



Oshkosh Community YMCA
324 Washington Avenue,
Oshkosh, WI 54901

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

WHY THE Y? ALL THIS...

- Three great locations to serve you in Oshkosh
- Nationwide Membership
- 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** Personal Training Consultation
- **FREE** Group Exercise Classes: Over 165 classes per week including Active Together, Defend Together, Group Cycling, Hot Yoga and Family Fitness classes.
- **FREE** Active Older Adult Programming
- **FREE** Youth/Teen recreation room; Family Prime Time
- **FREE** Open Skate with special price for skate rental
- **FREE** programming in Wiggles & Giggles, Sports, Family Nights, Dive-In Movie Nights, PickleBall
- **FREE** use of indoor running/walking track
- **FREE** use of Y facilities throughout all program areas during Open Time for members including Open & Lap Swim
- On-site childcare while you're here
- Priority registration for all Y programming
- Reduced fees on all Y programming including Camp, Childcare, Youth Sports, Swim Lessons & the Y Tennis Center
- Caring & knowledgeable staff here for YOU
- Annual **FREE** guest passes to qualifying memberships to share with friends and family
- **FREE** Initial Body Composition Testing
- **FREE** Towel Service
- **FREE** WI-FI
- **FREE** Climbing Wall during Open Climb

AND MORE!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



THE BONGERS FAMILY

Joseph & Desiree,
Henry (10), Auden (8)
& Eleanor (5)

Read about this active Y family on page 19.

FALL 1: September 10–October 21
FALL 2: October 29–December 16

AQUATICS

FALL SWIM 1: September 10–October 4
FALL SWIM 1 *Weekends:*
September 15–October 28
FALL SWIM 2: October 15–October 25
FALL SWIM 3: November 5–December 6

• No programs or lessons 11/19–25

NEW!

3 FACILITIES: 1 Y!
Exciting NEW Oshkosh Y membership benefit starting in September!
Learn more on page 48.

Download our **FREE MOBILE APP** from the App Store (iOS) or Google Play (Android) and have everything you need in the palm of your hand:

SCHEDULES: You'll never have to ask for a schedule again!

EVENTS: Find out the next big event happening at your YMCA!

CHECK-IN: Don't worry if you forget your card, just check-in on your phone!



NEW, IMPROVED ONLINE REGISTRATION



A community within our community. PEOPLE CARING FOR PEOPLE.

OSHKOSH COMMUNITY YMCA

PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG AT THE YMCA



FOR
BODY, MIND
& SPIRIT.

DID YOU KNOW?

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

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

Through the **6 YEARS** of running this program—ages have ranged from 18–94. 2/3 of participants have been female.

Each survivor is able to bring **ONE SUPPORT PERSON** to each class. Each household receives a **FREE MEMBERSHIP** to help reduce the burden that Cancer brings to a family.

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

FOR MORE INFORMATION:

Contact Rich Roehrick at richroehrick@oshkoshymca.org 230-8439

Save your spot today for the Spring Session!

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

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

FACILITY HOURS Beginning Sept. 4, 2018

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.
(through Memorial Day)

20 MONDAY-FRIDAY 5:00 a.m.–10:00 p.m.
SATURDAY-SUNDAY
7:00 a.m.–7:00 p.m. (through Memorial Day)

TC Opens at 8am 7 days a week
Closing time is based on court reservations.
Call ahead or visit the app for exact times.

EMAIL comments@oshkoshymca.org • **WEBSITE** www.oshkoshymca.org

CLOSED DAYS

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

DT 20
New Year's Day
Open House
11 a.m.–3 p.m.

ACTIVITY REGISTRATION

MEMBERS REGISTER ANY TIME

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

FALL 1 September 10–October 21

Activity Members register 8/27/18. Members register any time

FALL 2 October 29–December 16 (no classes November 19–25)

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

FALL SWIM 1: September 10–October 4

FALL SWIM 1 WEEKENDS: September 15–October 28

FALL SWIM 2: October 15–October 25

FALL SWIM 3: November 5–December 6 (No lessons 11/19–11/25)

YMCA Members enjoy Priority Registration on ALL YMCA programs!

REGISTER at www.oshkoshymca.org

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VOLUNTEER ASSISTANCE

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

YOUTH & FAMILIES AT THE Y

Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community. The Y has always been a place where families can play and be active together, and that's more important than ever. Whether the activities are physical like sports or exercise classes, or more recreational like swimming, camping, skating and arts, Ys want families doing them together because you'll live healthier and make memories for a lifetime. **Children under the age of 5 must be accompanied by their parent or adult guardian at all times. Youth ages 6 and older may use the Y on their own.** The Y recommends parents take the time to tour the Y with their children to learn what areas are safe for children to use. All youth under the age of 14 must be accompanied by a parent or enrolled in program when at the Y Tennis Center. The Member Code of Conduct is available for viewing on our website and age guidelines are found on page 4 under each facility offering.

CREDIT POLICY

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

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

TOURS

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

RENTAL

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

BENEFITS

- **Open and family swim time** • **Open gym time** • **Open skating time** • **Free open climbing** • **Open indoor soccer time** • **Health & Wellness Center** access that includes cardio, circuit and free weight equipment • **Basketball courts** • **Family Prime Time Center** • **Caring and knowledgeable staff** • **Adult access** to sauna, steam room and whirlpools • **Health & Wellness Center orientation** with trainer • **Reduced fees** at the YMCA Tennis Center • **Reduced fees** on all YMCA activities and camp • **Over 165 FREE group exercise classes per week** – including pilates, yoga, water exercise, Body Pump and Zumba • **Y Tennis Center Membership included in an Oshkosh Y Membership** • Intergenerational Room gathering space with teaching kitchen

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.

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.

NEW! The Oshkosh Y Tennis Center is included with your Y Membership.



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



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

FACILITY OFFERINGS

The Y offers excellent facilities for all 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 all 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 use the area.

AQUATIC CENTERS **DT **20**** The 20th Avenue YMCA boasts the Kuhn Family Pool, an 8 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 Y is home to a 4 lane, 25-yard, lane lap pool, as well as a 3-3.5' 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 Wellness Staff, local culinary and nutritional experts.

INDOOR ICE ARENA **20** Our ice arena is utilized for skating, figure skating and hockey activities for 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.

INTERGENERATIONAL ROOM **DT**

Gathering space for members of all ages. The space features a teaching kitchen, TV lounge, vending machines, board games, and activities. The area is staffed M-F during after school hours and on Saturday afternoons.

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**** 11 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. Daily Sign Up required at the Welcome Center.

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 rooms offer general use or locker and laundry service for an additional fee. Youth locker rooms are also available.

YMCA TENNIS CENTER **TC** The Tennis Center is Oshkosh's only indoor tennis facility; home to four indoor tennis courts. The Tennis Center Membership is INCLUDED in an Oshkosh Y Membership See pages 48-53 for programming. All youth under age 14 must be accompanied by an adult or be enrolled in a program.

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	●
Intergenerational Room	●
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.

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

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

Sept 15 • Football Time!

Oct 27 • Spooky Skate

Nov 24 • **DT** Winter Arts & Crafts

Dec 15 • Ice Skate with Santa

MONDAY, DECEMBER 31

New Year's Eve Family Night

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

Family nights presented by



Ascension



Support the Oshkosh YMCA ANNUAL CAMPAIGN!

Each year over half-a-million people walk through our doors – an average of over 1,400 people each day. Consider a gift to the Annual Campaign today, and let people know you're dedicated to nurturing a BETTER OSHKOSH. When you give to the Y you make a powerful impact right in our community.

With a donation of \$1,000, a banner with your family or business name will be hung at one Y location for a full year.

- \$1,500 = Banner at 2 locations.
- \$2,500 = Banner at 3 locations
- \$5,000 = Large Banner at 3 locations

For more information please contact Patti Weissling at (920) 236-3380 or pattiweissling@oshkoshymca.org.

You can also make a donation to the Oshkosh YMCA Annual Campaign online! To donate, please visit www.oshkoshymca.org/give/annual-campaign.html.

FRIDAY, NOVEMBER 9
SAVE THE DATE!

PIANOS FOR A PURPOSE

DUELING PIANO EVENT
This is a party you don't want to miss!

SPONSOR: BankFirst NATIONAL

CREATE A LIVING LEGACY.
Make a planned gift TODAY.
Help Oshkosh generations TOMORROW.

For more information on how you can leave a legacy, please email Patti Weissling at pattiweissling@oshkoshymca.org.

YOUR CHANCE TO GIVE BACK!

The Boys & Girls Club of Oshkosh in collaboration with the Oshkosh Area School District, the Oshkosh Y and other community partners, offer the **Great Futures Start Here Middle School Mentoring Program**. Youth will be matched with a caring and responsible adult who will serve as their mentor for at least two years. Mentors and mentees meet a minimum of four times a month (about once a week) for about an hour per week at the youth's school during study hall or after school at the Boys & Girls Club. Mentees will be 30 individuals who are in 6th, 7th, and 8th grade who have problems with family, school, drugs and/or alcohol, self-esteem, or the law. They will continue the program through middle school and high school. Mentors will be responsible for attending an orientation, trainings, and meeting with the youth mentee on a regular basis.



YOU CAN MAKE A DIFFERENCE.

IT'S SO EASY.

AND IT MATTERS SO MUCH.



TO BECOME A MENTOR:

Contact Carlea Liermann at the Boys & Girls Club of Oshkosh at 233-1414 or email carleal@bgcosh.org. 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.



ACTIVE OLDER ADULTS • NEW OFFERINGS!

HEALTH CHAT/BLOOD PRESSURE CHECK

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. The nurse will provide blood pressure monitoring cards to record monthly blood pressures.

DT WEDNESDAYS: SEPTEMBER 5 • NOVEMBER 7

20 WEDNESDAYS: OCTOBER 3 • DECEMBER 5

10:30-11:30 a.m. Held in Café/Lobby

FEE **AOA** | **FREE TO Y MEMBERS**

ACTIVE OLDER ADULTS
FREE TO MEMBERS

HEARING SCREENINGS

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

DT TUESDAYS: SEPT 11 • NOV 13 Teaching Kitchen

20 TUESDAYS: OCT 9 • DEC 11 Café/Lobby

9:00 a.m.-12:00 p.m.

FEE **AOA** | **FREE TO Y MEMBERS**

FOOT CARE CLINICS

A nurse from Valley VNA Senior Care will provide a foot soak, nail trim, filing, foot massage, and treatment of minor corns or callouses. The nurse will also look out for any concerning issues.

DT THURSDAYS: SEPT 6 • OCT 4 • NOV 1 • DEC 6

Multi-Purpose Room (Lower Level)

1:00-3:00 p.m.

FEE \$25

Reserve your spot today! To schedule your next Foot Care appointment, call 920-426-1931.

SAVE THE DATE!
Active Aging Week
2019

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

DT **20**

Monday, Sept. 24–
Friday, Sept. 28

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 facilities, classes, and equipment.

To set up a meeting contact Siri: sirimits@oshkoshymca.org or 230-8916.

OSHKOSH YMCA MEMORY CAFÉ

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

Open to all. Y Membership is not required.

FEE **FREE**

Sept 24 • Oct 29 • Nov 26 • Dec 17 • 1:00-3:00 p.m.

LIFELONG LEARNING

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

Dates, location, and more info will be available the 1st of the month!
Registration is required.

SEPTEMBER 24-28

ACTIVE AGING WEEK

A week filled with special activities and events! Make new friends, try a new class, and be active! **DT** **20**

OCTOBER • MEDICINES AND YOU **20**

NOVEMBER • DIABETES MONTH **DT**

DECEMBER • HOLIDAY PARTY **DT** **20**

SPONSORED BY



ACTIVE OLDER ADULTS
FREE TO 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.

20 See Group Exercise Class Schedule for Days and Times.

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



PICKLEBALL

A fun game that is played on a badminton court with a low net. Pickleball, easy for beginners, is one of the fastest-growing sports for seniors. All equipment is provided by the Y.

ALL ABILITIES ARE WELCOME!

For current Pickleball times, visit oshkoshymca.org or pick up a schedule at the front desk.

FEE **DT** **20** **FREE TO Y MEMBERS**

TC TENNIS CENTER FEES APPLY

BEGINNER PICKLEBALL

For current Pickleball times, visit oshkoshymca.org or pick up a schedule at the front desk.

FEE **DT** **20** **FREE TO Y MEMBERS**

TC TENNIS CENTER FEES APPLY

ACTIVE OLDER ADULTS FITNESS CLASSES

AGE 55+ Free to members. Activity members can participate for a reduced daily fee of \$4.50 per day for AOA programming that ends before Noon, 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 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 19).

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.

SIT, STAND AND MOVE 20

This non-impact class is great for beginners and those with limited mobility. Exercises are designed to help keep your joints flexible, reduce pain, and improve balance and strength. Movements can be performed either standing or sitting. Participants have the option to use hand-held weights and a ball for resistance.

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 DT 20

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

BOOM® MOVE IT 20

A dance workout class that improves cardio endurance and burns calories starting with simple dance moves then building into more complex sequences.

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 Tivity, 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 DT 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

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.



20

PS=Preschool • Y=Youth

20TH AVE SWIM LESSONS

Stage A
Stage B
Stage 1 PS
Stage 1 Y
Stage 2 PS
Stage 2 Y
Stage 3 PS
Stage 3 Y
Stage 4 PS
Stage 4 Y
Stage 5
Stage 6

FALL 1 + FALL 3 • MON & WED • 4 weeks, 35 minutes

9:00-9:35 AM	●	●	●		●														
9:45-10:20 AM				●		●			●										
4:00-4:35 PM				●		●			●					●		●		●	●
4:45-5:20 PM	●		●		●		●												
5:30-6:05 PM		●	●		●		●			●									
6:15-6:50 PM				●		●			●					●		●			

FALL 1 + FALL 3 • TUES & THURS • 4 weeks, 35 minutes

4:00-4:35 PM			●	●	●														
4:45-5:20 PM			●		●				●									●	

FALL 1 WEEKEND • SATURDAY • 7 weeks, 40 minutes

9:15-9:50 AM	●		●		●		●												
10:00-10:35 AM		●		●		●		●											
10:45-11:20 PM									●	●	●	●							

FALL 1 WEEKEND • SUNDAY • 7 weeks, 40 minutes

3:15-3:50 PM			●	●	●		●												
4:00-4:35 PM					●		●		●		●		●		●		●	●	●

FALL 2 • MON through THURS • 2 weeks, 35 minutes

4:00-4:35 PM			●		●		●		●										
4:45-5:20 PM	●		●		●		●												
5:30-6:05 PM		●	●		●		●			●				●					
6:15-6:50 PM			●		●		●			●				●		●			

Try Downtown lessons for warmer pools!

FUN FACT

Water's buoyancy make swimming the IDEAL EXERCISE FOR PHYSICAL THERAPY and REHABILITATION or for anyone seeking a LOW-IMPACT EXERCISE.

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: YSLv6 certification preferred. Apply in person at either YMCA location.

20 CLOSED for Annual Shutdown August 27-September 3 (will reopen on Sept 4)



Celebrate your next birthday at the Y! See pg 45 for our Birthday Party Packages!

DT

PS=Preschool • Y=Youth

DOWNTOWN SWIM LESSONS

Stage A
Stage B
Stage 1 PS
Stage 1 Y
Stage 2 PS
Stage 2 Y
Stage 3 PS
Stage 3 Y
Stage 4 PS
Stage 4 Y
Stage 5
Stage 6

FALL 1 + FALL 3 • MON/WED • 4 weeks, 35 minutes

4:00-4:35 PM			●		●		●		●										
4:45-5:20 PM									●		●		●					●	●
5:45-6:20 PM			●		●		●		●										

FALL 1 + FALL 3 • TUES/THUR • 4 weeks, 35 minutes

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

FALL 1 WEEKEND • SATURDAY ONLY • 7 weeks, 40 minutes

10:00-10:40 AM	●	●		●		●												●	●
10:50-11:30 AM				●		●		●		●			●						
11:40-12:20 PM									●		●		●		●		●	●	
12:30-1:10 PM									●		●		●		●				

FALL 2 • MONDAY-THURSDAY • 2 weeks, 35 minutes

3:45-4:20 PM	●	●	●		●														
4:30-5:05 PM				●		●		●		●									
5:15-5:50 PM				●		●		●		●									

FUN FACT

SWIMMERS USE NEARLY EVERY MUSCLE IN THEIR BODIES. While there are so many people out there to dismiss swimming as a "real sport," swimming is one of the most intense sports there is. Why? Swimming is an all-body exercise. Yes, swimming uses more muscles than baseball and football.

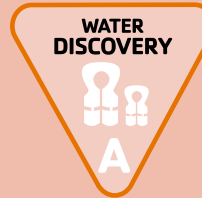
NEW Y SWIM LESSON PROGRAM

CHECK IT OUT!!

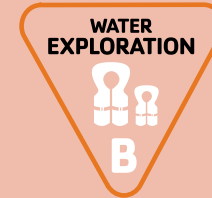
SWIM STARTERS

Parent-Child Stages

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



Parents introduce infants and toddlers to the aquatic environment through exploration, encouraging them to enjoy themselves while learning about the water.



In Stage B, parents work with their children to explore body bubbles, and fundamental safety and aquatic skills.



STAGE DESCRIPTIONS

YMCA SWIM LESSONS (AGES 6 MOS.-+)

- FALL SWIM 1: September 10–October 4** • Twice a week for 4 weeks
FALL SWIM 1 WEEKENDS: September 15–October 28 • Once a week for 7 weeks
FALL SWIM 2: October 15–October 25 • Four times a week for 2 weeks
FALL SWIM 3: November 5–December 6 • Twice a week for 4 weeks
 (No lessons 11/19–11/25)

Fee \$30 Member • \$55 Activity Member

FALL SWIM 1 & FALL SWIM 3: Your child will come twice per week for 4 weeks, 35 minutes per lesson.

FALL SWIM 1 WEEKENDS: Your child will come once per week for 7 weeks, 40 minutes per lesson.

FALL SWIM 2: Your child will come four times per week for two weeks, 35 minutes per session. Because of the structure of this session there are limited offerings available.

Our format allows for easy scheduling for families with multiple kids. Pick your preferred location, day, and time on the charts provided. With our instructor/student ratios the lowest in the community, 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)

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 8 participants per class.

PRESCHOOL SWIM LESSONS (AGES 3–5)

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.

YOUTH SWIM LESSONS (AGES 6+)

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.



SWIM BASICS

Preschool & Youth Stages

Kids learn personal water safety and basic swimming competency with two benchmark skills:

- Swim, float, swim: sequencing front glide, roll, back float, roll, front glide, & exit
- Jump, push, turn, grab



Students develop comfort with under-water exploration and learn to safely exit in the event of falling into a body of water. Stage 1 lays the foundation for future progress in swimming.



Focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



Students learn how to swim to safety from a longer distance than in previous stages if they've fallen into water. This stage introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Stage 4: Preschool & Youth Stage 5 & 6: Youth only

Having mastered the fundamentals, students learn additional safety skills and build stroke technique, developing skills that prevent chronic disease, and foster a lifetime of physical activity.



Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



In Stage 6, students work on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

QUESTIONS? Contact lisabifano@oshkoshymca.org or danbraun@oshkoshymca.org

For information and scheduling of Scuba or Pool Rentals, Scout Workshops, Private, Adapted or Adult Swim Lessons, please contact: Lisa Bifano at lisabifano@oshkoshymca.org or Dan Braun at danbraun@oshkoshymca.org

PRIVATE SWIM LESSONS

DT 20 For children and adults who would like individual instruction to further their swimming ability. Instruction is based on the student's ability. Each private lesson is 45 minutes in length.
FEE PER PRIVATE LESSON:
\$20 Member
\$25 Activity Member

ADAPTED SWIM LESSONS

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

These lessons run within the same session dates as our Preschool and Youth levels, please see session dates listed on page 14. You will receive four 35-minute lessons, and they will run once a week for 4 weeks.

FEE \$15 Member
\$27.50 Activity Member

ADULT SWIM LESSONS (AGES 16+)

DT 20 Instructors will work on skills specific to each participant's ability. These lessons run within the same session dates as our Preschool and Youth levels, please see session dates listed on page 14. You will receive four 35-minute lessons, and they will run once a week for 4 weeks.

FEE \$15 Member
\$27.50 Activity Member

ADAPTED AQUATICS (AGES 3-ADULT) With UW-Oshkosh Students

For individuals with physical and cognitive disabilities. The goal of the program is to provide persons with all levels of abilities an opportunity to learn new things or improve existing aquatic skills. Depending on the nature and severity of the disability, the instructor ratio will be 1:1 or 1:3. For more information, please contact the Downtown Y Aquatic Director at 236-3380.

FALL SEPT 19 - NOV 28
(no class week of Thanksgiving)

DT 20 WEDNESDAY 6:30-7:30 p.m.
FEE \$40

SCOUTS SWIMMING WORKSHOPS

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

FEE \$5 per participant

SCUBA RENTAL

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

DT 20 FEE \$15/hour per lane

POOL RENTAL

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

DT 20 FEE \$15/hour per lane



Y swimming = fun with family and friends.

For information on American Red Cross training or positions available, please contact:
Lisa Bifano at lisabifano@oshkoshymca.org
or Dan Braun at danbraun@oshkoshymca.org.

AMERICAN RED CROSS LIFEGUARD TRAINING AGES 15+

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

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

20 SEPTEMBER 15, 16, 22, 23 • 9 a.m.-5 p.m.

20 NOVEMBER 3, 4, 10, 11 • 9 a.m.-5 p.m.

FEE \$175 Member • \$200 Activity Member

EVERY SESSION MUST BE ATTENDED IN FULL. NO EXCEPTIONS!

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

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

20 SUNDAY, OCT 27 • 9:00-3:00 p.m.

SUNDAY, DEC 16 • 9:00-3:00 p.m.

FEE FOR ALL 3 CERTIFICATIONS \$100 Member • \$125 Activity Member

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

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

DT 20 SATURDAY, OCT 20 • 9:00-5:00 p.m.

FEE \$100 Member • \$125 Activity Member

For over 100 years, the American Red Cross preparation courses and training have been regarded as the best available in the nation.

LAP SWIM AND OPEN SWIM TIMES

Times vary throughout each day. Check online for the most up-to-date schedules. Please, no open swim during lessons. Lap swim times may require you to share lanes by circle swimming. Pick up a copy of the pool schedule at either location or visit www.oshkoshymca.org.

SLIDE TIMES

Times vary throughout the week. Check our FREE Mobile App for up-to-date schedules. Pick up a copy of the pool schedule at either location or visit www.oshkoshymca.org.

WATER FITNESS

Classes are designed to improve cardiovascular endurance and promote muscle conditioning, strength, and toning. You get a great workout with the resistance of the water. Check online of on our FREE Mobile App for the most up-to-date schedules. Pick up a copy of the pool schedule at either location or visit oshkoshymca.org.

20 DT FREE TO MEMBERS

ARTHRITIS AQUATICS

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

20 DT FREE TO MEMBERS

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

AQUA ZUMBA

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

DT FREE TO MEMBERS

POWER CURRENT

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

20 DT FREE TO MEMBERS

20 POOL SCHEDULE CHANGES/CLOSURES

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

Sept 4	Oshkosh North Girls Swim Meet
Sept 25	Oshkosh North Girls Swim Meet
Sept 28	OSHY Swim Meet
Oct 9	Oshkosh North Girls Swim Meet
Oct 20	OSHY Swim Meet
Nov 16-18	OSHY Champion Meet
Nov 27	Oshkosh North Boys Swim Meet
Dec 4	Oshkosh North Boys Swim Meet

CLOSED for Annual Shutdown:

August 27-September 3 (will reopen on Sept 4)

SENIOR WATER FITNESS

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

DT FREE TO MEMBERS

SENIORS!

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

OUR COVER FAMILY



THE BONGERS

Submitted by Joseph & Desiree Bongers

Desiree and I first joined the Oshkosh Community YMCA after moving to Oshkosh in 2005. Our initial motivation was simply to have a place to exercise, but once we started a family we began to use, and really rely upon, many of the other services that the Y has to offer.

Our son Henry was born in 2008, followed by our daughters Auden in 2010 and Eleanor in 2012. When our children were young, we utilized the drop-in daycare and we still use it frequently with our youngest, Eleanor. We started each of the children in swim lessons at the age of 3, and for

years our Sunday afternoons included lessons at the 20th Ave Y. We also utilize other programs like the After School Kid's Club, Summer Fun Club and Camp Winni-Y-Co. Our family also enjoys Y events throughout the year including the Father/Daughter and Mother/Son Dances, as well as the Family Nights.

In 2015, we enrolled Henry in the Midwest Tennis Summer Camp through the Oshkosh YMCA Tennis Center. He really enjoyed it and wanted to keep playing, so we enrolled him in lessons that fall. Desiree noticed that adult lessons were offered at the same time and also enrolled. I saw how much fun she was having and how much her skills had improved, and the rest of the family joined by early 2017. Now all five of us are at the Tennis Center on Saturday mornings working on our game!

One thing we've tried to emphasize to our children is the need for lifelong sports, such as tennis, swimming and running, and we feel that the Y is a perfect place to do this!

We are thrilled that the Tennis Center membership will be included in the Oshkosh Y general membership beginning September 4. Not only is tennis great exercise and a lot of fun, but it's a great sport for families to play together and something that people of all ages can enjoy. **Hopefully more families will give it a try now that there are no additional membership costs.**

I really don't know what we'd do without the YMCA. Not only is it an important part of how we stay fit, it also provides us with vital services like childcare throughout the year. It's a great destination for us as a family and a safe and positive environment for our children. In addition to all of this, we've started an annual tradition of attending a family camp at the YMCA of the Ozarks in southern Missouri, so now we even vacation with the Y!



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

OSHKOSH YMCA DOLPHIN SWIM TEAM (AGES 5+)

Participants must be able to swim the front crawl for 25 yards (1 length of the pool.) 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 start off practicing 2–3 times per week and progress to more from there. Swim meets are held throughout the year. Swim team members must be members of the YMCA. Contact head coach Jay Coleman at 230-8921 or jaycoleman@oshkoshymca.org or visit our website at www.oshswimteam.org for more information.

JOINING THE OSHKOSH YMCA DOLPHIN SWIM TEAM (AGES 5–12)

OSHKOSH YMCA DOLPHIN SWIM TEAM “TRY-IT” WEEK: SEPTEMBER 17–21

This is where most swimmers start. The Dolphin *TRY-IT* program gives new swimmers an introduction to the swim team. To participate in the *TRY-IT* program swimmers need to be between 5–12 years old and be able to swim 1 length of the pool. There are three *TRY-IT* sessions. Swimmers are encouraged to attend all three.

20 To register for the *TRY-IT* week go to www.oshswimteam.org beginning Sept 1. Questions? Call Jay Coleman at 230-8921 or email at jaycoleman@oshkoshymca.org.

MONDAY, SEPTEMBER 17 6:00–7:00 p.m.

WEDNESDAY, SEPTEMBER 19 6:00–7:00 p.m.

FRIDAY, SEPTEMBER 21 6:00–7:00 p.m.

OSHKOSH DOLPHIN HOME SWIM MEETS

20 Ever wonder what a swim meet is like? Stop in at one of our home meets and check out the Dolphin swimmers in action

FRI, SEPTEMBER 28 • SAT, OCTOBER 20 • FRI-SUN, NOVEMBER 16–18

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

JUDO (AGES 3–ADULT)

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

20 WEDNESDAY (MPR #1 & 2)

4:15–4:45 p.m. Preschool (Ages 3–5)

5:00–6:15 p.m. Junior Beginners

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

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

FEE Individual: \$47 Member • \$67 Activity Member

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

TAI CHI

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

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

OPEN CLIMB (AGES 4+)

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

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

FEE FREE TO OSHKOSH YMCA MEMBERS!

NEW! ADULT OPEN CLIMB (AGES 16+)

For anyone who wants to get a great workout and apply what is learned in the indoor setting to the outdoor climbing world then this is the spot for you! Come in and see what fun new challenges await.

FRIDAY

6:00–8:00 p.m.

FEE FREE TO OSHKOSH YMCA MEMBERS!

PROGRESSIVE ROCK CLIMBING CLASSES

This is a six-week introductory class 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 5–8

7:00–8:00 p.m. Ages 9–13

FEE \$30 Member • \$50 Activity Member

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 six-week 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 \$30 Member

\$50 Activity Member

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



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

For safety, climbers must be at least 4 years old and weigh 40 lbs or more. However, meeting these minimum standards does not guarantee proper fit of the harness. Approval to climb will be determined by the certified climbing staff.

GROUP/FAMILY CLASS

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

TUESDAY 6:30–8:00 p.m. Ages 4+

FEE \$30 Member • \$50 Activity Member

PERSONAL CLIMBING INSTRUCTION

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

Members can use these packages for personal climbing, personal training, or dietitian services.

SINGLE SESSION PRICING

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

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

PACKAGE OPTIONS YMCA MEMBERS ONLY

30-minute Packages SAVE \$10: TRIPLES: 3 half-hours of Personal Climbing, Personal Training or Dietitian Services • \$65

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

GOLD PACKAGES

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

SAVE \$50: 12 half-hours of Personal Climbing • \$250

PRIVATE SMALL GROUP CLIMBING YMCA MEMBERS ONLY

This climbing option is designed for you and your fellow climbers. This private option will cover lead climbing techniques, to team belaying skills.

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 • 3 people: \$15/person

GIRL SCOUT PATCH & BADGE WORK

The YMCA Climbing Wall offers instruction to complete certain requirements for girl scouts to earn different climbing awards are available upon request. The Climbing Fun Patch is also available for those who want to climb for fun.

20 Call Ben Wanezek at 230-8989 for more information.

FEE \$10 Member or Activity Member

FREE Private Climbing Consultation

During this FREE consultation our certified professionals will go over your goals, health history, and assess your climbing skills.

Call Ben Wanezek at 230-8989 to set up an appointment or email benwanezek@oshkoshymca.org

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 Ben Wanezek at 230-8989 for more information.

FEE \$10 per Member and Activity Member

NEW! OSHKOSH Y CLIMBING CLUB (AGES 4-17) MEMBERS ONLY

Want to be part of the Oshkosh Y Climbing Club? We encourage any ages from 4-17 to come and participate. Learn to work on building self-esteem, spatial awareness, and gain more open knowledge of the rock climbing world during open climb. This brand NEW punch card system utilizes not only the physical skills you need to be successful to rock climb, but covers topics such as: safety skills, terminology, techniques and much more. Each participant has the opportunity get their punch cards filled out within a three-month period to move up to the next level! There are different clubs for all ages.

MOUNTAINEER CLUB 1-3: Ages 4-8 Anyone under 8 years of age will learn things from what is a route to what certain rocks are called. In this age group 8 years and under it is broken down into "3" Mountaineering Clubs to progress the participants through their climbing journey.

GROUND ZERO CLUB: Ares 8+ Next up for 8 years old and up are the "Ground Zero" Club 1 to Mount Everest Club 4 groups. In these groups the participants will learn every aspect of a route using their knowledge of the (Yosemite Decimal System) to tying their own knots.

(Jan 1-Mar 31 • April 1-June 30 • July 1-Sept 30 • Oct 1-Dec 31) Prizes will be awarded for receiving completed punch cards. Anyone 4-17 years old may participate. Stop by the climbing wall to learn how to be part of this very exciting NEW Oshkosh Y Climbing Club.

FEE \$10 Per Participant

HOME SCHOOL FFK ROCK CLIMBING (AGES 5-16)

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

For more information contact Ben at 230-8989 or benwanezek@oshkoshymca.org.

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

FEE \$30 Member • \$50 Activity Member

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

TEAM BUILDING

CALL BEN WANEZEK AT 230-8989 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 Hours: \$10 per participant
Minimum 24 participants

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

NEW MEMBER ORIENTATION

FREE INITIAL BODY COMPOSITION TESTING

Contact the Health & Wellness Center to schedule your very own body composition test.

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

FEE **FREE TO OSHKOSH YMCA MEMBERS**

PROGRAM REFRESHER

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

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

STRONG TEENS (AGES 11-15)

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

DT 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 Centers by testing out of the full Strong Teens course. Teens are evaluated in the areas of strength, cardiovascular, core exercises and flexibility, safety, and gym etiquette. Candidates must be enrolled in high school to take this program, proof of enrollment required. Contact a Health & Wellness Representative for appointment. Parent or guardian must enroll student before taking written/practical exam.

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

HOME SCHOOL FIT FOR KIDS

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

September 10-December 12 (no classes week of Thanksgiving)

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

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

FEE	Member	Activity Member
	1 Child: \$80	\$112
	2 Children: \$75/each	\$105/each
	3+ Children: \$70/each	\$98/each

**FREE
TO OSHKOSH
Y MEMBERS**

ADULT HEALTH & WELLNESS CLASSES



AGE High School+ Oshkosh Y members enjoy the benefit of **over 165 FREE Group Exercise classes** every week. These classes are run on a drop-in, continuous basis. **Schedules are available at the Front Desk or www.oshkoshymca.org – and on our MOBILE APP.**

NEW! = **FAMILY FRIENDLY CLASS** These classes welcome children 10 years+ under the direct supervision of a parent/guardian.

20 20TH AVENUE:

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

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

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

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

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.

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

H.I.I.T. Challenge both your cardiovascular and muscular systems with this High Intensity Interval Training class. H.I.I.T. incorporates strength and endurance exercises with short bursts of cardio for a complete workout that will leave you drenched.

Hot Yoga A system of static and moving exercises focusing on breath to increase flexibility, balance, and strength, as well as calm and focus the mind, done in a room between 85-95 degrees. Modifications and props are offered so all fitness levels can work at their own capacity.

FREE FAMILY FITNESS + FUN! FREE WITH Y MEMBERSHIP

POWER PREGNANCY Staying strong and active during pregnancy improves your mood, boosts energy, helps with sleep, eases back pain and prepares the body for childbirth. That is only a small list of the benefits of participating in Power Pregnancy, our prenatal workout class being taught by a Birth Doula. It's not too late to start! Ask your doctor if this class is right for you!

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.

FAMILY YOGA this class is geared for families with children 4 and older.

FAMILY BOOTCAMP This class is geared for the whole family (4 years old and older) and for every fitness level. Get a great workout as a family! We will focus on bodyweight exercises, good form, and sports drills.

FAMILY-FRIENDLY CLASSES *These classes welcome children 10 years old and up under the direct supervision of a parent/guardian.*

• **Stroller Aerobics** • **Pilates** • **Yoga (excludes Hot Yoga)** • **Group Cycling** (*child must fit the bike appropriately*) • **Zumba** • **Hip Hop**

DT 20 DOWNTOWN & 20TH AVE:

NEW! 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!

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.

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.

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

NEW! TRX SUSPENSION TRAINING

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

Register online or at the Front Desk.

SPACE IS LIMITED! REGISTER EARLY!

FEE \$15 Member • \$30 Activity Member
Fee is per full session: Fall 1 or 2

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

Now offering Senior TRX.

See page 9 for details.

WOMEN'S WELLNESS & EDUCATION FALL RETREAT 2018

Friday, Oct. 19–Sunday, Oct. 21

Join UW Oshkosh for the third-annual Women's Wellness & Education fall retreat at the Osthoff Resort in Elkhart Lake. This retreat will focus on emotional wellness and building resiliency. These themes will frame each breakout session as we walk through our wellness journey together: • Mood Boosting Foods and Supplements • Building Your Resilient Nature • Rethinking People Problems • Acupressure

LEARN, GROW AND LIVE A HEALTHIER, BALANCED LIFE

The Women's Wellness & Education retreat includes: • A two-night stay at the AAA Four Diamond-rated Osthoff Resort • Four healthy meals and two snacks • Exercise activities led by certified instructors • Educational programming offered by experts • Two hours of exclusive access to the resort's Aspira Spa • 0.8 Continuing Education Units (CEUs) granted by UW Oshkosh

REGISTRATION INFORMATION

Register online

Get a group of girlfriends or family members together and make it a weekend to remember! *The registration deadline for this event is Sept. 28, 2018.*

SAVE \$25!

UWO alumni receive a \$25 discount by using the code "UWO25" at checkout. Oshkosh YMCA members may also receive this discount using the code "Y25."

TO LEARN MORE

Visit our website for information about hotel accommodations, registration fees, presenters and discussion topics. If you have specific questions, please contact conted@uwosh.edu or call (920) 424-1129.

WHY TRAIN AT THE OSHKOSH COMMUNITY YMCA?

Oshkosh YMCA Certified Personal Trainers and Exercise Physiologists all have 4-year degrees in the health and fitness field and are all certified and recognized by the National Commission for Certifying Agencies. (NCCA)

Their knowledge and certifications require years of education, training and practice. Our trainers implement the Gold Standard of procedures set by the American College of Sports Medicine. This means that you will receive the best exercise prescription based on your goals and health history.

PRIVATE PERSONAL TRAINING

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

POLICIES: All training must be purchased prior to starting your training program with your certified personal trainers. • All packages are due in-full at point of service • You have six months to redeem your sessions. After six months your sessions will be void • Cancellations must be done by calling the Y 12 hours prior to cancellation at (920) 230-8439 and by notifying your personal trainer by phone or email. • You will receive two free cancellations due to emergencies.

SINGLE SESSION PRICING:

One 60-minute session: Member \$50 • Activity Member \$70
One 30-minute session: Member \$25 • Activity Member \$35

PAY-AS-YOU-GO OPTIONS

PACKAGE OPTIONS YMCA MEMBERS ONLY

30-minute Packages

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

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

Gold Package

SAVE \$50: 12 half-hours of Personal Training \$250

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

EASY PAYMENT OPTIONS

This personal training 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 personal training option.

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

30 minute sessions:

4 sessions \$89 • 8 sessions \$169 • 12 sessions \$229

Unlimited \$449 (up to 7 hours per week)

FREE PERSONAL TRAINING/ DIETITIAN CONSULTATIONS

During this **FREE** consultation our certified personal trainers will go over health history, your goals, and perform some assessments based on your needs and wants.

FEE FREE TO OSHKOSH YMCA MEMBERS

NEW! COMMUNITY SMALL GROUP TRAINING (YMCA Members Only)

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

TUESDAY & THURSDAY

DT 8:30 a.m. and 12:00 p.m.

20 6:30 a.m.

PAY-AS-YOU-GO OPTIONS: 1x Week (4 sessions): \$69 **SAVE \$31**
 2x Week (8 sessions): \$99 **SAVE \$101**
 3x Week (12 sessions): \$149 **SAVE \$151**

CLINICAL PERSONAL TRAINING (AGES 13+)

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

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

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

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

1 HOUR

2 people \$40/person

3 people \$30/person

4 people \$20/person

HALF HOUR

2 people \$20/person

3 people \$17.50/person

4 people \$15/person

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 where you start so you set measurable goals. After your initial assessment we advise members to follow-up every six to eight weeks to measure if their exercise program is working. Do you know the body composition norms?

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

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

FEE \$5 Member

PNF STRETCHES

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

FEE 15-minute sessions

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

\$25 Each PNF Stretching Period Activity Members

SPORTS PERFORMANCE

TEAM TRAINING

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

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

FEE 4 SESSIONS: \$30/Athlete Member • \$50/Athlete Activity Member

8 SESSIONS: \$50/Athlete Member • \$80/Athlete Activity Member

MARATHON PACKAGE (AGES 13+)

Runners of Full or Ultra Marathons: receive professional video gait analysis that assesses your running form, to look for weaknesses that limit your efficiency. Receive feedback that can be used with later assessments. Analysis is available for runners of all skill levels and ages. You will also receive a full body mapping analysis. The assessment will begin with a static posture analysis and follow with a dynamic postural analysis and you will be checked for mal-alignment in which over-active and under-active muscles will be identified. Exercises will be provided based on the diagnoses of the gait analysis and body mapping. Our sports dietitian will also help you with fueling before race time. You will work 1-on-1 with a coach to help you cross the finish line or compete for your next personal record.

The program includes: • 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.

The program includes: • 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

UWO Partnership Add-Ons available upon request

ASCENSION SPORTS MEDICINE & WELLNESS CENTER



20 For more information about Ascension's Sports Medicine & Wellness Center, call 236-1850.

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

Open hours vary depending on appointment schedule. Please call 236 1850 to schedule an appointment.

CLOSED FRIDAY

Ascension Medical Group has partnered with the Oshkosh Y to provide sports medicine and wellness resources at the 20th Avenue YMCA. The Ascension 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 Ascension NE Wisconsin Mercy Hospital and appropriate sites. Physical Therapy staff are available to answer questions regarding injury and rehabilitation.

NEW! TEACHING KITCHEN

As an organization deeply committed to supporting local agriculture and changing behaviors for the better, the Y's new Teaching Kitchen allows our community members to expand their culinary skills and knowledge in an effort to bring back the family dining experience.

Local culinary and nutritional experts, along with our Wellness Staff will facilitate programs that inspire participants to prepare healthy, cost effective foods that taste great and are locally accessible. The Teaching Kitchen provides universal access that unites able-bodied individuals and persons with disabilities under the pursuit of opportunities that make wellness accessible to all.

NEW! WEIGHT LOSS PACKAGE Y Members Only

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.

The program includes: • 3 1-on-1 sessions with our Registered Dietitian • 8 1-on-1 sessions with our certified Personal Trainers • One-hour weight loss coaching session.

FEE \$300 Members Only

5-DAY DIET ANALYSIS Y 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 Y Members *and* Activity Members!

FEE \$10 Member • \$15 Activity Member

YOUR SUPPORT makes a difference. Right here in Oshkosh.

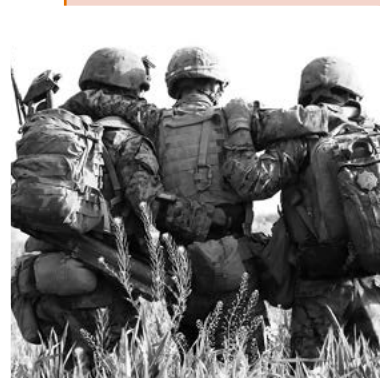
So many opportunities to make a difference!
See page 20 for how you can help.

Thank you.

FROM THE BOTTOM OF OUR HEARTS.



BEYOND LIMITS PROGRAM FOR VETERANS



A FREE month-long exercise program for combat-injured veterans from any military branch who served in active combat duty in any war. Meet with a certified personal trainer eight times throughout the month, and receive a FREE one-month membership to focus on the prescribed exercises that you and the trainer worked on. We will focus on maximizing your abilities and empowering you from the inside-out.

BONUS: After completion of the program you will receive a 20% discount on any membership that you and your family choose, with no Joiners Fee.

REQUIREMENTS:

- Live within the United States.
- Any military branch combat-injured veteran who served in active combat duty in any war.
- Applicant must be rated with a minimum of 30% IN ONE COMBAT RELATED INJURY rated by the VA with a combined rating of no less than 50% of combat related injuries, i.e. physical combat injuries or combat PTS or TBI.
- Medically or honorably discharged or retired.
- Applicant rated at 70% or greater for combat related injuries (combat PTS or TBI included) by the VA and has a caregiver, the caregiver may apply for the program along with veteran to assist them.

Maximize
your abilities
and empower
yourself from
the inside-out.

HOW TO APPLY:

- Copy of DD-214.
- VA Narrative Rating Letter—This is the VA explanation papers with your percent rating containing an explanation of each injury. Your generic service connected percentage cover letter is not acceptable.
- Photograph of applicant in service or current photograph.
- Interview with Rich Roehrick at the 20th Ave Oshkosh YMCA location.

IF REQUESTING CAREGIVER MEMBERSHIP:

- Applying veteran must be rated 70% or greater for combat related injuries (combat PTS or TBI included) to be eligible for a caregiver membership.
- Documentation for VA certified caregiver.
- VA Certified Caregiver Certificate, stipend or Caregiver ID Card.

FOR MORE INFORMATION OR TO APPLY contact our 20th Ave Health and Wellness Director **Rich** at richroehrick@oshkoshymca.org or call 920-230-8439.

DIABETES PREVENTION PROGRAM

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

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

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

ABOUT THE PROGRAM

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

PROGRAM GOALS:

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

WHO CAN PARTICIPATE?

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

*Asian individual(s) BMI > 22

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

FOR MORE INFORMATION:

Contact Rich Roehrick at richroehrick@oshkoshymca.org or 230-8439.

LIVESTRONG® at the YMCA

DT 20 LIVESTRONG at the YMCA is a twelve-week, small group program designed for adult cancer survivors. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal." The program is conducted outside of medical facilities to emphasize that LIVESTRONG at the YMCA is about health, not disease.

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

Call Rich Roehrick for more information. 230-8439

or richroehrick@oshkoshymca.org. Reserve your spot today for the Spring Session!

NEW! STAY STRONG PROGRAM

ARE YOU A CANCER SURVIVOR?

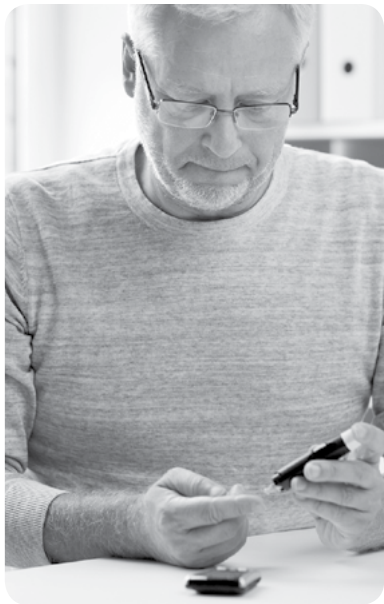
Have you completed our LIVESTRONG AT THE YMCA Program? Do you miss the camaraderie of your fellow survivors? If yes, then this 12-week class is for you. During this 45-minute class, one of our Livestrong coaches will guide you through scientifically proven methods of exercise to include strength, cardio, balance, and flexibility.

20 Class meets in the Spirit, Mind, and Body room, beginning September 11. Register today at the front desk for the Fall 1 session.

TUESDAY & THURSDAY 12:00-12:45 p.m.
Members and LIVESTRONG Alumni Only

L I V E S T R O N G® AT THE YMCA

1 OUT OF 3 U.S. ADULTS
ONLY HAS PREDIABETES
10% KNOW THEY HAVE IT



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

PERSEVERING WITH PARKINSON'S



Parkinson's disease (PD) is an incurable, slowly progressive movement disorder caused by the loss of nerve cells in a part of the brain that produces the chemical, dopamine, which controls body movements. Symptoms, which develop when about 80% of dopamine has been lost, include tremors, stiffness or slowing of muscle movement, loss of balance, and soft or slurred speech. Symptoms worsen as the disease progresses.

More than one million Americans are living with Parkinson's disease with nearly 60,000 new diagnoses each year. There is no known cure for the disease, and the risk of developing Parkinson's disease increases with age. Parkinson's disease can have a negative impact on a person's cognitive skills and overall quality of life. Although the disorder is not terminal, related symptoms and complications can cause a reduction in life expectancy in persons with Parkinson's disease.

Exercise has been proven to help alleviate the symptoms of Parkinson's disease (PD). It is one the most important keys to living well with PD. Exercise can improve strength, balance, stability, posture, prevention of falls, cardiovascular health, non-motor symptoms like memory, amplitude, attitude, and peace of mind.

What will we do in the Persevering with Parkinson's Program?

- Strength Machines • Balance Activities • Cardiovascular Training (NUSTEP, Bike, Treadmill)
- Group Exercise • Work on Posture Dysfunctions • Lifestyle Coaching: Support Group

How long is the program? 4 week continuous program that meets three times per week.

FOR MORE INFORMATION Contact Ben Wanezek at benwanezek@oshkoshymca.org or 230-8989.

Monday, Wednesday, & Friday 9:30-10:15 a.m.

BEGINS SEPTEMBER 10 (No classes the week of Thanksgiving.)

FEE \$60/Month Member • \$75/Month Activity Member

ADAPTED SPORTS (AGES 4-14)

Community youth with special needs will learn healthy habits and physical activities that lead to living a longer and healthier life. This new program provides future professionals in the field of Adapted Physical Education at UWOC an opportunity to hone their teaching skills in the adapted physical activity setting. Each session will include small group instruction and activities that involve gross motor and object control skills for individuals of all ability levels.

20 TUESDAY & THURSDAY

5:45-6:45 p.m.

SEPT 17-DEC 16 • No classes the week of November 19.

FEE \$30



UNIVERSITY OF
WISCONSIN
OSHKOSH

IN PARTNERSHIP WITH THE
UWO HUMAN KINETICS
& HEALTH DEPARTMENT

COMING SOON!

CARDIAC REHAB PHASE 3

Our **CARDIAC REHAB PHASE 3** program will be offered through our American College of Sports Medicine Certified Professionals. This scientifically proven program is made to help patients learn how to improve their health following a heart attack or heart procedure.

The Oshkosh Community YMCA helps patients maintain the healthier lifestyle they began in Phase 2, by offering Phase 3 rehab at the Y to help assist in long-term success.

WHAT IS THE GOAL OF CARDIAC REHAB PHASE 3?

To create lifelong healthy habits for an overall lifestyle change.

WHAT SORT OF EXERCISE IS INVOLVED?

A wide variety of programming will be offered in Phase 3 at the Y, including lifestyle coaching, strength and conditioning, cardiovascular training, flexibility, and balance.

HOW DO I JOIN THE PROGRAM?

This program is specifically designed for people who have completed Phase 1 and 2 of the Cardiac Rehab Program at any healthcare system. Patients will need to have a physician clearance form completed by their primary care physician or their cardiac team prior to the start of the program.

MONDAY, WEDNESDAY, & FRIDAY

8:30-9:15 a.m.

FEE \$60 Member • \$75 Activity Member

TO LEARN MORE about this program, call Rich Roehrick at 920-230-8919.

CORPORATE WELLNESS PROGRAM

GOOD HEALTH IS GOOD BUSINESS

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

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

GET FIT AT WORK



QUESTIONS? Contact Julie Smith to discuss your Y Corporate Wellness Partnership Program at 236-3380 or juliesmith@oshkoshymca.org.

LEARN TO HOCKEY SKATE (AGES 4+)

Designed to teach the fundamentals of hockey skating. All elements will be taught WITHOUT a stick or a puck as proper skating techniques are the primary focus of this class. Full hockey gear is encouraged.

MONDAY Level 1 5:45-6:15 p.m. • FEE \$40 Member • \$68 Activity Member
Level 2-4 6:15-7:00 p.m. • FEE \$57 Member • \$79 Activity Member



FREE HOCKEY INITIATION PROGRAM (HIP)

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 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 for a recommendation on the most appropriate hockey development program for their age level.

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

FALL FIRE UP HOCKEY

The Y's Fall Fire Up program is a 5-week program designed to offer hockey players ice time and instruction to get them back in shape before the upcoming season. Individual skill work as well as scrimmages and small games will be implemented to provide a fun learning environment. Mite/Squirt will have 15 minutes of dryland training at 5:45 p.m. Pee/Wee Bantam will have 15 minutes of dryland training at 8:00 p.m.

September 4-October 11

Mite/Squirt 5:45-7:00 p.m. • PeeWee/Bantam 7:00-8:15 p.m.

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

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

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

NEW! ADULT BROOMBALL LEAGUE

Broomball is a hybrid sport between hockey, soccer and lacrosse. Two teams running on ice try to get a ball into a net with "brooms" (aluminum sticks with a flat rubber head). Adults of any skill level are welcome to participate in this co-ed league!

Get a good cardio workout without even thinking about it!

SEPTEMBER 30-NOVEMBER 18

SUNDAY NIGHTS 8:00-9:00 p.m.

FEE \$375/team (All equipment is provided)

TRY HOCKEY FOR FREE

Sponsored by Oshkosh Youth Hockey Association and the Oshkosh YMCA

Saturday, November 10

Sign up for the FREE event at www.tryhockeyforfree.com

IN-SEASON GOALIE WORKOUTS (AGES 8+)

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

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

FEE \$105 Member • \$130 Activity Member

ADULT LEARN TO HOCKEY SKATE

An instructional program for the beginner interested in learning to skate and play hockey. No skating experience is required. This program includes skate instruction and drills. Full equipment is required. Learn how to maneuver on the ice in this exclusive adult-only beginner class.

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

FEE \$57 Member • \$79 Activity Member

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

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

FALL September 9-December 16 Reg deadline 9/5/18

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

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

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

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

FALL September 12-December 19 Reg deadline 9/5/18

WEDNESDAY NIGHTS Game time determined by number of teams.

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

ADULT COMPETITIVE HOCKEY LEAGUE (AGES 18+)

A competitive 15-week league for the more experienced player. No checking or slap shots. One game per week and full equipment is required. 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.

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

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

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

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

FEE \$57 Member • \$79 Activity Member

FREESTYLE WITH US Free Skate 1-6

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

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

FEE \$57 Member • \$79 Activity Member

PRIVATE SKATE LESSONS

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

FEE 1 hour \$50 Member • \$65 Activity Member

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

5 hours \$200 Member • \$275 Activity Member

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

SEMI-PRIVATE SKATE LESSONS

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

FEE 1 hour \$30 Member • \$45 Activity Member

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

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

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

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

- H. Jackson Brown, Jr.

LEARN TO COMPETE TEAM (AGES 4+)

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

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

October 14-November 18 Reg deadline 10/1/18

SUNDAY Afternoons

FEE \$120 Member • \$150 Activity Member

COMPETITION

Sat, November 24

Kettle Moraine Ice Center

OPEN ICE SKATING

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

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

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

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

OPEN HOCKEY

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

HOMESCHOOL SKATE LESSONS

Introductory and basic skate lessons for homeschool children.

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

FEE \$40 Member • \$68 Activity Member

PRESCHOOL SKATE (AGES 3-5)

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

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

FEE \$36 Member • \$62 Activity Member



GEAR UP AND PLAY!

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

CHILD DEVELOPMENT CENTER

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

AGE 6 weeks through pre-Kindergarten
MONDAY-FRIDAY

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

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

FOR MORE INFORMATION:

DTC Kim Stelzer at 920.230.8954 or kimstelzer@oshkoshymca.org

20th Ave Erin Baranek, at 920.230.8918 or erinbaranek@oshkoshymca.org

KIDS CLUB 2018-2019 BEFORE AND AFTER SCHOOL PROGRAMS

Kid's Club Before and After School Programs are State of Wisconsin licensed school age programs available on site at your child's elementary school. Kids Club provides a safe, structured, and supervised program for children to enjoy a variety of activities during the after school hours.

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.

For more information contact Secelie Panske at Seceliepanske@oshkoshymca.org

STRONG MOMS

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

This is a **FREE** community program for working mothers, which meets at the YMCA the 3rd Thursday of every month

(September-November and January-April) from 5:30-7:00 p.m. Reserve your spot by calling either YMCA location.

All sessions include a **FREE** dinner, a **FREE** drawing & **FREE** CHILDCARE!

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



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 center without an accompanying adult. Pool table, 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.

INTERGENERATIONAL ROOM

DT Gathering space for members of all ages. The space features a teaching kitchen, TV lounge, vending machines, board games, and activities. The area is staffed for supervision of school age children M-F during after school hours.

OSHKOSH PUBLIC SCHOOL'S-OUT DAYS Family Prime Time Center

Open 10:00 a.m.

FEE **FREE TO MEMBERS**

Activity Members purchase a day pass

DROP-IN CHILDCARE CENTERS (AGE 6 WEEKS-7 YEARS)

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

20 **MONDAY-FRIDAY** 7:30 a.m.-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

FIRST LEGO LEAGUE (FLL)®

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

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

FLL will meet starting in August and continue through November depending on the FLL

Competition Schedule. Teams will meet between 2-4 hours per week, however, additional time may be required depending on the teams progress.

Get involved! This program is run by volunteer coaches and mentors. Please contact Lisa Nething, lisanething@oshkoshymca.org with any questions.

20 Registration deadline 8/15/18

FEE \$100

**LEGO
LEAGUE**

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.

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 1, 2018

DT **20** **AM:** 8:05-10:50 a.m. • **PM:** 11:50 a.m.-2:35 p.m. Subject to change.

KID'S DAY OUT | 2018-2019

Kid's Day Out is a full day, state licensed school-age program offered on scheduled days off for the Oshkosh Area School District. The program is held at the 20th Ave YMCA location and is open from 6:30 AM-6:00 PM on scheduled days. Children must have a packed lunch, but a light breakfast and afternoon snack is provided. Activities include: group games, arts and crafts, science and nature, character development, and swimming. Have peace of mind knowing your children are cared for in a safe, supervised, and positive environment!

Registration forms are available online and at both YMCA locations.

20 **AGES** K-5 • 6:30 a.m.-6:00 p.m.

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

2018-2019 KIDS DAY OUT DATES:

Friday, October 26
Friday, November 16
Friday, November 23
Wednesday, December 27
Thursday, December 28
Friday, December 29
Monday, December 31
Monday, January 21
Monday, February 18
Monday, March 25
Tuesday, March 26
Wednesday, March 27
Thursday, March 28
Friday, March 29
Friday, April 19

For more information please contact Secelie Panske at Seceliepanske@oshkoshymca.org

CHILD & BABYSITTING SAFETY AGES 11-16

A course for building a safe and successful babysitting business.

ASHI's Child and Babysitting Safety (CABS) gives teenagers everything they need to know for safe and successful babysitting. From getting started with their business, to dealing with parents and children, to key safety, caregiving and first aid tips.

TOPICS COVERED: Parent Communication • Conflict Resolution • Setting Boundaries • Feeding/Diapering Infants and Children • Infant Safe Sleep Practices and SIDS Awareness • Telephone Safety • Recognizing an Emergency and Basic First Aid • Keeping Kids Entertained and Active

FEE \$65 Member • \$80 Activity Member

20 **SEPTEMBER 19** 2:00-6:30 p.m.
(OASD Early Release)

NOVEMBER 16 10:00 a.m.-2:30 p.m.
(OASD No School)

BIRTHDAY PARTY PACKAGES

THE Y IS A GREAT PLACE TO HOLD A 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

20 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

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

All parties are 3 hours in length. • Ice Skating and Rock Climbing may be added to the packages for an additional fee. • All parties must be booked 7 days in advance. • All activities during open times only. • Ice skates are included with packages. • Rock Climbing is for 10 people max per hour. • A Non-refundable 50% payment is due at time of reservation.

DT 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

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

YMCA FACILITY RENTALS

Contact the Oshkosh YMCA for group activities for your school, church, day care, etc. All activities are during open times. Choose from swimming, soccer, rock climbing or ice skating. Group rates/packages are available. Minimum 10 people.

AFTER-HOURS ACTIVITIES AND OVERNIGHT RENTALS

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

OPTIONAL ADDITIONS:

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

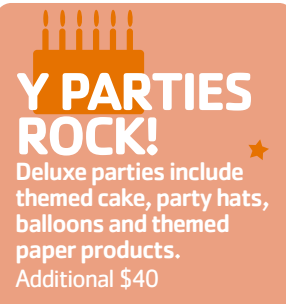
For more information contact Lisa Nething at 230-8920.

YMCA FIELD TRIPS

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

Take your next field trip to the Y. Any grades/number of kids can be accommodated. **CLASS TRIPS • INCENTIVE DAYS • REWARD DAYS** • Plan now! Let's have some fun!

Contact Lisa Nething at lisanething@oshkoshymca.org or 230-8920 for information.



YOUTH INDOOR SOCCER LEAGUE

Instructional league offers team practice and play on the same day. A 10-minute practice will be followed by a game of two, 20-minute halves. Individuals will be placed on teams according to their location of residence/school. Volunteer coaches will conduct practices and supervise games. The first week will be practice and information meeting with the coach. All participants will receive a team t-shirt.

If interested in coaching please contact Travis Shufelt at travishshufelt@oshkoshymca.org.

Requirements Soccer shin guards.

October 20-December 16 Registration deadline 10/1/18
(no games Nov 17-18 and 24-25)

AGE 4-Grade 8

20 SUNDAY OR SUNDAY Times may vary based on enrollment.

FEE \$46 Member • \$68 Activity Member

GIRL'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

October 29-December 17 Reg deadline 10/19/18

Requirements Soccer shin guards (no outdoor cleats)

AGE Grades 9-12

20 MONDAY (OR WEDNESDAY IF NEEDED)

5:00-10:00 p.m.

FEE \$325/team (team registrations only)

ADULT CO-ED SOCCER LEAGUE

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

FALL October 21-December 19 Reg. deadline 10/12/18 (no games 11/25/18)

20 SUNDAY (OR WEDNESDAY NIGHT IF NEEDED) Game time dependent on number of teams.

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



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

Sign up to Run, Walk or Volunteer!

For information on Soccer programs, contact Travis Shufelt at 230-8924 or travishshufelt@oshkoshymca.org.

ADULT MEN'S BASKETBALL LEAGUES (AGE 18+)

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

20 FALL 2 October 21-December 16 Reg. deadline 10/12/18 (no games 11/25/18)

SUNDAY NIGHTS

Game time dependent on number of teams.

FEE \$325/team (includes tax)

MEN'S INDOOR FLAG FOOTBALL (AGE 18+)

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

FALL 1 September 7-October 26 Reg. deadline 8/29/18

FALL 2 November 2-December 28 Reg. deadline 10/24/18 (no games Nov 23)

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

FEE \$365/team (includes tax)

YOUTH FLAG FOOTBALL

Join us for an exciting 5v5 football league. The purpose of this league is to have fun and teach basic developmental skills such as passing, catching, running routes, blitzing and covering receivers individuals will be placed on teams according to their school location.

WEEKLY PRACTICES start the week of August 27th. Times and locations to be determined by the coach.

FALL September 8-October 20 (Reg. deadline 8/10/18)

20 SATURDAY MORNINGS

4K-Grade 8

FEE \$44 Member

\$66 Activity Member

(Includes team t-shirt and flags.)



Photo by: Look! That's My Kid Photography

BUILDING OUR FUTURE ONE STEP AT A TIME.

Support the Oshkosh YMCA Capital Campaign and make your mark on the Downtown Y with a brick!

For more information, contact atti Weissing at 920.236.3380 or pattiweissing@oshkoshymca.org.

NEW!
OSHKOSH YMCA
MEMBERSHIP
NOW INCLUDES
A TENNIS
CENTER
MEMBERSHIP!

OSHKOSH YMCA MEMBERSHIP includes:

- Tennis Center membership • Free use of ball machine
- Reduced rates on cardio and drop-in drills • Free boot camp fitness class • Reduced pickleball prices on daily passes and punch cards for open times • Free tennis league subbing when enrolled in lessons or other league.

TENNIS CENTER ONLY MEMBERSHIP includes:

- YMCA Member rates on lessons, programming, leagues, and court rates • Reduced Junior court rates for all Junior Members • \$6 rate for ball machine use • Free tennis league subbing when enrolled in lessons or other league.

TENNIS CENTER ONLY MEMBERSHIP FEES

Youth \$105 • Adult \$220 • Family \$330

TENNIS CENTER ONLY MEMBERSHIP FEES for Members from Neenah, Appleton and

Fond du Lac YMCAs

Youth \$85 • Adult \$150 • Family \$199

Tennis Center Only: Memberships are annual from date of purchase and must be paid in full.

CONTACT INFORMATION YMCA TENNIS CENTER:

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

Sheila Counts • Tennis Center Director, IPTPA Level 1 Pickleball Instructor

sheilacounts@oshkoshymca.org

Aaron Kolz • Head Tennis Professional, USPTA Professional

aaronkolz@oshkoshymca.org

Rick Thiel • USPTA Elite Professional

Steve Francour • USPTA Elite Professional, Lawrence University Head Tennis Coach

Robert Henshaw • USPTA Professional, UWO Head Tennis Coach

**HAVEN'T TRIED THE
 TENNIS CENTER?
 BE OUR GUEST FOR
 ONE FREE TRIAL!**

**DAILY COURT RATES FOR YMCA MEMBERS
 AND TENNIS CENTER MEMBERS**

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 | \$14.50/hour (+tax) Monday-Thursday 1:00-3:00 p.m.

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

Junior Rate | \$14.50/hour (+tax) Junior YMCA Members and Junior Tennis Center Members (18 and under)

Daily Court Rates for Non-Members | \$20/hour (+tax)

Non-Member Guest Fee \$10/guest • \$15/family

24 hour cancellation needed for court reservations.

**ALL YOUTH
 UNDER AGE 14
 MUST BE
 ACCOMPANIED
 BY AN ADULT OR
 BE ENROLLED
 IN A PROGRAM.**

OSHKOSH YMCA TENNIS CENTER OPEN HOUSE

Join us for some fun court games, activities, prizes and snacks. Bring friends and family. Check out the Tennis Center and all of the programs and activities they have to offer!

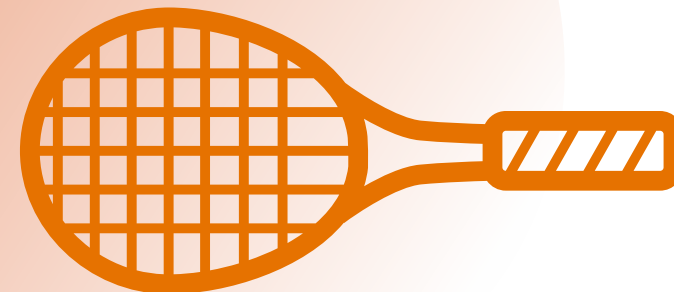
- 4 indoor Tennis Courts • 8 Pickleball courts • Locker rooms
- Aerobic Equipment

FREE

Sunday, October 14

2:30-5:00 p.m.

Please wear clean dry shoes and comfortable athletic clothing to participate on court.



Call The Tennis Center to register 920-236-3400 or e-mail sheilacounts@oshkoshymca.org

PRIVATE INSTRUCTION RATES

Rate per hour per person	WITH HEAD TENNIS PROFESSIONAL AND OTHER CERTIFIED PROFESSIONALS		WITH ASSISTANT	
	Y Member or Tennis Center Member	Activity Member	Y Member or Tennis Center Member	Activity Member
1 person	\$52	\$64	\$45	\$55
2 people	\$32	\$40	\$28	\$31
3 people	\$27	\$35	\$22	\$25
4 people	\$21	\$32	\$18	\$21

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 LESSONS

SESSION 1 • 8 weeks: Tues, September 4–Sun, October 28
SESSION 2 • 8 weeks: Mon, October 29–Sun, December 23

RED BALL • Ages 3–7

Introduce little ones to the game of tennis! We will work on the development of agility, coordination and balance with slower-moving and lower-bouncing red balls to build hand-eye coordination. A perfect first experience that's fun and moving!

RED BALL TOTS • Ages 3–4

MONDAY 4:30–5:15 p.m.

FEE Y Member \$72

- Tennis Center Member \$84
- Activity Member \$96

RED BALL LEVEL 1 • Ages 5–7

For the first-time hitter!

MONDAY 4:30–5:30 p.m.

SATURDAY 8:00–9:00 a.m.

FEE Y Member \$96

- Tennis Center Member \$108
- Activity Member \$120

RED BALL LEVEL 2 • Ages 5–7

For the hitters who have taken Level 1 and have developed some of the basic stroke fundamentals.

WEDNESDAY 4:30–5:30 p.m.

SATURDAY 8:00–9:00 a.m.

FEE Y Member \$96

- Tennis Center Member \$108
- Activity Member \$120

ORANGE BALL • Ages 7–9

Lower compression orange balls are used to encourage successful contact with the ball. Kids will learn proper stroke technique while building the confidence to rally, plus learn the basics of games.

WEDNESDAY 4:30–5:30 p.m.

SATURDAY 8:00–9:00 a.m.

FEE Y Member \$96

- Tennis Center Member \$108
- Activity Member \$120

GREEN BALL • Ages 9–11

For the new player as well as the player who is looking to progress into the level of yellow ball match play. Learn proper stroke development and key elements to play games.

WEDNESDAY 4:30–5:30 p.m.

SATURDAY 9:00–10:00 a.m.

FEE Y Member \$112

- Tennis Center Member \$120
- Activity Member \$140

YELLOW BALL • Ages 11+

For progressing players who want to learn the fundamentals of the game and get ready for match play, tournaments and/or High School tennis. Beginner through advanced groups. Head professional Aaron Kolz, will make sure players are in the appropriate group.

MIDDLE SCHOOL YELLOW • Ages 11–14

Beginner/Intermediate

THURSDAY 4:30–5:30 p.m.

SATURDAY 10:00–11:30 a.m.

Advanced

THURSDAY 4:30–5:30 p.m.

SATURDAY 11:30 a.m.–1:00 p.m.

Middle School Excellence

For players who are getting ready for tournaments, USTA play and High School tennis. Participants must have pro's approval to be registered for this class.

SATURDAY 1:00–2:30 p.m.

HIGH SCHOOL YELLOW • Ages 13+

JV Level (co-ed)

Beginner–Intermediate

SUNDAY 1:30–3:00 p.m.

Varsity (co-ed)

SUNDAY 12:00–1:30 p.m.

FEES for Yellow Ball Classes

1-hour classes: Y Member \$112

- Tennis Center Member \$120
- Activity Member \$144

1.5-hour classes: Y Member \$168

- Tennis Center Member \$180
- Activity Member \$210

ADULT LESSONS

Intermediate Lessons

MONDAY 6:00–7:00 p.m.

SATURDAY 8:00–9:00 a.m.

Beginner Lessons

TUESDAY 6:00–7:00 p.m.

SATURDAY 9:00–10:00 a.m.

FEE Y Member \$112

• Tennis Center Member \$120

• Activity Member \$144

YOUTH + ADULT

LESSON POLICY

- No credit can be given for missed lessons
- Enrollment in group lesson is for entire session
- All Lessons must be paid for at time of registration
- There will be no make-ups for weather cancellations.
- There must be a minimum of 3 enrolled to hold class



Save these Dates!!

TENNIS

Parent–Child Tournament • November 23

Green Bay Packer Mixer!

- October 28 @ 3:30 p.m.

PICKLEBALL

Fall Pickleball Tournament • October 20

Men's and Women's Doubles divisions:

Kaleidoscope Team Challenge • November 10
3.5 and 4.0 Divisions

New Year's Day Tennis Center Open House

- January 1, 2019 • 10:00 a.m.– 3:00 p.m.

NEW! PARTY FUN

The Y Tennis Center is a **WONDERFUL** place to host **YOUR Tennis and/or Pickleball themed party!**



TENNIS OR PICKLEBALL PARTY PACKAGE FOR 10 KIDS OR ADULTS

Party prices include court time, party sports professional, and party space for 10 kids. (More are welcome for a small additional charge.)

INCLUDES: • 1 hour of court time and sports advisor/organizer on court • 1 hour of activity upstairs with table, paper products and decorations • Also includes a candy-filled tennis ball can for each participant!

FEE: \$120 Y Member/Tennis Center Member
\$135 Activity Member
(10 per additional child or adult)

Please call the Tennis Center to set up your party: 920-236-3400

For more information, contact Sheila Counts at Sheilacounts@oshkoshymca.org.

NOT JUST FOR KIDS! Adults can enjoy sports-themed parties, too!

ADULT CLASSES

CO-ED DROP-IN DRILL

Learn strategies of doubles play along with instruction on the technical aspect of different shots. This drill is for intermediate and above players.

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

FEE \$16 Y Member • \$18 TC Member • \$24 Activity Member

ADULT LEAGUE PLAY

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

SESSION 1 September 4-December 23

SESSION 2 January 2-May 23

No league make-up dates will be allowed.

SUBBING FREE to all Y Members and Tennis Center Members currently enrolled in leagues or lessons. There is a \$5 subbing fee for those members not enrolled and a \$10 guest fee for Activity Members

CARDIO TENNIS

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

MONDAY 10:30-11:30 a.m.

WEDNESDAY 10:30-11:30 a.m. AND 7:00-8:00 p.m.

SATURDAY 2:30-3:30 p.m. (Call ahead. Subject to change with special events)

NEW! BEGINNER CARDIO: FRIDAY 11:00 a.m.-12:00 p.m.

For the beginner player that hasn't taken a cardio class before and is just starting to learn the basic strokes.

FEE \$10 Y Member • \$12 TC Member • \$18 Activity Member

COMING SOON!

BOOT CAMP FITNESS CLASS

at the Tennis Center. Watch mobile app or YMCA website for additional information on times!

FEE Free to Y Members

**NEW! Thursday
Drill and Play
(Beginner-Intermediate
Levels)**

THURSDAY 10:00-11:30 a.m.

FEE \$16 Y Member

\$18 TC Member

\$24 Activity Member



PICKLEBALL AT THE YMCA TENNIS CENTER

Pickleball Clinic with Dave Weinbach

Come kick off our Friday season with learning from the best! Dave is a 5-time USAPA National Champion and 6-time US Open Champion. He is from Madison, WI and travels all over doing these clinics. You will learn, play and have a greater understanding of the game! This is 2-hour Interactive skills clinic for all levels.

FRIDAY, SEPTEMBER 21 5:30-7:30 p.m.

FEE \$45/player • Fee must be paid at time of registration

Open Pickleball hours

MONDAY 6:30-9:00 a.m. • Advanced Men (High 3.5 to 4.5 levels)

TUESDAY 10:30 a.m.-12:30 p.m. • Beginner to advanced beginner

THURSDAY 7:00-9:00 p.m. Intermediate

SUNDAY 8:00-10:00 a.m. • Open- two courts advance /2 courts intermediate

FEE \$4 Y Member/Tennis Center Member • \$8 Activity Member

Savings punch cards will be available for YMCA Members/Tennis Center Members

Beginner Pickleball Lessons

Pickleball is a fun, easy game to learn. It provides an opportunity to socialize and meet other people while giving yourself a great work-out. Class will cover rules, basic strategies and an opportunity to play and learn! If you have a group and would like to set up a private time please contact Sheila Counts, Director.

SESSION 1 September 4-30

SESSION 2 October 1-28

SESSION 3 November 26- December 23

TUESDAY 10:30 a.m.-12:00 p.m. **OR** 5:30 p.m.-7:00

FEE \$50 Y Member/Tennis Center Member • \$65 Activity Member

Friday Night Pickleball

Come enjoy Friday night Pickleball fun. Intermediate through advance level courts. Please sign up by calling the Y at 920-236-3400.

5:30-8:00 p.m.

FEE \$4 Y Member/Tennis Center Member • \$8 Activity Member

Savings punch cards will be available for Y Members/Tennis Center Members

DATES:

September 21: Kick-off Dave Weinbach Clinic

September 28

October 5

October 26: Halloween Special Event. Watch for details.

November 9

November 23: Family Mixer. Watch for details.

December 7

December 21: Christmas Party

Private Pickleball Courts can be rented. Normal hourly court rates and guest fees apply. Call the Tennis Center for additional information.

PRESCHOOL SOCCER AGES 3-5

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

20 SOCCER ARENA

FALL 1 TUESDAY 3:30-4:00 p.m.
THURSDAY 9:00-9:30 a.m.

FALL 2 TUESDAY 4:00-4:30 p.m.
THURSDAY 9:00-9:30 a.m.

FEE \$36 Member • \$62 Activity Member

PRESCHOOL T-BALL AGES 3-5

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

20 SOCCER ARENA

FALL 1 TUESDAY 4:15-4:45 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!

20 MAIN GYM

FALL 1 THURSDAY 4:15-4:45 p.m.

FALL 2 THURSDAY 4:45-5:15 p.m.

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 SOCCER ARENA

FALL 2 THURSDAY 4:00-4:30 p.m.

FEE \$36 Member • \$62 Activity Member

PRESCHOOL SPORTS AGES 3-5

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

20 LOCATION WILL BE DETERMINED BY SPORT

FALL 1 & FALL 2 TUESDAY 9:00-9:30 a.m.

FEE \$36 Member • \$62 Activity Member

**PRESCHOOL SCIENCE AGES 3-5
WE DISCOVER OUR SENSES**

Children will participate in preschool activities exploring the 5 senses.

20 MULTI-PURPOSE ROOM

FALL 1 TUESDAY 9:00-10:00 a.m.

FEE \$40 Member • \$66 Activity Member

**PRESCHOOL ART AGES 3-5
WE MAKE TIS THE SEASON ART**

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

20 MULTI-PURPOSE ROOM

FALL 2 TUESDAY 9:00-10:00 a.m.

FEE \$40 Member • \$66 Activity Member

PRESCHOOL GYMNASTICS AGES 3-5

A beginning level tumbling introductory class.

20 MULTI-PURPOSE ROOM

FALL 1 & 2 WEDNESDAY 5:30-6:00 p.m.

FEE \$36 Member • \$62 Activity Member

PRESCHOOL DANCE 1 AGES 4-6

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

20 MULTI-PURPOSE ROOM

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

PRESCHOOL DANCE 2 AGES 4-6

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

20 MULTI-PURPOSE ROOM

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

FEE \$36 Member • \$62 Activity Member

PRESCHOOL SKATE AGES 3-5

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

20 ICE ARENA

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

FEE \$36 Member • \$62 Activity Member

**SUPER FUN****WIGGLES & GIGGLES
(PRESCHOOL)**

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

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

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

DT MONDAY EVENINGS
4:45-5:45 p.m.

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

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
Alison Fett
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Steve Grey
Jolene Heuchert
Melissa Kohn
Deb Laibly
Karen Lorfeld
Tony Robinson
Jeremy Rush
David Seekings
Carey Sharpe
Karrine Spiller
David Stini
Ed Williams

OSHKOSH YMCA STAFF HERE TO HELP YOU!

Membership Coordinator **Amanda Arzberger**
Cash and Accounts Payable **Kelli Baneck**
Childcare Director (20th) **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**
Health & Wellness Director (DTC) **Erica Dawydko**
Ice Arena/Café Coordinator **Angela Dodge**
Senior Program Director **Angie Flanigan**
School Age Coordinator **Joseph Grimm**
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 Nething**
School Age Director **Secelie Panske**
Property Manager (DTC) **Steve Parker**
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**
Health & Wellness Coordinator **Ben Wanezek**
Financial Development Director **Patti Weissling**

YOUTH LOCK-IN = PARENTS NIGHT OUT

Spend the night at the YMCA! Activities include ice skating, swimming, soccer, movies, games and much more! A late night snack is provided. Please bring a swim suit, towel, warm clothing (for skating), sleeping bag, pillow and pajamas. Pre-registration is required. (min. of 20 required)

See front desk for registration form and permission slip.

**20 SATURDAY, OCTOBER 27
AND
FRIDAY, DECEMBER 7**
8 p.m-8 a.m.

AGE 7-12
FEE \$25+ TAX =
\$26.25 Member
\$35+ TAX =
\$36.75 Activity
Member

NON-STOP FUN!

FAMILY BINGO NIGHT

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

FRIDAYS: 5:30-7:30 p.m.

10 OCTOBER 19

20 DECEMBER 7

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



SPECIAL! NEW YEAR'S FAMILY NIGHT

MONDAY, 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

