OSHKOSH COMMUNITY YMCA



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

FALL OF STATES O

We believe that everyone — no matter who they are or where they're from — deserves the opportunity to reach their full potential. Everything the Y does is in service of ensuring people and communities thrive.

NGING NS WITH US

> FALL 1: Sept 11-Oct 22 FALL 2: Oct 30-Dec 17 No Programs: 11/20-26

web: www.oshkoshymca.org email: info@oshkoshymca.org 📑 🗿 😏 🕟

Oshkosh Community YMCA opens its third childcare facility, and first offsite location, at the University of Wisconsin – Oshkosh (UWO)

CHILDCARE

BIG NEWS!



Kim Stelzer Director of the Oshkosh Community YMCA Childcare at UWO

opened on July 1, 2023, with Kim Stelzer serving as the center's director. Kim is the former Downtown Y Childcare Director and brings over 32 years of experience to her new role.

The Oshkosh YMCA Childcare at UWO

In April 2023, UWO announced the closure of its Children's Learning and Care Center located on the UWO campus. The Y immediately began to receive emotional phone calls from parents and families scrambling to find quality childcare services for their children. Committed to our mission and areas of impact – youth development, healthy living, and social responsibility – we reached out to UWO to help with this community crisis. We wanted to help families seeking services and local businesses in need of childcare options for their employees. This is what we do – respond to the needs of our community!

The lack of childcare accessibility is a nationwide problem. The Bipartisan Policy Center estimates the long-term economic impact of Wisconsin's childcare crisis between \$4.2 to \$6.4 billion! In Winnebago County there are almost 1,000 children on waitlists for childcare. The Oshkosh YMCA

Childcare at UWO has allowed us to respond to this need. Along with the families continuing care at the center, the Y will be able to offer quality, licensed services to 138 children!



To learn more about Oshkosh YMCA Childcare at UWO, please contact Kim Stelzer at (920) 424–0260 or kimstelzer@oshkoshymca.org.

FALL 2023

FOR YOUTH DEVELOPMENT



Our Ys teach children in our early childhood and school age programs the skills necessary to be successful in school.



Our Ys offer youth and adult programs that empower people to become their best selves by offering instruction and support.

FOR SOCIAL RESPONSIBILITY



At the Y, we believe in membership for all. That is why we provide financial assistance to community members in need.

FIND YOUR Y. FIND Y. FIND

Look for this logo throughout the guide and see that the impact of your donation to the Annual Campaign, including the FOR ALL Financial Assistance Program, is REAL and MEANINGFUL.



FINANCIAL ASSISTANCE

EXPLORE YOUR POSSIBILITIES. Contact the Oshkosh Y for more details. This program is supported by the Annual Campaign.

29 ANNUAL CAMPAIGN FINANCIAL ASSISTANCE



With a gift to the Y, you can make childcare affordable to those with need, you can equip kids with life-saving swim lessons and water safety instruction, you can improve the lives of seniors by keeping them active, independent, and socially connected, PLUS so much more.

The Y is committed to meeting the basic needs of our community by empowering youth, individuals, families, and seniors through membership and programs that support their financial self-sufficiency, build social connections, and improve health and wellbeing.

FOR MORE INFORMATION on the Annual Campaign, including the FOR ALL Financial Assistance Program, or to make a donation, please contact Patti Weissling at (920) 230–8952 or <u>pattiweissling@oshkoshymca.org</u>.

You can also make a donation to the Oshkosh Y Annual Campaign, and FOR ALL Financial Assistance Program, online at <u>www.oshkoshymca.org/give/annual-campaign</u>.

100[%] of your contribution supports the basic needs for those who cannot afford the Y—right here in Oshkosh and the surrounding communities!

The Oshkosh Community YMCA is classified by the Internal Revenue Service as a 501(c)3 not-for-profit organization. As such, all charitable gifts received in the Annual Campaign are tax-deductible to the extent of the tax code.

SHOW YOU CARE! Receive a fun Y shirt with any donation of \$40 or more!

LOCATIONS & HOURS

DOWNTOWN (920) 236-3380

324 Washington Ave. Oshkosh, WI 54901

Fax (920) 236-3402

September 5, 2023 MONDAY-FRIDAY 5 a.m.-9 p.m. SATURDAY 7 a.m.-5 p.m. SUNDAY Noon-5 p.m.

20

20TH AVENUE (920) 230-8439

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

FACILITY HOURS*

September 5, 2023

MONDAY-FRIDAY 5 a.m.-9 p.m. SATURDAY-SUNDAY 7 a.m.-7 p.m.

CLOSED DAYS: • Labor Day • Thanksgiving Day • Christmas Eve & Christmas Day

- New Year's Eve (open until 5 p.m.) Easter Sunday
- Independence Day Memorial Day

SPECIAL HOURS: <u>Please visit the HOURS & SCHEDULES page on our website</u> for all special holiday hours.

STAY CONNECTED

In today's fast-paced world, staying connected has never been easier, with the convenience of phones, internet, email, and enews you can stay on top of the Y's latest information.



FALL HOURS BEGIN SEPT 5 2023

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

FACILITY HOURS*

ΠP

7 DAYS A WEEK Opens at 8 a.m.

Closing time is based on court reservations. Call ahead or visit the app for exact times.

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CLICK

ME!

Watch for this icon and for underlined text throughout this guide for interactive links that will take you right to where the action is. Register with the click of a button, email staff, learn more about our programs & more!

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FACILITIES

FACILITIES:			
Y LOCATION	DT	20	TP
Aerobic Studios	•		
Basketball Courts	•		
Cardiovascular Equipment	٠		
Circuit Equipment	٠		
Child Watch	٠		
Elliptical Trainers	٠		•
Free Weights	٠		
Group Cycling	٠		
Gymnasium	٠		
Incline Trainers	٠		
Indoor Ice Arena			
Indoor Soccer Facility			
Indoor Pickleball Courts			
Indoor Tennis Courts			•
Intergenerational Room	٠		
Licensed Childcare Center	٠		
Locker Room	٠		
Multi-Purpose Room	٠		
OASD 4K	•		
Pools	٠		
8-Lane, 25-Yard Competitive	:		
4-Lane, 25-Yard Pool	•		
Family Pool Zero Depth Entr	у		
Family Pool 3-3.5 feet	•		
Lazy River	•		
Slide/Water Gadgets			
Sauna/Steam Room	•		
Whirlpool	•		
Recumbent/Lifecycle Bicycles	٠		
Running/Walking Track	٠		
Stairmills	•		
Strength Training Equipment	•	٠	
Teaching Kitchen	۲		
Towel Service	•		
Treadmills	٠		
Universal Changing Rooms	•		
Youth Lounge			

HELP WANTED: AQUATICS, MEMBERSHIP, WELLNESS, BEFORE & AFTER SCHOOL CARE, CHILD CARE, & MORE!

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R N G

IN AL

AREAS

HEALTH & WELLNESS CENTERS ^{••} ^{••} ^{••} 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 healthy living orientations, fitness testing and questions regarding the use of equipment. Personal Training is available by certified staff. Must be at least 13 years old to use the H&W Center. Children ages 10–12 years may use the H&W Center under the direct supervision of a parent or quardian.

AQUATIC CENTERS The 20th Avenue Y boasts the Kuhn Family Pool, an 8 lane, 25-yard, competitive lap pool, as well as a warm-water family fun pool. The Oshkosh Corp Family Pool includes a water slide, zero-depth entry, a lazy river current, and water spouting gadgets. The Downtown Y is home to a 4 lane, 25-yard 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 Y locations have an on deck Sauna, Steam room and Whirlpool.

CHILD DEVELOPMENT CENTERS 2 he Y offers 3 conveniently located, state-licensed childcare centers, located at the 20th Ave Y, Downtown Y, and UW-Oshkosh campus. Our centers provide safe and dependable environments for children to enhance their physical, emotional, intellectual and social growth, as well as their developmental skills.

YOUTH POLICIES

CHILDREN UNDER THE AGE OF 8 Must always be under direct supervision of a parent/ guardian age 16+ unless enrolled in a staff supervised program or activity.

MEMBERS: Child Watch is available for supervision of children 6 weeks through 7 years old.

20

CHILD WATCH ²² Both Y facilities provide safe, affordable, care for children 6 weeks through 7 years while parents participate in Y programs and activities. Oshkosh Y members only.

GYMNASIUM 20 20th Ave offers a 15,500 square foot gymnasium, home to 2 full WIAA courts, 4 cross-courts, or 3 pickleball courts. Downtown's 7,500 square foot gymnasium is home to 1 full WIAA court or 2 cross-courts or 3 pickleball courts. **TRACK D 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. Children 7 and under must be within an arm's reach of their parent. Children 8 and older must be within parent's view while on the track.

UNIVERSAL CHANGING ROOMS 20 Our Universal Changing Rooms meet the needs of a variety of users, such as families with young children who require more assistance, or individuals who prefer gender anonymity. This area allows for flexibility so every user can change into, and out of, swim or workout apparel with the comfort and ease afforded in a private changing room or shower room.

LOCKER ROOM FACILITIES D 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.

INTERGENERATIONAL ROOM

Gathering space for members of all ages. The space features a teaching kitchen, TV lounge, vending machines, board games, and activities.

TEACHING KITCHEN 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 and 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 4 years old. Designated time for public skate. Skate rental available.

INDOOR SOCCER FACILITY 20

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.

OSHKOSH Y TENNIS & PICKLEBALL CENTER 证

The Tennis & Pickleball Center is Oshkosh's only indoor tennis facility; home to four indoor tennis courts, and eight pickleball courts. The Tennis Center Membership is INCLUDED in an Oshkosh Y Membership. See pages 63–66 for programming. All youth under age 14 must be accompanied by an adult or be enrolled in a program.

OSHKOSH CON

TENNIS &

PICKLEBAL

YOUTH LOUNGE

The Youth Lounge is unique space for youth (age 8+) to meet and socialize with each other in a safe, supportive environment. With space to hang, do homework, charge devices, and to unwind while building relationships with their peers. The Y provides opportunities for youth to realize who they are and what they can achieve, while making friends, and memories along their journey.

FUN for all ages! Check out the Oshkosh Y Tennis & Pickleball Center today.

priority registration on all Y programming including Camp, Childcare, Youth Sports, Swim Lessons and

MEMBERSHIP provides reduced fees and

the Y Tennis & Pickleball Center!

Y NEWS

MEMBERSHIP BENEFITS 💦 NOT A PLACE...A PURPOSE.

Your membership makes a difference in our community.

- Three great locations to serve you in Oshkosh
- Nationwide Membership: Members can visit FREE skate rental any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost
- Priority registration for all Y programming
- Complete Wellness Centers featuring cardio, circuit and free weight equipment
- On-site childcare while you're here
- Caring and knowledgeable staff
- FREE Healthy Living Orientation to add some new and challenging exercises to your current routine
- FREE Active Older Adult Programming
- The Oshkosh Y Tennis & Pickleball Center is included with your Y Membership
- FREE use of indoor running/walking track

- FREE Towel Service
- FREE Open Skate
- FREE Personal Training Consultations
- FREE Group Exercise Classes: Over 125 classes per week including Body Pump, Defend Together, Yoga, Pilates, Meditation, TRX. Zumba and more!
- FREE WI-FI
- FREE use of Y facilities throughout available program areas including Lap and Open Swim
- FREE access to YMCA360, a live and on-demand streaming service with access to over a thousand videos including fitness classes, cooking and nutrition classes, mindfulness, sports drills, & more!



Your community is waiting for you! We have over 125 Group Exercise classes to keep you active and motivated. Try different types of classes each week as well as various instructors to find the ones that make you want to get moving and come back for more. Group workouts provide camaraderie and accountability like no other.

REGISTRATION MEMBERS get PRIORITY REGISTRATION + REDUCED FEES

FOR ALL Y PROGRAMMING INCLUDING CAMP, CHILDCARE, YOUTH SPORTS, SWIM LESSONS, ACTIVE **OLDER ADULT PROGRAMS, THE Y TENNIS CENTER & MORE!**

ACTIVITY REGISTRATION

MEMBERS REGISTER BEGINNING **AUGUST 7**

Activity and class information is published in this quide. 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 at <u>www.oshkoshymca.orq</u>, in person at the front desk, or over the phone through any location. Visa, Discover, and MasterCard are accepted.

- Fall 1: September 11-October 22 Non-Members register August 21, 2023
- Fall 2: October 30-December 17 No Programs 11/20-26 Non-Members register October 16, 2023

YMCA MEMBERS enjoy priority registration on all Y programs! REGISTER at <u>www.oshkoshymca.org</u>.

For registration or online account assistance, please contact the Y directly (920) 230-8439. Front Office is open Monday-Friday 9 a.m. to 7 p.m. to assist you.

FALL 2023



NATIONWIDE MEMBERSHIP DID YOU KNOW?!

You can workout at Ys across the US and Puerto Rico!

We offer Nationwide Membership because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

IT'S EASY TO TAKE ADVANTAGE **OF THIS VALUABLE BENEFIT:**

As a Nationwide Member, you now have the added value of visiting Ys across the United States and Puerto Rico. There are a few quidelines to know and follow when you travel:

 Visit <u>ymca.net</u> before you travel to make sure the Y you intend to visit participates in Nationwide Membership. More than 2,500 Y locations participate. least 50% of your

visits must be to your You must have an active membership to be eligible for Nationwide Membership. Home YMCA (the local

> If you have known periods of seasonal travel (when you will not be using your Home Y at least 50% of the time or will be a resident of another area for more than 28 days), you will need to place your Home Y membership on hold or cancel it, and join the Y where you will be living for that time

period. Please plan ahead, as it may take several weeks to place your account on hold.

- Most YMCAs require a photo ID for all visitors. Please bring a photo ID with you for a seamless customer experience.
- You will be asked to sign a waiver when visiting other YMCA locations.

Enjoy being part of more YMCA communities.

YOU **BELONG.**

FIND A PICKLEBALL COURT WHEREVER YOU GO AND MAKE YOURSELF AT HOME!

On average, at

association that enrolled

you and collects your

membership dues).

MEMBERSHIP



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.

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 8

Must always be under direct supervision of a parent/guardian unless enrolled in a staff supervised program or activity. Child Watch is available for supervision of children 6 weeks through 7 years old.

CHILDREN AGES 8+

Allowed to use the appropriate spaces available without direct supervision during non-school days/hours.

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 Y activity or membership.

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

GUEST POLICY: Depending on the type of membership you select; the primary member may share a guest pass with a nonmember or family. The Oshkosh Y member must be present and remain at the Y during their guest's visit. A PHOTO ID is required of a guest age 14+ and each guest household is limited to 3 visits per calendar year. Please register your guest as the Front Desk upon arrival. A full policy is available on our site.

FACILITY RENTAL: Rent either Y facility for birthday parties or special events. Visit our website to complete an interest form and for more information. Contact: Reservations Manager Alex Marrison, (920) 230-8493 or <u>alexmatrison@oshkoshymca.org</u>.

DRESS CODE: Please embrace the family friendly environment of the Y. Any clothing considered an undergarment should not be worn alone. Sports bras are considered an undergarment. Members cannot wear inappropriate, immodest, or sexually revealing attire. Swimsuits are only to be worn in the pool areas.

FOR ALL FINANCIAL ASSISTANCE PROGRAM

MEMBERSHIP + PROGRAMS FOR ALL

One rate does not fit all, so we offer the FOR ALL Financial Assistance Program. 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. 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.



MAKE A DIFFERENCE. VOLUNTEER.

NO MATTER YOUR INTERESTS, WE HAVE A SPOT FOR YOU.

Visit <u>www.oshkoshymca.org/connect/volunteer</u> for upcoming volunteer opportunities!



CREATE A LIVING LEGACY

SHOW YOU CARE

Our hope is to build a strong, healthy and happy community for generations to come – but we can't do it without your help!

As a charity, our success is dependent on donations and contributions from our generous community.

We believe that investing in our kids, our health and our neighbors makes all of us stronger. If you believe in the work we're doing today, you can be an integral part of our future by including a charitable gift in your estate and financial plans. With a little planning, you can make a big difference for years to come.

The Oshkosh Community YMCA is classified by the Internal Revenue Service as a 501(c)3 not-for-profit organization. As such, all charitable gifts received are tax-deductible to the extent of the tax code.

SHARE THE JOY!

Make a planned gift TODAY to make a better Oshkosh TOMORROW.



For more information and to start a conversation about your legacy, and supporting the values and community that you believe in, please contact Patti Weissling at (920) 230–8952 or pattiweissling@oshkoshymca.org.

We are

here for

OUR PEOPLE

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.

Chair Becky Tuchscherer Chair-Elect

> Brent Antti Treasurer

Meghann Kasper

Secretary Carston Larson

> Past Chair Tim Mulloy

Todd Christie Jamie Crouse Glen Curran Dr. Bryan Davis Dr. Kim Fletcher Jason Hirschberg Jill Huth Cal Jirschele Megan Lang Kathy Lett Dr. Karen Lorfeld Kathy Markofski Michael Scott



HERE FOR YOU: Y STAFF

Aquatics Director (20th) Lawson Bailey Cash and Accounts Payable Kelli Baneck Director of Children and Family Services Erin Baranek Mission & Brand Enhancement Director Abbey Haug Ice Arena Director Matt Carey Wellness & Personal Training Director (20th) Ben Clewien Head Swim Team Coach Jay Coleman Childcare Director (DTC) Jennifer Colvin Tennis & Pickleball Center Director Sheila Counts Membership Coordinator (20th) Steph Daniel Childcare Accounts Receivable Eric Davis Aquatics Coordinator (20th) Trenton Davis Youth & Family Director Taylor Douglas Wellness Coordinator Rachel Ellis Healthy Living Program Coordinator Emily Eresh Branch Executive (20th) Angie Flanigan Sports Director Jeremy Gaveske Child Care Director (20th) Faith Goodacre-Reinke Director of Wellbeing & Group Exercise Brandy Hankey School Age Coordinator Claire Jungers Aquatics Coordinator (DTC) Robin Liepert School Age Coordinator Christina Malson Wellness & Healthy Living Program Director (DTC) Lindsey McMullin Branch Executive (DTC) Lester Millette Membership Coordinator (DTC) Amanda Naimon 4K Teacher (DTC) Mary Nyback Property Manager (DTC) Steve Parker Chief Financial Officer Judy Rehm School Age Director Crystal Resop Sports Coordinator Byron Sabel Payroll/HR Amanda Sattler President/CEO Jeff Schneider Vice President of Membership and Community Engagement **Julie Smith** Wellness & Personal Training Coordinator Scott Souza Childcare Director (UWO) Kim Stelzer Property Manager (20th) Matt Verhage Financial Development Director Patti Weissling ForeverWell Director Errah Wheel Swim Team Administrator Kelly Wynns

COMMUNITY STARTS HERE. CLICK HERE & VISIT US ONLINE TO CHECK OUT OUR FALL PROGRAMS & OFFERINGS.

web: www.oshkoshymca.org email: info@oshkoshymca.org 📑 🞯 🈏 🕟



All parties are 3 hours in length.

- Ice Skating may be added to the packages for an additional fee (skates included).
- All parties must be booked 7 days in advance.
- All activities during open times only.
- Full payment due at time of reservation.
- SUBJECT TO AVAILABILITY

THE Y IS A GREAT PLACE **TO HOLD A PARTY!**

20 PARTY PACKAGE INCLUDES: 3-hour use of Multi-Purpose Room plus Youth Lounge, basketball gym, soccer arena and swimming

1–10 KIDS PACKAGE

\$105 + \$5.25 tax: \$110.25 **1** \$140 + \$7 tax: \$147

11–15 KIDS PACKAGE (1) \$145 + \$7.25 tax: \$152.25 **()** \$180 + \$9 tax: \$189

DU PARTY PACKAGE INCLUDES:

3-hour use of Multi-Purpose Room plus basketball gym and swimming

1-10 KIDS PACKAGE

(1) \$80 + \$4.25 tax: \$84.25 () \$115 + \$ 5.75 tax: \$120.75

11–15 KIDS PACKAGE

▲ \$155 + \$7.75 tax: \$162.75

Packages are available for larger groups.

Click here to complete a Birthday Party Request form for more info

ELD TRIPS

Take your next field trip to the Y. Any grade can be accommodated. Plan now! Let's have some fun!

SOCCER ARENA • ICE SKATING SWIMMING • BASKETBALL

For more information, click here to complete a Fieldtrip Interest form.

SUBJECT TO AVAILABILITY

RENT THE Y!



OSHKOSH Y FACILITY RENTALS SUBJECT TO AVAILABILITY

The Oshkosh Y offers a terrific site for your non-profit, church, sports team, alumni group, club, school, youth group, student organization or support group to plan a gathering, meeting or retreat. Additional activities include swimming, soccer or ice skating (during open times). Group rates/packages are available.

Our staff will work hard to cover all of your needs, from room set-up to tech support. We will provide, tables, chairs, and AV equipment to meet your needs

Your experience is our priority! Minimum 20 people.



Click here to learn more about **Facility Rental.**

CLASS TRIPS NCENTIVE DAYS

REWARD DAYS

HAVE FUN & BE SAFE



The YMCA is a great place to have fun. Please follow the YMCA Core Values of Caring, Honesty, Respect and Responsibility.

Children ages 8 and older are allowed to be at the Y without adult supervision. The YMCA does not provide supervision to youth.

If you are permitted to be at the Y on your own, the expectation is that you can follow the guidelines. Any conduct not in keeping with our mission or core values will result in a *Behavior Incident Report*. Depending on the circumstances, a parent will be contacted to pick you up immediately.

Continued violations of the Youth Behavior Policy will result in termination of your YMCA membership benefits.

OSHKOSH COMMUNITY YMCA YOUTH BEHAVIOR POLICIES

GENERAL EXPECTATIONS

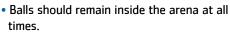
- Check in at Service Desk by presenting your membership key tag or by using your smart phone.
- Secure your belongings in a designated area.
- Shoes must be worn at all times in all areas of the building (except pools).
- Remain inside the Y until pick up.
- Appropriate and positive language is to be used in all areas of the building.
- Cell phones can be used in Café (20th), Lobby, Youth Lounge, and Intergen room (DT).
- Listen to appropriate music and wear headphones/ear buds.
- Displays of affection are not permitted.

GYMS



- Equipment should be used for intended purposes only.
- Request staff assistance to raise or lower hoops.
- Baton twirling is allowed during open times, please be courteous of other users.

SOCCER ARENA



- Portable goals and black mats are for program use only.
- Sit on team benches or bleachers to take breaks.
- Refrain from using the Scorer's Box.
- Baton twirling is allowed during open times, please be courteous of other users.

ICE ARENA



- Skate safely counter-clockwise around cones.
- Use skate aids for intended purposes only.
- Return skates to Pro-Shop when done.
- When wearing skates stay in designated areas.
- Bleachers, bench areas, and locker rooms are for program use only.

GATHERING SPACES

- Stools/chairs should always be on the ground.
- Please use quiet voices.
- Be careful and respect Y equipment.
- Keep food and drink in designated areas.
- When leaving take your belongings with you and clean up after yourself.

POOLS



- Wear a swimming suit.
- Please walk.
- Whirlpool, sauna, and steam room are for swimmers ages 14 and older.
- Swim test required for lap pool.
- Swim test required for lazy river and slide (20th) if under 4 ft. tall.
- No flotation devices or goggles on slide (20th)
- Use lap swim and water fitness equipment for intended purposes only.
- Leave water spouts, lane lines, and buoy ropes alone.

HALLWAYS | BATHROOMS

- Please walk.
- Please use quiet voices.
- Games should be played in designated areas only.
- Hold balls while in hallways.
- Clean up after yourself.

RESTRICTED (unless 13 & older)

- Wellness Center
- Indoor Track/Stairs
- Elevator
- Lower Level (DT) (parental supervision required)
- Group Fitness Studios/Rooms
- Universal Changing Rooms (parental supervision required)
- Multi-Purpose Rooms

a 23

FALL 1:

Oct 22

FALL 2:

Dec 17

Oct 30 to

No Programs:

Nov 20-28

Sept 11 to



PRESCHOOL ACTIVIT

PRESCHOOL SOCCER AGES 3-5

Preschool Soccer is a great way to learn the basics of soccer in a fun and enjoyable way. Participants will learn basics through drills and fun games. Shin guards required.

20 TUESDAY 9:00-9:30 a.m. SOCCER ARENA 5:30-6:00 p.m. SOCCER ARENA

THURSDAY 9:00-9:30 a.m.

20 THURSDAY 4:45-5:15 p.m. SOCCER ARENA

FALL 2

FALL 1

20 TUESDAY 9:00-9:30 a.m. SOCCER ARENA 4:45-5:15 p.m. SOCCER ARENA

THURSDAY 9:00-9:30 a.m

FEE \$38 🔕 • \$66 🔇

PRESCHOOL T-BALL AGES 3-5

Boys and girls will love learning about baseball playing Y T-Ball! The basic 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 4:45-5:15 p.m. FALL 2 THURSDAY 4:45-5:15 p.m. FEE \$38 ⓓ • \$66 ₪

PRESCHOOL BASKETBALL AGES 3-5

Your preschool girl or boy will have fun learning the basics of basketball. This class will concentrate on skill development, fun, fitness, and teamwork.

20 MAIN GYM

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

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

 FEE
 \$38 ⓓ
 \$66 ℕ

PRESCHOOL FOOTBALL AGES 3-5

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

20 SOCCER ARENA

FALL 2 TUESDAY 4:00-4:30 p.m. FEE \$38 ⓓ • \$66 ₪

PRESCHOOL SPORTS AGES 3-5

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

🚾 UWO CHILD CARE CENTER

FALL 1 & FALL 2 THURSDAY 10:00-10:30 a.m. FEE \$38 ⓓ • \$66 ℚ

NEW! PRESCHOOL SLIME AGES 3-5

Let us worry about the mess as your preschoolers make a new type of slime each week. Slime will be sent home at the end of each class.

20 MULTI-PURPOSE ROOM

 FALL 1
 WEDNESDAY
 9:30-10:00 a.m.

 FEE
 \$38 ⓓ
 •
 \$66 ₲

PRESCHOOL SEASONAL ART AGES 3-5

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

20 MULTI-PURPOSE ROOM FALL 2 WEDNESDAY 9:30-10:00 a.m. FEE \$38 (1) • \$66 (1)

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 \$38 ⓓ • \$66 ₪

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 5:30-6:00 p.m. FEE \$38 ⓓ • \$66 ₪

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 5:30-6:00 p.m. FEE \$38 (2) • \$66 (3)

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 & FALL 2 MONDAY 3:30-4:00 p.m. FEE \$50 (2) • \$77 (3)

LEARN NEW SKILLS MAKE FRIENDS HAVE FUN! MILY + CHILDREN

I'm not comfortable l help if home alone. someone is choking? What if the power goes out? How do I let people know What do I do if someone

I'm ready to babysit? gets hurt?

How can



BUILD CONFIDENCE & LEARN NEW SKILLS **2 NEW CLASSES!**

SAFE SITTER[®] classes help prepare kids to feel safe and be safe when they're home alone, watching younger siblings, or babysitting.

> These valuable new classes will be held on No School Days.

> > Space is limited. Maximum of 8 kids per class. **Register now!**

The SAFE@HOME[®] and SAFE SITTER[®] classes are offered for kids entering grades 4-8

a

SAFE@HOME BY SAFE SITTER For kids entering Grades 4-6

Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter[®] First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.

FEE \$30 M • \$45 N

SEPT 22 • 12:30-3:00 p.m. NOV 10 • 12:30-3:00 p.m.

SAFE SITTER SAFETY COURSE For kids entering Grades 6-8

Safety Skills: Students learn how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies.

Child Care Skills: Students learn tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, as well as practice diapering.

First Aid & Rescue Skills: Learning skills such as choking rescue and first aid is often students' favorite part of

the class. Students also learn a system to help them assess and respond to injuries and illnesses.

Life & Business Skills: The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays.

FEE \$55 M • \$80 N

OCT 27 • 9:00 a.m.-2:45 p.m.* DEC 8 • 9:00 a.m.-2:45 p.m.*

*There will be a lunch break, but food is not provided. Please bring your own lunch.

CHILD DEVELOPMENT CENTER

Our Child Development Centers, licensed by the State of Wisconsin's Department of Health and Family Services, nurtures the whole child. Our centers 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.
- 🚾 6:00 a.m.-6:00 p.m.

FOR MORE INFORMATION:

- Jennifer Colvin at (920) 230-8954 or jennifercolvin@oshkoshymca.org
- 20 Faith Goodacre-Reinke at (920) 230-8918 or faithgoodacrereinke@oshkoshymca.org
- 🚾 Kim Stelzer at (920) 424–0260 or <u>kimstelzer@oshkoshymca.org</u>

INTERGENERATIONAL ROOM

Gathering space for members of all ages. The space features a teaching kitchen, TV lounge, vending machines, board games, and activities. FEE 🔕 FREE TO MEMBERS

YOUTH LOUNGE

20 A unique space for youth (age 8+) to meet and socialize with each other in a safe, supportive environment. The Youth Lounge provides kids space to hang, do homework, charge devices, and unwind, while building relationships with their peers.





NEW FUN THEM

MONT

PLUS AT 20TH AVE COMMUNITY NIGHTS: BOUNCE HOUSE, BASKETBALL, ICE SKATING, **SWIMMING & MORE!**

JOIN US! FREE and **OPEN FOR THE ENTIRE** COMMUNITY • 5-7 p.m.

DT September 16 **Community Connections**

20 October 14 Spooky Skate

DT November 18 Thanksgiving Arts & Crafts

20 December 9 Ice Skate with Santa

COMMUNITY NIGHT SPECIAL!

JOIN THE Y THAT NIGHT & SAVE!

Families that join the **Oshkosh Y as new** members on Community Nights pay NO JOINER FEE! That's a savings of up to \$75!

NEW YEAR'S EVE **FAMILY NIGHT**

20 Sunday, December 31 New Year's Eve Family Night Special Time: 5:30-8:30 p.m. FREE for Oshkosh Y members and \$10/family for non-members

V Member Non-Member

17

MAKE TIME FOR YOU!

Let us watch your children while you enjoy a great Y workout, a dip in the pool, or a Y program.

Our Child Watch areas offer drop-in, short-term child care so you can enjoy your Y visit and work out with a peaceful mind. Your children will find age-appropriate toys, games, and activities for them to enjoy under the supervision of trained and caring staff.

> Watch for new, expanded hours this fall! Call, check online, or use our app for the most up-to-date information.

> > AGES 6 weeks through 7 years

FEE: \$3 per child/per visit • 1 visit per child per day (each visit is a maximum of 2 hours)

FOR CHILD WATCH HOURS, PLEASE VISIT OUR WEBSITE HERE.

WATCH

*Parents/guardians must remain in the building for this short-term care.

FAMILY + CHILDREN

FREE OPEN TO ALL NONSI

THURSDAYS September 21 20 October 19 0T November 9 20

STRONGMOMS

A **FREE** community program for mothers with children of all ages. Includes free childcare + free dinner for kids and moms!

5:30-6 p.m. Dinner • 6-7 p.m. Program

Please contact Kim Stelzer at (920) 236–3380, kimstelzer@oshkoshymca.org, or visit us on facebook or the web: www.oshkoshymca.org for more information.



This program is supported by our Annual Campaign. Donate today and help provide financial assistance so families in need can utilize our Strong Moms program!

WANT TO HELP?



To learn how you can make a difference, please contact Patti Weissling at (920) 230–8952 or <u>pattiweissling@oshkoshymca.org</u>.







A classic game of luck and a chance that's perfect for the whole family.

FRIDAYS: DT OCTOBER 6 20 DECEMBER 8

6:00-7:00 p.m.

FREE Open to Oshkosh Y Members only





HELP CHANGE LIVES IN OUR COMMUNITY!

GIVE to the Oshkosh Y and help change lives in our community!

With a donation to our Annual Campaign, including the **FOR ALL** Financial Assistance Program, infants, toddlers and preschoolers receive high quality, nurturing care so families with need are supported in their goal toward financial self-sufficiency.

For more information on the Annual Campaign, including the **FOR ALL** Financial Assistance Program, or to make a donation, please contact Patti Weissling at (920) 230-8952 or <u>pattiweissling(a)</u> <u>oshkoshymca.org</u>.

SPUSH& SPUASH AGES 1-3

FALL 2 ON a drop in members on this page in basis. No need to sign up!

new friends, and exploring the water. We will play family music during the first 30 minutes and then use the water gadgets for the last 30 minutes. Special pool toys will be available in this program, so come on down and join the fun!

20 WEDNESDAYS: 10:30-11:30 a.m. FRIDAYS: 10:30-11:30 a.m. FREE FOR MEMBERS ONLY

WIGGLES & **SUPER FUN** GIGGLES Wiggles & Giggles has become the "place to

be" for toddlers and preschoolers! The Y is offering more value-added programs to its membership, and for members, this program is FREE! Just bring your toddler or preschooler for a couple hours of fun playing with balls, blocks, dancing to music, and enjoying push or ride on toys. 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 MONDAYS & THURSDAY: 9:30-11:00 a.m. TUESDAYS: 4:45-5:45 p.m. DT WEDNESDAYS: 9:30-11:00 a.m. **FEE FREE M** \$6/family **N** (includes tax)

AGES 1-3

LITTLE SPORTS

STARS

AGES 1-3

TODDLERS & PARENTS PLAY SPORTS TOGETHER

Join other parents and their tots to enjoy sports fun at the Y. Parents can play sports with their children in a safe

environment while meeting other parents and new friends, exploring different sports, and having fun-

20 SOCCER ARENA SIDE A TUESDAYS: 9:30-10:30 a.m. FREE FOR MEMBERS ONLY



FAMILY + CHILDREN

MAKE TIME FOR MAKING MEMORIES

Grab your tent and come join us for a fun-filled family campout without the distractions of daily life. Adults and children will enjoy a sense of adventure and exploration while sharing unforgettable moments that bond families and create lasting memories.

Located just 3 miles from the 20th Ave Y, our camp has 24 acres of beautiful, wooded land. This property includes: two miles of hiking trails, an archery range, volleyball court, gaga pit, basketball hoops, two lodges, bathrooms, and a fire pit.

Participants need to bring a tent, sleeping bags, and any special items they may require. Please contact the Oshkosh YMCA if you'd like to attend but do not have all the required equipment. SATURDAY, SEPT 23: 2:00 p.m. to SUNDAY, SEPT 24: 8:30 a.m. LOCATION: YMCA Camp Winni-Y-Co COST: M \$60 (for a family of 4)* N \$90 (for a family of 4)*

INCLUDES: programmed activities, dinner, and breakfast.

*Additional cost of \$15/person for additional family members

Please contact Taylor Douglas at taylordouglas@oshkoshymca.org for more information.

FAMILY + CHILDREN

YOUTH LOCK-INS = PARENTS NIGHT OUT!

20 SATURDAY, OCTOBER 14
20 SATURDAY, DECEMBER 9 7 p.m-9 a.m. • AGES 7-12



Spend the night at the Y! Activities include ice skating, swimming, soccer, movies, games and much more! Dinner (pizza), snack, and breakfast is provided. Please bring a swim suit, towel, warm clothing (for skating), sleeping bag, pillow and pajamas. FEE \$25 M • \$40 N

Pre-registration is required (min. of 20 required). See front desk to register.

SPECIAL NEW YEAR'S FAMILY NIGHT

Watch for more information on this special evening which includes something for the whole family – swimming, soccer, ice skating, basketball, Youth Lounge, and more!

SUNDAY, DECEMBER 31

20 Special time: 5:30 - 8:30 p.m.

FREE for Y Member Families \$10 for Non-Member Families (includes skate rental)



2023-2024 SCHOOL YEAR

READY-4-LEARNING PRE-KINDERGARTEN

In collaboration with the Oshkosh Area School District, the Oshkosh Community Y is excited to offer 4-year-old Pre-Kindergarten at both Y 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 other areas such as art, science, music and movement, health awareness, active play, and much more! Space is very limited and is filling quickly! Please call the Oshkosh Area School District at 424-0395 to register.

AGE Child must be 4 years old by Sept 1, 2023

Morning: 8:05-10:50 a.m. • Afternoon: 11:50 a.m.-2:35 p.m.
 Subject to change.

KID'S DAY OUT 2023-2024

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 Y 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!

REGISTER FOR KID'S DAY OUT ONLINE TODAY!

20 GRADES K-5 6:30 a.m.-6:00 p.m. FEE \$42/Day **(**) ● \$47/Day **(**)

2023-2024 KIDS DAY OUT DATES:

Friday, September 22 Friday, October 13 Friday, October 27 Friday, November 10 Wednesday, November 22 Friday, December 8 Friday, December 22 Tuesday, December 26 Wednesday, December 27 Thursday, December 28 Friday, December 29 Monday, January 15 Monday, January 22 Friday, February 9 Friday, March 8 Monday, March 25 Tuesday, March 26 Wednesday, March 27 Thursday, March 28 Friday, March 29 Friday, April 12 Friday, May 10

For information on School Age programs please contact Crystal Resop: <u>crystalresop@oshkoshymca.org</u> or (920) 230-8912



REGISTER NOW. SPACE IS LIMITED!

KIDS 2023–2024 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 out-of-school hours.

BEFORE SCHOOL

- 6:00 a.m.-Start Time:
- Oakwood Franklin
- Carl Traeger

AFTER SCHOOL

Dismissal Time-6:00 p.m.:

- Carl Traeger
 Oakwood
- Franklin Read Lourdes

See website for more information.

SUPERVISED, SUPER FUN CARE FOR KIDS

Visit our website for more information.



Like and follow School Age Department Oshkosh YMCA on Facebook for program information, updates, & activities!

AGA IS NOW: FOREVERVELL

INTRODUCING FOREVERWELL

Formerly, AOA, ForeverWell is an ever-expanding set of Y programs and activities designed exclusively for seniors! ForeverWell provides programs and services to engage this community in wellbeing experiences. Our focus is helping older adults improve their overall health and wellbeing in a holistic manner. In addition to concentrating on physical health, we aim to deepen social engagement between the Y and older adults. The meaningful relationships formed through the social support of the Y will reduce social isolation and improve quality of life. We strive to achieve these goals with programming that engages the mind, body, spirit and involves community and nature experiences.

CHECK IT OUT, SENIORS! 🕟

NEW! FOUNDATIONS OF FOREVER WELL

A special Y orientation just for Seniors.

Our Ys are big places with so much going on! It can be intimidating for newcomers, but it doesn't have to be. Join us for these informative sessions and learn everything you need to know to be comfortable and to feel at home at our Ys.

These sessions will include:

- Assistance downloading our app
- How to register for classes
- How to use Y360
- Where to find schedules and monthly events...and more!

Orientations will be offered once a month at each location. Join us as often as you'd like!

2nd Tuesday of each month: 9-9:45 a.m.
 2nd Wednesday of each month: 9-9:45 a.m.

FREE TO Y MEMBERS

FOREVERWELL • AGES 55+

LIFELONG LEARNING

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

SEPTEMBER 19 PRESENTER ERIC KOEHLER, PT

OCTOBER 2 ACTIVE AGING WEEK LUNCHEON

NOVEMBER PRESENTER FROM AURORA (DATE TBD)

DECEMBER 14 HOLIDAY CELEBRATION

Watch for more details on Lifelong Learning coming soon!

Sign up at the Front Desk of either location or by calling (920) 230–8439.

THANK YOU TO OUR MONTHLY LUNCH SPONSOR:





(920) 966-6276



DID YOU KNOW?? 36.5 million people have played pickleball at least once in the last year. That's 14% of the adult population!

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.

For current Pickleball times, visit **oshkoshymca.org** to view the Gym schedules for days and times or pick up a schedule at the front desk.

FEE 2 FREE TO Y MEMBERS FENNIS & PICKLEBALL CENTER FEES APPLY ALL ABILITIES ARE WELCOME!

AMERICA'S FASTEST GROWING SPORT IN 2023!



CHAIR VOLLEYBALL

Improve cardiovascular fitness and hand-eye coordination, increase joint flexibility, enhance muscle tone and endurance, and build upper body strength. Chair volleyball is played just like regular volleyball but with a beach ball and chairs. All equipment is provided and no registration is required!

20 Main Gym

WEDNESDAY 10:30 a.m.-12:00 p.m.

FREE TO 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.

TEACHING KITCHEN OCTOBER 5 • DECEMBER 7 FEE \$32 In-Home Care Independent Living Assisted Living

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

OSHKOSH Y MEMORY CAFÉ

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.

FREE TO MEMBERS & COMMUNITY

September 25 • October 23 • November 27 • December 18 1:30-3:00 p.m.

IN PARTNERSHIP WITH:



alzheimer's R association



MONTHLY BOOK CLUB

Book Clubs are a great way to meet people and to learn from diverse perspectives. Book club will meet the third Thursday of the month and will read and discuss a NEW book each month. Books will be provided to those who participate and can be picked up at the Downtown Y only. Books must be returned after each meeting.

Register at the front desk of the Downtown Y or call 920–236–3380

1:00 - 2:00 p.m.

September 21 October 19 November 16 *No Book Club in December*



To participate, schedule an intake appointment with Brandy Hankey. Once intake is complete, participants are welcome to attend any sessions that meet their needs.

IN PARTNERSHIP WITH:



BRIGHTER DAYS

More than a support group, Brighter Days is a program that nurtures the spirit, mind and body of those 55 and older who are grieving the loss of their partner.

The goals of the Brighter Days Support Program are:

- To build community by bringing people of like experience together.
- To improve feelings of isolation and depression through social connectedness, mindfulness activities, and physical activity.
- To help participants maintain independence through regular physical activity and fall prevention measures.

This program rotates Y locations each week and is offered on an on-going basis. FEE FREE Contact Brandy Hankey at (920) 220 8429

(920) 230-8439 or <u>brandyhankey@oshkoshymca.org</u> for more information.

WANT TO HELP?



To learn how you can make a difference, please contact Patti Weissling at (920) 230-8952 or pattiweissling@oshkoshymca.org.

COFFEE + COMMUNITY!

Enjoy complimentary coffee Monday through Friday! Bring your own cup to help us be socially responsible, or purchase a paper cup for \$.25 at the Front Desk.



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



Stay up-to-date! Like and join the Oshkosh Y FOREVERWELL Facebook Group Ages 55+ JOIN TODAY!

FOREVERWELL FITNESS CLASSES

AGE 55+ **Free to members**. A 15-visit punch card for \$80 is available for non-members to participate in ForeverWell programming to include FW Group Exercise classes, Water Fitness classes before 1 p.m., Pickleball before 12 p.m., and use of the Walking Tracks before 12 p.m. Monday – Friday. Punch cards do not apply to open use of the Y pools, gyms, wellness center, arenas or group exercise programming outside of the FW listing.

All ForeverWell classes are run on a continuous basis. Schedules of class offerings are available at oshkoshymca.org, on the Oshkosh Y Mobile App or at the Front Desk of any Oshkosh Y location.

ARTHRITIS AQUATICS

This activity offers water exercises that are recommended by the Wisconsin Chapter Arthritis Foundation. For more information on this program, please see Aquatics (Page 35).

FOREVERWELL WATER FITNESS

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

FOREVERWELL CHAIR EXERCISE

Ease into fitness while sitting in a chair! This class is designed for people who struggle with balance, have limited mobility, or are new to exercise! No equipment needed and no getting up and down from the floor. Improve muscle tone and flexibility and increase the efficiency of your heart and vascular system while working at your own pace with others just like you! Open to all ages!

FOREVERWELL CHAIR YOGA

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

FOREVERWELL CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength-work is alternated with low-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

FOREVERWELL CYCLING

Take a fun-filled group ride that's fitting for beginners and seasoned cyclists. This version is less strenuous than a 'regular' Group Cycling class.

FOREVERWELL PILATES

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

FOREVERWELL STRENGTH

This strength training class will use hand held weights, resistance tubing, a ball and more to increase muscular strength, endurance, range of motion and the ability to perform activities of daily living. A chair is used for seated and/or standing support.

FOREVERWELL 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.

SILVERSNEAKERS® CLASSIC

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

ZUMBA GOLD

Ditch the workout and join the party! This is an easy-to-follow program set to Latin and International music that lets you move to the beat at your own speed. This class is great for those that prefer a low-impact workout experience.

ForeverWell Programming is INCLUDED in your Y Membership.

• Classes with this symbol require a reservation. Reserve your spot online up to 24 hours before class time.

LAP SWIM AND OPEN SWIM TIMES FREE TO Y MEMBERS

Times vary throughout the day. Check online for the most up-to-date schedules. 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.



ADULT SWIM BASICS (AGES 16+)

20 Individuals choosing Beginner Swim Lessons may have a fear of the water, have very little to no swimming skills, and are ready to take the first step toward learning to swim. You will work toward your own personal goals while working on water adjustment, gaining confidence, floating, basic swimming skills, and basic personal safety skills.

20TH AVENUE SWIM MEETS:

The 20th Ave pools will be closed for swim meets on occasion. We are sorry for any inconvenience.

Aquatics, including Family Pool, Sauna, Steam Room, and Whirlpool, will close at 5:30 p.m. on these dates:

NORTH HS SWIM MEETS

Tuesdays:

- October 10 **OSHY SWIM MEETS**
- Friday, September 29 **Aquatics Center closes at** 4:15 p.m.
- Saturday, Sept 30 **Aquatics Center closes** at 12:15 p.m.
- Sunday, October 22 **Aquatics Center closes** 1 p.m.
- Champion Meet Aquatics Center closes at 2 p.m. on Friday, November 17 and will re-open on Monday, November 20



SLIDE TIMES FREE TO Y MEMBERS

20 Times vary throughout the day. Check our FREE Mobile APP for the most up-to-date schedules. Pick up a copy of the pool schedule at either location or visit www.oshkoshymca.org. Great for family time!

Y SWIM LESSONS (AGES 6 MOS.+)

DT 20 **Downtown &** 20th Avenue FALL 1 September 11-October 22

Members register beginning Monday, August 7 Non-Member registration begins August 21

FALL 2 October 30-December 17 No programs Nov 20-26 Members register beginning Monday, August 7 **()** Non-Member registration begins October 16

Classes meet once a week for 6 weeks, 40 minutes per lesson. Fee \$33 🙆 • \$59 🔇

20 FALL 1 Adult Swim Basics • 5 Tuesdays: \$28 🖉 • \$49 🕲 No Class Oct 10

20 FALL 2 Swim lessons • 5 Saturdays: \$28 🖉 • \$49 🛇 No Class Nov 18

Where everyone counts! Our format allows for easy scheduling for families with multiple kids. Pick your preferred location, day, and time on the charts provided. Our instructor/student ratios are the lowest in the community. Preschool level classes are limited to 5 students per instructor and youth level lessons are limited to 7 students per instructor. Your child will get plenty of water time and attention from our skilled instructors. We do everything we can to help our students learn to swim in a safe, values-driven environment. Please contact the aquatics director if you are unsure where to place you child – we can help! All group swim lessons have a minimum enrollment of 3 swimmers. Swim classes may combine with a neighboring level or swimmers may be asked to change day/time to meet minimum number.

LESSON TIMES FILL QUICKLY. REGISTER NOW! Y members register anytime!

PARENT/CHILD SWIM LESSONS (AGES 6 MOS.-3.5 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 10 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 5 participants per class.

YOUTH SWIM LESSONS (AGES 6+)

Each level is a continuation of the previous level. The emphasis is learning, not passing and failing. Class levels will be limited to 7 participants per class.

SMALL GROUP SWIM LESSONS

For those who prefer a smaller size group lesson to provide more individual attention and gain more time to learn and discover the water. 1 INSTRUCTOR TO 3 PARTICIPANTS. Must have 3 enrolled to run. Fee 🔕 \$55 • 🔕 \$100

AQUATIC

SWIM LESSON STAGES 🔇

SWIM STARTERS

STAGES A • B

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 different body positions in the water, blowing bubbles, and fundamental safety and aquatic skills.

QUESTIONS ABOUT SWIM LESSONS?

20th Ave: Lawson Bailey lawsonbailey@oshkoshymca.org

DT: Robin Liepert robinliepert@oshkoshymca.org

SWIM BASICS

STAGES 1 • 2 • 3

PRESCHOOL, YOUTH, & ADULT STAGES

Participants 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 underwater 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

STAGES 4 • 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 developing endurance and fine tuning the basics of each stroke, mastering all strokes at a recreational level.

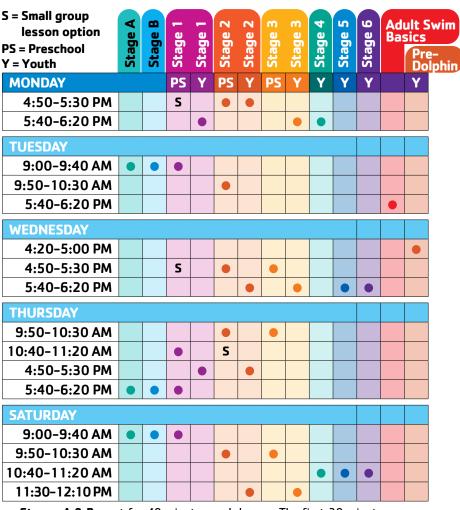


20 FALL +2 SWIM LESSONS AGES 6 MOS.+ FALL 1: September 11-October 22 Members register beginning Monday, August 7 **Non-Member registration** begins August 21 Fall 1: All classes are held once per week for six weeks FALL 2: October 30-December 17 No programs Nov 20-26 🚺 Members register beginning Monday, August 7 **Non-Member registration**

begins October 16 Fall 2: Weekday lessons are once per week for *six weeks*. Fall 2: Saturday lessons are once per week for *five weeks*.

IMPORTANT: Registration for all swim lessons will close the Thursday before each session.

QUESTIONS ABOUT SWIM LESSONS at 20th AVE? Lawson Bailey lawsonbailey@oshkoshymca.org



Stages A & B meet for 40 minutes each lesson. The first 30 minutes are instructional and the last 10 are supervised water exploration.

Preschool and Youth stages meet for 40 minutes each lesson.

Adult Swim Basics FALL 1 ONLY meets for 5 weeks (no class October 10)

All group swim lessons have a minimum enrollment of 3 swimmers. Swim classes may combine with a neighboring level or swimmers may be asked to change day/time to meet minimum number.



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FALL 1: September 11-October 22
Members register beginning Monday, August 7
Non-Member registration begins August 21

 FALL 2: October 30-December 17

 No programs Nov 20-26

 Members register beginning

 Monday, August 7

 Non-Member registration

 begins October 16

IMPORTANT: Registration for all swim lessons will close the Thursday before each session.

								m	4		6
	Je A	Je B	Stage 1	e E	Je 2	Je 2	Je Je	e E	Je V	Je J	
PS=Preschool	Stage .	Stage	tač	Stage	Stage	Stage	Stage	Stage	Stage	Stage	Stage
Y=Youth	S	S							_	_	
MONDAY	1		PS	Y	PS	Y	PS	Y	Y	Y	Y
4:00-4:40 PM											
4:50-5:30 PM											
TUESDAY	1	1	1				1				
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4:50-5:30 PM											
5:40-6:20 PM											
6:30-7:10 PM											
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6:30-7:10 PM											
SATURDAY											
9:00-9:40 AM											
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9:00-9:40 AM						
9:50-10:30 AM						
10:40-11:20 AM						
11:30 AM-12:10 PM						

Stages A & B meet for 40 minutes each lesson. The first 30 minutes are instructional and the last 10 are supervised water exploration.

> Preschool and Youth stages meet for 40 minutes each lesson.

Classes meet once per week for six weeks.

QUESTIONS ABOUT DOWNTOWN SWIM LESSONS? Robin Liepert robinliepert@oshkoshymca.org

AMERICAN RED CROSS BLENDED LEARNING LIFEGUARD **TRAINING AGES 15+**

This course is designed to provide participants with the knowledge and skills to be a lifeguard through online training, in-water and classroom skills practice. The online portion of this course is 7 hours in length and MUST be completed prior to the first meeting date. Failure to complete the online portion will prohibit you from continuing in the class. Participants should bring an I.D. to verify age on the first day of class and bring a swimming suit to each scheduled class date. Books are included in the fee.

To successfully pass this course, you must pass practical and written exams with a grade of 80% or better. Upon completion of this course, students will receive a 2-year certification that includes American Red Cross Lifeguard, First Aid, and CPR/AED for the Professional Rescuer. Completion of the online coursework alone does not certify you as a lifequard.

This class requires passing prerequisite water skills on the first day of class. Prerequisites include: 1. Swim 300 yards continuously using only front crawl and breaststroke, both using correct rhythmic breathing and form. 2. Tread water for 2 minutes, without the use of your hands. 3. Swim 20 yards, surface dive to 9 ft, retrieve a 10 lb. brick, swim brick back to starting point and exit the water without

using a ladder or steps in 1 minute 40 seconds. Participants will be refunded the cost of the class

if they do not pass the pre-requisites.

- 20 Wed-Fri, December 27-29 | 9 a.m.-5 p.m.
- FEE \$185 Member \$210 Non-Member

CPR FOR THE PROFESSIONAL RESCUER

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 written exam and in-person skill session with 80% or better. (For course to run, there must be a minimum of 4 participants)

20 Sat, Sept 23 | 9:30 a.m.-2 p.m. Sat, Oct 14 | 9:30 a.m.-2 p.m. **Thurs, Nov 9** | 5-9:30 p.m. FEE \$75 🙆 • \$110 🔇

For more information on American Red Cross training, please contact Lawson bailey at lawsonbailey@oshkoshymca.org



EVERY SESSION OF RED CROSS

TRAINING MUST BE ATTENDED IN FULL. NO EXCEPTIONS!

> Now hiring for lifequard + swim instructor positions.

LIFEGUARDS: must be certified in LG, CPR, AED, & First Aid. SWIM INSTRUCTORS: YSLv6 certification preferred.

Apply in person at either Y location.



WEAREHIRING

Join the Oshkosh Y team, where work is play! We are seeking outgoing, responsible, caring, and dedicated staff for multiple positions in multiple departments including Child Care, Membership, Aquatics, Group Exercise, and more! Learn more about the available positions HERE!

OSHKOSH YMCA AQUATICS PRIVATE SWIM LESSON POLICIES

Only Oshkosh YMCA staff can coach, teach, or train individuals while they are on Oshkosh YMCA property, outside of sanctioned competitive events held here.

- Private swim lessons are subject to staff and pool space availability.
- Private swim lessons are available for swimmers over 3 years old and include adapted and adult lessons.
- Private lessons must be paid for before they can be scheduled.
- Before paying for private lessons, the swimmer (or parent/ guardian) must speak with the Aquatic Coordinator regarding goals & plans for the lesson.
- All private lessons are 30 minutes long.
- Swimmers must notify their instructor directly a minimum of 12 hours in advance to cancel their session.
- Each swimmer is allowed one free short notice (less than 12 hours) cancellation. Subsequent occurrences and/or no-show sessions are not eligible for free cancellations and will be billed.
- If a swimmer cannot complete a full session for any reason, they are billed for a full session.
- If the YMCA or the instructor cancels the session, the swimmer will not be billed.
- All unused sessions expire 3 months from date of purchase.

INDIVIDUAL PRIVATE LESSONS

These lessons are one instructor and one swimmer only. These lessons may not be split between swimmers.

FEE Per person per lesson 🙆 \$22 • 🔇 \$43

SEMI-PRIVATE LESSONS

These lessons are for two or three swimmers with one instructor.

- The Oshkosh YMCA does not match individual swimmers for these lessons.
- For swimmer safety and lesson quality, each swimmer's ability level must be no more than one Oshkosh YMCA Swim Lesson Stage (or comparable ability) apart. For example, a Stage 2 swimmer could swim with a Stage 1 or Stage 3 but not a Stage 4, 5, or 6. The Aquatics Director will have final say on swimmer abilities as needed.
- All registered participants must attend, or the session cannot occur.

FEE Per person per lesson 🔘 \$17 • 🕔 \$33

SCOUTS SWIMMING WORKSHOPS

Our instructors will assist your troop in earning its swimming badge. Available for girls' and boys' troops, participants will work on swimming skills including lifesaving safety, water fun, sports and games. Skills depend on the troop level. Badges are not included. Please call the Aquatic Director at least 2 weeks prior to set up a date and time for the workshop.

FEE \$5 per participant

SCOUT SWIM TEST

D 20 Is your Scout Troop in need of a swim test before heading to camp? We can help! All swim tests are administered by certified Red Cross lifeguards. Each Boy Scout Camp is subject to retest any swimmer at camp, we recommend you check with them first.

FEE \$2 per participant

FOR INFORMATION & SCHEDULING of Private Swim Lessons:

Robin Liepert: robinliepert@ oshkoshymca.org or (920) 230-8966

20 Trenton Davis: trentondavis@ oshkoshymca.org or (920) 230-8914

or (920) 230-8914

Your donations assure that kids will have access to our life-saving swim lesson and water safety programs.





GIVE TO THE OSHKOSH Y AND HELP CHANGE LIVES IN OUR COMMUNITY!

You can make a donation to the Oshkosh Y Annual Campaign, including the **FOR ALL** Financial Assistance Program, at <u>www.oshkoshymca.org/give/</u>

annual-campaign.

For more information on the Annual Campaign, including the FOR ALL Financial Assistance Program, or to make a donation, please contact Patti Weissling at (920) 230-8952 or pattiweissling@oshkoshymca.org.

AQUATICS

LAP SWIM & OPEN SWIM TIMES

Times vary throughout each day. Visit our website or use the mobile app for current schedules. Open Swim may not be available in the lap pool during Swim Lessons. Lap swim times may require you to share lanes by circle swimming.

SLIDE TIMES

Times vary throughout the week. Visit our website or use the mobile app for current schedules.

WATER FITNESS

Classes are designed to improve cardiovascular endurance and promote muscle conditioning, strength, and toning. You get a great workout with the resistance of the water.

20 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 🚯 \$80 / 15-Visit Punch Card

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 20 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.

DI FREE TO MEMBERS (M)

FOREVERWELL 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.

FREE TO MEMBERS (

STRENGTH & STRETCH

Using resistance apparatus, water fitness dumbbells, noodles, and kick boards you will build strength and balance while stretching major muscles and joints.

FREE TO MEMBERS (



ADAPTED AQUATICS (AGES 3+) LED BY UW-OSHKOSH STUDENTS

Adapted Aquatics with UW-Oshkosh students is Adapted Aquatics is back!

This program is 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 (920) 236-3380.

CLASS DATES:

September 20, 27 October 4,11,18 November 1, 8, 15, 29 December 6

WEDNESDAYS 6:30-7:30 p.m. FEE \$40/participant

SENIORS!

See page 25–28 for

other great classes

just for you.

AQUATIC

This is a great option for those

interested in joining

the swim team OR

current swim team

members who would like additional small

group training.

INTERESTED IN THE DOLPHIN SWIM TEAM? CHECK THIS OUT!



PRE-DOLPHIN SWIM TEAM

20 This program is taught by an OSHY Swim Team Coach and provides the necessary technical skill training in a small group environment.

This program focuses on the following:

- Developing endurance in competitive strokes
- Flip turns, starts, and finishes
- Enhancing skills and building endurance

FALL 1 September 11–October 22

FALL 2 October 30-December 17 No programs Nov 20-26

Classes meet once a week for 6 weeks, 40 minutes per lesson. Fee \$33 (1) • \$59 (1)

SHARE

OSHKOSH Y DOLPHIN SWIM TEAM (AGES 5+)

The Oshkosh YMCA (OSHY) Dolphin Swim Team has groups to meet the needs of the novice swimmer through the national champion swimmer. All swimmers work on technical improvement, physical conditioning and social development. Most swimmers take part in meets (competitions), but not all. Swim meets for newer swimmers are in Oshkosh, Fond du Lac, and Appleton. There are many types of swimmers on the team from fitness to social to highly competitive. All are welcome. The OSHY Swim Team offers seasonal swimming options and year round opportunities. New swimmers can join the team any anytime throughout the year. To join the team swimmers must be able to swim one length of the pool (25 yards) with the front crawl.

EVALUATIONS/JOINING THE TEAM: Go to the team website <u>www.teamunify.com/team/wioshy/page/home</u> and click on the orange button for **Schedule an Evaluation/Join our Team**, to schedule an evaluation. Experienced swimmers can use the same button to contact the team.

36 🚺 Y Member 🚺 Non-Member

FREE INITIAL BODY COMPOSITION TESTING

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

HEALTHY LIVING ORIENTATION

20 We offer each new member complimentary time with our wellness staff to introduce you to our cardio and circuit machines. Based on your goals and fitness level, our wellness staff member 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 wellness staff 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, we recommend to complete the program within 60 days of your joining date. Contact the Health & Wellness Center to schedule your appointment.

FEE FREE TO OSHKOSH Y MEMBERS (

FITNESS ASSESSMENT

Check your fitness level today! A well-trained, educated staff member will test your fitness levels in the following areas: body composition, muscular strength and endurance, aerobic capacity, flexibility, and much more. We offer a variety of assessment packages including:

- Custom Assessment,

 Gait Analysis

 Posture Assessment

 Body Composition Test
- Bod Pod Testing.

Contact Ben Clewien at benclewien@oshkoshymca.org for more information.

Our Health + Wellness staff are passionate about your health and wellness! Click here for more information.

YOU CAN HELP CHANGE LIVES RIGHT HERE IN OUR

COMMUNITY! With a donation to the Annual Campaign, including the FOR ALL Financial Assistance Program, cancer survivors and their families right here in the Oshkosh community can regain STRENGTH, find HOPE and a positive attitude after battling cancer in our LIVESTRONG at the Y Program.

FOR MORE INFORMATION

on the Annual Campaign, including the FOR ALL Financial Assistance Program, or to make a donation, please contact Patti Weissling at (920) 230-8952 or pattiweissling@ oshkoshymca.org. You can also make a donation to the **Oshkosh Y Annual Campaign** and FOR ALL Financial Assistance Program online at www.oshkoshymca.org/give/ annual-campaign.



FOR HEALTHY LIVING

Registration is open until August 25, 2023!

OSHKOSH COMMUNITY YMCA

YOGA TEACHER

T R A I N I N G 200-hour Yoga Alliance Certification Program

September 8, 2023 to April 6, 2024

This course comes out of a deep love and respect for a practice that is at once mysterious and mainstream, modern and ancient, grounding and uplifting, peaceful and passion-inducing. It is a way to deepen your love and expand your life; to commit to your wellness while serving others. YTT is for sincere students and the wild ones that want to change the world. The Y is well known for a shared commitment to inclusivity, community,

and for putting the ideals and principles of Care, Honesty, Respect, and Responsibility into practice.

This course is taught by Kat Bettger and meets and exceeds the standards set forth by Yoga Alliance.

CURRICULUM

Teaching, Technique, Practice | 75 hours

Asana, Pranayama, Meditation September LEVEL I Studentship Self Care, Personal Practice, Chakras, Breath, Mantra, Mudra, Kriya

this is the start of some beautiful

Yoga Humanities | 30 hours

History, Philosophy, Ethics *October LEVEL I Studentship* Ayurveda, History, Philosophy

Professional Essentials | 50 hours

Teaching Methodology, Professional Development, Practicum Prep November LEVEL II Leadership Ethics: The Yoga Teacher, Styles of Yoga, Teaching Methodology & Class Design

Anatomy and Physiology | 30 hours

Anatomy, Physiology, Biomechanics **December LEVEL II Leadership** MetaAnatomy: Physical, Poetic, Practical Solstice Ceremony + BREAK December 23 – Jan 4

Professional Essentials | 50 hours continued

Teaching Methodology, Professional Development, Practicum Prep January LEVEL III Spaceship Professional Development: Communication, Voice, Cueing, Music

February LEVEL III Spaceship Professional Development: Observation, Assisting, Online Teaching, Identity, Marketing, Study, Reading, Writing, Vision, Imagination, Business

Teaching Practice | 20 hours

Exam, Practicum March LEVEL III Spaceship Create + Practice Teach, Final, Practicum

Community Teach + Celebration April 6

Contact Brandy Hankey, brandyhankey@oshkoshymca.org, 920-230-8439 for more information.

FREE TO OSHKOSH YMEMBERS AGE High School+

Oshkosh Y members enjoy the benefit of over 125+ FREE classes per week. These classes are run on a drop-in, continuous basis. **Schedules are available at the Front Desk, on our mobile app, or on the web at oshkoshymca.org.**

• Classes with this symbol require a reservation. Reserve your spot online up to 24 hours before class time.

FAMILY FRIENDLY CLASS These classes welcome children 10 years and under the direct supervision of a parent/guardian.

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.

• **Aging Backwards** This gentle full body workout offers gentle exercises to increase mobility, flexibility and improve balance and that are safe yet challenging for every level of fitness. Produces energy to keep you looking and feeling young!

● Body Pump[™] The original Les Mills[™] barbell class will sculpt, tone and strengthen your entire body. Must be at least 16 years old to participate.

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.

Core Focus Together This 30-minute class strengthens everything from your shoulders to your hips to make you stronger and quicker in all you do. Strengthening your core can reduce back pain and give you great looking abs!

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!

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.

O t Essentrics Barre This 45-minute class includes a chair to help improve strength as well as balance and stability and is safe for all fitness levels.

Fit Camp Everything from step to muscle conditioning– and more!

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.

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.

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.

Meditation Train your mind like you train your body! Learn how to develop an attitude of curiosity and kindness toward your feelings, thoughts, and emotions, while boosting your wellbeing!

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

(Continues on next page.)



ADULT GROUP EXERCISE CLASSES (Continued from previous page.)

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

Pilates Foam Roller A mindful approach to strengthening the core through a series of movements done on the mat and floor. By using awareness of muscle activation and body control, Pilates can improve posture, flexibility, mobility, balance, and core strength. Foam Rollers are great tools to help you relax and maintain flexible, active, and pain-free muscles. Participants will learn how to safely and effectively target all the major muscle groups and discover techniques for targeting trouble areas.

[™] Science of Stretch The Science of Stretching[™] approach uses best practices from published exercise physiology research combined with time-tested protocols from yoga, dance, martial arts, and gymnastics to provide a solution that delivers predictable results. This system is taught to students of all levels, including complete beginners and students with injuries. Our goal is to re-establish basic range of motion (ROM). Flexibility improves your posture, reduces pain, reduces the chances of injury and allows you to move like a younger version of yourself.

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

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. The class teaches breathing coordinated with movement to enhance the development of inner energy and peace of mind. **URX** Uses suspension straps to push, pull, and lift your bodyweight to develop strength, balance, flexibility, and core stability simultaneously.

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

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.



Stretch your your comfort zone. Try a new class!





ANYWHERE, ANYTIME HEALTHY LIVING SUPERCHARGED BY YMCA360





A 360-DEGREE SEAMLESS DIGITAL EXPERIENCE FOR Y MEMBERS ON MOBILE, TV AND WEB

WHAT IS YMCA360?

YMCA360 is an added benefit of membership that allows you to customize your health and wellness journey at our state-of-the-art facilities or at any other place life takes you.

- A healthy living network for people of all ages and activity levels.
- Livestream and on-demand classes taught by instructors from around the country.
- 1000+ pieces of content for the mind, body and spirit.
- Exercise classes, gymnastics, basketball and soccer videos, nutrition/cooking classes, personal training and more.

YMCA360 InStudio is available in Studio 3 Downtown.





YMCA360.org f ymca360 💽 ymca.360



Due to equipment needs, some classes require a reservation. For those classes, you can reserve your spot daily up to 24 hours prior to the time slot you wish to select.



Online Reservation System for Y Classes

- **Step 1:** Visit our website at **www.oshkoshymca.org** and click on the **RESERVATIONS** button on the left hand side of the page. Through our mobile app, go to Schedules, click on the class you want to attend, and select Register.
- **Step 2:** Click on the area (Group Exercise or ForeverWell) that you want to reserve in. Next, find the activity you want to attend.
- Step 3: Select Sign Up.(🖉)
- **Step 4:** Choose **Log In**, **Create a Login**, or **Forgot Password** and follow the prompts.
- **Step 5:** This page will show you how many spots are available. To reserve your spot, select **Reserve a Spot**. You will receive an email confirmation.
- Step 6: Always Log Out, especially if on a public device.

NOTE: If you are placed on the wait-list, you will receive an email if you receive a spot in the activity. If you can no longer attend the activity, please be respectful of other participants and remove yourself from the roster by logging back in and selecting **Cancel Reservation**. If you reserve your spot and are more than 5 minutes late for the activity, you will forfeit your spot.

If you need assistance reserving your spot in an activity, please call the location of your reservation or stop by the Front Desk.

We recommend using Chrome or Safari as your web browser when reserving a spot online. You can also reserve your spot through our mobile app.





DOWNLOAD OUR MOBILE APP from the App Store (iOS) or Google Play (Android) and you can view class schedules and instructors, upcoming programs and events, scan in with a digital membership card and MORE–all from your smartphone!

See page 4 for more information.

FALL 2023 OSHKOSH COMMUNITY YMCA

THE Y DIFFERENCE. WHY TRAIN AT THE Y?

Oshkosh Y Certified Personal Trainers and Exercise Physiologists all have years of experience 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.

ONE-ON-ONE PRIVATE PERSONAL TRAINING Y Members Only

Virtual **Options!**

Our nationally certified personal trainers are dedicated to your success, Ask about wherever you are. We offer in-person training in either of our two facilities. We also offer the option to be trained virtually from the comfort of your own home. Our virtual option is also great for those who have tight schedules or travel for work. Your fitness journey is a lifelong

endeavor, and our certified personal trainers will be there for you, helping you achieve your goals.

FREE PERSONAL TRAINING

based on your needs and wants.

During this **FREE** consultation our certified

personal trainers will go over health history,

your goals, and perform some assessments

FREE TO OSHKOSH Y MEMBERS M

CONSULTATIONS

New Easy-to-Use Pricing!

30 mins of training: \$27 90 mins of training: \$79

4 hours of training: \$202 6 hours of training: \$290

12 hours of training: \$554 18 hours of training: \$794

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).

FEE \$175 🙆 🚺

PRIVATE GROUP TRAINING (AGES 13+) Y 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.

30 Minutes	90 Minutes	4 Hours	6 Hours	12 Hours	18 Hours	
\$21/person	\$62/person	\$146/	\$209/	\$398/	\$566/	
		person	person	person	person	

Our Certified Personal Trainers have extensive knowledge of human anatomy, body mechanics, behavior change, exercise science and more. They can help you learn proper form, how to use specific equipment, and what exercises will be most effective for you. Beyond that, they can teach you about greater health and fitness topics that will help you maintain a healthy lifestyle.



PERSONALIZED **TRAINING PLANS**

NEW!!! Flexible **Scheduling Personal Training Packages.** Our personal training packages now can be scheduled in 15 min increments. Schedule a consultation with one of our **Certified Personal** Trainers to find out more.

Contact Ben Clewien: for more information.

One Community. One Fight!

BEYOND LIMITS A SPECIAL PROGRAM FOR VETERANS AND ARMED FORCES MEMBERS

MAXIMIZE YOUR ABILITIES AND EMPOWER YOURSELF FROM THE INSIDE-OUT.

A special on-going program for veterans and armed forces members. Complete a Beyond Limits intake and receive 12 weeks of membership and access to the Beyond Limits class.

20 WEDNESDAY 5:30 p.m. **Aerobics Studio**

FOR MORE INFORMATION OR TO APPLY

Contact Ben by email or phone: benclewien@oshkoshymca.org, call (920) 230-8919 or apply online. Veterans and armed forces members must have a valid form of veteran identification or proof of service to qualify for the program. All qualified applicants are encouraged to apply!

SPONSOR OR DONATE Support veterans and armed forces members in our community by sponsoring our program or making a donation today. Easy payment plans are available.

\$25 | T-Shirt Sponsor \$250 | Patriotic Sponsor \$1000 Veteran Sponsor \$2500 | Program Sponsor

Support BEYOND LIMITS by sponsoring our program, making a donation, purchasing a t-shirt or sponsoring a banner. Call Ben Clewien at (920) 230-8919 or Patti Weissling at (920) 230-8952.



CHECK OUT OUR BEYOND LIMITS MISSION VIDEO!

DID YOU KNOW? Veterans receive a 20% discount on any Y membership and pay no Joiner Fee.





To support BEYOND LIMITS or other great programs at the Y through our Annual Campaign, including the FOR ALL Financial Assistance Program, please contact Patti Weissling. (920) 230-8952 or pattiweissling@oshkoshymca.org.

TEACHING KITCHEN

We have so much goodness to share.

JOIN US! D As an organization deeply committed to supporting local agriculture and changing behaviors for the better, the Y's 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.



CULTURAL FOOD CONNECT

1st Tuesday of the month • 11 a.m.

FREE! Registration is required. Presented in partnership with the ADRC and Winnebago County



We are looking for presenters for our monthly Cultural Food Connect Classes!

The Oshkosh YMCA is looking for presenters to cook or prepare a dish and share about another culture or country. We celebrate diversity through food in our Cultural Food Connect Classes every month in the Downtown YMCA Teaching Kitchen. Presenters will be asked to prepare a dish that can be shared with all attendees. Reimbursement for all supplies is provided through the ADRC.

First Tuesday of the month

11 a.m. -12:30 p.m. presentation

Prep and set up time is up to the presenter.

\$50 reimbursement available for supplies and food.

Please email Lindsey McMullin at lindseymcmullin@oshkoshymca.org if you are interested in presenting.

45



Advanced Physical Therapy & Sports Medicine

MEET THE TEAM Physical Therapy & Sports Certified Specialists



Ben Benesh PT, SCS, DPT,

graduated from UW Stevens Point in 2001 with a bachelor's degree in Biology and UW LaCrosse in 2003 with a Master's degree in Physical Therapy. Ben also recently graduated from Rosalind Franklin University with a Doctorate of Physical Therapy degree.

Ben has been treating orthopedic and sports injuries since 2003. He has special interest and further training in

sports medicine, evaluation and treatment of the shoulder, concussion management, and performance running video analysis.

In 2012, he was granted Certification as a Board-Certified Clinical Specialist in Sports Physical Therapy (SCS), by the American Board of Physical Therapy Specialties.

DOWNTOWN Y:

Tuesday 6 a.m.-5:30 p.m. • Thursday 6 a.m.-5 p.m.

20TH AVE Y: Wednesday 6 a.m.-6 p.m. • Friday 6:30 a.m.-4 p.m.



Chris Hupf PT, DPT,

graduated from UW La Crosse, where he received his Bachelor of Science in Exercise & Sports Science in 2015, and Concordia University where he received his Doctorate of Physical Therapy in 2018. Chris has attended additional training with a certification to provide trigger point dry

needling and is also a member of both the American Physical Therapy Association and Wisconsin Physical Therapy Association. He has experience treating a wide spectrum of orthopedic and sports injuries, as well as balance/vertigo, and neurological conditions.

In his spare time, Chris enjoys hunting, golf, and weightlifting. He also enjoys keeping up with Wisconsin collegiate and professional sports.

20TH AVE Y:

Monday 3:30-6 p.m. Wednesday 7 a.m.-6 p.m. Thursday 3:30-6 p.m. Friday 7 a.m.-6 p.m.

Schedule an appointment with Ben or Chris today!

CORPORATE WELLNESS PROGRAM

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

WE'LL BRING THE CLASS TO YOU!



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.
 CPR/First Aid classes.
- CPR/FIRST AId classes.

GOOD HEALTH IS GOOD BUSINESS 🔊

QUESTIONS?

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



BUILD POWER, STRENGTH, FLEXIBILITY & SPEED WITH

ROCK STEADY BOXING S

OPEN TO MEN & WOMEN. ALL ABILITY LEVELS. PARKINSON'S DISEASE MANAGEMENT PROGRAM

Rock Steady Boxing is a program that gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum. By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout.

9:30-10:45 a.m. TUESDAYS & THURSDAYS 20 MONDAYS & FRIDAYS

FEE: \$47month () • \$75/month () Ask about our convenient drop in rates and options

OPTIONAL STARTER PACKAGE: \$75 | Includes gloves, wraps, t-shirt, and storage bag! *Other payment options are available upon request.*

Transportation Assistance provided by the ADRC and Winnebago County.



SUPPORT GROUPS are available for FREE for all Parkinson's Fighters and their support person! We meet once per quarter to go over lifestyle factors and disease management strategies.

Contact Lindsey McMullin for more details at lindseymcmullin@ oshkoshymca.org or 230-8963.

Check out our Rock Steady Boxing mission video!



WANT TO HELP? 🔇

Support the basic needs of our community by empowering youth, individuals, families, and seniors through membership and programs that support their financial self-sufficiency, build social connections, and improve health and wellbeing. Please contact Patti Weissling at (920) 230–8952 or pattiweissling@oshkoshymca.org.

LIVESTRON AT THE YMCA 🕃

A small-group program for adult cancer survivors in the transitional period between completing treatment, and the shift to feeling physically and emotionally strong enough to attempt to return to their "new normal."

There is NO COST to the survivor and their family during this 12-week mission program, thanks to the community's generous support of the Annual Campaign.*

STRONGER

Please email Lindsey McMullin at LindseyMcmullin@oshkoshymca.org

> for upcoming session dates and more information on our LIVESTRONG programs.

I LIVE**STRONG ALUMNI**:

Check out the "Oshkosh YMCA Livestrong Alumni Facebook" page for special events and classes.

LIVESTRONG® at the Y

DT 20 LIVE**STRONG** at the Y is for cancer survivors, to help build muscle mass and strength, increase flexibility and endurance, and improve functional ability. We also aim to reduce the severity of therapy side effects, prevent unwanted weight changes and improve energy levels and self esteem. Participants develop their own physical fitness program to continue to practice a healthy lifestyle as a way of life. The program provides a supportive environment and a feeling of community with fellow survivors, Y staff and members.

Reserve your spot today!

STAY STRONG PROGRAM

ARE YOU A CANCER SURVIVOR? Have you completed our LIVESTRONG AT THE Y Program? Do you miss the camaraderie of your fellow survivors? During our weekly classes, one of our Livestrong coaches will guide you through scientifically proven methods of exercise to include strength, cardio, balance, and flexibility.

Members and LIVESTRONG Alumni Only

WANT TO HELP?



To learn how you can make a difference, please contact Patti Weissling at (920) 230-8952 or pattiweissling@oshkoshymca.org.



You are amazing. You are brave. You are strong. You are amazing. You are brave. You are strong. BELIEVE.

STRONG TEENS BUILD STRENGTH + CONFIDENCE (AGES 11-16)

In this hands-on program, teens learn the fundamentals they need to improve strength, endurance, speed, power, and flexibility. This 6-week program will include a safe introduction to the wellness center and its equipment, introductory healthy living principles, as well as stretching and recovery techniques. Each class will introduce new wellness knowledge and a fun and energizing workout! Upon graduation of this program, participants will be allowed unsupervised access to the Oshkosh Y wellness centers.

DT 20 1 DAY/WEEK FALL 1 • FALL 2 FEE M \$36 (6 week sessions)

For meeting days, times and locations contact Lindsey at LindseyMcmullin@oshkoshymca.org.

Sponsor a Y Youth Sports team and make a difference in our community.

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 8-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. Class sizes will be limited.

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.

FALL 1 SEPTEMBER 12-OCTOBER 28 FALL 2 OCTOBER 31-DECEMBER 23 No programs November 20-26

FEE 🙆 \$105 • 🚯 \$150

HOMESCHOOL FITNESS

Learn fitness technique, socialize with peers, feel good, and have fun! This program will incorporate fitness stations, yoga, meditation, pilates, parachute games, group cycling, and TRX, based on age range. NEW THIS YEAR! Each class will have an educational component including anatomy, mental health, nutrition, and wellbeing. Space is limited, sign up today!

20 TUESDAY & THURSDAY

FALL I & FALL 2

GRADES 1-4: 1:30-2:15 p.m. GRADES 5-8: 2:30-3:15 p.m. FEE ▲ \$50 • ● 95

For more information contact Brandy Hankey, brandyhankey@oshkoshymca.org.



HEALTH + WELLNESS ICE

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.

FALL 1 & 2

MONDAY 2:45-3:15 p.m. and 5:45-6:15 p.m. **FEE** \$50 ◎ • \$77 ◎ Skate rentals free for program use.

SKATE WITH US Basic 3–6, Pre–Free Skate &

Adult 1-6

A fun, challenging and rewarding program that gives 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.

FALL 1 & 2

MONDAY 6:15-7:00 p.m. **FEE** \$66 ♥ • 95 ♥

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.

FALL 1 & 2

MONDAY 7:00-7:45 p.m. FEE \$66 ₪ • \$95 ₪

PRIVATE SKATE LESSONS

Set up private lessons with a Y instructor based on your schedule. Available to all skill levels. Instruction available for recreational skating, figure skating, hockey skating and goalie coaching. Call the Y at 230-8928 for details. **FEE** 1 Session $$35 \text{ } \odot$ • \$55 \text{ } \odot

5 Sessions \$135 @ • \$165 @

10 Sessions \$230 (0) • \$260 (0)

Sessions are 30 minutes. • All session minutes expire 6 months from the date of purchase. • Lesson dates/times are determined by the parent/skater and instructor.

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

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. Call the Y at 230-8928 for details.

Sessions are 30 minutes. • All session minutes expire 6 months from the date of purchase.

FEE 1 Session \$25 𝔇 • \$35 𝔇 5 Sessions \$95 𝔇 • \$120 𝔇 10 Sessions \$160 𝔇 • \$185 𝔇

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. Visit our website to view our monthly schedules.

 FEE
 FREE FOR Y MEMBERS (1) • \$5 (1)

 SKATE RENTAL
 Free for Y Members (1) • \$4 (1)

PRESCHOOL SKATE (AGES 3-5)

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

FALL 1 & 2 MONDAY 3:30-4:00 p.m. FEE \$50 (1) • \$77 (1)



skate rentals are FREE for ALL programs.





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.

FALL 1 & 2 • MONDAY

Level 1 5:45-6:15 p.m. • FEE \$50 🙆 • \$77 🕅 Level 2-4 6:15-7:00 p.m. • FEE \$66 🙆 • \$95 🕅

LEARN TO POWER SKATE

Learn to Power skate is a new program for all ages of Hockey players that want to take their skating and their game to the next level. Skating is the most important skill in hockey and Learn to Power skate will focus on the core skills needed to be an elite hockey player: stride, Starts, stops, edges, crossovers and more! *Players will need to have played at least two seasons of hockey in a sanctioned hockey association or have completed the YMCA learn to Hockey level 4.*

FALL 1 & 2 • MONDAY 7:45-8:30 p.m. • FEE \$70 🙆 • \$97 🔇



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. Visit our website to view our monthly schedule for available programs, times and fee.

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.

WEDNESDAY NIGHTS

September 13-December 20 Reg deadline 8/28/2023

FEE (includes tax) 157.50 🔕 • \$212.25 🔇

• Goalies play FREE!

All goalies signing up will need to call the front desk at (920) 230-8439 to register over the phone.

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

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

FALL September 10-December 17 No games 11/26/2023

SUNDAY 6:00-7:00 p.m.

FEE (includes tax) 157.50 🔕 • \$212.25 🔕

• Goalies play FREE!

All goalies signing up will need to call the front desk at (920) 230–8439 to register over the phone.

FREE HOCKEY INTRODUCTION PROGRAM (HIP) (AGES 4-8+)

A "Learn to Play" program run by the Oshkosh Youth Hockey Association.



Watch your child take their first steps onto the ice having fun while developing

basic skills and building confidence, to enjoy hockey for life.

GOALS & 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 ages 8 and younger. Families with children older than 8 can email generaloyha@gmail.com for a recommendation on the appropriate hockey development program for their age.

The Hockey Introduction Program will run in two sessions. **The first session is FREE for children that are new to the sport of hockey** (have never participated in a formal hockey program) and reside in the Oshkosh, Omro, Winneconne, Berlin or Ripon school districts.

Visit oshkoshyouthhockey.org for registration details.



CO-ED YOUTH BASKETBALL LEAGUE (4K-GRADE 8)

An instructional recreation league designed to teach the basic fundamentals and skills of the game, partnered with the Wisconsin Herd and Milwaukee Bucks. Players will receive a reversible Wisconsin Herd/Bucks branded jersey and a ticket voucher to a

regular season Wisconsin Herd game. 4K-Grade 1 will practice before games but will be allowed one practice prior to the start of the season. Grades 2–8 will have a weekly practice at the Y. Grades may be

combined based on registrations.

January 6-February 24 Registration deadline 11/27/2023 Practices start week of December 11 (*no games 2/10*)

20 SATURDAYS

FEE \$60 (1) • \$80 (1) (Includes reversible jersey)

SKILLS AND DRILLS BASKETBALL (GRADES 1-8)

Gear up for Youth Basketball season! This class is designed to focus on the basic fundamentals and skills of the game. This class will conclude just in time for the start of the YMCA Youth Basketball League.

20 FALL 2

MONDAYS GRADES 1-3 5:00-5:45 p.m. GRADES 4-6 6:00-6:45 p.m. GRADES 7-8 7:00-7:45 p.m. FEE \$46 (1) • \$71 (1)

YOUTH INDOOR SOCCER LEAGUE (4K-GRADE 8)

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. **Requirements** Soccer shin guards. **NO CLEATS.**

October 21-December 16

Registration deadline 10/15/23 (No league on 11/18 & 11/25)

20 Games will be played on Saturdays. Time frames will not be determined until after registration ends.

FEE \$49 🔕 • \$73 🔇

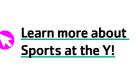
SKILLS AND DRILLS VOLLEYBALL (GRADES 1-6)

This class will introduce and continue to develop on the basic fundamentals of volleyball such as passing, setting, hitting, blocking and serving. Learning the basic fundamentals at a young age allows players to be more successful, more confident and be able to enjoy playing Volleyball at a young age.

20 FALL 1

TUESDAYS GRADES 1-3 5:15-6:00 p.m. GRADES 4-6 6:15-7:00 p.m.

FEE \$46 🔕 • \$71 🔇







GIRL'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

October 23-December 11 Reg. deadline 10/15/23 No games week of November 20 Requirements: Soccer shin guards (no cleats)

AGE Grades 9-12

HEALTH + WELLNESS . SPORTS

20 MONDAY (OR WEDNESDAY if needed) 5:00-10:00 p.m.

FEE \$365 (includes tax)/team (team registrations only)

MEN'S INDOOR FLAG FOOTBALL (AGE 18+)

Compete in a 5 v 5 football league held in the soccer arena. Six week league with one game per week, and a tournament held on the seventh week. Teams must provide their own team shirts or the Y will provide pinnies at game time. NO CLEATS.

FALL 2 October 27-December 15

Reg. deadline 10/15/2023 No games 11/24

20 FRIDAY NIGHTS Game times dependent on number of registered teams.

FEE \$370 (includes tax)

ADULT CO-ED SOCCER LEAGUE (AGE 18+)

A league for men and women of all ages to have fun and stay in shape. 7-week league with one game per week, and a tournament held on the seventh week. Teams must provide their own team shirts or the Y will provide pinnies at game time. No cleats allowed.

FALL October 22-December 17 Registration deadline 10/15/2023 No games 11/19 and 11/26

20 SUNDAYS Game time dependent on number of teams.

FEE \$385/team (includes tax).

THANK YOU FOR MAKING US **THE BEST!**



The BEST because of YOU!

BEST FITNESS CLUB OR GYM

BEST DAYCARE

53 🙆 Y Member 🕓 Non-Member



DID YOU KNOW? OSHKOSH Y MEMBERSHIP INCLUDES A TENNIS & PICKLEBALL CENTER MEMBERSHIP!

OSHKOSH Y MEMBERSHIP and

IFENNIS/PICKLEBALL ONLY MEMBERSHIP includes:

- Tennis Center membership
- Free use of ball machine
- Y Member rates on lessons
- Junior court rates for all Junior Members
- Reduced pickleball prices on daily passes and punch cards for open times
- Free tennis league subbing when enrolled in lessons or other league.

MEMBERSHIP

If you are a member of the Oshkosh Y, Fox Cities Y, Fond du Lac or any other full facility YMCA*, the Tennis Center will be available to you with applicable member program/court costs as an away member. Visiting Y members must reside in the same community as they have their facility membership to have access to the YMCA Tennis & Pickleball Center.

*Silver Sneakers and Renew Active participants must register as an Oshkosh Y member and receive a key tag in order to be eligible for the Tennis & Pickleball Center benefit.

OSHKOSH Y TENNIS/PICKLEBALL ONLY MEMBERSHIP

ADULT (19 & UP) \$19.50/month or \$225 for entire year FAMILY \$29/month or \$335 for entire year YOUTH (18 & UNDER) \$10/month or \$110 for entire year

MEMBERSHIP FOR THOSE THAT HAVE TENNIS OR PICKLEBALL ONLY AT OGDEN beginning 9/1/2023

ADULT (19 & UP) \$15/month or \$156 per year FAMILY \$18/month of \$203 per year YOUTH (18 & UNDER) \$8/month or \$88 per year

DAILY COURT RATES Y MEMBERS & TENNIS CENTER MEMBERS

24 hour cancellation needed for court reservations.

- Junior Rate | for all Oshkosh Y Member and Tennis Center Members 18 and under | \$20/hour (+tax)
- Daily Court Rate | for Non-Members | \$24/hour (+tax),
- plus applicable guest fees per person/family
 Non-Member Guest Fee \$10/quest \$15/family

ALL YOUTH UNDER AGE 13 MUST BE ACCOMPANIED BY AN ADULT OR BE ENROLLED IN A PROGRAM.



TENNIS Parent-Child Tournament Middle School Mixers

PICKLEBALL

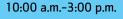
Tournaments Watch for October/November Dates Halloween Pickleball Tournament

> Kaleidoscope Team Pickleball Challenge November

A fun Team Challenge for all levels!

NEW YEAR'S OPEN HOUSE

Monday, January 1, 2024





CONTACT INFORMATION Y TENNIS CENTER:

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

Sheila Counts, Tennis Center Director, IPTPA Level 1 Pickleball Instructor and *Teach the Teacher* trained • <u>sheilacounts@oshkoshymca.org</u> Brian Hornburg, Head Tennis Professional • <u>brianhornburg@oshkoshymca.org</u>

Robert Downey, Jr. Tennis Professional • robertdowney@oshkoshymca.org

Click here to visit our website for more information about Y Tennis!

FALL 2023 OSHKOSH COMMUNITY YMCA



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TENNIS LESSONS

SESSION 1 • September 5-October 28 SESSION 2 • October 20-December 22 8 week sessions Saturday classes: 7 weeks

RED BALL*

FOR ALL

Introduce little ones to the game of tennis! We will work on the development of agility, coordination and balance with slower moving balls. A perfect first experience that is fun and moving. Participants will be grouped by age based on registration.

MONDAY 4:00-5:00 p.m. WEDNESDAY 4:30-5:30 p.m. **SATURDAY** 10:0011:00 a.m.

M \$105 7 wks \$120 8 wks \$126 7 wks \$144 8 wks

ORANGE BALL

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. Participants will be grouped by age based on registration.

MONDAY 4:00-5:00 p.m. WEDNESDAY 4:30-5:30 p.m. SATURDAY 10:00-11:00 a.m.

FEE 🙆 \$105 7 wks | \$120 8 wks \$126 7 wks \$144 8 wks

GREEN BALL

AGES For the new player as well as the 9-11 player who is looking to progress into the level of yellow ball match play. Learn proper stroke development and key elements to play games.

TUESDAY 4:30-5:30 p.m. SATURDAY 10:00-11:00 a.m.

FEE 🖾 \$105 7wks | \$120 8 wks 🔇 \$126 7 wks | \$144 8 wks



YELLOW BALL

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.

MIDDLE SCHOOL YELLOW Ages 11-14

Beginner through Advanced Courts will be set up according to levels

THURSDAY 4:30-6:00 p.m. SATURDAY 11:00 a.m.-12:30 p.m.

HIGH SCHOOL YELLOW Ages 13+

High School classes are geared towards improving match play and overall game basics. Coaches will decide which level is appropriate for you player.

JV level & entry-level freshmen: TUESDAY 5:30-7:00 p.m. SATURDAY 12:30-2:00 p.m.

Varsity (co-ed): TUESDAY 7:00-8:30 p.m. SATURDAY 2:00-3:30 p.m.

FEE 🚺 \$157.50 7 wks | \$180 8 wks \$189 7 wks \$216 8 wks

ADULT LESSONS



FEE 1-hour Classes 🙆 \$120 8 wks 🚺 \$144 8 wks

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.
- Substitutes will not be allowed for group lessons.



Rate per hour	WITH HEAD TENNIS PROFESSIONAL AND OTHER CERTIFIED PROFESSIONALS			
per person	🚺 or 🚺	0		
1 person	\$60	\$73		
2 people	\$40	\$50		
3 people	\$34	\$42		
4 people	\$28	\$39		

PRIVATE INSTRUCTION RATES

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

24 hour cancellation policy on all lessons.

FALL 2023 OSHKOSH COMMUNITY YMCA

ADULT TENNIS

ADULT LEAGUE PLAY

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

SESSION 1 September 5-December 22 **SESSION 2** January 2-May 24

No league make-up dates will be allowed.

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

() \$10 guest fee for Non-Members

CARDIO TENNIS

An hour or longer class that will get your heart pumping and improve your tennis with fun drills, play and games. Must call ahead for all Cardio classes to register, (920) 236–3400

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

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

THURSDAY 6:00-7:00 p.m. 10:30 a.m.-12:00 p.m. Cardio Plus Point Play

SATURDAY NEW TIME! 8:30-10:00 a.m. Intensity Level: High

FEE 1 hour cardio: \$12 ♥ • \$19 ♥ 1.5 hour cardio: \$17 ♥ • \$29 ♥

NEW

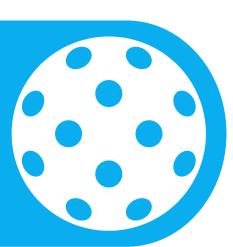


PRIVATE PICKLEBALL GROUP LESSONS

Are you looking for a fun workplace activity to build morale and get your employees active? Pickleball is a fun and easy-to-learn sport that will get your staff excited! We will set up a time convenient for you group. Instruction and equipment provided.

Price will depend on number of participants and length of activity. We welcome groups of 3–32 people!

Please call the Tennis Center to set up your private group lessons: (920) 236-3400. For more information contact Sheila Counts at sheilacounts@oshkoshymca.org.



Build employee camaraderie!

NEW PICKLEBALL

Watch for more information on

Pickleball 102. A great way to

develop stronger basic skills

and learn more on pickleball

startegy. This class will be

through the beginner clinic.

for the person that has gone

CLASSES!

Pickleball 102

57

NEWBIE (2.5-2.9) Anyone who is just getting sta	rted.
Must have completed beginner class.	N
ADVANCED BEGINNER – 3.1–3.3	ELS
INTERMEDIATE 3.4–3.6	
ADVANCED INTERMEDIATE 3.7–3.9	E
ADVANCED 4.0 and up	

Descriptions of levels will be available at front desk.

PICKLEBALL LEAGUES

AT THE Y TENNIS & PICKLEBALL CENTER

A great way to meet new people and play competitively! Call or email Sheila for additional information and to sign up!

SEPTEMBER 18 - DECEMBER 21

Registration and play begins the week of September 5

Advanced Beginner Pickleball League TUESDAY 1:00-3:00 p.m.

Intermediate Pickleball League

All players must play in appropriate level league.

TUESDAY 11 a.m.-1 p.m. There will not be any record keeping for Tuesday play.

THURSDAY 8:30-10:30 a.m.

Advanced Pickleball League (4.0 plus) Must be level approved to participate. Email Sheila for details. THURSDAY Start time is 12:00 p.m.

NEW! Advanced Intermediate (3.7 and up) WEDNESDAY 1:30–3:30 p.m.

FEE There is a one-time session fee when you register, plus a daily fee each time you play. Savings punch cards will also be available for members.

ONE-TIME LEAGUE REGISTRATION FEE: \$10 (1) (1) • \$15 (1) **DAILY FEES:** \$6 (1) • \$16 (1)

OPEN PICKLEBALL HOURS

Please call for any additional Open Times that may be added. DAILY FEES: \$6 (1) (1) • \$16 (1) (must register for any open plays)

SUNDAY MORNING

8:00 a.m.-10:00 a.m. • Advanced 10:00 a.m.-12 :00 p.m. • Intermediate and Advanced Intermediate 12-2:00 p.m. • Newbie and Advanced Beginner * Some weeks may be changed due to special events.

NEWBIE ORGANIZED PLAY

WEDNESDAY 7:00-9:00 a.m.

A time set aside for those that have gone through the beginner class and want to get going in an open play to improve their playing skills. Cost will be determined by courts needed divided by number of players. Guest fees will be applicable for non-members.

DID YOU KNOW?

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

Drill and Skill

For the avid player looking to come to an organized drill and work on developing their strokes into muscle memory!

Check on these two classes at the Front Desk at the Y Tennis & Pickleball Center!

BEGINNER PICKLEBALL CLINICS

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 11-October 3 SESSION 2 October 9-31 SESSION 3 November 13-December 5

MONDAY 10:30 a.m.-12:00 p.m. TUESDAY 5:30-7:00 p.m. FEE \$65 M / T • \$75 N

FRIDAY NIGHT OPEN PICKLEBALL

Come enjoy Friday night Pickleball fun. All levels welcome. We would like anyone attending Open Play to have gone through a beginner class and be able to play a full game without instruction.

FRIDAY 6:00- 8:00 p.m.

FEE \$6 🔕 / 🗊 \$16 🔇

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

FALL 2023 OSHKOSH COMMUNITY YMCA

CREATE A LIVING LEGACY

Make a planned gift TODAY. Help Oshkosh generations TOMORROW.

Our hope is to build a strong, healthy and happy community for generations to come - but we can't do it without your help! As a charity, our success is dependent on donations and contributions from our generous community.

We believe that investing in our kids, our health and our neighbors makes all of us stronger. If you believe in the work we're doing today, you can be an integral part of our future by including a charitable gift in your estate and financial plans. With a little planning, you can make a big difference for years to come.

The Oshkosh Community YMCA is classified by the Internal Revenue Service as a 501(c)3 not-for-profit organization. As such, all charitable gifts received are tax-deductible to the extent of the tax code.



For more information and to start a conversation about your legacy, and supporting the values and community that you believe in, please contact Patti Weissling at pattiweissling@oshkoshymca.org or (920) 230-8952.





With your donation, we can ensure that everyone - regardless of their financial circumstances - can belong to our Y, participate in programs and improve their lives.

The Y. FOR A BETTER US."

committed to meeting the basic needs of our community by empowering youth, individuals, families. and seniors, through membership and programs that support their financial self-sufficiency, **build** social connections, and improve health and well being.

The Y is

Almost a million people each year walk through our doors - an average of over 2,700 people each day. Please consider a gift to the Annual Campaign, including the FOR ALL Financial Assistance Program, and let people know you're dedicated to nurturing a BETTER US. When you give to the Y, you make a meaningful, enduring impact right in your own neighborhood.

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

For more information please contact Patti Weissling at (920) 230-8952 or pattiweissling@oshkoshymca.org.

