your  
limits until you  
**push yourself**  
past them.

-Unknown

### NEW! COMMUNITY SMALL GROUP TRAINING (YMCA Members Only)

Are you looking to work-out in a small group with in-depth programming but do not have a group to train with? Then our Community Small Group Training is for you! During your (30 minute) training sessions, you will meet with one of our certified personal trainers in our small group format open to anyone that wants to join (2-5 people). In this personalized setting, you will benefit from in-depth instruction while focusing on your specific goals. It's just as good as private personal training at a fraction of the cost- with added motivation from your workout partners.

**TUESDAY & THURSDAY** 8:00 a.m.

**SATURDAY** 9:00 a.m.

#### PAY-AS-YOU-GO OPTIONS:

- |                        |                         |
|------------------------|-------------------------|
| 1x Week (4 sessions):  | \$69 <b>SAVE \$31</b>   |
| 2x Week (8 sessions):  | \$99 <b>SAVE \$101</b>  |
| 3x Week (12 sessions): | \$149 <b>SAVE \$151</b> |



**Our goal is to help you reach yours!**  
**Karmen, Lindsey and Charlotte are ready to get started!**

**CLINICAL  
PERSONAL TRAINING  
(AGES 13+)**

This package is for individuals with clinical concerns or limitations. Our clinical professionals will help you increase function, reduce pain, and promote independence. We work with pre/post-natal, arthritis, post-bariatric patients, multiple sclerosis, cerebral palsy, Alzheimer’s, Parkinson’s, cancer, wheelchair bound, wounded warriors, individuals dealing with pre-diabetes and diabetes (type I and type II).

**SAVE \$25:** Buy 7 get 1 FREE  
\$175 Members & Activity Members

**PRIVATE SMALL GROUP  
TRAINING (AGES 13+)  
YMCA Members Only**

Do you and your friends want to work out together in a way that is customized based on your goals? Private Small Group Training is a great way to keep each other accountable and progressing towards your fitness goals.

**1 HOUR**  
2 people \$40/person  
3 people \$30/person  
4 people \$20/person

**HALF HOUR**  
2 people \$20/person  
3 people \$17.50/person  
4 people \$15/person

**YES.  
YOU.  
CAN.**

**PERSONAL TRAINING  
EASY PAYMENT OPTIONS**

**YMCA MEMBERS ONLY**

- Authority to Draw Pre-Authorized Debits/Monthly Credit Card Charge for CPT Monthly Payments
- 1 I hereby authorize the Oshkosh Y to (1) draw each month on my account for the payment to the Oshkosh Y of the monthly amount due for the YMCA CPT program, OR (2) charge my credit card on file for the payment to the Oshkosh Y of the monthly amount due for the YMCA CPT program.
- 2 The Y shall incur no liability if the balance in the bank account of the member is insufficient to cover any draft upon presentation or the credit card payment is rejected.
- 3 Auto-payments returned for any reason will be subject to a \$25 unsuccessful payment charge. As a courtesy, the Y will attempt this auto-payment every five (5) days. Each unsuccessful attempt will result in a \$25 unsuccessful payment charge. To avoid the additional fees, contact the Y before the next attempt to make other payment arrangements. After three (3) unsuccessful attempts, the agreement will be cancelled until new payment arrangements are made.
- 4 This agreement shall continue in effect unless and until terminated by the Y or the member whose signature appears by written notice to the other party. In addition, the Y may terminate the agreement immediately if any draft is not paid upon presentation.
- 5 As a convenience, auto-paid CPT payments continue indefinitely until the member cancels IN WRITING to Rich Roehrick. The Oshkosh Y requires a 48 hour notice (\*) of CPT Program cancellation IN WRITING. Cancellation will end the NEXT scheduled auto-payment. No refunds will be issued. Telephone cancelations will NOT be accepted.
- 6 Changes to bank account or credit card information (including expiration dates) must be communicated to the Y in person during regular business hours or online at least 48 hours (\*) prior to the next scheduled draft in order to be effective for that month.
- 7 Participants will be notified by email of impending rate changes.

\*by the end of business two (2) days prior to the scheduled monthly payment

**EASY PAYMENT OPTIONS: 30 Minute Sessions**

1x Week: \$89 (4 sessions)  
2x Week: \$169 (8 sessions)  
3x Week: \$229 (12 sessions)  
Unlimited: \$449 (12+ sessions)



---

## FITNESS ASSESSMENT

The fitness assessment program provides a comprehensive evaluation of your overall fitness level. A well-trained and educated staff member will test your fitness level in the following areas: body composition, muscular strength and endurance, aerobic capacity and flexibility. Reassessment is recommended every three to four months to monitor your progress. This assessment will take approximately one hour to complete.

**FEE** 60 Minutes: \$30 Member • \$50 Activity Member

---

## BODY COMPOSITION FOLLOW-UP TEST

You will receive your first body composition test for FREE. It is always good to know where you start so you set measurable goals. After your initial assessment we advise members to follow-up every six to eight weeks to measure if their exercise program is working. Do you know the body composition norms?

For females: Basic health range: 14-38% fat; Optimal: 20-30%; Athletic performance: 17-25%

For males: Basic health range: 5-25% fat; Optimal: 12-20%; Athletic performance: 8-15%

**FEE** \$5 Member

---

## PNF STRETCHES

PNF stretching, or proprioceptive neuromuscular facilitation stretching, is a set of stretching techniques commonly used in clinical environments to enhance both active and passive range of motion to improve motor performance and aid rehabilitation. This method of stretching can be used to help athletes improve performance or help individuals function properly during their daily activities. In addition to being safe and time efficient, the rapidly achievable gains in range of motion may also help promote compliance with the exercise and rehabilitation program.

**FEE** 15-minute sessions

TRIPLES: \$50 • **SAVE \$18:** Buy 7 sessions & get 1 FREE \$115 Member

\$25 Each PNF Stretching Period Activity Members

---

## SPORTS PERFORMANCE

### TEAM TRAINING

Is your team looking for an edge this season? Our certified coaches can help your athletes generate speed, force production, strength, agility, power, and endurance. We also bring the team together by implementing strong team building exercises during the workout program. Open to all sports. We will customize a program based on duration of training and your team's outcome goals. All rates are good for one month. Must reserve training three months in advance to reserve court/field space for training.

- 5 to 30 athletes
- 60 minutes of strength and conditioning, speed and agility, and team building exercises.

1X PER WEEK/MONTH:

\$30/Athlete Member • \$50/Athlete Activity Member

2X PER WEEK/MONTH:

\$50/Athlete Member • \$80/Athlete Activity Member

---

## MARATHON PACKAGE (AGES 13+)

Full-Marathon, Ultras) you will receive a gait analysis in which a professional uses a video camera to break down the athlete's running form, so that the analyst can look for weaknesses that limit the runner's efficiency. The athlete will receive feedback that can be compared with later assessments. Analysis is available for runners of all skill levels and ages. In addition, the athlete will receive a full body mapping analysis. The assessment will begin with a static postural analysis and then follow with a dynamic postural analysis. The professional will look for mal-alignment in which overactive and underactive muscles will be found. You will then be given exercises to work on based on the diagnosis of the gait analysis and body mapping. You will work one on one with your coach to help you cross the finish line or compete for your next personal record.

• Gait Analysis • Body Mapping • 8- Half-Hour Sessions • Written Program (one month)

**FEE** \$300 Member • \$375 Activity Member

---

## TRIATHLON PACKAGE

This plan was specifically designed for any triathlete who wants to be race ready. (Sprint, Olympic, Half, Full) The program includes:

- One-month written program
- Eight 30-minute personal training sessions
- Body Mapping (to help you become more efficient as a triathlete)
- Gait Analysis

### PLAN PREREQUISITES:

1. You have to be able to swim 100 yards.
2. You have a foundation of exercise (>3Months)

This program is made for any athlete that wants to complete a triathlon.

**FEE** \$300 Member • \$375 Activity Member

---

## TOUGH MUDDER PACKAGE

Are you looking to complete a Tough Mudder or a Spartan Race? Our nationally certified trainers can help you cross that finish line. We will build your endurance and strength to help you get over that obstacle and run the distance.

- One-month written program
- Eight 30-minute personal training sessions
- Body Mapping (to help you become more efficient as a triathlete)
- Gait Analysis

**FEE** \$300 Member • \$375 Activity Member

---

## NUTRITION: 5-DAY DIET ANALYSIS YMCA Members Only

Do you know what you are eating? Science shows that most Americans are deficient in their macro and micronutrients necessary to keep their bodies healthy and functioning at peak levels. A body that functions at peak levels is a body that is going to get results ? No matter what the goal. Our certified staff will meet with you to analyze your diet and give you proper guidance so you can reach your goals.

**FEE** \$65 Member

**NOW ENROLLING!!**



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

**Begins early fall with the Fall 1 session.**

## LIVESTRONG® at the YMCA

**DT 20** **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.

Call Dan Braun for more information.  
230-8915 or [danbraun@oshkoshymca.org](mailto:danbraun@oshkoshymca.org).

**THE GREATER  
THE OBSTACLE,  
THE MORE GLORY IN  
OVERCOMING IT.**

~ MOLIÈRE

## AFFINITY SPORTS MEDICINE & WELLNESS CENTER

**20** For more information about



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

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

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



---

## FREE HOCKEY INITIATION PROGRAM (HIP)

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

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

### GOALS AND OBJECTIVES:

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

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

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

---

## LEARN TO HOCKEY SKATE (AGES 4+)

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.

**MONDAY Level 1** 5:45-6:15 p.m. • FEE \$40 Member • \$68 Activity Member

**Level 2-4** 6:15-7:00 p.m. • FEE \$57 Member • \$79 Activity Member

---

## FALL FIRE UP HOCKEY

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

### September 6-October 6

Mite/Squirt 5:45-6:30 p.m. • PeeWee/Bantam 6:30-7:45 p.m.

**TUESDAY AND THURSDAY:** FEE \$72 Member • \$103 Activity Member

**TUESDAY ONLY:** FEE \$48 Member • \$66 Activity Member

**THURSDAY ONLY:** FEE \$48 Member • \$66 Activity Member

---

## TRY HOCKEY FOR FREE

Sponsored by Oshkosh Youth Hockey Association and the Oshkosh YMCA

**Saturday, November 4**

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

---

## **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 Breuning: [tombreuning@oshkoshymca.org](mailto:tombreuning@oshkoshymca.org) for information.

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

**FEE** \$100 Member • \$125 Activity Member

---

## **ADULT LEARN TO HOCKEY SKATE**

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. Learn how to maneuver on the ice in this exclusive adult-only beginner class.

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

**FEE** \$57 Member • \$79 Activity Member

---

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

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

**FALL September 10-December 17** Reg deadline 9/6/17

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

**FEE** \$140 Member • \$195 Activity Member • Goalies play FREE!

---

## **ADULT CO-ED RECREATIONAL 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.

**FALL September 13-December 20** Reg deadline 9/6/17

**WEDNESDAY NIGHTS** Game time determined by number of teams.

**FEE** \$140 Member • \$195 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. Teams will be formed by league administrators.

**FALL September 10-December 17** Reg deadline 9/6/17

**SUNDAY NIGHTS** Game time determined by number of teams.

**FEE** \$140 Member • \$195 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.

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

**FEE** \$40 Member • \$68 Activity Member Skate rentals free for program use.

For more information contact Angela Dodge at 230-8439 ext. 121 or [angeladodge@oshkoshymca.org](mailto: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** \$57 Member • \$79 Activity Member

---

## FREESTYLE WITH US Free Skate 1-6

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

**MONDAY** 7:00-7:45 p.m.

**FEE** \$57 Member • \$79 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** \$50 Member • \$65 Activity Member

**2.5 hours** \$110 Member • \$145 Activity Member

**5 hours** \$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** \$30 Member • \$45 Activity Member

**2.5 hours** \$65 Member • \$100 Activity Member

**5 hours** \$120 Member • \$190 Activity Member

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

---

The best preparation for tomorrow is **DOing**  
**YOUR BEST** today.

- H. Jackson Brown, Jr.



---

## NEW! LEARN TO COMPETE TEAM (AGES 4+)

Learn to Compete is a new class that gives skaters an opportunity to show off their ability from the Snowplow Sam level through the Free Skate level. Skaters will receive 6 individualized lessons by competitive coaches, a fully choreographed routine, copies of music, and their coach will attend the competition with them! Competition fees are NOT included. Join us to experience different methods of perfecting specific movement needed to perform in a fun recreational and competitive environment.

Receive a team jacket after 2 enrollments of Learn to Compete.

**October 15–November 19** Reg deadline 10/1/17

**SUNDAY** Afternoons

**FEE** \$120 Member • \$150 Activity Member

### COMPETITION

Sat, November 25

Kettle Moraine Ice Center

---

## OPEN ICE SKATING

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

**FEE** **FREE FOR Y MEMBERS** • \$4 Activity Member

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

See the most up-to-date schedules for Open Ice at [www.oshkoshymca.org](http://www.oshkoshymca.org)

---

## OPEN HOCKEY

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

---

## HOMESCHOOL SKATE LESSONS

Introductory and basic skate lessons for homeschool children.

**MONDAY** 2:45–3:15 p.m.

**FEE** \$40 Member • \$68 Activity Member

---

## WEE SKATE (AGES 3–5)

This activity introduces preschoolers to the basics of skating in a safe and fun way.

**MONDAY** 3:15–3:45 p.m.

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



Hockey is a sport that offers a total-body workout. The fast-paced nature of the sport provides aerobic exercise, while the reliance on all of the body's major muscle groups also makes it an anaerobic activity.

## CHILD DEVELOPMENT CENTER

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

**AGE** 6 weeks through pre-Kindergarten

**MONDAY-FRIDAY**

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

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

### FOR MORE INFORMATION:

**DTC** Kim Stelzer at 920.230.8954 or  
kimstelzer@oshkoshymca.org

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

## BEFORE AND AFTER SCHOOL KIDS CLUB PROGRAM

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

### BEFORE SCHOOL

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

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

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

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

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

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

## STRONG MOMS

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

This is a **FREE** community program for working mothers, which meets at the YMCA the 3rd Thursday of every month (September-November and January-

April) from 5:30-7:00 p.m. Reserve your spot by calling either YMCA location. All sessions include a **FREE** dinner, a **FREE** drawing & **FREE** CHILDCARE!

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



## FAMILY PRIME TIME CENTER



A special area designed for children and parents to spend quality time with each other. Children ages six and older can enjoy the center without an accompanying adult. 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.

## 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-7 YEARS)

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

**20** **MONDAY-THURSDAY** 7:30 a.m.-8:00 p.m.  
**FRIDAY-SATURDAY** 7:30 a.m.-1:00 p.m.

**DT** **MONDAY-THURSDAY**  
7:30 a.m.-1:15 p.m. and 4:00-8:00 p.m.  
**FRIDAY** 7:30 a.m.-1:00 p.m.  
**SATURDAY** 7:30 a.m.-1:00 p.m.

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

## FIRST LEGO LEAGUE (FLL)®

An exciting and fun global robotics program that ignites an enthusiasm for discovery, science, & technology in kids grades 4-8.

FLL teams embark on adventurous challenges based on current, real-world issues. Guided by a team coach and assisted by mentors, the kids engage in playful and meaningful learning experience fun, creative, hands on learning; think like scientists and engineers; experiment and overcome obstacles, build self-esteem and confidence.

FLL will meet starting in August and continue through November depending on the FLL Competition Schedule. Teams will meet between 2-4 hours per week, however, additional time may be required depending on the teams progress.

**Get involved!** This program is run by volunteer coaches and mentors. Please contact Lisa Nothing, [lisanothing@oshkoshymca.org](mailto:lisanothing@oshkoshymca.org) with any questions.

**20** Registration deadline 8/7/17  
**FEE** \$85

**LEGO  
LEAGUE**

## YOUTH DISCIPLINE POLICY

### CARING, HONESTY, RESPECT & RESPONSIBILITY

The YMCA is a great place to have fun. Please follow the YMCA Core Values of Caring, Honesty, Respect & Responsibility as you enjoy your visit. The YMCA will give you three verbal warnings for conduct that is not in keeping with our mission or core values. If you are still unable to conduct yourself appropriately, a telephone call home will follow our verbal attempts to help you. If further attention is needed, your YMCA membership benefits will be suspended or removed. This is a helpful reminder so you know what is expected of you.

## AFTERNOON SESSIONS STILL OPEN AT BOTH LOCATIONS

### CONTACT:

**KIM STELZER, DOWNTOWN**  
[kimstelzer@oshkoshymca.org](mailto:kimstelzer@oshkoshymca.org)

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

## 2017-2018 SCHOOL YEAR

### READY-4-LEARNING PRE-KINDERGARTEN

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

**AGE** Children must be 4 years old by Sept 1, 2017

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

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

### KID'S DAY OUT | 2017-2018 **Limited Slots available, register early!**

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

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

**2017: Oct 27, Dec 26-30**

**2018: Jan 22, Feb 16, March 26-30**

\*Possible 2018 Snow days/Make up school days: May 25; June 8 (Downtown)

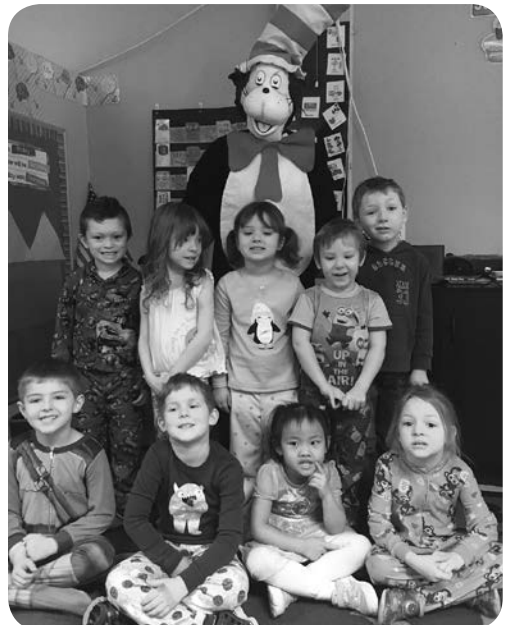
\*If school is cancelled due to weather there will be a make up school day (and No KDO). Refunds will be made for families who have registered/paid.

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

**FEE \$40/Day YMCA Member**

**\$45/Day Activity Member**

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



## SO MANY GREAT KIDS AT THE Y!

---

## 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. • A Non-refundable 50% payment is due at time of reservation.



---

## YMCA FACILITY RENTALS

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

Choose from swimming, soccer, rock climbing or ice skating.

Group rates/packages are available. Minimum 10 people.

---

## AFTER-HOURS ACTIVITIES AND OVERNIGHT RENTALS

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

### OPTIONAL ADDITIONS:

**Ice Skating** (skates included) • **Climbing** (10 people max per hour) • **Swimming**

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

---

## 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.  
**CLASS TRIPS • INCENTIVE DAYS • REWARD DAYS** • Start planning now! Let's have some fun!

**Contact Lisa Nething at [lisanething@oshkoshymca.org](mailto:lisanething@oshkoshymca.org) or 230-8439 for information.**

---

## 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/school. Volunteer coaches will conduct practices and supervise games. The first week will be practice and information meeting with the coach. All participants will receive a team t-shirt.

If interested in coaching please contact Travis Shufelt at [travisshufelt@oshkoshymca.org](mailto:travisshufelt@oshkoshymca.org).

**Requirements** Soccer shin guards.

**October 21–December 17** Registration deadline 10/9/17

(no games Nov 18–19 and 25–26)

**AGE** Age 4–Grade 8

**20 SATURDAY & SUNDAY** Times may vary based on enrollment.

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

---

## GIRL'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

**October 30–December 18** Registration deadline 10/23/17

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

**AGE** Grades 9–12

**20 MONDAY** 5:00–10:00 p.m.

**FEE** Team Registrations only (max 12 teams). **Team Fee:** \$325/team (tax included)

For information on Soccer programs, contact Travis Shufelt at 230-8924 or [travisshufelt@oshkoshymca.org](mailto:travisshufelt@oshkoshymca.org).



**Make the Festival Foods Turkey Trot part of your Thanksgiving morning tradition!**

***Sign up to Run, Walk or Volunteer!***

---

## ADULT CO-ED SOCCER LEAGUE

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

**FALL** October 22–December 17 (no games 11/26/17)

Reg. deadline 10/13/17

**20 SUNDAY & WEDNESDAY NIGHTS**

Game time dependent on number of teams.

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

---

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

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

**20 FALL 2** October 22–December 17

Reg. deadline 10/6/17

### SUNDAY NIGHTS

Game time dependent on number of teams.

**FEE** \$325/team (includes tax)

---

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

~ RACHEL JOY SCOTT

# CORPORATE WELLNESS PROGRAM

## GOOD HEALTH IS GOOD BUSINESS

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

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

**GET  
FIT  
AT  
WORK**



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



---

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

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

**FALL 1 September 8–October 27** Reg. deadline 8/30/17

**FALL 2 November 3–December 29** Reg. deadline 10/15/17 (no games Nov 24)

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

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

---

## YMCA DANCE TEAM

Join in on the fun! Participants will learn basic dance techniques and a basic level routine.

**FALL 1**

**20 SATURDAY**

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

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

---

## YOUTH FLAG FOOTBALL

Join us for an exciting 5v5 football league. The purpose of this league is to have fun and teach basic developmental skills such as passing, catching, running routes, blitzing and covering receivers individuals will be placed on teams according to their school location. **WEEKLY PRACTICES** start the week of August 27th. Times and locations to be determined by the coach.

**FALL September 9–October 21** (Reg. deadline 8/11/17)

**20 SATURDAY MORNINGS**

4K–Grade 8

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

---



Ken Allen.  
**No excuses.**

“Being a member at the Y has not only given me the opportunity to keep my fitness levels up but it’s also enabled me to recover from a variety of ailments over the past 15 years. Whenever I experienced some physical setback, I believe I was able to endure it with less physical and emotional stress because of my fitness level. With the accessibility of the YMCA, I was able to recover faster while progressively using the various exercise equipment to restore my physical capacity.” ~Ken Allen

**The Y has helped Ken overcome:** • open heart surgery (triple bypass) in 2003 • total knee replacement (8th surgery on left knee) in 2003 • amputation of ends of ring and middle fingers of left hand in 2005 • partial colon removal due to diverticulitis in 2006 • removal of artificial knee due to joint infection; 2 months in nursing home with IV antibiotics 2X/day; re-replacement of knee followed by another month in nursing home for physical therapy in 2013 • infection of left shoulder joint due to cortisone injection; surgery to clean out joint followed by one month of daily IV antibiotics in 2015.

**After becoming an active member of the Oshkosh YMCA in 2002, Ken continues to visit the 20th Ave facility almost daily. Although he’s had to overcome more surgeries and recoveries in a decade than most do in a lifetime, Ken has never given up on his fitness regimen. His dedication to health and wellness is truly remarkable.**

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 Collegiate NCAA All-American 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  
Kevin Francis • NCAA All-American

DAILY COURT RATES

**Standard Rate** | \$19/hour (+tax)  
Monday-Friday 8:00 a.m.-1:00 p.m.  
**Prime Time** | \$22/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** | \$14/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** | \$14/hour (+tax)  
(18 & under, Junior Members only)  
**Non-Member Guest Fee** \$10/guest  
**24 hour cancellation needed for court reservations.**

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
- 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)
- **Ball Machine Rental** \$10 per hour or \$50 per month (use up to 10 times).

Rate per hour per person	WITH ASSISTANT		WITH TENNIS DIRECTOR & HEAD STAFF	
	TC Member	Activity Member	TC Member	Activity Member
1 person	\$45	\$55	\$50	\$60
2 people	\$28	\$31	\$32	\$40
3 people	\$22	\$25	\$27	\$35
4 people	\$18	\$21	\$21	\$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 1:** September 5–November 12

**Session 2:** November 13–January 29

(No lessons 11/23, 12/24–1/1)

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

### ADULT LESSON SCHEDULE

**SATURDAY** (10-week session)

**Intermediate** • 8:00–9:00 a.m.

**Advanced Beginner** • 9:00–10:00 a.m.

**FEE** Ten 1-hour lessons \$165 TC Member • \$200 Activity Member

### YMCA YOUTH ALL STAR TENNIS PROGRAM LESSON SCHEDULE

**SUNDAY** (10-week session)

**Girls and Boys High School Five Star**

Times to be determined based on Saturday 2:30–4:00 enrollments.

Inquire with the Tennis Center Front Desk Staff.

**MONDAY** (9-week session)

**1 Star** • 3:45–4:30 p.m.

**3 Star** • 4:30–5:30 p.m.

**TUESDAY** (10-week session)

**1 Star Tots** (ages 4–6) • 3:45–4:30 p.m.

**2 Star** • 4:30–5:30 p.m.

**2/3 Star** • 5:30–6:30 p.m.

**WEDNESDAY** (10-week session)

**1 Star** (ages 6–8) • 3:45–4:30 p.m.

**3/4 Star** • 4:30–5:30 p.m.

**THURSDAY** (10-week session)

**1/2 Star** (ages 6–10) • 3:45–4:30 p.m.

**SATURDAY** (10-week session)

**1 Star** (ages 5–8) • 8–9:00 a.m.

**1 Star Elite** (ages 7–10) • 8–9:00 a.m.

**1 Star** (ages 6–9) • 9–10:00 a.m.

**2 Star** (ages 7–11) • 9–10:00 a.m.

**3 Star** (ages 9–14) • 10–11:30 a.m.

**3 Star Elite/4 Star** (ages 8–14) • 11:30 a.m.–1:00 p.m.

**4 Star Elite/5 Star** (ages 10–17) Juniors & JV players • 1–2:30 p.m.

**5 Star High School JV/Varsity Girls & Boys** • 2:30–4:00 p.m.

Ages are approximate. Players will be placed accordingly if needed based on age/ability.

### PRIVATE GROUPS WITH RICK, ROB OR KEVIN

**SATURDAY**

**5 Star Elite** • 10:00–11:30 a.m.

**THURSDAY**

**5 Star Elite** • 7:00–8:30 p.m.

### YOUTH LESSON FEES

#### 10-WEEK SESSION

**Tennis Center Member**

1 hour lessons: \$165

1.5 hour lessons: \$200

**Activity Member**

1 hour lessons: \$200

1.5 hour lessons: \$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

## YOUTH TENNIS LESSON LEVELS & AGES

**One Star Tots (ages 4-5)** Emphasis on eye-hand coordination, racket head control and ball to racket association.

**One Star (ages 5-9)** Continued eye hand and association with emphasis on stroke production and technique.

**One Star Elite** Emphasis on technique & stroke production and developing the notion of a rally. High fives leading into awareness of striking a ball from above the head and in to service motion and learning proper ball toss.

**Two Star (ages 10-12)** Technique and stroke production will be the focus as well as the grip of each stroke. All the basics apply with some fun and games in the last 15 minutes.

**Two Star Elite** Stroke production and serve introduction/development start here. Repetitions and consistency are key and rallying is a norm with both ground strokes and volleys in the short court.

**Three Star (ages 9-14)** For the intermediate junior who needs repetition through technique and stroke production. Start rallying and discussing court movement/coverage and serve production. Competitive drills and point play.

**Three Star Elite** Stroke production with increased repetitions and rallying. Understanding serve in play and playing out the point. Understanding lateral and vertical transitioning into the net off an approach into the net. High attention to serve production, consistency and return of serve repetitions. Consideration of Novice USTA tournaments and in house match play.

**Four Star (ages 13-18)** Accelerated ball feeding and repetitions of every stroke with all transitional balls being fluent. Tournaments and competitive play. Technical work through reps on every stroke. Concentration on serve and return of serve and penetrating the opponent through swing speed and power.

**Four Star Elite** The player is competing in tournaments regularly and beginning to go deeper into draws. Tournament and match play will be strongly encouraged and the player will be trained in a match environment along with the continued accelerated reps of all strokes.

**Five Star (ages 14-18)** Typically, the high school player who demonstrates strong point play and point development. Understanding of shot selection, match strategy and weaknesses of every opponent. Stroke production, live ball play and point play analysis/breakdown.

**Five Star Elite** Top Tier High School Player, typically the #1 and #2 Positions of Varsity, but also accomplished Tournament Players.



Photo Courtesy of Look! That's My Kid Photography

Check out our  
**NEW  
ALL-STAR**  
incentive-based  
program!

## 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 1** September 5-December 22

**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-Noon 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

**Mon** \$18 Member • \$24 Activity Member

**Wed** \$12 Member • \$18 Activity Member

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

## PICKLEBALL AT THE YMCA TENNIS CENTER

**September 5-December 23**

### OPEN HOUSE

**September 5-10**

With the Downtown YMCA under construction, we would like players to come and try the Tennis Center! **Purchase one punch card during the open house and get one 1/2 off! Call 236-3400 for more information.**

### PICKLEBALL HOURS

#### MONDAY

6:30-9:00 a.m. • Advanced Men

#### TUESDAY

10:30 a.m.-12:30 p.m. • Open

12:30-2:30 p.m. • Beginner

#### WEDNESDAY

6:30-9:00 a.m. • Open

#### THURSDAY

8:30-11:00 a.m. • Open

#### SUNDAY

8:00-10:00 a.m. • Open

### BEGINNER PICKLEBALL

#### TUESDAY

12:30-2:30 p.m.

The rules are simple and the game is easy to learn. Come learn this awesome game with help from an instructor.

### PUNCH CARD

**9 VISITS:** \$40

**PAY-PER-VISIT:**

\$3 YMCA Tennis Center Member

\$5 General Public

**Players must sign up for court time 24 hours in advance by calling 236-3400.**

**NEW! Double Strategy/Cardio with Rick Bowhousen**

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

## WEE SOCCER AGES 3-5

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

### 20 SOCCER ARENA

FALL 1 TUESDAY 3:00-3:30 p.m.  
THURSDAY 9:00-9:30 a.m.

FALL 2 TUESDAY 3:00-3:30 p.m.  
THURSDAY 9:00-9:30 a.m.

FEE \$36 Member • \$62 Activity Member

## WEE T-BALL AGES 3-5

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

### 20 SOCCER ARENA

FALL 1 TUESDAY 4:00-4:30 p.m.

FEE \$36 Member • \$62 Activity Member

## WEE BASKETBALL AGES 3-5

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

### 20 MAIN GYM

FALL 1 & FALL 2 THURSDAY 4:00-4:30 pr

## WEE FOOTBALL AGES 3-5

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

### 20 SOCCER ARENA

FALL 1 & FALL 2 THURSDAY 4:30-4:30 p.m.

FEE \$36 Member • \$62 Activity Member

## WEE SPORTS AGES 3-5

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

### 20 LOCATION WILL BE DETERMINED BY SPORT

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

FEE \$36 Member • \$62 Activity Member

## WEE DISCOVER OUR SENSES AGES 3-5

Children will participate in preschool activities exploring the 5 senses.

### 20 MULTI-PURPOSE ROOM

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

FEE \$36 Member • \$62 Activity Member

---

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

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

**20** MULTI-PURPOSE ROOM

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

FEE \$36 Member • \$62 Activity Member

---

## WEE GYMNASTICS AGES 3-5

A beginning level tumbling introductory class.

**20** MULTI-PURPOSE ROOM

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

FEE \$36 Member • \$62 Activity Member

---

## WEE DANCE 1 AGES 4-6

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

**20** MULTI-PURPOSE ROOM

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

## WEE DANCE 2 AGES 4-6

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

**20** MULTI-PURPOSE ROOM

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

FEE \$36 Member • \$62 Activity Member

---

## WEE SKATE AGES 3-5

This activity introduces preschoolers to the basics of skating in a safe and fun way.

**20** ICE ARENA

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

FEE \$36 Member • \$62 Activity Member

---



# SUPER FUN

## WIGGLES & GIGGLES (PRESCHOOL)

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

**20** MONDAY & THURSDAY

9:30-11 a.m.

Soccer Arena

TUESDAY EVENINGS

4:45-5:45 p.m.

**FEE FREE to Members**

\$5 per family for Activity Members



# OSHKOSH YMCA STAFF HERE TO HELP YOU!

Development and Communications Director **Amy Albright**

Membership Coordinator **Amanda Arzberger**

Cash and Accountants Payable **Kelli Baneck**

School Age Director **Erin Baranek**

Aquatic Director (20th) **Lisa Bifano**

President/CEO **Tom Blaze**

Tennis Center Program Director **Rick Bowhousen**

Active Aging and Special Initiatives Director **Dan Braun**

Community Health & Wellness Director **Molly Butz**

Head Swim Team Coach **Jay Coleman**

Tennis Center Coordinator **Sheila Counts**

Accounts Receivable **Eric Davis**

Ice Arena/Café Coordinator **Angela Dodge**

Senior Program Director **Angie Flanigan**

20th Ave Childcare Director **Jane Gates**

Group Exercise Director **Brandy Hankey**

Property Manager (20th) **Dave Ihrig**

4K Teacher **Amanda Laux**

Aquatic Coordinator (DT) **Kathryn Madonia**

Downtown Branch Executive **Lester Millette**

Family & Special Events Director **Lisa Nothing**

School Age Coordinator/Teen Adventure Coordinator  
**Secelie Panske**

Information Technology Director **Josh Plaster**

Chief Financial Officer **Judy Rehm**

Health & Wellness Director (20th) **Rich Roehrick**

Payroll/HR **Amanda Sattler**

Senior Vice President; 20th Ave Executive Director  
**Jeff Schneider**

Sports Director **Travis Shufelt**

Membership Director **Julie Smith**

Marketing & Development Coordinator **Siri Smits**

Downtown Childcare Director **Kim Stelzer**

Health & Wellness Coordinator **Charlotte Stich**

Property Manager (DTC) **Jeff Troudt**

Aquatic Coordinator (20th) **Chelsea Vosters**

Health & Wellness Director (DTC) **Ben Wanezek**

## YOUR YMCA BOARD OF DIRECTORS

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

Past President

**Tony Renning**

President

**Joan Woldt**

President-Elect

**Tim Mulloy**

Treasurer

**Tony Wihlm**

Secretary

**Becky Tuchscherer**

**Brent Antti**

**Jeff Bard**

**Kathy Bermingham**

**Mike Burgess**

**John Casper**

**Mike Floyd**

**Steve Grey**

**Melissa Kohn**

**Deb Laibly**

**Megan Lang**

**Karen Lorfeld**

**Julie Pollnow**

**David Seekings**

**Carey Sharpe**

**Karrine Spiller**

**Ed Williams**



# 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](mailto:amyalbright@oshkoshymca.org)  
920.236.3380 or go to  
[www.oshkoshymca.org](http://www.oshkoshymca.org)**



## THERE IS STILL TIME TO MAKE YOUR MARK ON THE NEW DOWNTOWN Y!



**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.

# 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. (min. of 20 required)

See front desk for registration form and permission slip.

**20 SATURDAY, OCTOBER 28  
AND  
FRIDAY, DECEMBER 1**  
7 p.m.-8 a.m.

**AGE** 7-12

**FEE** \$25+TAX =  
\$26.25 Member  
\$35+TAX =  
\$36.75 Activity  
Member

**NON-STOP FUN!**

## FAMILY BINGO NIGHT

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

**20 FRIDAYS: 5:30-7:30 p.m.**  
• OCTOBER 6  
• NOVEMBER 10  
• DECEMBER 15  
**FEE** Bingo sheets are  
5 for \$3, or 10 for \$5



# SPECIAL! NEW YEAR'S FAMILY NIGHT

**SUNDAY, 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!

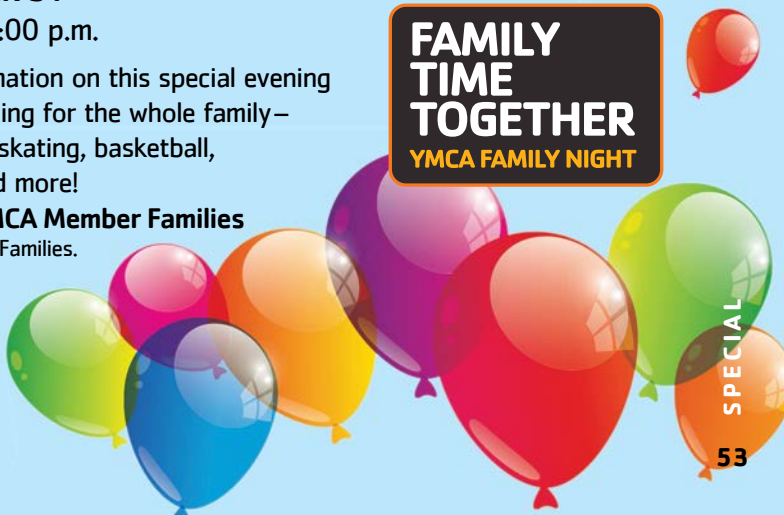
**FREE for Oshkosh YMCA Member Families**

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

SPONSORED BY



**FAMILY  
TIME  
TOGETHER**  
YMCA FAMILY NIGHT



SPECIAL