



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

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

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

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



**BEST  
CHILD  
CARE  
PROVIDER**

**BEST  
FITNESS  
CENTER**

## WHY THE Y? ALL THIS...

- Three great locations to serve you in Oshkosh
- **NEW** Nationwide Membership Benefit: Access to 2,700+ Y's across the country
- 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 tracks
- **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
- Five **FREE** guest passes a year to qualifying members
- **FREE** Fitness Testing
- **FREE** Towel Service
- **FREE** WI-FI
- **FREE** Climbing Wall during Open Climb

**& MORE!**



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## OSHKOSH COMMUNITY YMCA BOARD OF DIRECTORS



**WINTER** January 8–February 18  
**SPRING 1** February 26–April 15  
**SPRING 2** April 16–May 27

See page 8 to learn more about the  
vision of our Oshkosh Community  
YMCA Board of Directors





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# 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  
**8x8:** \$5,000 • Engraved: 6 lines/12 characters per line  
**15x8:** \$10,000 • Engraved: 3 lines/21 characters per line

For more information  
contact [pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org)  
920.236.3380 or go to  
[www.oshkoshymca.org](http://www.oshkoshymca.org)



## 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.

## LOCATIONS

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

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

## TENNIS CENTER

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

## FACILITY HOURS (through Memorial Day)

**DT MONDAY-FRIDAY** 5:00 a.m.-10:00 p.m.  
**SATURDAY** 5:00 a.m.-5:00 p.m.  
**SUNDAY** Noon-5:00 p.m.

**20 MONDAY-FRIDAY** 5:00 a.m.-10:00 p.m.  
**SATURDAY-SUNDAY** 7:00 a.m.-7:00 p.m.

**NEW  
HOURS**

**EMAIL** [comments@oshkoshymca.org](mailto:comments@oshkoshymca.org)

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

## CLOSED DAYS

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

**DT GRAND  
OPENING!**  
**1/1/18**  
**11 a.m.-5 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).

**WINTER Jan 8-Feb 18** Activity Members register 12/18/17. Members register any time.

**SPRING 1 Feb 26-Apr 15** Activity Members register 2/12/18. Members register any time.

No programs 3/26-4/1 due to OASD Spring Break.

**SPRING 2 April 16-May 27** Activity Members register 4/2/18. Members register any time.

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

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

FOR ALL.



OUR MISSION IS 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.

**When you join the Y, you join a community organization that offers more health, more hope, more opportunity:**

- Parents find a safe, positive environment for children to learn good values, social skills and behaviors.
- Families come together to have fun and spend quality time with each other.
- Children and teens play, learn who they are and what they can achieve, and are accepted.
- Adults connect with friends, pursue interests and learn how to live healthier.
- Communities thrive because neighbors support each other and give back.
- We all build relationships that further our sense of belonging and purpose.

## MISSION

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

# YOU BELONG.

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

## Affordable To All

## MEMBERSHIP FOR ALL

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

## NATIONWIDE MEMBERSHIP!

## ALWAYS WELCOME, IN EVERY COMMUNITY

With Nationwide Membership, members can visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost. Nationwide Membership is an essential part of our cause to strengthen communities.

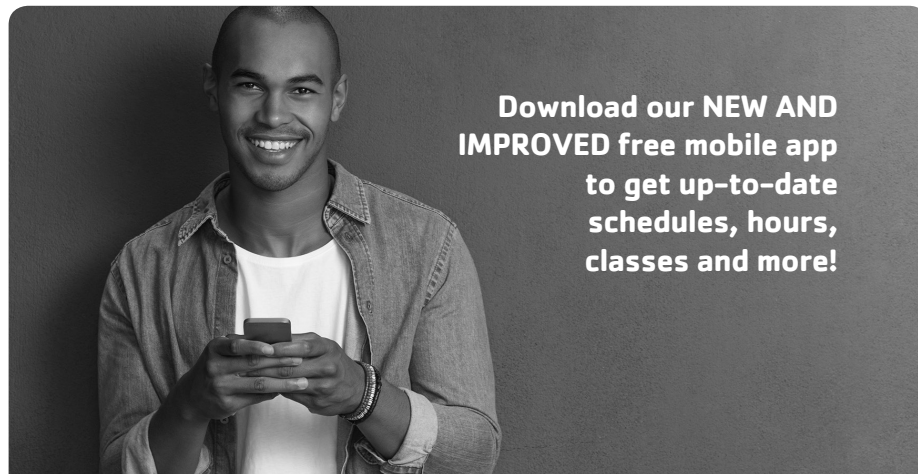
It enables members to:

- Reach health and wellness goals wherever they live, work, or travel.
- Connect with the larger Y community in meaningful ways.

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



**FOLLOW US on Facebook, Twitter and Instagram.**  
*Don't miss a beat!*



**Download our NEW AND IMPROVED free mobile 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.

**TEACHING KITCHEN DT** Our teaching kitchen offers children, adults, and families the opportunity to learn about healthy cooking and nutrition through culinary education programs led by our on-staff dietitian.

**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. Skate rental available.

**INDOOR SOCCER FACILITY 20** The only indoor soccer facility in Oshkosh: artificial turf with an area of play confined by a dasher board system. Programs for all ages and skill levels. Open soccer times are available.

**FAMILY PRIME TIME CENTER 20** A perfect setting 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 Y facilities provide safe, affordable care for children six weeks to six years old, while parents participate in Y programs and services.

**GYMNASIUM DT 20** 20th Ave offers a 15,500 square foot gymnasium, home to 2 full WIAA courts or 4 cross-courts or 3 volleyball courts. Downtown's 7,500 square foot gymnasium is home to 1 full WIAA courts or 2 cross-courts or 3 pickleball 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 Open Climb time, classes and activities with elements of a high ropes course, including a log walk, leap of faith and 28-foot climbing wall.

**FAMILY LOCKER ROOM DT 20** 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.

## FACILITIES: YMCA LOCATION

DT 20

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



**FAMILY  
TIME  
TOGETHER**  
Y FAMILY NIGHT

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

**FREE TO OSHKOSH Y MEMBERS**

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

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

**SUNDAY, DECEMBER 31**

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

**JAN 13** Glow in the Dark Party

**FEB 17** Magic Show

**MAR 17** Sound Sensations DJ  
Party

**APRIL 28** Baseball Fun

Family nights presented by

 **Mercy  
Medical Center**  
AFFINITY HEALTH SYSTEM

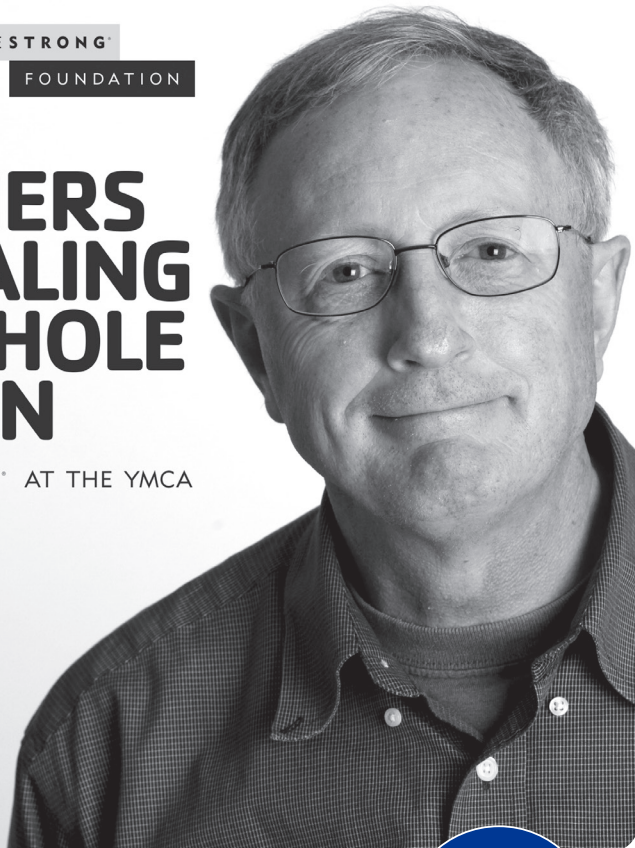




LIVESTRONG<sup>®</sup>  
FOUNDATION

# PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG<sup>®</sup> AT THE YMCA



FOR  
BODY, MIND  
& SPIRIT.

## DID YOU KNOW?

**OVER 130 SURVIVORS** have gone through the **FREE 12-WEEK LIVESTRONG** at the Y program in Oshkosh.

Through the **6 YEARS** of running this program—ages have ranged from 18–94.

**2/3** of participants have been **FEMALE**.

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

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

## FOR MORE INFORMATION:

Contact Rich Roehrick at [richroehrick@oshkoshymca.org](mailto:richroehrick@oshkoshymca.org) or 230-8919.



## GIVE FOR A BETTER US

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



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



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



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



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



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

# 100%

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

# VISION

When I walk in the Oshkosh Community YMCA, the squeak of shoes on a gym floor and the hint of chlorine brings back childhood memories of learning to swim and playing basketball. I still feel that same excitement I felt when I walked in to my first YMCA dance as a teenager. My son, who is now a teenager, grew up in the Oshkosh YMCA Child Care and attended Camp Winni-Y-Co. The Y is also where he learned to swim and play football. He still hangs out with many of the friends he met at a young age through these programs.

Being an active lifelong member of the YMCA made it easy to say YES when I was asked to join the Oshkosh YMCA Board of Directors in 2009. Our YMCA exemplifies the highest standards of our quality of life in many ways. Not only have I loved the Oshkosh YMCA for helping me stay healthy, I now understand the impact it has on the community with programs that serve families and individuals.



When a family faces a financial challenge, the Y finds a way to bridge the gap in the cost of daycare or after-school care, providing support through the Strong Kids/Annual Campaign program. Families gain more enjoyment of our local waterways knowing that their second grader went through the learn to swim program. The programs geared for the aging population help build and maintain friendships and connectedness, along with the partnerships with other community organizations like the Boys & Girls Club.

All children from every demographic are 'at risk' in today's world. At the YMCA, children have a sense of safety or

sanctuary and belonging. Goodness prevails and healthy values develop. The social and economic values of these life enriching experiences are extraordinary.

I feel humbled when I think about the past and current board members, volunteers, community leaders and staff who have served the Oshkosh YMCA and paved the way for the best facilities in the country and the programs that help so many. I am proud to see the passion, commitment and investment that these people have for our community and for the future of the Oshkosh Community YMCA. ~Joan Woldt, Chief Volunteer Officer

"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal."

~Albert Pike

Volunteers are at the heart of the YMCA movement. They always have been. It is my honor and privilege to serve with the policy volunteers pictured on our front cover. Their vision and strategic thinking is critical to our success as an organization. Thank you to our Board of Directors and to ALL our volunteers who help our mission come alive for our community every day. ~Tom Blaze, President/CEO

*Thomas E. Blaze*

## ACTIVE OLDER ADULTS

### HEALTH CHAT/BLOOD PRESSURE CHECK

AOA FREE TO MEMBERS

Stop by for a quick Health Chat and Blood Pressure Check! Valley VNA Senior Care 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.

**DT** WEDNESDAYS: JAN 3 • MAR 7 • MAY 2

**20** WEDNESDAYS: FEB 7 • APR 4

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

FEE **FREE!**

### 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.

**DT** TUESDAYS: JAN 9 • MAR 13 • MAY 8 9:00 a.m.-12:00 p.m.

**20** TUESDAYS: FEB 13, APR 10 9:00 a.m.-12:00 p.m.

FEE **FREE!**

### PICKLEBALL

AOA FREE TO MEMBERS

All abilities are welcome. (Schedule is subject to change)

**20** MONDAY-FRIDAY 7:00-10:00 a.m.

**DT** MONDAY, THURSDAY, FRIDAY 8:00-11:00 a.m. MIXED DOUBLES

TUESDAY 8:00-11:00 a.m. WOMEN/MIXED DOUBLES

WEDNESDAY 8:00-11:00 a.m. MEN

MONDAY, WEDNESDAY, FRIDAY 6:30-8:00 a.m. COMPETITIVE PLAY

### SENIOR TRX

**DT 20** The TRX strap is a great tool for seniors to improve balance, increase joint mobility and stability, and gain muscular strength. See Group Exercise class schedule for days and time.

FEE Per 6-week session

\$15 Member • \$30 Activity Member



### SAVE THE DATE

Wednesday, May 30

FREE FOR  
ANYONE 55+

### National Senior Health & Fitness Day

**DT 20** Join us for a healthy breakfast, special classes, presentations, and a delicious lunch! RSVP will be required for breakfast, lunch, and presentations. Registration will open on May 1, 2018. Watch for a schedule of events in spring!



## ACTIVE OLDER ADULTS FITNESS CLASSES

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

**FEE FREE TO MEMBERS** • Activity Member \$65 (15-visit punch card)

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

**AOA FREE TO MEMBERS**

### ARTHRITIS AQUATICS DT 20

This activity offers water exercises that are recommended by the Wisconsin Chapter Arthritis Foundation. For more information on this program, please see Aquatics (Page 20).

### SENIOR WATER FITNESS DT

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

### WALK FOR FITNESS DT 20

Anyone over 55 can use the walking tracks free of charge, Monday-Friday from 5-8:30 a.m.

### SENIOR PILATES DT 20

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

### SENIOR CYCLING 20

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

### STRETCH, FLEX & BALANCE DT

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

### SENIOR CORE 20

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

### SENIOR AEROBIC DANCE 20

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

### NEW! 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.

"Laughter is timeless, imagination has no age, and dreams are forever."

-Walt Disney

### SENIOR CONDITIONING DT

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

### LOW IMPACT AEROBICS DT

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

### INTERMEDIATE CHAIR YOGA DT

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

### SILVERSNEAKERS DT 20

The SilverSneakers Fitness Program, a product of HealthWays, is the nation's leading fitness program designed exclusively for older adults. The SilverSneakers Fitness Program may be available to you at no additional cost through your health plan. Please call for more details. Once you are enrolled in the program you are eligible to participate in all activities the YMCA has to offer. For more information, contact Siri Smits at 230-8439.



### SILVERSNEAKERS CLASSIC DT 20

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

### SILVERSNEAKERS CIRCUIT 20

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

### SILVERSNEAKERS YOGA DT 20

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

### SILVERSNEAKERS SPLASH DT

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

## LIFELONG LEARNING

**Join us for lunch!** These special events are created for members and guests, ages 55+. **Free for Y Members** and a small fee for guests.

Lifelong Learning events run from Noon–2 p.m. Lunch is included! Registration is required. Please sign up at the Front Desk of either location! Watch for more information!

### JANUARY 12

#### **20 KICKING OFF THE NEW YEAR**

Meet new friends and make 2018 your best year yet with New Year's resolution tips from the Y!

### FEBRUARY 15

#### **DT HEART HEALTH**

This National Heart Month, treat your heart by learning about ways to prevent heart disease!

### MARCH 16

#### **20 SHARING THE GREEN**

Don't miss this special St. Patty's Day Lunch! And don't forget your green!

### APRIL 19

#### **DT NATIONAL VOLUNTEER MONTH**

Learn about upcoming volunteer opportunities that help support your local Y! Good for you, good for the community.

**ACTIVE OLDER ADULTS  
FREE TO MEMBERS**

## 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**

Jan 29, Feb 26, March 26, April 30, May 21 • 1:00–3:00 p.m.

## ROAD TRIPS!



### NEW! BUS TRIPS

Join the Y as we hit the road! This spring and summer we will venture out on exciting day trips, including a Milwaukee Brewers baseball game! Costs (to be determined) will include bus ride to and from the event, snack on the bus, and ticket in to the event. Minimum number of participants is required.

**Watch for details! You won't want to miss out!**

### NEW! TECH SUPPORT

"Tech", short for technology! Not sure how to work a certain function on your cell phone, tablet, computer or other device? Our technology experts are here to help you figure it out!

**Contact Siri: [sirismits@oshkoshymca.org](mailto:sirismits@oshkoshymca.org) or 230-8439 to set up a meeting.**

### NEW! WELLNESS CHATS

Looking for new ways to better your health? Let our YMCA wellness professionals help you assess your goals and needs to support a healthy lifestyle. A wellness chat will also help you learn more about the facility, classes, and equipment.

**Contact Siri: [sirismits@oshkoshymca.org](mailto:sirismits@oshkoshymca.org) or 230-8439 to set up a meeting.**

## Stronger and Healthier



**Peter Platten with YMCA Personal Trainer Karmen Towne.**

Since joining the YMCA, my wife and I have found all of the staff members extremely welcoming and helpful in assisting with training and providing guidance to make the most out of our visits. I have had issues with my fitness level for the past 5 years due to lower back and shoulder problems.

Since I started working with the personal training staff, I have never felt stronger or healthier. I have seen amazing results in that time. I am back to playing 18 holes of golf with ease and keeping up with yard work. My balance and flexibility have also improved since we started. My doctor has seen great improvement in my weight and resting blood pressure as well.

The trainers are passionate about fitness and it shows through the energy and enthusiasm they bring to every session. They make every workout challenging, creative and most importantly, fun. I greatly appreciate what they have done to make my life much more enjoyable!

**See pages 30–33 for Personal Training information.**

## MAKE A DIFFERENCE! BE A VOLUNTEER!



The Oshkosh YMCA offers many volunteer opportunities throughout the year. We welcome volunteers with all talents, interests and abilities. **Contact Siri Smits at [sirismits@oshkoshymca.org](mailto:sirismits@oshkoshymca.org) to be added to the volunteer email list.**



20

20TH AVE  
SWIM LESSONS

	Shrimp	Goldfish	Pike	Eel	Ray	Starfish	Polliwog	Guppy	Minnow	Fish	Flying Fish	Shark	Porpoise
<b>MONDAY</b>													
9:00-9:45 AM	•	•	•	•									
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.



DT

DOWNTOWN  
SWIM LESSONS

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

Try Downtown lessons for a quieter environment and warmer pools!



Join the  
Aquatics Team  
at the Oshkosh  
YMCA!  
Apply in person at  
either Y location

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

**WINTER** January 8–February 18

**SPRING 1** February 26–April 15 (no lessons 3/26–4/1)

**SPRING 2** April 16–May 27

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

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

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

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

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

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

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

## PRESCHOOL SWIM LESSONS (AGES 3–5)

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

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

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

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

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

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

## YOUTH SWIM LESSONS (AGES 6+)

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

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

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

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

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

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

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

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

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

## HOME SCHOOL SWIM LESSONS

Home schooling your kids? We have youth levels available Monday through Friday mornings. See chart on page 14–15 for daytime hours for youth levels.

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

## ADAPTED AQUATICS (AGES 3–ADULT)

For individuals with physical and cognitive disabilities, providing all ability levels an opportunity to learn new things or improve existing aquatic skills. Depending on the nature and severity of the disability, the instructor ratio will be 1:1 up to 1:3. Slots are limited. For more information contact Dan Braun at 230-8915.

**DT WEDNESDAY** 6:30–7:30 p.m.

**WINTER/SPRING** Jan 31 • Feb. 7, 14, 21 • March 7, 14, 21 • April 4, 11

**FEE** \$40



**FOR INFORMATION AND SCHEDULING of Scuba or Pool Rentals, Scout Workshops, Private, Adapted or Adult Swimming Lessons, please contact:**

**20TH AVENUE** Lisa Bifano 230-8913 lisabifano@oshkoshymca.org  
**DOWNTOWN** Dan Braun 230-8915 danbraun@oshkoshymca.org

### PRIVATE SWIM LESSONS

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

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

### ADAPTED SWIM LESSONS

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

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

### ADULT SWIM LESSONS (AGES 18+)

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

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

### SCOUTS SWIMMING WORKSHOPS

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

**DT 20** FEE \$5 per participant

### SCOUT SWIM TEST

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

**DT 20** FEE \$2 per participant

### SCUBA RENTAL

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

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

### POOL RENTAL

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

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

For more information on American Red Cross training, please contact  
**20th Ave:** Lisa Bifano at 230-8913 or lisabifano@oshkoshymca.org or  
**DOWNTOWN** Dan Braun 230-8915 danbraun@oshkoshymca.org

### AMERICAN RED CROSS LIFEGUARD TRAINING AGES 15+

In order to successfully pass this course, you will need to pass a practical and written test with 80% or better. Certifications include American Red Cross Lifeguard Training, First Aid, and CPR for the Professional Rescuer and AED. This class requires passing pre-requisite water skills prior to entry, including: Swim 300 yards continuously using these strokes in the following order: (100 yards front crawl using rhythmic breathing, 100 yards breaststroke using correct kick, pull, glide form, 100 yards either front crawl or breaststroke or a combination of the two strokes). Swim 20 yards using front crawl or breaststroke surface dive to 9 feet, retrieve a 10-pound brick, swim 20 yards to starting point with object and exit the water without using a ladder or steps in 1 minute 40 seconds, tread water for 2 minutes with legs only. Prescreening will be held the first day of class. Participants will be refunded the cost of the class if they do not pass the per-requisites. Participants should bring I.D. to verify age the first day of class. Books are included in the fee.

**20** SPRING 1 Jan 27 & Feb 3-4 • 9 a.m.-6:30 p.m.

**20** SPRING 2 March 26-29 • 8:30 a.m.-4 p.m.

**20** SPRING 2 May 5-6 & 12 • 9:00 a.m.-6:30 p.m.

FEE \$175 Member • \$200 Activity Member

EVERY SESSION  
MUST BE  
ATTENDED IN FULL.  
NO EXCEPTIONS!

### AMERICAN RED CROSS LIFEGUARD TRAINING RECERTIFICATION

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

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

**20** SUNDAY May 20 • 9:00-3:00 p.m.

FEE \$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 80% or better. (For the class to run, there must be a minimum of 4 participants).

**DT** SATURDAY February 10 • 9:00 a.m.-5:00 p.m.

SATURDAY May 12 • 9:00 a.m.-5:00 p.m.

FEE \$100 Member • \$125 Activity Member

**Learn how to save a life. Learn CPR.**

FOR CLASS TIMES, PLEASE SEE THE MOST CURRENT SCHEDULE ONLINE, ON THE FREE MOBILE APP OR AT THE FRONT DESK.

### ARTHRITIS AQUATICS

**DT 20** 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.  
**FREE TO MEMBERS** Activity members \$3 per class OR \$60 for 30-day program pass. (30-day punch card is available at the front desk.)

### AQUA ZUMBA

**DT** 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.  
**FREE TO MEMBERS**

### WATER FITNESS

**DT 20** 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.  
**FREE TO MEMBERS**

### WATER TAI CHI

**DT** 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.  
**FREE TO MEMBERS**



Strong Swimmers = Confident Kids.

The Oshkosh YMCA Swim Team is a great way for kids to make new friends and stay active! **Learn more about the program on page 22!**

### POWER CURRENT

**DT 20** 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.  
**FREE TO MEMBERS**

### SENIOR WATER FITNESS

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

### SILVERSNEAKER SPLASH

**DT** This class offers fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination.  
**FREE TO MEMBERS**

FOR CLASS TIMES, PLEASE SEE THE MOST CURRENT SCHEDULE ONLINE, ON THE FREE MOBILE APP OR AT THE FRONT DESK.



Krysta + Ellie love the Y swimming pools!

### 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.



## 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

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-Saturday, January 5-6

Tuesday, January 23

Friday, February 2

Thursday-Sunday, February 8-11

Sunday, March 11

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

**20** The 20th Ave. pools will be closed during all home swim meets.

Check out the downtown location for extra open hours during swim meets.

### POOLS CLOSED • 20TH AVENUE

### COME CHECK OUT THE SWIM MEETS!

1/5	OSHY • BOTH POOLS closed at 5:30 p.m.
1/6	OSHY • BOTH POOLS closed 8 a.m.-1:00 p.m.
1/9	Oshkosh North • LAP POOL closed at 5:30 p.m.
1/23	OSHY • LAP POOL closed at 5:30 p.m. No slide or gadgets
1/28	Masters Meet • LAP POOL closed 8:00 a.m.-1:00 p.m. No slide or gadgets
2/2	OSHY • LAP POOL closed at 5:30 p.m. No slide or gadgets 6-8:00 p.m.
2/8-11	OSHY WINTER OPEN
	2/8 LAP POOL closed at 5:30 p.m. Slide and gadgets closed at 6:30 p.m.
	2/9-11 BOTH POOLS closed at 4:00 p.m. on Friday for the entire weekend
3/11	OSHY • ENTIRE AQUATIC FACILITY closed 8:00 a.m.-1:00 p.m.
4/21	Special Olympics • ENTIRE AQUATIC FACILITY closed 12:00-5:00 p.m.
4/29	Unified Swim Meet • ENTIRE AQUATIC FACILITY closed 7:00 a.m.-1:00 p.m.

## JUDO (AGES 6-ADULT)

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

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

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

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

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

### FEE

#### INDIVIDUAL

\$47 Member

\$67 Activity Member

#### FAMILY (Up to 4 people)

\$100 Member

\$140 Activity Member

Additional family: \$20/person

## TAI CHI

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

**20** PLEASE SEE CURRENT GROUP EXERCISE CLASS SCHEDULE FOR DAYS/TIMES.

**FREE TO MEMBERS**

## KARATE (AGES 4-ADULT)

Karate is good exercise, it's fun, it enhances your confidence, teaches you methods to defend yourself, develops patience and more! This program is a 7-week session. Classes run year-round. Uniform is not required for first session. Uniform is available to purchase for \$25. Testing is \$40 for all lower levels. More information will be given the first night of class.

**20** TUESDAY & THURSDAY

5:30-5:55 p.m. Ages 4-7 Beginner

5:55-6:20 p.m. Ages 4-7 Intermediate

6:20-7:00 p.m. Ages 8-12 Beginner/Intermediate

7:00-8:00 p.m. Ages 13+ All Ranks

**SATURDAY** 9:30-10:30 a.m. Yellow belts and above, only.

**FEE** \$89 Member • \$128 Activity Member • 10% Sibling Discount Available

## YOGA

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

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



## OPEN CLIMB (AGES 4+)

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

**Register for Open Climb daily at the Service Center. Oshkosh Y Member Registration begins 1/2 hour prior to starting time. FEE FREE TO OSHKOSH YMCA MEMBERS!**

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

## PROGRESSIVE ROCK CLIMBING CLASSES

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

### MONDAY

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

Find the **joy**  
in the journey.

### DID YOU KNOW?

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



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

## GROUP/FAMILY CLASS

Learn the basics of rock climbing in a laid back atmosphere, while friends and family members shout encouragement. Participants 15 years old and above will be certified to belay. (Minimum of 3 participants needed to offer class.)

**TUESDAY** 6:30–8:00 p.m. Ages 4+

**FEE** (per climber) \$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 4-16)

This class will teach students how to properly climb all of the elements that our indoor rock wall has to offer. Students will learn different climbing terminology, equipment names, how to warm-up for rock climbing, understand the different climbing techniques, and so much more! (Minimum 2 participants, maximum 4)

Call Travis Shufelt at 230-8439 for more information.

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

FEE \$50 Member • \$75 Activity Member

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

**TEAM BUILDING**

CALL BEN WANEZEK  
AT 236-3406 EXT. 390  
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 2-4 hours \$20 per participant  
Minimum 12 participants

## NEW MEMBER ORIENTATION

### FREE INITIAL BODY COMPOSITION TESTING

Contact the Health and Wellness Center to schedule your FREE INITIAL BODY COMPOSITION TESTING.

**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 NEW MEMBER ORIENTATIONS TO OSHKOSH YMCA MEMBERS**

## PROGRAM REFRESHER

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

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

## STRONG TEENS (AGES 11-15)

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

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

FEE \$31 • 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 Center by testing out all areas of Strong Teens course. Teens are evaluated in the areas of strength, cardiovascular exercise, core exercises, flexibility, balance, safety, and gym etiquette. Candidates must be enrolled in high school to take this program, proof of enrollment is required. Contact our Health & Wellness Representative today for an appointment.

**DT 20** FEE \$15.50 • OSHKOSH YMCA MEMBERS ONLY

## HOME SCHOOL FIT FOR KIDS (AGES 4-14)

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

**Feb 5-May 9** (No classes week of March 19)

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

FEE \$80 Member • \$112 Activity Member (\$5 late fee for each person signed up after Feb 1) (10% sibling discount applied to additional 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.

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

**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.

### COMING SOON TO BOTH LOCATIONS!

## DT 20 DEFEND TOGETHER

MMA moves drive a great cardio experience that also strengthens the entire body. It's a great way to add variety to your training and improve timing, precision, and focus. Plus it's a great way to kick stress out of your life!

## 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.

**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.

**Family Bootcamp** Geared for the whole family (Ages 4+) for all fitness levels. We will focus on bodyweight exercises, good form and sports drills.

## 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.

**STROLLER AEROBICS** This stroller-based class is great for new parents to get connected to other new parents and get a great workout. Class incorporates power walking, strength training, and stretching all while your little one watches from the comfort of their stroller. Little ones must remain in a stroller.

**NEW! HOT YOGA** See the mobile app or current Group Exercise Schedule for details.

## TRX

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

**DT 20 WINTER, SPRING 1, SPRING 2 • Register online or at the Front Desk.**

**FEE** (for full sessions) \$15 Members • \$30 Activity Members

## 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 WINTER, SPRING 1, SPRING 2 • Register online or at the Front Desk.**

**FEE** (for full sessions) \$15 Members • \$30 Activity Members

## 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.**

## VISION

Recently, I was doing some decluttering and came across a box of old photos. Amongst the photos were several "ID's", some dating back to my college days. Not sure what compelled me to save those cards but they all brought back many fond memories. Amongst the cards was my first "Y" membership ID, dated September 1990. My first thought was, wow! Twenty-seven years, where has the time gone?

What quickly followed was a sense of gratefulness for a community resource that has proved to be a life-long partner, committed to providing an array of services to help me maintain my health and fitness. The new Downtown YMCA is a wonderful updated facility that continues to be a place in my life where fitness and friendships thrive ~ **Melissa Kohn – YMCA Board Member**





## PRIVATE PERSONAL TRAINING & DIETITIAN SERVICES

Whether you prefer land-based exercise or water workouts, our professionals can personalize a plan based on your lifestyle and goals. We offer programs and prescriptions to everyone. At the Oshkosh YMCA, all program professionals are nationally certified at the highest level. Our approach is precise and scientific. Every person will receive their own personalized program/prescription based on their specific needs.

**POLICIES:** All training/services must be purchased prior to starting your training program with your certified personal trainers. • All packages are due in-full at point of service. • With purchasing a package, you will be able to interchange diet consultations with personal training. • You have six months to redeem your sessions. After six months your sessions will be voided. • Cancellations must be done by calling the Y 12 hours prior to cancellation at (920) 230-8439 and by notifying your clinician by phone or email. • You will receive two free cancellations due to emergencies.

### PAY-AS-YOU-GO OPTIONS: 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 sessions of Personal Training or Dietitian Services

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

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

### Gold Package

**SAVE \$50:** 12 half-hours of Personal Training or Dietitian Services • \$250

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

## NEW! WEIGHT LOSS PACKAGE

Are you looking to lose weight this winter? Our weight loss package is focused towards you. Our clinicians look at all weight loss barriers to include sleep, hormones, support, nutrition, and exercise. *This package is a must if you are serious about changing your life.*

- Three 1-on-1 sessions with our registered dietitian
- Eight 1-on-1 sessions with our certified personal trainers
- One-hour weight-loss coaching session

**FEE** \$300 Members Only

## 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 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. **You can join with a group or join by yourself!**

**TUESDAY & THURSDAY** 8:30 a.m.

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

4 sessions \$69 **SAVE \$31**

8 sessions \$99 **SAVE \$101**

**12 sessions \$149 SAVE \$151**

## CLINICAL PERSONAL TRAINING (AGES 13+)

This package is for the 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

## PERSONAL TRAINING EASY PAYMENT OPTIONS YMCA MEMBERS ONLY

This wellness option is an add-on to your membership. If you like working with a personal trainer or dietitian and hate purchasing week after week then this is the package for you. We will automatically withdraw the designated amount based on the option that you choose. Make life easy with this wellness option!

- If you need to cancel or pause this option at any time please let the front desk staff or your personal trainer know in person 48 hours prior to cancellation.

<b>EASY PAYMENT OPTIONS:</b> <b>30 Minute Sessions</b>	1x Week:	\$89 (4 sessions)
	2x Week:	\$169 (8 sessions)
	3x Week:	\$229 (12 sessions)
	Unlimited:	\$449 (12+ sessions)

## University of Wisconsin Oshkosh (UWO) KINESIOLOGY PARTNERSHIP OPTIONS

### BODPOD

The Bod Pod is based on whole-body air displacement plethysmography, a scientifically validated method for measuring human body fat percentage. Because of its accuracy, the Bod Pod service is ideal for those who wish to track how they are doing before, during, and after starting a new exercise, diet, or other health program.

**FEE:** \$75

### INDIRECT CALORIMETRY

Do you want to know how many calories you are burning at rest? This add-on service will help you measure your caloric needs based on your specific goals. We do this by measuring the difference between inspired and expired levels of oxygen and carbon dioxide, determinants of VO2 and VCO2. These values are then converted to an REE (resting energy expenditure).

**FEE:** \$125

### ABSOLUTE VO2 TESTING

A VO2 Max test involves a graded exercise test on a treadmill or on your bike. The test begins at a very light intensity and gets slightly harder each minute until maximum exertion. The subject wears a mask and we measure the volume of air expired along with the percentages of oxygen and carbon dioxide in the expired air. From this data, we determine your Aerobic Threshold, Lactate Threshold and VO2Max.

**FEE:** \$125

## 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 your starting point in order to 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 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 string team building exercises during the workout program. Our registered dietitian can also help educate the team regarding pre/during/post nutrition education. Working with our sports dietitian will help your athletes perform at their best. 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. Teams must reserve training three months in advance to reserve court/field space for training.

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

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 prepared 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 posture analysis and then follow with a dynamic postural analysis. The professional will look for mal-alignment in which over-active and under-active muscles will be identified. Exercises will then be given based on the diagnoses of the gait analysis and body mapping. Our sports dietitian will also help you with fueling before your big race. With this package you will work 1 on 1 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 • 3 half-hour sessions with our Sports Dietitian • written program (one month)

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

*UWO Partnership Add-Ons Available Upon Request*

## 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 • 8 30-minute personal training sessions • 3 sessions with our Sports Dietitian • Body mapping (to improve efficiency 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)

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

*UWO Partnership Add-Ons Available Upon Request*

## 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 • 8 30-minute personal training sessions • 3 sessions with our Sports Dietitian • Body mapping (to improve efficiency) • 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

## NEW! DIETITIAN WORKSHOPS

Join us for our dietitian workshops that cover topics like the basics of nutrition, fad diets, food myths, healthy cooking habits, and grocery store advice. *Open to YMCA Members and Activity Members!*

**DT 20** **FEE** \$5 Members • \$10 Activity Members



NOW ENROLLING!!



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

## 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 risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight. Taking these steps will reduce your chances of developing this 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. This will be followed by monthly maintenance for added support to help maintain 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 diagnoses of Gestational Diabetes (GDM) during previous pregnancy, or a qualifying risk score.

For More Information: Contact Rich Roehrick at [richroehrick@oshkoshymca.org](mailto:richroehrick@oshkoshymca.org) or 230-8919.



LIVESTRONG®  
FOUNDATION

### LIVESTRONG® at the YMCA

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

Our goal is to help our participants build muscle mass and 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 with developing their own physical fitness program, so that 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 with a supportive environment and a feeling of community with their fellow survivors, YMCA staff and members.

YMCA wellness professionals will 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.

**20** Begins Feb 6



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

**SIGN UP TODAY!** Email Rich at [richroehrick@oshkoshymca.org](mailto:richroehrick@oshkoshymca.org)

## 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 [oshkoshwarbirds@yahoo.com](mailto:oshkoshwarbirds@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 in Levels 1 and 2, and will be required in Levels 3 and 4. Hockey gear will be available to use at no cost during this program.

**MONDAY LEVEL 1** 5:45-6:15 p.m.

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

**LEVEL 2-4** 6:15-7:00 p.m.

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

## HIGH SCHOOL HOCKEY LEAGUE

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

**March 7-May 2** Reg deadline 2/21/18 (No games 3/28)

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

**FEE** \$70 Member • \$95 Activity Member • Goalies play FREE!

## 3 ON 3 YOUTH HOCKEY LEAGUE

An 8-week league for Mite-Bantam age hockey players. Squirt level and up will have officiated games. Full equipment is required. Players are required to provide their own jerseys.

**Apr 4-May 23** Reg deadline 3/28/18

**WEDNESDAY** Nights

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

**SQUIRT+ LEVEL** \$70 Member • \$95 Activity Member

## IN-SEASON GOALIE WORKOUTS (AGES 8+)

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

**Winter, Spring 1**

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

**FEE** \$105 Member • \$130 Activity Member

## ADULT LEARN TO HOCKEY SKATE (AGES 18+)

An instructional program for the beginner interested in learning to skate and play hockey. No skating experience is required. This program includes skate instruction and drills. Full equipment is required. 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 HOCKEY ROOKIE LEAGUE (AGES 18+)

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

**WINTER January 7-April 29** Reg deadline 1/3/18 (No games 2/4 and 3/25)

**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.

**WINTER January 10-May 2** Reg deadline 1/3/18 (No games 2/7 and 3/28)

**WEDNESDAY** Nights

**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. Individual registration only. Teams will be formed by league administrators. No official provided – limited to first 24 registrations.

**WINTER January 7-April 29** Reg deadline 1/3/18 (No games 2/4 and 3/25)

**SUNDAY** Nights

**FEE** \$120 Member • \$175 Activity Member • Goalies play FREE!



## LEARN TO SKATE (AGES 4+)

Classes based on the Learn to Skate USA program: Snowplow Sam 1-4 as well as Basic 1-2. Each session includes one half-hour lesson per week. Participants learn the basics of skating by developing balance and confidence. Gloves or mittens and bike helmets are required. Knee and elbow pads are recommended.

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

**FEE** \$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 Freeskiate 1-6

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

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

**FEE** \$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.*

## SPRING ICE SHOW

Get Your Kicks on Route 66

APRIL 27

6:30 p.m.

APRIL 28

2:00 p.m.

Interested in participating?

Please contact  
Angela Dodge at  
[angeladodge@oshkoshymca.org](mailto:angeladodge@oshkoshymca.org)

Photos Courtesy of Look! That's My Kid Photography.



## FREE FUN ON THE ICE

January is  
National Skating Month!  
Join us for **FREE OPEN SKATE**  
AND **FREE SKATE RENTAL**  
January 20 • 3:00-4:30 p.m.

**FREE!**  
OPEN SKATE  
GAMES &  
PRIZES



## 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.

**January 21-February 25** Reg deadline 1/8/18

**SUNDAY** Afternoons

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

**COMPETITION INFO:** Fox Cities

Invitational – Appleton Family Ice

Center March 2-4 (actual date TBD)

## OPEN ICE SKATING

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

**FEE FREE FOR Y MEMBERS** • \$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 fees.

## HOMESCHOOL SKATE LESSONS

Introductory and basic skate lessons for homeschool children.

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

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



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

Sponsored by:



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

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

## YOUR CHANCE TO GIVE BACK! GREAT FUTURES

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



**BOYS & GIRLS CLUB  
OSHKOSH**

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

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

**TO BECOME A MENTOR:** Contact Carlea Liermann at the Boys & Girls Club of Oshkosh at 233-1414 or email [carleal@bgcosh.org](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.

## CHILD DEVELOPMENT CENTER

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

**AGE** 6 weeks through pre-Kindergarten  
**MONDAY-FRIDAY**

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

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

**FOR MORE INFORMATION  
PLEASE CONTACT:**

**Kim Stelzer  
DOWNTOWN  
[kimstelzer@oshkoshymca.org](mailto:kimstelzer@oshkoshymca.org)  
920-230-8954**

**20TH AVENUE  
920-230-8918**

## KID'S CLUB 2017-2018 BEFORE- AND AFTER-SCHOOL CARE

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

### BEFORE SCHOOL

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

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

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

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

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

**REGISTRATIONS FOR 2018-19 WILL BEGIN APRIL 2018.** For more information contact Erin: 236-3380 or [erinbaranek@oshkoshymca.org](mailto:erinbaranek@oshkoshymca.org)



**Early childhood  
years are a  
WONDROUS TIME OF  
GROWTH + EXPLORATION.**

## FAMILY PRIME TIME CENTER

**FREE**  
TO OSHKOSH  
Y MEMBERS

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

### **20 MONDAY-FRIDAY**

3:00 p.m.-8:00 p.m.

### **SATURDAY**

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

### **SUNDAY**

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

## 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.

### **NEW DROP-IN HOURS:**

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

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

**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. and 4:00-8:00 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**



## SO MANY SUPER GREAT KIDS AT THE Y!

### YOUTH DISCIPLINE POLICY

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

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

## KIDS THESE DAYS! THEY'RE AWESOME.

## AFTERNOON SESSIONS STILL OPEN AT BOTH LOCATIONS

### CONTACT:

**KIM STELZER, DOWNTOWN**

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

920-230-8954

### 20TH AVE

920-230-8918

## 2018-2019 SCHOOL YEAR

### READY-4-LEARNING PRE-KINDERGARTEN

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

**AGE** Children must be 4 years old by Sept 4, 2018

**DT 20 AM:** 7:55-10:25 a.m.

**PM:** 12:00-2:35 p.m.

## VISION

The Oshkosh YMCA has been an important part of my family for the past 36 years. When I was transferred to Oshkosh, my office was located in the old Washington Avenue post office across the street from the Downtown Y. Because the Y was so close, I could leave the office and be at the Y in 2 minutes, at the most. I joined the Fit for Life Class; we jokingly called it the "Fight" For Life Class. Our kids would play racquetball and swim at the Y while I would work on Saturday mornings. All our kids took swimming lessons there. It was a great place for them to get in physical activity in a safe environment.

As the years sped by, I had the privilege of broadening my experiences, involvement and friendships at the Y. Today, as a senior citizen, I have a grandchild in the Downtown Child Care Center. Our Y involvement now includes volunteering and most recently in the 4K program. The YMCA helped my kids, and now their kids, in building a firm foundation for a sound mind and body.



The Downtown Child Care is wonderful facility. Our grandson is receiving a wealth of learning and socialization. We are grateful for the attention the children receive there.

The Oshkosh YMCA is a very dynamic organization. Reconstructing the Downtown facility brings a significant investment to the community, which will pay life-long dividends for the youth, their parents, as well as seniors. It will also be integral to a strong downtown commercial center. Being affiliated with the Oshkosh YMCA is truly an honor.

~ Ed Williams – YMCA Board Member



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

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

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

**2017: OCT 27 | DEC 26-29**

**2018: JAN 22 | FEB 16 | MARCH 26-30**

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

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

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

Additional possible snow make up days: May 25: 20th only; June 8: DT only.

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

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

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

## Y CAMPS = SUMMER FUN FOR ALL AGES

### PRESCHOOL SUMMER CAMP (AGES 4-5)

**20** Preschool Summer Camp is a fun and exciting introductory camp located at the 20th Ave Y. Camp includes lots of safe and healthy activities geared toward a preschooler's developmental level while exploring a new theme each week. Fun field trips and swimming included. Full and Part Time options available. Registration begins March 2018.

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

**DT 20** Summer Fun Club is an onsite, licensed summer childcare program for school-age children. Activities include swimming, weekly field trips, arts and crafts, reading, games, character development and more. Registration begins March 2018.

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

A state-licensed, summer day camp for you school age child. Participants are dropped off and picked up at the Y, where a bus transports them to our day camp. Activities include, mountain biking, archery, outdoor activities, nature education, weekly fieldtrips, swimming, arts and crafts, and more! Registration begins March 2018.



**Say cheese! There always something exciting happening at our Y Summer Camps!**

## ADVENTURE... FRIENDSHIP... FUN!



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

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

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

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

The **Leaders in Training Program** is offered to Teens 13-16 years old. A separate application is required for all teens interested in participating. Registration begins March 2018.

**Consider making a gift to the Oshkosh YMCA. Your gift stays local and will make a positive impact on kids and families in our community.**

To learn more go to [www.oshkoshymca.org](http://www.oshkoshymca.org) or contact Patti Weissling at 236.3380 or [pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org).



**Learn more about our awesome tennis programming for kids on pages 54-55.**

## BIRTHDAY PARTY PACKAGES

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

### 20 1-10 KIDS PACKAGE

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

MEMBER • \$100 +\$5 tax: \$105

ACTIVITY MEMBER • \$120 +\$6 tax: \$126

### 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 \$140 +\$7 tax: \$147 ACTIVITY MEMBER \$160 +\$8 tax: \$168

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.

### DI 1-10 KIDS PACKAGE

INCLUDES: Multi-Purpose Room for 3 hours, basketball gym, swimming

MEMBER • \$75 +\$3.75 tax: \$78.75

ACTIVITY MEMBER • \$95 +\$4.75 tax: \$99.75

### 11-15 KIDS PACKAGE

INCLUDES: Multi-Purpose Room for 3 hours, basketball gym, swimming

MEMBER \$115 +\$5.75 tax: \$120.75 ACTIVITY MEMBER \$135 +\$6.75 tax: \$141.75

Packages are available for larger groups. Contact Lisa Nething for more info!

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

## AFTER-HOURS ACTIVITIES AND OVERNIGHT RENTALS

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

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

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

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



## YOUTH INDOOR SOCCER LEAGUE

Instructional league offers tea practice and play on the same day. A 10-minute practice will be followed by a game of two, 20-minute halves. Individuals will be placed on teams according to their location of residence. Volunteer coaches will coach teams. If interested in coaching, please contact Travis Shufelt.

**Requirements** Soccer shin guards.

**March 10-April 28** Registration deadline 2/21/18 (no games 3/31 or 4/1)

**Times may vary based on enrollment.**

**20 AGE 4-K | Grade 1 | Saturday** Morning  
Grade 2 | **Saturday** Mid-day  
Grades 3-4 **Saturday** Afternoon  
Grades 5-6 **Saturday** Afternoon  
Grades 7-8 **Sunday** Afternoon

**FEE** \$46 Member • \$68 Activity Member

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

## GIRL'S HIGH SCHOOL INDOOR SOCCER LEAGUE

A league for high school girls, this session will consist of one game per week. 12 team max. Team registrations only.

**January 8-February 26** Registration deadline 12/29/17

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

**AGE** Grades 9-12

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

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

## BOY'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

**January 2-February 20** Registration deadline 12/22/17

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

**AGE** Grades 9-12

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

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

# HAVE FUN FOR A CAUSE!

## SAVE THE DATES!

**Y'NING WOMEN:**

**THURSDAY, JUNE 14, 2018**

**Hilton Garden Inn**

**YMCA GOLF OUTING:**

**MONDAY, JULY 9, 2018**

**Oshkosh Country Club**

**THANK YOU** to all of our participants, sponsors, volunteers and staff members that made the 2017 events a success! Benefiting the YMCA Annual Campaign, both events are vital to the work the Y does in our community!

Contact Patti Weissling for details to sponsor, volunteer and attend.  
[pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org)

## ADULT CO-ED SOCCER LEAGUE

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

**WINTER January 7–March 4** Reg. deadline 12/27/17 (no games 2/4)

**SPRING March 11–May 7** Reg. deadline 3/1/18 (no games 4/1)

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

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

## OPEN ADULT WOMEN'S SOCCER LEAGUE

Games will be played 5-versus-5 and a goalie, with roster size limited to 12.

Team registration only.

**WINTER February 1–March 22** Reg. deadline 1/24/18

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

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

## OPEN ADULT MEN'S SOCCER LEAGUE

Games will be played 5-versus-5 and a goalie, with roster size limited to 12.

Team registration only.

**WINTER January 3–February 21** Reg. deadline 12/22/17

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

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

## OPEN 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.

**ALL ABILITIES ARE WELCOME!**

**DT 20** Check Gym Schedule for Current Open Times

**FEE** **FREE TO Y MEMBERS**

## BEGINNER PICKLEBALL

**DT TUESDAY** 12:00–12:30 p.m.

Learn the rules of the game and scenario game play.

**DT TUESDAY** 12:30–2:00 p.m. **AND THURSDAY** 12:00–2:00 p.m.

Open play for beginners.

**FEE** **FREE TO Y MEMBERS**



The Oshkosh YMCA is partnering with Water Cities Soccer Club and Oshkosh Youth Soccer Club to bring US Youth Soccer TOP Soccer (The Outreach Program) program to our community. This program provides

youth with varying disabilities the opportunity to participate in soccer skills sessions **FREE** of charge! For more information, contact Travis Shufelt: [travisshufelt@oshkoshymca.org](mailto:travisshufelt@oshkoshymca.org).

**JANUARY 6–FEBRUARY 3 • SATURDAYS** 9:00–9:45 a.m.

**AGES:** K–GRADE 12

**FEE** **FREE!**

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

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

**WINTER January 12–March 2** Reg. deadline 1/3/18

**SPRING March 9–May 4** Reg. deadline 2/28/18 (no games 3/30)

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

**FEE** \$365/team (includes tax)

## MEN'S SUNDAY NIGHT SLAM BASKETBALL LEAGUE

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

**March 4–April 29** Registration deadline 2/21/18 (no games 4/1)

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

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

## YOUTH VOLLEYBALL SKILLS CAMP

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

**SPRING 2**

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

**20 TUESDAY EVENINGS**

**FEE** \$38 Member • \$62 Activity Member

## DANCE TEAM (GRADES 4K–5)

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

**SPRING 2**

**20 SATURDAY**

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

**FEE** \$46 Member • \$68 Activity Member

Includes team t-shirt.

## NFL FLAG FOOTBALL LEAGUE (GRADES 4K–8)

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

**20 Season May 5–June 16** Registration deadline 4/16/18 (no games 5/26)

**SATURDAYS**

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



OSHKOSH YMCA CO-ED YOUTH BASEBALL (AGES 4-12)

An instructional and fun league for boys and girls ages 4-12 that builds baseball skills, encourages teamwork, and promotes positive attitudes. League is determined by child's age prior to April 30, 2018. The Oshkosh YMCA is also excited to announce a collaboration with the Winneconne Youth Baseball Program (that is administered by the Oshkosh YMCA). Teams in the 9-10 and 11-12 division will have the opportunity to play one game at Marble Park in Winneconne.

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

**FEE** Includes t-shirt and hat.

**Season May 19-July 22** (No games May 28, July 1-7)  
Practices will begin Mid-April. Exact start times are weather/field dependent.  
**Registration deadline 3/15/18**

**OPENING WEEKEND May 19-20**  
Ages 9-12 will play on Saturday and Ages 4-8 will play on Sunday.  
Team pictures will also be taken.

Age	League	Games	Location	Practice	Tourny	Member	Activity Member
4-5	T-Ball	Sunday Aft	Red Arrow	30 Min before game	N/A	\$65	\$85
5-6	Coach Pitch	Sunday Eve	Red Arrow	1 Night/Week	N/A	\$65	\$85
7-8	Coach Pitch	Thursday Eve	Red Arrow	1 Night/Week	N/A	\$65	\$85
9-10	Player Pitch	Tuesday Eve	Red Arrow/Marble	1 Night/Week	July 13-15	\$90	\$110
11-12	Player Pitch	Monday Eve	Red Arrow/Marble	1 Night/Week	July 20-22	\$90	\$110

IMPORTANT SCHEDULING INFORMATION

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

Sports programming at the Y develop more than skills – they develop character. We emphasize teamwork, cooperation, and developing good values.

OSHKOSH YMCA YOUTH CO-ED SOFTBALL (AGES 5-18)

An instructional and fun slow pitch softball league. This program teaches the fundamentals of softball, encourages teamwork, and promotes positive attitudes. Players will be placed on teams based on their school/neighborhood location with volunteer coaches. League determined by grade currently in.

Practices will begin in April, weather dependent.  
Exact start times are weather/field dependent.

Formerly Oshkosh Youth Softball (OYSB)



**Registration deadline 3/15/18**  
**FEE** Includes t-shirt and hat.

**OPENING WEEKEND May 5** (May 6 Rain Date) Team pictures will also be taken.

GRADE/LEAGUE	GAMES	TOURNY	MEMBER	ACTIVITY MEMBER
K-Grade 1	Monday	June 22-24	\$35	\$45
Grades 2-3	Tuesday			
Grades 4-5	Wednesday			
Grades 6-8	Thursday			
Grades 9-12	Friday			
All levels practice 1 night per week and play games 1 night per week for an 8-week season.				

VISION

The Y has been a part of me all my life! As a little girl, I walked to the Downtown Y for a variety of activities including bowling at the Eagles Club, swim lessons, and Pepsi Teen Nights. Our children engaged in many sports at the Y — tennis lessons at the Tennis Center, basketball and football leagues, swim lessons, and more. And now, as an older adult, I love the fitness and yoga classes.

I have served on the Y Board for most of the last 20 years, as well as serving on a variety of committees over the years. It is a pleasure to give back to an organization which has given me so much. No other organization in Oshkosh touches so many lives in such a positive way as the Y. For me, the Y helps my mind, body and soul all at the same time! I am most thankful for the leadership and staff of the organization who make our Y such a special place. I am also grateful for the donors who helped make the new Downtown YMCA a reality. It is the single most important entity to sustain the revitalization efforts on the east side of Oshkosh and will have a far reaching impact for years to come. What a meaningful legacy for the next generation!

~ Kathy Bermingham – YMCA Board Member

## CONTACT INFORMATION YMCA TENNIS CENTER:

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

**Sheila Counts** • Manager, sheilacounts@oshkoshymca.org

**Rick Thiel** • USPTA Certified Professional

**Robert Henshaw** • UW-Oshkosh Head Tennis Coach

**Steve Francour** • Lawrence University Head Tennis Coach

## DAILY COURT RATES

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

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

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

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

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

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

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

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

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

**Non-Member Guest Fee** \$10/guest

**24 hour cancellation needed for court reservations.**

### Ball Machine Rental

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

## MEMBERSHIP DUES

**Oshkosh YMCA Member**

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

Family \$168

**Neenah or Appleton YMCA**

Member Youth\* \$83 |

Adult \$146 | Family \$194

**Y Tennis Center**

Membership

Youth \$100 | Adult \$216 |

Family \$324

## TENNIS CENTER BENEFITS

- Reduced rates on all group and private lessons
- 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)

**NEW!** • Unlimited court time for \$40.00 per month: January-April. Must pay for 4 months in advance. • Includes all open court time for the registered person. • Includes use of ball machine by registered person. • No refunds will be given

## PRIVATE INSTRUCTION

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

## TENNIS CENTER PICKLEBALL

**MONDAY & WEDNESDAY** 6:30- 9:00 a.m. |

Advanced Play 3 courts • Open Play available on 1 court • Groups, please call in advance.

Call the Tennis Center for additional open times and tournament information.

**FEE:** \$5 Walk-in per person during listed hours

\$3 for Tennis Center Members during listed hours

\$40 Punch card for 9 visits

Punch cards available at Y Tennis Center service desk. Punch cards can only be used during listed times, not when a court is reserved.

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

## BEGINNER PICKLEBALL LESSONS

Learn every aspect of the game. Learn a new and fun indoor activity. You will play games, learn the skills, and meet new people!

**Jan 4-Feb 1**

**THURSDAY** 1:00-2:00 or 7:00-8:00 p.m.

**FEE** \$40 per person

Paddles available to use. Register by calling the Tennis Center.

## ADULT BEGINNER TENNIS LESSONS

This is a new introduction class for the beginner adult player. Participants will work on developing the basic strokes of tennis. It's a great way to meet new people and learn an indoor activity for the winter!

**January 5-February 2**

**FRIDAY** 10:30-11:30 a.m.

**FEE** \$50/5-week session

## NEW! USTA YOUTH TEAM TENNIS (FOR THE NEW PLAYER)

A beginner program for ages 5-10 that have never taken a lesson before. Participants will use modified balls and receive an age appropriate racquet, making it easier to play and be more successful. We will have fun drills and games to develop core tennis skills and hand-eye coordination.

**January 8-February 12**

**AGES 5-8: MONDAY** 4:00-5:00 p.m.

**AGES 9-10: THURSDAY** 4:00-5:00 p.m.

**FEE** \$75/player (no refunds after 12/17/17)

This program is open to new players only! Space is limited. All players receive a team t-shirt and racquet!

**Register at** [Midwestteamentennis.com](http://Midwestteamentennis.com) • Contact Sheila Counts at [sheilacounts@oshkoshymca.org](mailto:sheilacounts@oshkoshymca.org) for more information.

## ADULT AND YOUTH LESSONS

**SESSION 3:** January 29–April 1 (No lessons 3/31, 4/1)

**SESSION 4:** April 2–June 3 (No lessons 5/26–28)

**8 weeks:** Saturday and Sunday • **9 weeks:** Weekdays

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

### 1 STAR TOTS AND INTRO CLASSES

These classes are organized to introduce kids to the game of tennis. The program develops hand-eye coordination, movement and tennis skills.

**FEE 8 WEEKS:** 45-minute class \$72 • 1-hour class \$96

**9 WEEKS:** 45-minute class \$81 • 1-hour class \$108

### ALL STAR YOUTH TENNIS PROGRAM: LEVELS 2 STAR AND ABOVE

These classes are for the progressing youth tennis Player. Classes will be led by one of our professional staff members.

#### TUESDAY

- 1 Star Tots (ages 4–5) • 3:45–4:30 p.m.
- 1 Star Intro (ages 6–8) • 4:30–5:30 p.m.
- 1 Star Intro (ages 9–12) • 5:30–6:30 p.m.

#### WEDNESDAY

- 1 Star Tots (ages 4–5) • 3:45–4:30 p.m.
- 1 Star Intro (ages 6–9) • 4:30–5:30 p.m.
- 3/4 Star • 4:30–5:30 p.m.

#### SATURDAY

- 1 Star Tots (ages 4–6) • 8–9:00 a.m.
- 1 Star Intro (ages 7–9) • 8–9:00 a.m.
- 2 Star (ages 6–9) • 9–10:00 a.m.
- 2 Star (ages 9–11) • 9–10:00 a.m.
- 3 Star (ages 9–14) • 10–11:30 a.m.
- 3 Star Elite/4 Star • 11:30 a.m.–1:00 p.m.
- 4 Star Elite • 1–2:30 p.m.

#### SUNDAY

- High School Girls • 12:00–1:30 p.m.
- High School Boys • 2:30–4:00 p.m.

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

### NEW! ADVANCED BEGINNER HIGH SCHOOL LESSONS

Perfect for the High School student wanting to go out for tennis that does not have a lot of experience. Participants will work on stroke basics and rules of the game. It will give you a jump start into our regular lesson programming!

**January 7–February 4**

**SUNDAY 1:30–2:30 p.m.**

**FEE \$50/5-week session**

### ADULT AND YOUTH (2 STAR AND UP) LESSON FEES

#### 8-WEEK SESSION

##### Tennis Center Member

1 hour lessons: \$132  
1.5 hour lessons: \$160

##### Activity Member

1 hour lessons: \$160  
1.5 hour lessons: \$192

#### 9-WEEK SESSION

##### Tennis Center Member

1 hour lessons: \$148  
1.5 hour lessons: \$180

##### Activity Member

1 hour lessons: \$180  
1.5 hour lessons: \$216

#### 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

**2 Star (ages 7–11)** Technique and stroke production will be the focus as well as the grip of each stroke.

**3 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** Understanding serve in play and playing out the point. Understanding lateral and vertical transitioning into the net off an approach into the net.

#### 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.

**Four Star Elite** 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. (Varsity and JV players)

### ADULT LESSON SCHEDULE

#### SATURDAY

**Intermediate** • 8:00–9:00 a.m.

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

**SESSION 3:** January 29–April 1 (No lessons 3/31, 4/1)

**SESSION 4:** April 2–June 3 (No lessons 5/26–28)

**8 weeks:** Saturday and Sunday

**9 weeks:** Weekdays

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

### ADULT CLASSES

#### CO-ED DROP-IN DRILL

Learn basics of proper doubles play and strategy.

**FRIDAY 9:00–10:30 a.m.**

**FEE \$17 Member • \$22 Activity Member**

#### ADULT LEAGUE PLAY

Leagues are held every day at a variety of times for all ability levels. All members are eligible for league play. Please inquire at Front Desk regarding league options.

**SESSION 2** January 2–May 25

No league make-up dates will be allowed.

**SUBBING** Free to all Y Tennis Center members • \$10 Subbing fee for non-Y Tennis Center members.

#### CARDIO TENNIS

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

#### MONDAY & WEDNESDAY

10:30–11:30 a.m.

#### WEDNESDAY

7:00–8:00 p.m.

(Need to pre-register by the day before)

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

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

### ADULT LESSON FEES

#### 8-WEEK SESSION

##### Tennis Center Member

1 hour lessons: \$132

##### Activity Member

1 hour lessons: \$160

#### 9-WEEK SESSION

##### Tennis Center Member

1 hour lessons: \$148

##### Activity Member

1 hour lessons: \$180



## NEW THIS YEAR!

### GROW YOUR STEM AGES 3-5

Explore science, technology, engineering, art and math. We will perform simple experiments with a great mix of learning and fun for a beginning STEM/STEAM foundation.

#### 20 WINTER

**TUESDAY** 9:00-10:00 a.m.

**FEE** \$40 Member  
\$66 Activity Member

### FIVE SENSES AND BEYOND AGES 3-5

Children will explore the five senses in preschool based activities such as songs, stories, science experiments, gross motor play and more.

#### 20 SPRING 1

**TUESDAY** 9:00-10:00 a.m.

**FEE** \$40 Member  
\$66 Activity Member

### FUN WITH MATH! AGES 3-5

Explore the wonders of numbers through counting activities, crafts, songs, playtime, and more.

#### 20 SPRING 1

**FRIDAY** 9:00-10:00 a.m.

**FEE** \$40 Member  
\$66 Activity Member

### ALPHABET PARADE AGES 3-5

Your budding reader will foster a love of learning. This class focuses on language development with letter recognition, introductory phonics and fine motor skills.

#### 20 SPRING 2

**TUES** 9:00-10:00 a.m.

**FEE** \$40 Member  
\$66 Activity Member

### PRESCHOOL DANCE AGES 4-6

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

#### 20 WINTER & SPRING 1 THURS 5:15-6:00 p.m.

### PRESCHOOL DANCEKIDS 2 AGES 4-6

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

#### 20 SPRING 2 THURS 5:15-6:00 p.m.

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

### PRESCHOOL FOOTBALL AGES 3-5

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

#### 20 WINTER & SPRING 1 • TUES 4:15-4:45 p.m.

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

### PRESCHOOL T-BALL AGES 3-5

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

#### 20 WINTER & SPRING 1 • TUES 5:00-5:30 p.m.

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

### PRESCHOOL SKATE AGES 3-4

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

#### 20 MON 3:15-3:45 p.m.

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

### PARENT/CHILD PRESCHOOL SWIMMING LESSONS

(See Aquatics Page 16 for more information)

### PRESCHOOL SPORTS AGES 3-5

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

#### 20 WINTER • THURS 4:45-5:15 p.m.

**SPRING 2 • TUES 4:00-4:30 p.m.**

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

### PRESCHOOL SOCCER AGES 3-5

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

#### 20 WINTER, SPRING 1 & SPRING 2

**TUESDAY** 9:00-9:30 a.m.

**THURSDAY** 4:00-4:30 p.m.

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

### PRESCHOOL GYMNASTICS AGES 3-5

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

#### 20 WINTER, SPRING 1 & SPRING 2

**WEDNESDAY** 3:00-3:30 p.m. OR 5:30-6:00 p.m.

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

### PRESCHOOL BASKETBALL AGES 3-5

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

#### SPRING 1 & SPRING 2

#### 20 THURSDAY 4:45-5:15 p.m.

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



## SUPER FUN WIGGLES & GIGGLES PRESCHOOL AGE

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

#### 20 MONDAY & THURSDAY

9:30-11 a.m.  
Soccer Arena

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

#### DT MONDAY

5:30-6:30 p.m.

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

## HEALTHY KIDS DAY

**APRIL 21, 2018** The 20th Ave YMCA

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

## OSHKOSH YMCA STAFF HERE TO HELP YOU!

Membership Coordinator **Amanda Arzberger**  
 Cash and Accounts Payable **Kelli Baneck**  
 School Age Director **Erin Baranek**  
 Aquatics Director (20th) **Lisa Bifano**  
 President/CEO **Tom Blaze**  
 4K Teacher (20th) **Melissa Bowman**  
 Aquatic Director (DTC) **Dan Braun**  
 Brand & Mission Enhancement Director **Abbey Burlingham**  
 Head Swim Team Coach **Jay Coleman**  
 Tennis Center Director **Sheila Counts**  
 Accounts Receivable **Eric Davis**  
 Ice Arena/Café Coordinator **Angela Dodge**  
 Senior Program Director **Angie Flanigan**  
 Group Exercise Director **Brandy Hankey**  
 Property Manager (20th) **Dave Ihrig**  
 4K Teacher (DTC) **Amanda Laux**  
 Aquatic Coordinator (DTC) **Kathryn Madonia**  
 Downtown Branch Executive **Lester Millette**  
 Family & Special Events Director **Lisa Nothing**  
 School Age 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**  
 Active Older Adults Engagement Director **Siri Smits**  
 Childcare Director (DTC) **Kim Stelzer**  
 Property Manager (DTC) **Jeff Troudt**  
 Aquatic Coordinator (20th) **Chelsea Vosters**  
 Health & Wellness Director (DTC) **Ben Wanezek**  
 Financial Development Director **Patti Weissling**

## 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.

### CVO

**Joan Woldt**  
 CVO-Elect  
**Tim Mulloy**  
 Treasurer  
**Tony Wihlm**  
 Secretary  
**Becky Tuchscherer**  
 Past CVO  
**Tony Renning**

**Brent Antti**  
**Jeff Bard**  
**Kathy Bermingham**  
**Mike Burgess**  
**John Casper**  
**Steve Grey**  
**Jolene Heuchert**  
**Melissa Kohn**  
**Deb Laibly**  
**Megan Lang**  
**Karen Lorfeld**  
**Julie Pollnow**  
**Tony Robinson**  
**Jeremy Rush**  
**David Seekings**  
**Carey Sharpe**  
**Karrine Spiller**  
**David Stini**  
**Ed Williams**

## CORPORATE CHALLENGE

### SUPPORTING THE YMCA ANNUAL CAMPAIGN

**SATURDAY, MARCH 3**  
**8 a.m. – 3 p.m. • 20th Ave**



**GET YOUR CORPORATE  
TEAM TOGETHER NOW  
AND JOIN THE FUN**

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

**\$375**

Deadline for registration is Feb 1, 2018.  
 Registration/information available  
 by emailing Angie Flanigan at  
[angieflanigan@oshkoshymca.org](mailto:angieflanigan@oshkoshymca.org)  
 or calling 230-8449 ext. 126



## CORPORATE WELLNESS PROGRAM

**GOOD HEALTH IS  
GOOD BUSINESS**

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

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

**FIT  
AT  
WORK**



### QUESTIONS?

Contact Brandy Hankey to discuss your Y Corporate Partnership Program at (920) 236-3380 or [brandyhankey@oshkoshymca.org](mailto:brandyhankey@oshkoshymca.org)



## ANNUAL DADDY-DAUGHTER DANCE *Ties & Tiaras* AGES 4-11

A night full of fun with food, drinks, photo booth and plenty of dancing. You must pre-register for this event. Entertainment provided by Sound Sensations.

**20 SATURDAY, FEBRUARY 3** 5:00-7:00 p.m.

**FEE** Members: \$35 per couple/\$10 additional girl members

Activity Members: \$45 per couple/\$10 additional girl non-members

## MOTHER-SON *Superhero Date Night* AGES 4-11

Calling all superheroes! Mothers/Sons are encouraged to dress as your favorite superhero. Get ready for games, music, photo booth, and plenty of pizza! You must pre-register for this event. Entertainment provided by Sound Sensations.

**20 FRIDAY, APRIL 20** 6:00-8:00 p.m.

**FEE** Members: \$35 per couple/\$10 additional son members

Activity Members: \$45 per couple/\$10 additional son non-members

## FAMILY BINGO NIGHT

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

**20 FRIDAYS: JANUARY 26 • MARCH 9** 5:30-7:30 p.m.

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

## NEW! PANCAKES & PAJAMA PARTY AGES 4-11

Celebrate Mother's Day early with your short stack! Mothers/children are encouraged to dress in your pajamas. A night full of pancakes, games, photo booth and craft. You must pre-register for this event. Photo booth provided by Sound Sensations.

**20 FRIDAY, MAY 4** 6:00-8:00 p.m.

**FEE** Members: \$20 per couple/\$5 additional son members

Activity Members: \$30 per couple/\$5 additional son non-members



SAVE THE DATE + watch for details!

The Best Memories are Made in Mud

3rd Annual OSHKOSH COMMUNITY YMCA KIDS MUD RUN

**JUNE 3, 2018**  
Ages 4-14  
Approximately 1 mile course with 15+ obstacles.  
Registration to begin 1/1/18.

## 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



**FUN, SAFE, EASY & AFFORDABLE**

**YMCA FIELD TRIPS**

SOCCER ARENA • ICE SKATING  
• SWIMMING • BASKETBALL  
• ROCK CLIMBING  
• FAMILY PRIME TIME

Take your next field trip to the Y. Any grades/number of kids can be accommodated. Let's start planning now! Let's have some fun!

**CLASS TRIPS INCENTIVE DAYS REWARD DAYS**

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

## YOUTH LOCK-IN = PARENTS NIGHT OUT

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

Pre-registration is required.

See front desk for registration form and permission slip.

**20 SATURDAY, FEBRUARY 17** 8 p.m-8 a.m.

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

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

\$35+ TAX = \$36.75 Activity Member

