

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

#### **MEMBER REGISTRATION BEGINS NOV 28**

**ONLINE** at midnight. **IN-PERSON** when the Front Desk opens.

**WINTER:** January 2-February 12 **SPRING 1:** February 13-April 2 No Programs 3/20-3/26 SPRING 2: April 10-May 21







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











#### **SO MANY NEW & EXCITING THINGS ARE HAPPENING... COME & SEE!**

Dear members and friends of the Y, In our continuous efforts to meet the evolving needs of our members and community, we made several exciting changes at the 20th Ave Y and our Tennis and Pickleball Center. These changes will provide increased availability of quality licensed childcare, give the hundreds of kids who use the Y daily a safe and comfortable place to hang out, play games or do homework, improve the convenience and safety of our child watch, and enhance our ability to deliver energizing group exercise classes in a fun and comfortable environment. The repair and refurbishment of the soccer base and turf as well as the tennis courts will allow us to continue to provide quality facilities to meet the recreational needs of our community. I hope you enjoy these new spaces. Your dedication to the Y makes this all possible!

Thank you!

Jeff Schneider President/CEO















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

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

#### **FACILITY HOURS**

MONDAY-FRIDAY 5:00 a.m.-9:00 p.m. **SATURDAY** 7:00 a.m.-5:00 p.m. SUNDAY Noon-4 p.m. beginning Jan. 8

#### **20TH AVENUE (920) 230-8439**

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

#### **FACILITY HOURS**

MONDAY-FRIDAY 5:00 a.m.-9:00 p.m. **SATURDAY** 7:00 a.m.-7:00 p.m. **SUNDAY** 7:00 a.m.-7:00 p.m.

### **CENTER (920) 236-3400**

640 E. County Trunk Y Oshkosh, WI 54901

#### **FACILITY HOURS**

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.

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

- New Year's Eve (open until 5 p.m.) SPECIAL NEW YEAR'S DAY OPEN HOUSE: 11 a.m.-4 p.m.
- Easter Sunday Memorial Day



Downtown (920) 236-3380 20th Ave (920) 230-8439 **Tennis & Pickleball Center** (920) 236-3400





Join us online for a full look at all we have to offer you!





"Like" and "Follow" us on Facebook for daily interaction.





**Download our mobile app and stay** connected on the go.





Sign up for eNews here and stay informed and up-to-date!

#### **INTERACTIVE ACTIVITIES GUIDE**



Register with the click of a button, email staff, learn more about our programs, how we are better together, and more!

Watch for this arrow and for underlined text for interactive links throughout the guide, that will take you right to where the action is.

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#### **FACILITIES**

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





The Y offers excellent facilities for all members. We strive for a clean, safe environment and take pride in providing state-of-the-art and well-maintained equipment.

HEALTH & WELLNESS CENTERS 1 20 Open during all operating hours, we offer the latest in cardiovascular fitness equipment and circuit weight equipment including elliptical cross-trainers, treadmills, incline trainers, stairmasters, stationary bicycles, Life Fitness circuit equipment and free weights, as well as a Cardio Theatre television system. Staff are available by appointment at no charge for 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 guardian.

**AOUATIC CENTERS T** 20 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 Truck 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 120** The Y offers conveniently located, state-licensed childcare at both Y facilities. Our centers provide safe and dependable environments for children to enhance their physical, emotional, intellectual and social growth, as well as their

developmental skills.

**YOUTH POLICIES** 

**CHILDREN UNDER THE AGE OF 8 Must** always be under direct supervision of a parent/ quardian 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.

CHILD WATCH 2 20 Both Y facilities provide safe, affordable, care for children 6 weeks through 7 years while parents participate in Y programs and activities.

**GYMNASIUM** 20 20th Ave offers a 15,500 square foot gymnasium, home to 2 full WIAA courts or 4 cross-courts. Downtown's 7,500 square foot gymnasium is home to 1 full WIAA court or 2 cross-courts or 3 pickleball courts.

TRACK 2 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.

**FAMILY LOCKER ROOM** 20 Private shower areas for parents with small children and individuals with special needs. Families with school age children should use the appropriate gender locker rooms unless there is a special need so we may accommodate those families and individuals who have no other choice for locker room facilities.

**LOCKER ROOM FACILITIES O** 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 DI

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

**TEACHING KITCHEN TO** Our teaching kitchen offers children, adults, and families the opportunity to learn about healthy cooking and nutrition through culinary education programs led by our Wellness Staff, local culinary and nutritional experts.

**INDOOR ICE ARENA** 20 Our ice arena is utilized for skating, figure skating and hockey activities for varying skill levels, starting as early as 4 years old. Designated time for public skate. Skate rental available.

#### **INDOOR SOCCER FACILITY 20**

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

#### OSHKOSH Y TENNIS & PICKLEBALL CENTER III

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.

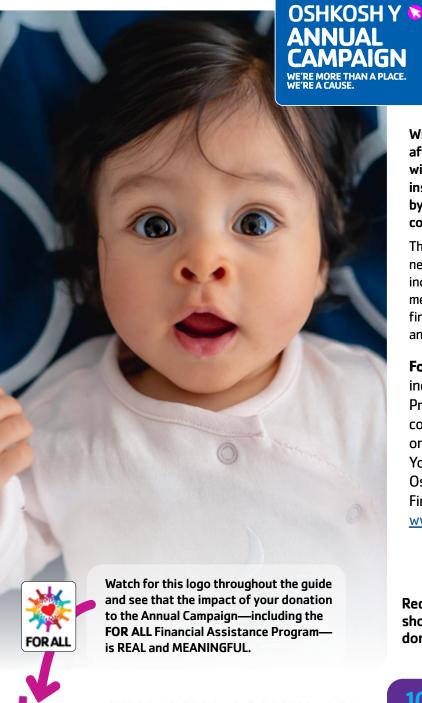
### NEW! 20 YOUTH LOUNGE

The NEW 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.









### FIND YOUR Y. **FIND YOUR REASON TO GIVE.**

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 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.

Receive a shirt that shows you care, with any donation of \$40 or more!



### FINANCIAL ASSISTANCE **AVAILABLE**

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

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.



FOR ALI

#### **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 and Nutrition 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-demands streaming service with access to over a thousand videos including fitness classes, cooking and nutrition classes, mindfulness, sports drills, & more!

MEMBERSHIP provides reduced fees and priority registration on all Y programming including Camp, Childcare, Youth Sports, Swim Lessons and the Y Tennis & Pickleball Center!



ones that make you want to get moving and come back for more. Group workouts provide camaraderie and accountability like no other.

#### MEMBER **REGISTRATION BEGINS NOV 28**

**ONLINE** at midnight. **IN-PERSON** when the Front Desk opens.

#### **ACTIVITY REGISTRATION**

Activity and class information is published in this guide. Many adult and youth activities are held on a session basis and have a specific start and end date, unless otherwise noted. Registration can be completed at www.oshkoshymca.org, in person at the front desk, or over the phone through any location. Visa, Discover, and MasterCard are accepted.

WINTER January 2-February 12 • Non-Member registration begins December 12

SPRING 1 February 13-April 2 • No programs March 20-26 Non-Member registration begins January 30

SPRING 2 April 10-May 21

Non-Member registration begins March 20

For registration or online account assistance, please contact the Y directly at (920) 230-8439.

**Connect with** the Y virtually. ANYTIME. ANYWHERE.



#### CLASSES, SPORTS SKILLS, HEALTHY LIVING & MORE! **NEW BENEFIT FOR MEMBERS!**

At the Y, we're committed to helping you live a healthier, stronger life. We've partnered with YMCA360 to provide our members with a 360-degree seamless Y experience. No matter where you are, you can connect with our Y community virtually, by accessing some of the best in online fitness classes, youth sports skills, and healthy living resources.

With the introduction of the all-digital, all-access YMCA360 platform built for the Y, by the Y, your membership now has more value than ever before. There's something for everyone! **See page 47 for more information.** 

#### **JANUARY**

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#### **FEBRUARY**

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28	29	30	31			





YOU BELONG.

**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.



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

- Visit <a href="ymca.net">ymca.net</a> before you travel to make sure the Y you intend to visit participates in Nationwide Membership. More than 2,500 Y locations participate.
- You must have an active membership to be eligible for Nationwide Membership.
- On average, at least 50% of your visits must be to your Home YMCA (the local association that enrolled you and collects your membership dues).
- 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.** 



Exercise not only energizes your body it also kick-starts your brain.

Take advantage of Nationwide Membership and workout at the Y in your college town.

If you are a college student, you will need to join the YMCA where your usage is 50% or greater. Nationwide Membership is based on individual usage not the family unit. Most Ys have a young adult or college membership option or you can ask about the financial assistance program.





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.

**FOR ALL FINANCIAL ASSISTANCE** 

# **PROGRAM**

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.

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/quardian 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 quest pass with a nonmember or family. The Oshkosh Y member must be present and remain at the Y during their quest's visit. A PHOTO ID is required of a quest age 14+ and each quest household is limited to 3 visits per calendar year. Please register your guest at the Front Desk upon arrival. A full policy is available on our site.

**FACILITY RENTAL NOTE:** Rent either Y facility for birthday parties or special events. Utilize pools, gym, soccer arena, and more! Call the Y for details and pricing. Contact: Special Events Director Lisa Nething, (920) 230-8920.

**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.









# CREATE A LIVING LEGACY.

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 nonprofit organization, 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 in the Annual Campaign 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 (920) 230-8952 or pattiweissling@oshkoshymca.org.



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



### **MAKE A DIFFERENCE...VOLUNTEER!**

The Oshkosh YMCA offers volunteer opportunities all year long! We welcome volunteers with all talents, interests and abilities.

To be added to the volunteer list, please email volunteer@oshkoshymca.org.

BE THE CHANGE. MAKE A DIFFERENCE AND DLUNTEER AT THE OSHKOSH Y!

Volunteering offers many benefits both physically and mentally and at the same time that it helps the volunteer, it makes a huge difference in our community.

volunteering: 1. improves physical and mental health, 2. offers a sense of purpose while teaching new skills,

3. nurtures both new and existing relationships.

Make a difference right here in the Oshkosh community.

Visit www.oshkoshymca.org/connect/volunteer for a list of upcoming volunteer opportunities!

VOLUNTEER TODAY!







ON THE COVER

#### **BUILDING A STRONG COMMUNITY TOGETHER:**

# PROJECT LIFE

The Oshkosh Community YMCA hosts the Oshkosh Area School District (OASD) Project LIFE™ Program. Project LIFE is a transition-to-adulthood program where high school students with disabilities develop, practice, and strengthen skills to promote independence and integrated employment in the community. Project LIFE offers a targeted course of study in combination with experiential life skills education and authentic community-based work training experiences.

Today, Project LIFE is a nationally replicated program which, in conjunction with Project SEARCH, offers a multi-year transition program continuum. Utilizing research based best practices, this combination of programming gives students a smooth and seamless transition to adulthood with a focus on competitive, employment outcomes.

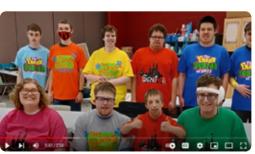
Although Project LIFE is an OASD program, hosting the program and classroom at the Oshkosh Y allows students to get real life experience and become active and contributing members of the Oshkosh and surrounding communities.

OASD PProject LIFE instructor, Ann Dawson, and her students have fully embraced the Y's mission and core values and utilize the Y facilities and all that we have to offer to provide the student the best experience possible.









Learn more about this amazing program. Click here to visit the YouTube video.







This collaboration has been a blessing for everyone involved and together we are making our community stronger.

"Having *Project LIFE™* here at the YMCA has been phenomenal. Not only for me, but also for all of my students. The Y brings people together from all walks of life. I could not think of a better place to have this program at. Not only am I a school district employee, I feel

that I am one of the YMCA staff

~Ann Dawson

members as well."









#### **YOUR YMCA BOARD OF** DIRECTORS

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

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 **Megan Lang Kathy Lett** Dr. Karen Lorfeld Kathy Markofski **Michael Scott Karrine Spiller** 

**David Stini** 

#### **HERE FOR YOU: Y STAFF**

Aquatics Director (20th) Lawson Bailey Cash and Accounts Payable Kelli Baneck Director of Children and Family Services Erin Baranek Director of Risk Management & Aquatics (DT) Dan Braun Brand & Mission Enhancement Director Abbey Burlingham Ice Arena Director Matt Carey Wellness & Personal Training Director (20th) Ben Clewien

Head Swim Team Coach Jay Coleman Tennis & Pickleball Center Director Sheila Counts Membership Coordinator (20th) Steph Daniel Childcare Accounts Receivable Eric Davis Sports Director Robert Douglas

Healthy Living Program Coordinator Emily Eresh Branch Executive (20th) Angie Flanigan

Sports Coordinator Jeremy Gaveske Director of Wellbeing & Group Exercise Brandy Hankey

School Age Coordinator Claire Jungers Aquatic Coordinator (DTC) Robin Liepert School Age Coordinator Christina Malson

Lead Personal Trainer Heather Mathe

Wellness & Healthy Living Program Director (DTC)

**Lindsey McMullin** 

Branch Executive (DTC) Lester Millette Membership Coordinator (DTC) Amanda Naimon Family & Special Events Director Lisa Nething 4K Teacher (DTC) Mary Nyback Property Manager (DTC) Steve Parker Chief Financial Officer Judy Rehm School Age Director Crystal Resop Payroll/HR Amanda Sattler Child Care Coordinator (20th) Kayla Sauer President/CEO Jeff Schneider Membership Director Julie Smith Childcare Director (DTC) Kim Stelzer Property Manager (20th) Matt Verhage

AOA Engagement Director Errah Wheel Swim Team Administrator Kelly Wynns

Financial Development Director Patti Weissling



# COMMUNITY STARTS HERE.

**CLICK HERE & VISIT US** ONLINE TO CHECK OUT **OUR WINTER & SPRING** PROGRAMS & OFFERINGS.





#### **BIRTHDAY PARTY PACKAGES**

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

SUBJECT TO AVAILABILITY

#### 20 1-10 KIDS PACKAGE

INCLUDES: Basketball gym, soccer arena, swimming, multi-purpose room for 3 hours

**4** \$105 + \$5.25: \$110.25 **№** \$140 + \$7 tax: \$147

# **PARTIES**

#### **20** 11–15 KIDS PACKAGE

INCLUDES: Basketball gym, soccer arena, swimming, multi-purpose room for 3 hours

**5** \$145 + \$7.25: \$152.25 \$180 + \$9 tax: \$189

#### 1-10 KIDS PACKAGE

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

#### 11-15 KIDS PACKAGE

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

All parties are 3 hours in length. • Ice Skating may be added to the 20th Ave packages for an additional fee. Ice skates are included. • All parties must be booked 7 days in advance. • All activities during Open times only. • Full payment due at time of reservation.

Packages are available for larger groups. Contact Lisa Nething for more information: lisanething@oshkoshymca.org or (920) 230-8920.





#### Y FACILITY RENTALS

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

#### **AFTER-HOURS ACTIVITIES AND** OVERNIGHT RENTALS

Includes the use of the Basketball Gvm. Soccer Arena and Multi-Purpose Room. All areas must have a chaperone.

#### **OPTIONAL ADDITIONS:**

- Ice Skating (skates included)
- Swimming

For more information contact Lisa Nething at (920) 230-8920.

#### Y FIELD TRIPS

**SOCCER ARENA • ICE SKATING** 

• SWIMMING • BASKETBALL

Take your next field trip to the Y. Any grades/number of kids can be accommodated.

**CLASS TRIPS • INCENTIVE DAYS** 

• REWARD DAYS

Plan now! Let's have some fun!

Contact Lisa Nething at

lisanething@oshkoshymca.org or (920) 230-8920 for more information.



### **OSHKOSH COMMUNITY YMCA YOUTH BEHAVIOR POLICIES**

# 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.

#### 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**



- · Balls should remain inside the arena at all times.
- 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
- 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
- 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
- Family Locker Room (parental supervision required)
- Multi-Purpose Rooms







#### **CHILD DEVELOPMENT CENTER**

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

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

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

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

#### FOR MORE INFORMATION:

DTC Kim Stelzer at 230-8954 or kimstelzer@oshkoshymca.org

20th Ave Erin Baranek, at 230-8918 or erinbaranek@oshkoshymca.org.

#### INTERGENERATIONAL ROOM

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

#### YOUTH LOUNGE

A 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.

#### CHILD WATCH

In our Child Watch Rooms, experienced staff care for children while parents experience other Y activities. Parents/guardians must remain in the building for this short-term care. Care is provided to children ages 6 weeks through 7 years.

**FEE** \$3/visit for each child.

Maximum of 2 hours per visit, per child, and one visit per day.

20 Mon-Fri 8:00-11:00 a.m. + Mon-Thurs 4:00-7:00 p.m. Sat 7:45-11:00 a.m.

Mon-Fri 7:30 a.m.-Noon + Mon-Thurs 4:00-7:00 p.m. Sat 7:30-11:00 a.m.

### FAMILY TIME TOGETHER Y COMMUNITY NIGHTS



#### JOIN US FOR 😯 COMMUNITY **NIGHTS**

**INCLUDING:** 

**BOUNCE HOUSE,** SWIMMING, ICE SKATING. **BASKETBALL** 

**FREE & OPEN TO THE ENTIRE COMMUNITY!** 5:00-7:00 p.m.

- **20 JANUARY 14**
- **DI FEBRUARY 18**
- **20 MARCH 11**
- <sup>20</sup> APRIL 8



#### 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 pattiweissling@oshkoshymca.org.

YOU CAN ALSO MAKE A DONATION TO THE OSHKOSH Y ANNUAL CAMPAIGN ONLINE NOW BY CLICKING HERE.



# **FOR AGES 6 WEEKS** THROUGH 7 YEARS

# **CHILD** WATCH

#### **EXCLUSIVE BENEFIT FOR OSHKOSH Y MEMBERS!**

Experienced staff will care for children while parents enjoy other Y activities. Parents/quardians must remain in the building for this short-term care.

**NEW!** Parents can now purchase multiple "visit credits" ONLINE HERE. Credits must be purchased for each child and be purchased under each individual child's name. Visits expire 6 months after purchase date.

FEE: \$3/visit for each child. Maximum of 2 Hours per visit, per child, and one visit per day.

#### **20TH AVENUE:**

- **MONDAY-FRIDAY** 8:00-11:00 A.M.
- MONDAY-THURSDAY 4:00-7:00 P.M.
- SATURDAY 7:45-11:00 A.M.

#### DOWNTOWN:

- MONDAY-FRIDAY 7:30-NOON
- **MONDAY-THURSDAY** 4:00-7:00 P.M.
- SATURDAY 7:30-11:00 A.M.

#### **Packages Available:**

1 Visit \$3 • 4 Visits \$12 • 8 Visits \$24 • 12 Visits \$36





#### ANNUAL DADDY-DAUGHTER DANCE

#### Country Western Hoedown

#### **AGES 3-11**

Yee-Haw! Our Annual Daddy-Daughter Dance is a special night for dads to spend with their daughter. Dads and daughters will take part in an evening of everlasting memories including dinner, music, dancing, a photo booth, and more! Wear your best country/western attire and we will see you on the dance floor! Pre-registration is required. Entertainment provided by Sound Sensations.

20 SATURDAY, FEBRUARY 11 • 5:30-7:00 P.M.

FEE \$40 per couple/\$10 additional girl 🐠 \$50 per couple/\$10 additional girl (1)

#### **MOTHER-SON Superhero Date Night AGES 3-11**

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

20 FRIDAY, MARCH 3 • 5:30-7:00 P.M.

FEE \$40 per couple/\$10 additional son 🐠 \$50 per couple/\$10 additional son 🚺

#### PANCAKES & PAJAMA PARTY AGES 3-11

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

20 FRIDAY, MAY 5 • 5:30-7:00 P.M.

FEE \$40 per couple/\$10 additional child 🚺 \$50 per couple/\$10 additional child 🕔





### **YMCA FIELD TRIPS**

CLASS TRIPS INCENTIVE DAYS REWARD DAYS

SOCCER ARENA • ICE SKATING • SWIMMING BASKETBALL & MORE!

Contact Lisa Nething at lisanething@oshkoshymca.org or (920) 230-8439 for more information.





**SUNDAY** JUNE 4 • 12-3 PM

**20TH AVE YMCA** FREE TO THE COMMUNITY

- Balloon Twister
- Temporary Tattoos
- Lawn Games
- Arts & Crafts
- Youth Tennis and Pickleball
- Music
- Food Available for Purchase



Sign up for our Kids Mud Run for Ages 4–16 held that same day!

Don't forget to REGISTER for the 8th Annual Kids Mud Run too!

OSHKOSH COMMUNITY YMCA 20th Avenue 230-8439 3303 W. 20th Ave. www.oshkoshymca.org









WET & MUDDY 1-MILE COURSE WITH OVER 15 OBSTACLES

# **SUNDAY, JUNE 4**

#### **COMPETITIVE WAVE** Ages 10-16

Kids ONLY! One Competitive Wave 12:00 p.m. Awards Ceremony starts between 12:15-12:30 p.m.

 Mud Run T-Shirt • Fun prizes FREE Re-Run Wristband to run the course as often as you want! . Includes finisher medal · Complimentary Photo Booth

> Early Bird Registration ends March 31 \$25 Member • \$40 Non-member Regular Registration ends May 26 \$30 Member • \$45 Non-member No Day-of Registration

#### FAMILY WAVES Ages 4-16

12:30 p.m. • 1:00 p.m. • 1:30 p.m.

- Mud Run T-Shirt (kids only)
- . Option to purchase a Re-Run Wristband for \$5 to run the course as often as you want!
- · Complimentary Photo Booth
- One parent runs FREE with each child registered

Sign up for the wave that is convenient for you! Ages are divided within each wave. Big kids released first. Siblings allowed to run together.

Early Bird Registration ends March 31: \$15 Member • \$25 Non-member Regular Registration ends May 26: \$20 Member • \$30 Non-member Day-of Registration: \$30 Member • \$40 Non-member



Early t-shirt pickup @ 20th Ave: Friday, June 2 from 3-6 p.m. No refunds – event held rain or shine. The YMCA will NOT be open during the event.

Join us for a FREE FAMILY FUN FEST before or after the Mud Run. Bounce House, Face Painting, Games, Music + MORE! See Family Fun Fest flyer or our website for more details.

OSHKOSH COMMUNITY YMCA 20th Avenue 230-8439 3303 W. 20th Ave. www.oshkoshymca.org







# BUILD A SAFE & SUCCESSFUL BABYSITTING BUSINESS

**AGES** 11-16

**FEBRUARY 20** 10 a.m.-2:30 p.m.

#### **20TH AVE**

FEE \$65 Member \$85 Non-Member

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

#### **TOPICS COVERED:**

- Parent communication
- Conflict resolution
- Setting boundaries
- Feeding/diapering infants and children
- Infant safe sleep practices and SIDS awareness
- Telephone safety
- Recognizing an emergency and basic first aid
- Keeping kids entertained and active

\*Includes short break Teens can bring their own lunch or snacks, or purchase snacks from a variety of vending machines.

Taught by an HSI certified instructor.

**SPACE IS LIMITED** CLICK OR SCAN HERE TO REGISTER NOW!









# MOMS!

## Take a break while your kids are cared for!

# STRONG MOMS

A **FREE** community program for moms of all ages, with kids at all stages.

**Includes FREE childcare** + FREE dinner for kids and moms!

5:30-6 p.m. Dinner 6-7 p.m. Program

You don't need to be a Y member to participate in this program!

JANUARY 19 20 FEBRUARY 16 DT **MARCH 16** 20 APRIL 20 DT



Mothers meet and mingle, learn, and build a network of moms and friends. Each program is unique and is designed to allow mothers to relax, learn, connect and engage with other like-minded moms, STRONG MOMS also provides resources for mothers and gives them a chance to engage, ask questions, and discuss topics that they can relate to. With barriers like cost and childcare removed, any mom can participate and enjoy this amazing program.

Please contact Lisa Nething at (920) 230-8920, lisanething@oshkoshymca.org, or visit us on facebook or the web: www.oshkoshymca.org for more information.

Thank you to our sponsor:



Service League of Oshkosh



Space is still available! Please call OASD at 920-424-0395 for more information.

#### 2022-2023 SCHOOL YEAR

#### READY-4-LEARNING PRE-KINDERGARTEN

In collaboration with the Oshkosh Area School District, the Oshkosh 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 in other areas such as art, science, music and movement, health awareness, active play, and much more! Space is very limited and fills quickly! Please call the Oshkosh Area School District at (920) 424-0395 to register.

AGE Child must be 4 years old by Sept 1, 2022

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

#### KID'S DAY OUT | 2022-2023



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

& crafts, science and nature, character development, and swimming. Have peace of mind knowing your children are cared for in a safe, supervised, and positive environment!

#### Registration is ONLINE ONLY.

**20 AGES** K-5 • 6:30 a.m.-6:00 p.m. FEE \$42/Day **○** • \$47/Day **○** 



#### **UPCOMING 2022-2023** KIDS DAY OUT:

Friday, December 9 Friday, December 23 Monday, December 26 Tuesday, December 27 Wednesday, December 28 Thursday, December 29 Friday, December 30

Friday, January 2 Monday, January 16

Friday, February 10 Monday. February 20

Friday, March 10 Monday, March 20 Tuesday, March 21 Wednesday, March 22 Thursday, March 23 Friday, March 24

Friday, April 7 Friday, April 21

Friday, May 12

#### For more information

please contact Crystal Resop: crystalresop@oshkoshymca.org

#### 2022-2023 KIDS 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 Oaklawn For more information contact Crystal Resop at crystalresop@ oshkoshymca.org.



2023-2024 Before and After School

#### REGISTRATION BEGINS:

**ONLINE REGISTRATION ONLY** 

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



Bingo, music and family fun.

FRIDAYS: 6:00-7:30 p.m.

**DI** FEBRUARY 10 **20** APRIL 28



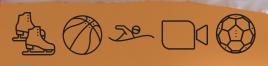




FRIDAY, FEBRUARY 17

**WIN-WIN!** Activities include ice skating, swimming, soccer, movies, games and much more!

A late night snack is provided. Please bring a swim suit, towel, warm clothing (for skating), sleeping bag, pillow and pajamas.



20 DROPOFF: 8:00 p.m PICKUP: 8:00 a.m.

**AGE** 7-12

FEE \$32 M • \$45 N

Pre-registration is required (min. of 20 required).



See front desk to register.



**EVERY DAY IS...** 

# **ONE DAY**







#### PRESCHOOL SUMMER CAMP • AGES 4-5

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

- Registration begins 2/6/23
- N Registration begins 2/13/23

#### **SUMMER FUN CLUB • AGES 5 -12**

20 A State of Wisconsin licensed School Age program offered at the 20th Ave Y. Kids will have a fun and engaging summer participating in a variety of enriching activities each day. Each program will take field trips, swim and have themed activities on a weekly basis.

- M Registration begins 2/6/23
- N Registration begins 2/13/23

#### CAMP WINNI•Y•CO • AGES 5 -12

Camp Winni-Y-Co is a state licensed off site day camp that offers campers the traditional outdoor camp experience. Campers will regularly participate in activities like nature education, crafts & games, hiking trails, archery, mountain biking, and weekly field trips. Families will drop off and pick up at the 20th Ave Y and campers will be bussed to and from camp daily.

- M Registration begins 2/6/23
- Registration begins 2/13/23



M Registration begins 2/6/23 N Registration begins 2/13/23 **ONLINE REGISTRATION ONLY** 



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

Because of donations from community members like YOU, kids, regardless of their financial circumstances, can build FRIENDSHIPS, create lifelong MEMORIES and LEARN Science, Technology, Engineering, Art and Math (S.T.E.A.M.) at Camp!

For more information on the Annual Campaign 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 online at www.oshkoshymca.org/ give/annual-campaign.





#### FINANCIAL ASSISTANCE **AVAILABLE**

Contact the Oshkosh Y for details. These programs are supported by the **Annual Campaign.** 

#### **PRESCHOOL SOCCER AGES 3-5**

Learn the basics of soccer in a fun and enjoyable way, through games and skill drills. More advanced participants will practice scrimmage as well. Shin guards required.

**20** SOCCER ARENA

WINTER, SPRING 1

**TUESDAY** 9:00-9:30 a.m. OR 4:45-5:15 p.m.

SPRING 2

**TUESDAY** 9:00-9:30 a.m. **THURSDAY** 4:45-5:15 p.m.

FEE \$38 W • \$66 N

#### **PRESCHOOL T-BALL AGES 3-5**

Boys and girls will love learning the basic fundamentals of t-ball, taught in a cooperative and fun environment. Held in the soccer arena. Baseball glove is required.

**20** SOCCER ARENA

WINTER & SPRING 1 THURSDAY 4:45-5:15 p.m. **SPRING 2 TUESDAY** 4:45-5:15 p.m.

FEE \$38 W • \$66 N

#### PRESCHOOL BASKETBALL AGES 3-5

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

MAIN GYM

**SPRING 1 THURSDAY** 4:00-4:30 p.m.

**SPRING 2 TUESDAY** 4:00-4:30 p.m.

FEE \$38 W • \$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

WINTER & SPRING 1 TUESDAY 4:00-4:30 p.m.

FEE \$38 W • \$66 N

#### **PRESCHOOL SPORTS AGES 3-5**

Preschoolers 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

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

**SPRING 2 THURSDAY** 4:00-4:30 p.m.

FEE \$38 W • \$66 N

#### PRESCHOOL GYMNASTICS AGES 3-5

A beginning level tumbling introductory class.

MULTI-PURPOSE ROOM

**WINTER & SPRING 1** 

WEDNESDAY 5:30-6:00 p.m.

FEE \$38 W • \$66 N

#### 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

**SPRING 1 THURSDAY** 5:30-6:00 p.m.

FEE \$38 W • \$66 N

#### PRESCHOOL DANCE 2 AGES 4-6

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

MULTI-PURPOSE ROOM

**SPRING 2 THURSDAY** 5:30-6:00 p.m.

FEE \$38 (1) • \$66 (1)

#### PRESCHOOL SKATE AGES 3-5

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

20 ICE ARENA

WINTER, SPRING 1 & SPRING 2

MONDAY 3:30-4:00 p.m.

FEE \$50 W • \$77 N

#### PRESCHOOL STEM AGES 3-5

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

SPRING 2

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

FEE \$38 W • \$66 N

#### PRESCHOOL WEATHER WATCHERS

**AGES 3-5** 

Children will do activities based on the seasons and weather.

20 WINTER

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

FEE \$38 W • \$66 N

#### PRESCHOOL ALPHABET PARADE AGES 3-5

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

20 SPRING 1

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

FEE \$38 W • \$66 N







26





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

#### ACTIVE OLDER ADULTS 😯



#### **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** February 2 • April 6 FEE \$32

Valley VNA Senior Care In-Home Care Independent Living Assisted Living

Reserve your spot today!

To schedule your next Foot Care appointment, call (920) 426-1931.

#### OSHKOSH Y MEMORY CAFÉ

Open to you and your care partner. The Oshkosh YMCA Memory Café provides a safe and welcoming space that allows individuals experiencing memory loss, along with their care partner, to connect, socialize, and build new support networks. Cafés feature a variety of activities including music, guest speakers, crafts, and more! There is no charge to participate and you do not need to be a Y member to attend.

**FEE FREE** 

Jan 23 • Feb 27 • Mar 27 • April 24 • May 22 1:30-3:00 p.m.







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** SUPPORT PROGRAM

In collaboration with NAMI-Oshkosh, we are excited to offer a support program for people who have lost their partner and are 55+ years old to support their spirit, mind, and body through grief.

#### The goals of the Brighter Days Support Program are:

- To provide support 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) 230-8439 or brandyhankey@oshkoshymca.org for more information.

#### **SAVE THE DATE!**

### **NATIONAL SENIOR HEALTH AND FITNESS** DAY

WEDNESDAY, MAY 31, 2023

Watch for details and more information for this special event!

REGISTRATION WILL OPEN ON MAY 1, 2023.

**FREE FOR ANYONE IN** THE COMMUNITY AGE 55+

SPONSORED BY:

HOME CARE

Helping Seniors Live Well at Home



We provide complimentary coffee Monday through Friday! Bring your own cup to help us be socially responsible.

You can purchase a coffee mug for \$7, or a paper cup for \$.25 at the Front Desk.







#### LIFELONG LEARNING

We offer monthly Lunch and Learns and Lifelong Learning events for members and quests, ages 55+.

Each month we focus on a a topic regarding health and wellness, disease prevention, nutrition and more! They are held from 12-1:30 p.m. and the location alternates between the Downtown Y and the 20th Ave Y.

Free for Y Members and a small fee for guests.

Details will be available by the 1st of the month. Registration is required. Sign up at the Front Desk of either location or by calling (920) 230-8439.

THANK YOU TO OUR **MONTHLY LUNCH SPONSOR:** 



#### **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.

Visit oshkoshymca.org or stop by the front desk for current Pickleball schedules.

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

TENNIS & PICKLEBALL **CENTER FEES APPLY** 

Join in the fun at "Open Gym" Pickleball at the Downtown or 20th Ave Y. The schedule is found on the Open Gym Schedule.



#### **NEW! BOOK CLUB**

Book Clubs are a great way to meet people and to learn from diverse perspectives. Join us at one of our NEW monthly Book Club meetings!

FEE FREE for Oshkosh Y Members

Book Club will meet the third Thursday of each month and will rotate Y locations. Each month will feature a new book.

Contact Errah Wheel at (920) 230-8439 or errahwheel@oshkoshymca.org for more information.

#### Stay connected with your Y friends online: Active Older Adults Facebook Group









#### **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 Y MEMBERS



# AOA ACTIVE OLDER ADULTS FITNESS CLASSES

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

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

#### ARTHRITIS AQUATICS 🝱 20

This activity offers water exercises that are recommended by the Wisconsin Chapter Arthritis Foundation. For more information on this program, please see Aquatics, page 38.

#### SENIOR WATER FITNESS

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

#### SENIOR CYCLING 2 20

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

#### SENIOR PILATES **22**

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

#### STRETCH, FLEX & BALANCE

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

#### ZUMBA GOLD 20

Ditch the workout and join the party! 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.

#### LOW IMPACT AEROBICS

This class offers a full body workout that will help you move without any high impact moves. standing, chair-based, and floor-based on a mat.

#### CHAIR CARDIO & CORE

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!

#### **SENIOR TRX** 20 NOW INCLUDED IN MEMBERSHIP!

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



SILVERSNEAKERS DT 20

The SilverSneakers Fitness Program, a product of Tivity, is the nation's leading fitness program designed exclusively for older adults. The SilverSneakers Fitness Program may be available to you at no additional cost through your health plan. Once you are enrolled in the program you are eligible to participate in all activities the Y has to offer. For more information, contact Brandy Hankey at (920) 230-8439.

#### SILVERSNEAKERS CLASSIC DT 20

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

#### SILVERSNEAKERS CIRCUIT DT 20

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

#### SILVERSNEAKERS YOGA 1 20

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

Note: You do not need to have a SilverSneakers Membership to participate in SilverSneakers classes.

AOA Programming is INCLUDED in your Y Membership.









DT 20

**Downtown &** 20th Avenue

#### LAP SWIM AND OPEN SWIM TIMES FREE TO Y MEMBERS

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

#### **SLIDE TIMES FREE TO Y MEMBERS**

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.+

WINTER SWIM: January 2-29

Once a week for 4 weeks, 40 minutes per lesson. Non-Member registration begins 12/12/22 Fee \$22 **(4)** • \$38 **(5)** 

#### MEMBER REGISTRATION **BEGINS NOV 28**

ONLINE at midnight. **IN-PERSON** when the Front Desk opens.

SPRING 1 SWIM: February 13-April 2 No lessons Mar 20-26

Once a week for 6 weeks, 40 minutes

Non-Member registration begins 1/30/23

Fee \$33 **(M)** • \$59 **(N)** 

SPRING 2 SWIM: April 10-May 21

Once a week for 6 weeks, 40 minutes per lesson.

Non-Member registration begins 3/20/23

Fee \$33 **○** • \$59 **○** 

Where everyone counts! Our format allows for easy scheduling for families with multiple kids. Pick your preferred location, day, and time on the charts provided. Our instructor/student ratios are the lowest in the community. Preschool level classes are limited to 4 students per instructor and youth level lessons are limited to 6 students per instructor. Your child will get plenty of water time and attention from our skilled instructors. We do everything we can to help our students learn to swim in a safe, values-driven environment. Please contact the aquatics director if you are unsure where to place you child – we can help! All group swim lessons have a minimum enrollment of 2 swimmers. Swim classes may combine with a neighboring level or swimmers may be asked to change day/time to meet minimum enrollment number.

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

#### PARENT/CHILD SWIM LESSONS AGES 6 MOS.-3 YEARS

Parent/Child lessons include water safety, adjustment and play, songs and games, to introduce swimming in a fun way. Ages have been split to make class more cohesive for all participants. Class levels will be limited to 8 participants per class.

#### **PRESCHOOL SWIM LESSONS AGES 3-5**

Each level is a continuation of the previous level. The emphasis is learning, not passing or failing. Class levels will be limited to 4 participants per class.

#### **YOUTH SWIM LESSONS AGES 6+**

Each level is a continuation of the previous level. The emphasis is learning, not passing and failing. Class levels will be limited to 6 participants per class.



#### UNDERWATER **EASTER EGG HUNT!**

Rally your family and friends and join us for an "egg-citing" event at the Downtown Oshkosh YMCA! Swim, float, and dive for Easter eggs. All eggs will be placed in the Family side of the pool. Lucky Eggs can be traded in for prizes. Participants in the egg hunt must be ages 12 and under, but family members and friends are encouraged to stay and swim during the event. Each swimmer under 6 years of age must be accompanied by an adult in the water within arms' reach at all times.

Younger swimmers, up to age 7, will hunt for eggs first at 5:30 PM.

Swimmers age 8 and up will hunt for eggs at 6:30 PM.

Family Pool

Friday, March 24 5:30-7:30 p.m.

**ONLY \$ 5 PER CHILD FOR MEMBERS!** 

Day Pass Fee + \$5 for Non-Members

REGISTRATION IS REQUIRED.

Please sign up at the Front Desk of either location or by calling (920) 236-3380. Registration deadline is Monday, March 20.









#### 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.

#### Water Discovery



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

#### В Water **Exploration**



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?**

**DT Dan Braun** danbraun@ oshkoshymca.org 20 Lawson Bailey lawsonbailey@ oshkoshymca.org

#### **SWIM BASICS**

**STAGES 1 • 2 • 3** 

#### **PRESCHOOL & YOUTH STAGES**

Kids learn personal water safety and basic swimming competency with two benchmark skills: • Swim, float, swim: sequencing front glide, roll, back float, roll, front glide, & exit • Jump, push, turn, grab

# Water Acclimation

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.

# Water Movement

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.

# 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.

#### Stroke Introduction



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.

### Stroke Development



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.

### 6 Stroke Mechanics



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



# WINTER **SPRING** 182 SWIM LESSONS

#### **MEMBER**

**REGISTRATION BEGINS NOV 28** 

**ONLINE** at midnight. **IN-PERSON** when the Front Desk opens.

#### WINTER: January 2-29

Non-Member registration begins 12/12/22

#### SPRING 1: February 13-April 2

No lessons Mar 20-26 Non-Member registration begins 1/30/23

#### SPRING 2: April 10-May 21

Non-Member registration begins 3/20/23

PS=Preschool Y=Youth PS PS MONDAY 9:00-9:40 AM 9:50-10:30 AM 4:40-5:20 PM 5:30-6:10 PM 6:20-7:00 PM •

WEDNESDAY											
9:00-9:40 AM					•		•				
9:50-10:30 AM				•		•					
4:50-5:30 PM				•		•					
5:40-6:20 PM	•	•	•								

4:50-5:30 PM											
5:40-6:20 PM									•	•*	*
SATURDAY											
9:15-9:55 AM	•	•	•		•						

10:05-10:45 AM 10:55-11:35 AM

\*SPRING 1 & 2 ONLY

**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.

Winter: Classes are held once per week for four weeks **Spring 1 + 2:** Classes are held once per week for six weeks.

All group swim lessons have a minimum enrollment of 2 swimmers. Swim classes may combine with a neighboring level or swimmers may be asked to change day/time to meet minimum number.



**THURSDAY** 

#### Stage 6 Stage 5 Stage 4 Stage PS=Preschool Y=Youth Y PS **MONDAY** 4:50-5:30 PM 5:40-6:20 PM **TUESDAY** 4:50-5:30 PM 5:40-6:20 PM 6:30-7:10 PM **WEDNESDAY** 2:00-2:40 PM 4:50-5:30 PM 5:40-6:20 PM 6:30-7:10 PM **THURSDAY** 4:50-5:30 PM 5:40-6:20 PM 6:30-7:10 PM **SATURDAY** 9:00-9:40 AM 9:50-10:30 AM 10:40-11:20 AM 11:30AM-12:10PM

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.

Winter: Classes are held once per week for four weeks **Spring 1 + 2:** Classes are held once per week for six weeks.

All group swim lessons have a minimum enrollment of 2 swimmers. Swim classes may combine with a neighboring level or swimmers may be asked to change day/time to meet minimum number.

# **WINTER SPRING** & J SWIM LESSONS



**MEMBER BEGINS NOV 28** 

**ONLINE** at midnight. **IN-PERSON** when the Front Desk opens.

WINTER: January 2-29

Non-Member registration begins 12/12/22

SPRING 1: Feb 13-April 2

No lessons Mar 20-26 Non-Member registration begins 1/30/23

SPRING 2: April 10-May 21

Non-Member registration begins 3/20/23





### **DOWNTOWN POOL**

**Annual Shutdown & Maintenance MAY 22 - JUNE 4** 

#### **SWIM LIKE A MERMAID AGES 6+**

Join us for this fun, new program. Your child will get to experience what it feels like to swim like mermaid with his/her monofin. They will learn safety skills, play games including treasure hunts and obstacle courses. Successfully passing the safety check will also grant the participant the ability to use their monofin during open swim (subject to lifeguard approval, and at the Downtown YMCA only).

This program is open to youths at least 6 years of age. Because safety is our priority, all participants must pass a skills check to participate. The safety check includes swimming using good technique one full length of the pool (25 yards), demonstrating floating & breath control ability, and exiting a monofin safely & independently. A refund will be given if the participant cannot pass the safety check.

FRIDAYS: Jan 20 | Feb 17 | Mar 17 | Apr 21 | May 19 • 5:30-7:30 p.m.

FEE \$40 **○** • \$60 **○** 

Monofins are NOT provided, please bring your own. We recommend Fin Fun Monofins.





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#### FOR PRIVATE SWIM LESSONS INFORMATION AND SCHEDULING CONTACT:

Robin Liepert at <a href="mailto:robinliepert@oshkoshymca.org">robinliepert@oshkoshymca.org</a>

Lawson Bailey at lawsonbailey@oshkoshymca.org

FOR INFORMATION AND SCHEDULING OF SCUBA OR POOL RENTALS, CONTACT:

Dan Braun at danbraun@oshkoshymca.org

Lawson Bailey at lawsonbailey@oshkoshymca.org

#### 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.
- 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 \$22 W • \$43 N

#### 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 \$17 ( • \$33 ()

#### **SCUBA RENTAL**

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

FEE \$15/per hour/per lane

Lessons and rentals are based on pool and/or instructor availability. We appreciate your patience.



#### **ADAPTED AOUATICS** (AGES 3-ADULT) WITH RIPON COLLEGE STUDENTS

**DT MONDAYS** 6:30-7:30 p.m. Beginning Monday, February 6

Class will run for 10 weeks. February 6, 13, 20, 27 March 6, 20, 27 April 3, 10, 17, 24

Adapted Aquatics with Ripon College students 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 Y Aquatic Director at (920) 236-3380.

FEE \$40/participant









#### **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 Lifequard, 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 20 yards to starting point and exit the water without using a ladder or steps in 1 minute 40 seconds.

**CHOOSE** ONE **SESSION** 

March 20-22 • Monday-Wednesday: 9:00 a.m.-5:00 p.m.

April 21-23 • Friday: 5:00-9:00 p.m. • Saturday/Sunday 9:00 a.m.-5:00 p.m. May 12-14 • Friday: 5:00-9:00 p.m. • Saturday/Sunday 9:00 a.m.-5:00 p.m. June 5-7 • Monday-Wednesday: 9:00 a.m.-5:00 p.m.

20 FEE \$185 🐠 • \$210 🕦

Participants will be refunded the cost of the class if they do not pass the pre-requisites.

#### **EVERY SESSION OF RED CROSS TRAINING MUST BE ATTENDED** IN FULL. NO EXCEPTIONS!

#### AMERICAN RED CROSS LIFEGUARD INSTRUCTOR TRAINING **AGES 17+**

For those holding a current Lifequard certification. Instructs participants to teach basic-level Lifeguard courses through developing their understanding of how to use the course materials, conduct training sessions, and evaluate participants progress. No refunds. Course graduates are encouraged to apply for employment at YMCA.

March 24-26 • Friday: 4:00-9:00 p.m. • Saturday-Sunday: 9:00 a.m.-6:00 p.m. FEE \$275 **⚠** • \$300 **№** 

#### AMERICAN RED CROSS BLENDED LEARNING **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)

February 9-10 • Thursday: 5:00-9:30 p.m.• Friday: 12:30-5 p.m. FEE \$75 **⚠** • \$110 **№** 

For more information on American Red Cross training, please contact

Downtown: Dan Braun at danbraun@oshkoshymca.orq 20th Ave: Lawson Bailey at lawsonbailey@oshkoshymca.org

OFF SITE TRAINING: Does your business or group want an instructor to come to you? Please Contact Lawson Bailey at lawsonbailey@oshkoshymca.org





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.

#### Learn how to receive a lifequard certification for free!

**Contact Lawson Bailey:** lawsonbailey@oshkoshymca.org or Dan Braun: danbraun@oshkoshymca.org to get certified or apply!

- TEENS 15+
- YOUNG ADULTS
- ADULTS
- RETIREES







# **PLAN AHEAD: SWIM MEETS** a20TH

Our pools close on occasion to host swim meets. Feel free to attend a meet and cheer on our home teams!

#### **OSHY:**

#### JANUARY 6-7 Aquatics center closes:

- 4:15 p.m. on Friday
- Noon on Saturday

## FEBRUARY 9-12

#### **Aquatics center closes:**

- 5:30 p.m. Thursday, 2/9 (Lap Pool Closed Only. Family Pool will remain open with no gadgets)
- 4:00 p.m. Friday, 2/10
- 8:00-3:00 Saturday, 2/11
- 8:00-3:00 Sunday, 2/12

#### **FEBRUARY 26**

Aquatics Center closes: Noon

SORRY FOR ANY INCONVENIENCE!

WATCH THE MEET &
SUPPORT OUR With your donation of \$59 TEAM! kids with need will have access to our life-saving swim lesson



and water safety program.

## CONGRATULATIONS TO DEB LAIBLY on receiving the 2022 Oshkosh YMCA Volunteer Leadership Award!

Deb has been an involved Y leader for many years. She has put four kids through our swim team program and has held every volunteer leadership position you can imagine with the team. Over the years she has logged thousands of miles running her four children and many other kids back and forth to the Y. In addition to her leadership of our swim team, she served six years as a dedicated Y board member. Deb is a strong community advocate and uses her platforms to let everyone know what a great Y we have. She is a dedicated champion, donor, and volunteer. Our Y is better because of her contributions.



# **WATER SAFETY** WEEK **JUNE 18-25 WATCH FOR** WATCH FOR INFORMATION **ON SPECIAL PROGRAMS TO BE HELD ALL WEEK AT BOTH** LOCATIONS.

## **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

www.oshkoshymca.org/give/ 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.





#### **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 (M)

#### **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 (M

FEE \( \mathbb{\infty} \\$75 / 15-Visit Punch Card \)

#### **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.

FREE TO MEMBERS (M)

#### **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.

FREE TO MEMBERS (M)

#### SENIOR WATER FITNESS

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

FREE TO MEMBERS (M)



Aquatic exercise is a low-impact activity that takes the pressure off your bones, joints and muscles. Water also offers natural resistance, which can help strengthen your muscles. Aquatic exercise can also have several health benefits, such as improved heart health, reduced stress, and improved muscular endurance and strength. (mayoclinic.org)

# **LAP SWIM**



# **OPEN SWIM**

Times vary throughout each day. Check online for the most up-to-date schedules. Please, no open swim during lessons. Lap swim times may require you to share lanes by circle swimming.



# **SLIDE TIMES**



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



Youth programs at the Y are designed to help young people develop the social skills necessary for group and team interaction. These activities help them to develop basic knowledge that will help them to live healthy lives and practice good living habits. Most importantly, it is our hope that the youth sports programs at the YMCA will be opportunities for young people to understand, practice and even develop their own values and morals in interaction with other young people under the guidance of understanding and helpful adult coaches, counselors, group leaders, and parents.

At the Y, we practice a comprehensive approach to sports with an emphasis on positive physical and mental development. Our program holds these values:

- Developing self-confidence, self-respect, and an appreciation of individual worth
- Developing a commitment for daily living based on values such as Caring, Honesty, Respect, and Responsibility
- Growing as a responsible member of the family, team, and citizen of the community
- Appreciating physical fitness and mental well-being contribute to overall health
- Recognizing the worth of all people and working for mutual respect and understanding
- Developing the capacity for leading, while using it responsibly







# **Swim Team Groups & Practices**

**Swimming is a TEAM** sport. The people you swim with, their skills and their attitudes. affect you. And vice-versa. The OSHY team is divided into different groups to provide an appropriate practice environment for each swimmer.

It is important to have swimmers in each group that work well together. Swimmers in a group must have similar skills, strength, and endurance. Regardless of group, regular practice attendance is important. Groups tend to move forward together or remain static together.

If a significant portion of a group DOES NOT know a skill or lacks the strength, endurance, or will, the entire group does not progress. Each group has prerequisites. These prerequisites are minimum standards for the group. If they are unable to meet these, the workouts will be at a higher level than they are ready for.

Interested in joining the team? Email Kelly Wynns at kellywynns@ oshkoshymca.org.

#### D2 • Dolphin 2

The D2 group is OSHY's entry level group. It is for younger swimmers learning the basics of competitive swimming – freestyle, backstroke, breaststroke, butterfly, starts, turns, and finishes - and developing the strength and endurance necessary to move to the D3 group.

**Practice Prerequisites:** All entry level swimmers need an OSHY coach evaluation. What is being looked for in the evaluation is that a swimmer can swim a length on their front with their face in the water, a length on their back, and a length kicking with a kick board.

**Practices:** D2 swimmers practice twice a week for 30 minutes. There are two options for practice groups:

Swim Meet Participation: D2 swimmers participate in home meets and low key away meets in Fond du Lac and Appleton.

#### D1 • Dolphin 1

The D1 group is OSHY's 2nd level group. It is for swimmers that are legal in all 4 strokes, know how to read the pace clock and understand intervals and send offs.

#### **Practice Prerequisites:**

Swim 6 x 50 on 1:10 Kick 6 x 50 on 1:20

**Practices:** D1 swimmers practice three times a week for 45 minutes. There are two

options for practice groups

**Swim Meet Participation:** D1 swimmers participate in home meets, low key away meets and championship meets for those who qualify.

#### JR 2 • Junior 2

The JR2 group is for experienced swimmers, age 11-15, that know how to read a pace clock and understand intervals and send offs. JR2 swimmer must know their best times and swim a full range of events.

#### **Practice Prerequisites:**

Swim 6 x 100 on 1:45 Kick 6 x 100 on 2:10

Practices: 4 times per week for 90 minutes, some additional Fridays **Swim Meet Participation: JR 2** 

swimmers participate in home meets, low key away meets, bigger away meets, and championship meets for those who qualify.

#### JR 1 • Junior 1

The JR 1 group is for experienced swimmers, age 11-15, that know how to read a pace clock and understand intervals and send offs. JR 1 swimmer must know their best times and swim a full range of events.

#### **Practice Prerequisites:**

Swim 9 x 100 on 1:45 Kick 9 x 100 on 2:10

Practices: 6 times per week for 90 minutes (must attend 5 of 6 practices per week)

**Swim Meet Participation:** JR1 swimmers participate in home meets, low key away meets, bigger away meets, and championship meets for those who qualify.

#### SR2 • Senior 2

The SR2 group is for experienced swimmers, age 13-18, that know how to read a pace clock and understand intervals and send offs. SR2 swimmer must know their best times and swim a full range of events.

#### **Practice Prerequisites:**

Swim 6 x 200 on 2:50 9 x 100 on 1:50

**Practices:** 4 times per week for 90 minutes with optional additional AM practices twice per week and some Fridays

Swim Meet Participation: SR swimmers participate in home meets, low key away meets, bigger away meets, and championship meets for those who qualify.

#### SR1 • Senior 1

The SR1 group is for experienced swimmers, age 13-18, that know how to read a pace clock and understand intervals and send offs. SR1 swimmer must know their best times and swim a full range of events.

#### **Practice Prerequisites:**

Swim 6 x 200 free on 2:40

6 x 200 IM on 3:00

Kick 9 x 100 on 1:40

**Practices:** 6 times per week for 90 minutes (must attend 5 of 6 practices per week)

**Swim Meet Participation:** SR swimmers participate in home meets, low key away meets, bigger away meets, and championship meets for those who qualify.







# **DIVE IN & TRY IT OUT!**

# OSHY SWIM TEAM TRY IT WEEK FOR AGES 5-13

Do you love the water? Do you want to make new friends? Do you like competing? If you answered "YES" to any of these, TRY THE OSHY SWIM TEAM!



Wednesday & Friday or Tuesday & Thursday • 12:30-1:15 p.m. or 5-5:45 p.m. FEE: \$10 Includes an OSHY T-shirt

The OSHY Swim Team is always looking for new swimmers! We have a place for brand new swimmers all the way up to National Champions. Swimmers work on technical improvement, physical conditioning and social development. You can join the team any time throughout the year, but we recommend to "TRY-IT" first! Swimmers must be able to swim a length of the pool using the front crawl stroke. Please bring your swimsuit and goggles. See you in the pool!

QUESTIONS? Please email kellywynns@oshkoshymca.org.

SIGN UP at the front desk of either location, by calling 920-230-8439, or online HERE.





Work one-on-one with a coach to improve your swim strokes, endurance and swim times. Gain confidence and feel fierce in the water! Workouts and training are personalized to each swimmer.

# **PRIVATE COACHING**

Dates and times are determined by the coach and swimmer. Each session is 30 minutes long.

1session • \$27

3 sessions • \$79

8 sessions • \$202

12 sessions • \$290



Please contact Kelly Wynns at kellywynns@oshkoshymca.org for more information before purchasing sessions.

Register online or at Y Front Desk or by calling 920-230-8439.

OSHKOSH COMMUNITY YMCA www.oshkoshymca.org • 20th Avenue 230-8439 • 3303 W. 20th Ave.





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

FEE FREE TO OSHKOSH Y MEMBERS (1)

Just getting back to the Y after being gone awhile? This FREE Wellness Check-up is perfect for you.

#### **WELLNESS CHECK-UP**

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

FEE FREE TO OSHKOSH Y MEMBERS (1)



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

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. RIGHT HER **IN OUR** COMMUNITY



# **YOU CAN HELP!**

**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.







An empowering transformational journey into the art, science, and magic of yoga. This dedicated experience is designed to be digestible and satisfying, expanding your yoga practice and ultimately yourself. Three unique 8-12 week steps combine to give you a thorough education and Yoga Alliance Certification. These steps can be completed at once, or over time as it works with your unique schedule and season in life. For those desiring to share their practice through the art of teaching, clear, nourishing content empowers you to create classes of substance within the joyful support and encouragement of community.

#### **LEVEL 1: STUDENTSHIP**

For students who want to immerse into the practice more fully but do not yet feel called to teach. Here we explore how to get the most out of your time on the mat, creating a sustaining practice that impacts all areas of your life in a positive way.

8 WEEKS: September & October

#### **LEVEL 2: LEADERSHIP**

For experienced students who hear a clear call to teach or a capacity to lead outside the yoga space. If you practiced yoga for a long time, this is your invitation to bring the benefits of your practice to the community and be of service. Here we explore the practical application of teaching with full support. Make mistakes, receive feedback and hone your craft before taking the seat of the teacher.

8 WEEKS: November & December

#### **LEVEL 3: SPACESHIP**

Here you expand into a teacher. We explore your unique voice and energetic signature that will attract those who are looking for exactly what you have to offer.

12 WEEKS: January - March

All three combine for YA Certification.

FOR MORE INFORMATION and to get on the waitlist for the Fall 2023 session contact Brandy Hankey: brandyhankey@oshkoshymca.org.

Click here to schedule a Clarity Call to learn more and find out if this is right for you.

### Online Reservation System for Y Classes

Due to equipment needs, some classes require a reservation. For those classes, you can reserve your spot daily up to 26 hours prior to the time slot you wish to select.

**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 AOA) 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.





**SEE OUR CURRENT SCHEDULE HERE!** 



# **ADULT GROUP EXERCISE CLASSES**

#### 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 26 hours before class time.

#### Th = FAMILY FRIENDLY CLASS

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

# 20TH AVENUE:

**The 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.

**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.

Join us in our newly renovated Training Studio at the 20th Ave Y (formerly the Family Gym) complete with colored lights, NEW equipment, a stage, and a whole new atmosphere!



#### **DOWNTOWN:**

**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!

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

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!

**Kundalini Exploration** Kundalini is best described as the science of the chakras that combines spinal strengthening, eye-focus, sound, and hand gestures with precise, sometimes vigorous, breathing. Designed for the modern age to unhook from all the areas you are obsessed, caught up, or overworked. A powerful practice to cut through stress and arrive in a more stable place, quickly. An open mind and a spirit of curiosity is essential.

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 and tennis balls 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.





## ADULT GROUP EXERCISE CLASSES (CONTINUED)





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

● M 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.

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

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

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

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

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

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.

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.

# ! TRX SUSPENSION TRAINING

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

Step out of your comfort zone and try a new class!





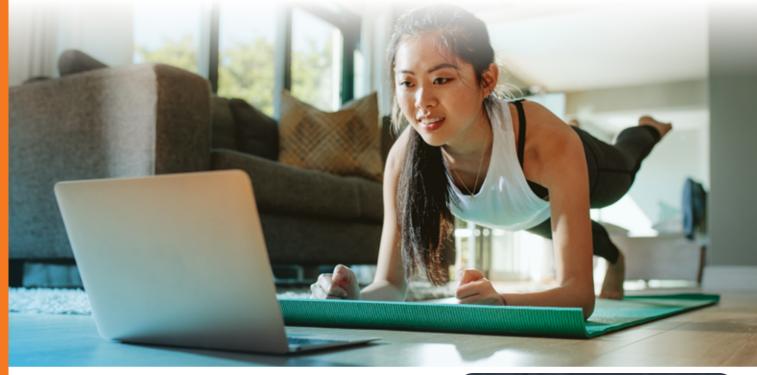
TRX is FREE with

vour Oshkosh Y



#### DO A CLASS WHEN AND WHERE IT'S MOST CONVENIENT FOR YOU!

Access some of the best in online fitness classes, youth sports skills, and healthy living resources. At home, on the road, or at the Y.



# **OFF-SITE**



Powered by the Y

# AT THE Y



#### YOUR VIRTUAL YMCA

YMCA360 provides a way for members of all ages, interests, and activity levels to engage with the Y anytime, anywhere. A growing library of more than 500 on-demand exercise classes and programs is accessible 24/7 on mobile devices, TV, and web. From yoga to youth sports, new content is being added weekly, so there's something for everyone!

#### AT THE DOWNTOWN Y

YMCA360 InStudio is available in Studio 3 at the Downtown Oshkosh Y. InStudio is a digital streaming platform with over 1000 videos and classes that you can take at your convenience. You simply choose a class, and it will be broadcast onto the big screen TV. InStudio is available in Studio 3 ONLY during all open facility hours - except when classes are being held in the room.

Access to YMCA360 and InStudio are included in your Oshkosh Y membership. Not a member? Join today!







#### 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 Testina.

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



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 3 for more information.



#### 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 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

FEE 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 (M)

#### 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.

NEW FLEXIBLE SCHEDULING <sup>M</sup>					
30 Minutes	90 Minutes	4 Hours	6 Hours	12 Hours	18 Hours
\$21/person	\$62/person	\$146/	\$209/	\$398/	\$566/
		person	person	person	person

Personal Trainers know a lot about human physiology and 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.





**NEW SPACE!** Join us for classes in our brand NEW Training Studio!

Join our Nationally Certified Personal Trainers for an intense, calorie-blasting, fun workout. Track your progress in real time and get real results using Myzone Technology!

#### **CHECK OUT THE KINETIX CLASS SCHEDULE:**

Visit www.oshkoshymca.org and click on RESERVATIONS Search under the **KinetiX** category. Sign up for classes a week in advance.

**TONE:** A mix of cardio and strength. Tone and strengthen while burning maximum calories.

**BURN:** Burn off calories with cardio and circuits. Burn maximum calories and get a total body workout!

WANT TO LEARN MORE? Email Ben at benclewien@ oshkoshymca.org or call 920-230-8439.



Track real-time heart rate, calories, and intensity with color-coded zones with MyZone. Connect with other participants and track your progress in and outside of class!

#### **MEMBER FEES:**

For Non-Member Rates, please call 920-230-8439.

- 1 Session \$20
- 4 Sessions \$59 (\$14.75/Session)
- 8 Sessions \$79 (\$9.88/Session)
- Includes 12 sessions and a MyZone Heart Rate monitor. A

**NEW STARTER BUNDLE:** 

• 12 Sessions \$99 (\$8.25/Session)

\$169 value for ONLY \$134.





# One Community. One Fight!

OSHKOSH COMMUNITY

# **BEYOND LIMITS**

A SPECIAL PROGRAM FOR VETERANS AND ARMED FORCES MEMBERS

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

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.

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.



**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 FORALL ALL Financial Assistance Program,

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

**CHECK OUT OUR BEYOND LIMITS MISSION VIDEO!** 









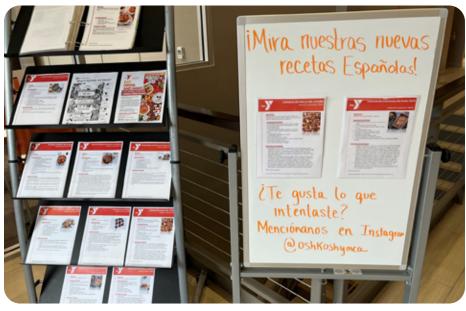
#### **TEACHING KITCHEN**

**ASK ABOUT FAMILY CLASS OPTIONS!** 

As an organization deeply committed to supporting local agriculture and changing behaviors for the better, the Y's new Teaching Kitchen allows our community members to expand their culinary skills and knowledge in an effort to bring back the family dining experience. Local culinary and nutritional experts, along with our Wellness Staff will facilitate programs that inspire participants to prepare healthy, cost effective foods that taste great and are locally accessible. The Teaching Kitchen provides universal access that unites able-bodied individuals and persons with disabilities under the pursuit of opportunities that make wellness accessible to all.



**Teaching Kitchen hourly rentals are available.** Get creative! We can accommodate to fit your business or group size. Contact lindseymcmullin@oshkoshymca.org for more information.



Swing by the Downtown Y Teaching Kitchen to grab a recipe to go! We change up the recipe rack every week AND we even have some recipes in SPANISH. Don't forget to check out all of our past recipes in the binder and snap a photo to make at home.



#### YOUR CHANCE TO MAKE A DIFFERENCE

The Boys & Girls Club of Oshkosh in collaboration with the Oshkosh Area School District, the Oshkosh Y and other community partners, offer the Great Futures Start **Here Middle School Mentoring** Program.

#### TO BECOME A MENTOR:

Contact Jay Gibson at th Boys & Girls Club of Oshkosh at (920) 233-1414 or email jayq@bqcosh.orq. Volunteer mentors will need to fill out an application, undergo a background and reference check, and will meet individually with the Great Futures Mentoring Coordinator for an interview.









# **JOIN THE OSHKOSH Y TEAM, WHERE WORK IS PLAY!**

### **NOW HIRING!**

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!

# Physical Therapy & Sports Medicine

## dvanced MEET THE TEAM

**Physical Therapy & Sports Certified Specialists** 



Ben Benesh PT, SCS, DPT, araduated 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.

Chris sees patients at the 20TH AVE Y: Monday 3:30 p.m.-6 p.m. Wed 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

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

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

**QUESTIONS?** Contact Julie Smith to discuss the Corporate Membership Program at (920) 236-3380 or juliesmith@oshkoshymca.org.







ENJOY THE CAMRADERIE OF A GROUP ATMOSPHERE AND A TEAM OF SUPPORT!

OPEN TO MEN & WOMEN. **ALL ABILITY LEVELS.** 

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.

MONDAY • WEDNESDAY • THURSDAY • FRIDAY 9:30-10:45 a.m.

**FEE:** \$47/month **○** • \$90/month **○** Other payment options are available upon request.

**OPTIONAL STARTER PACKAGE:** \$75 | Includes gloves, wraps, t-shirt, and storage bag!



Contact Lindsey McMullin for more details at <a href="mailto:lindseymcmullin@oshkoshymca.org">lindseymcmullin@oshkoshymca.org</a>.



Check out our **Rock Steady Boxing** mission video!

**BROUGHT TO YOU WITH HELP FROM:** 







# **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.



# LIVESTRONG° 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."

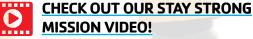
There is NO COST to the survivor and their family during this 12-week mission program, thanks to the community's generous support of the Annual Campaign.\*

# R(I)N(I)

Each household receives a FREE **MEMBERSHIP** to help reduce the burden that cancer can bring to a family.

FOR MORE INFORMATION on this FREE program, contact Lindsey McMullin at 230-8963 or lindseymcmullin@oshkoshymca.org.





#### LIVESTRONG® at the Y

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.

For more information for this FREE program, contact Lindsey McMullin at 230-8963 or lindseymcmullin@oshkoshymca.org.

Reserve your spot today!

#### **STAY STRONG PROGRAM**

ARE YOU A CANCER SURVIVOR? Have you completed our LIVE**STRONG** AT THE Y Program? Do you miss the camaraderie of your fellow survivors? During this 45-minute virtual class, one of our Livestrong coaches will guide you through scientifically proven methods of exercise to include strength, cardio, balance, and flexibility.

#### MONDAYS | WEDNESDAYS | THURSDAYS

For session times, please contact Lindsey McMullin at lindseymcmullin@oshkoshymca.org.

Members and LIVESTRONG Alumni Only

\*WANT TO HELP?



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







**GIVE** 

to the Oshkosh Y

and help change

With a donation to the Annual **Campaign, cancer Survivors** can regain STRENGTH, find **HOPE** and a positive attitude

after battling cancer in our

LIVESTRONG at the Y Program.

lives in our community!

## "When you choose hope, anything's possible."

~Christopher Reeve

## **HELP CHANGE LIVES IN OUR COMMUNITY!**





"I'd lived in Oshkosh almost seven years, less than a mile from the Downtown Y (literally almost on the same street), but I had never stepped foot in the Y. I could

make lots of excuses, but more than anything I didn't feel like it was a place where I would fit in. I don't have a family. I have no coordination or athletic skills. I'm not a morning person.

#### Then I got cancer.

At my Survivorship visit, the Nurse Practitioner handed me the LIVESTRONG® medical release form, already signed off on. The ball was in my court. In my anxiety-fueled, Google rabbit-hole searching, I learned there is really one, scientifically proven action I could take to help reduce the high risk of recurrence I have - exercise.

For me, LIVE**STRONG** helped me find a place where I fit in. I tried new things that I never would have done, if it were not for the group. It was a place where I "fit." I wasn't the only uncoordinated one, not the only one who needed an alternate version of the activity, not the only one who wasn't immediately good at the things we did. It also gave me a positive outlet for non-cancer stress, and peer accountability for exercise. It helped me to feel like in some small way, I am still fighting against my cancer, even after active treatment.

LIVE**STRONG** changed me. It created a habit of exercise in a way I would have struggled to do myself. It spiced up my walk-a-day habit with new activities. (Although yoga, Pilates, and Silver Sneakers are still out of my league.) It also gave me a cheering squad. No matter what kind of day I've had, Lily, Amanda and Mya greet me with a smile and let me know they are proud of me for just showing up.

Of all the things I've done in my Survivorship journey, this one ranks at the top for lasting impact.

Missy Oshkosh Y Member and Cancer Survivor

YOU CAN HELP!





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



#### **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.

WINTER, SPRING 1 & SPRING 2 **MONDAY** 2:45-3:15 or 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.

WINTER, SPRING 1 & SPRING 2 MONDAY 2:45-3:30 or 6:15-7:00 p.m. FEE \$66 W • \$95 N

#### 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.

WINTER, SPRING 1 & SPRING 2 MONDAY 7:00-7:45 p.m. FEE \$66 W • \$95 N

#### **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 (920) 230-8928 for details.

**FEE** 1 session \$35 **⚠** • \$55 **№** 5 sessions \$135 **(a)** • \$165 **(b)** 10 sessions \$230 **⚠** • \$260 **№** 

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-to-date 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. 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.

FEE 1 session \$25 🐠 • \$35 🕦 5 sessions \$95 🐠 • \$120 🕦 10 sessions \$160 🐠 • \$185 🕦

#### **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

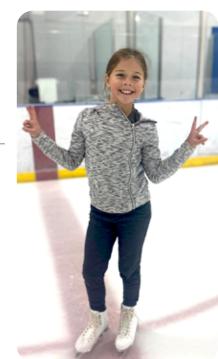
fit! All sessions open to the public. Visit our website to view our monthly schedules.

FEE FREE FOR Y MEMBERS (1) \$5 🔇 SKATE RENTAL FREE FOR Y MEMBERS (1)

#### PRESCHOOL SKATE **AGES 3-5**

\$4

This activity introduces preschoolers to the basics of skating in a safe and fun way. WINTER, SPRING 1 & SPRING 2 MONDAY 3:30-4:00 p.m. FEE \$50 **(A)** • \$77 **(N)** 





#### **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. Helmet is required. WINTER, SPRING 1 & SPRING 2

MONDAY Level 1 5:45-6:15 p.m. • FEE \$50 M • \$77 N | Level 2-4 6:15-7:00 p.m. • FEE \$66 M • \$95 N



#### 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.

Jan 4-April 12 Reg deadline 12/19/22

Wednesday Nights Games wil begin at 8:00-9:00 p.m.

FEE \$157.50 ♠ • \$212.25 ♠ Goalies play free! All goalies must call the front desk at (920) 230-8439 to register over the phone. \*Sales Tax not included in fee.

#### ADULT CO-ED LEARN TO PLAY HOCKEY (AGES 18+)

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

Jan 8-April 30 (No games 2/12 and 4/9) Reg deadline 12/19/22 **SUNDAY** 5:45-6:45 p.m.

FEE \$157.50 ⚠ • \$212.25 ♠ \*Sales Tax not included in fee.



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 fees.





#### FINANCIAL ASSISTANCE AVAILABLE FOR KIDS SPORTS

Contact the Oshkosh Y for details. These programs are supported by the Annual Campaign.

#### **YOUTH FLAG FOOTBALL 4K-GRADE 8**

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

Weekly practices can begin the week of April 17. Times and locations will be determined by the coach.

April 29 - June 17 Reg. deadline 4/1/2023 (no games 5/27)

**20** SATURDAY MORNINGS

FEE \$49 ( • \$73 ( Includes team t-shirt and flags.)

#### YOUTH INDOOR SOCCER LEAGUE

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

If interested in coaching please contact Jeremy Gaveske at jeremygaveske@oshkoshymca.org.

March 4 - April 22 Registration deadline 2/18/23 (no games April 8)

AGE 4-Grade 8

20 SATURDAYS Time frames will not be determined until after registration ends. Saturday will play between 8:00 a.m.-7:00 p.m.

FEE \$49 W • \$73 N

#### **TOP SOCCER**

**KINDERGARTEN-GRADE 12:** Players will be grouped by ability, not age.



TOP Soccer is a FREE community-based program for young athletes with disabilities. Our goal is to bring the community of learning and playing soccer to any boy or girl who has a mental or physical disability. The program consist of three sessions where youth will work with experienced coaches, volunteers, and players to experience skills sessions, drills, and games. All participants will recive a t-shirt. A parent/guardian must be present at all times.

January 7-February 11 Req. deadline 12/26/2022

20 SATURDAY MORNINGS 10:00 - 10:45 a.m.



#### MEN'S SUNDAY NIGHT SLAM BASKETBALL **LEAGUE**

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

March 5 - April 23 Registration deadline 2/27/2023 (no games 4/9)

**SUNDAY** 5:00-10:00 p.m.

FEE \$385/team \*Sales Tax not included in fee

#### **MEN'S INDOOR FLAG FOOTBALL** AGE 18+

Compete in a 5 v 5 football league held in the soccer arena. One game per week with a season ending tournament. Teams must provide their own team shirts or the Y will provide pinnies at game time.

WINTER January 6 - February 17 Reg. deadline 12/26/2023

SPRING March 3 - April 21 Reg. deadline 2/20/2023 (no games 4/7)

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

FEE \$360/team \*Sales Tax not included in fee







#### OSHKOSH YMCA YOUTH BASEBALL (AGES 4-12)

An instructional and fun league for boys and girls ages 4-12 that builds baseball skills, encourages teamwork, and promotes positive attitudes. League is determined by child's age prior to April 20, 2023.

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

FEE Includes t-shirt and hat.

#### Season May 13-July 16

(No games May 29, July 2-4) Registration deadline 3/14/23 Practices begins at the end of April. Start times are weather/field dependent.

#### **OPENING WEEKEND MAY 13-14**

Ages 9-12 will play on Saturday and Ages 4-8 will play on Sunday.

Team pictures will also be taken.

Age	League	Games	Location	Practice	Tourny	Member	Non- Member
4-5	T-Ball	Sunday Aft	Red Arrow	30 Min before game	N/A	\$68	\$88
5-6	Pitching Machine	Sunday Eve	Red Arrow	1 Night/Week	N/A	\$68	\$88
7-8	Pitching Machine	Thursday Eve	Red Arrow	1 Night/Week	N/A	\$68	\$88
9-10	Player Pitch	Tuesday Eve	Red Arrow	1 Night/Week	TBD	\$94	\$114
11-12	Player Pitch	Monday Eve	Red Arrow	1 Night/Week	TBD	\$94	\$114

**IMPORTANT SCHEDULING INFORMATION** 

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







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, today, and let people know you're dedicated to nurturing a BETTER US. When you give to the Y, you help meet the basic needs of our community by empowering youth, individuals, families, and seniors through membership and programs that support financial self-sufficiency, build social connections, and improve health and well-being.

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

\$1,500 = Banner at 2 locations.

\$2,500 = Banner at 3 locations

\$5,000 = Large Banner at 3 locations

For more information please contact Patti Weissling at (920) 230-8952 or

pattiweissling@oshkoshymca.org.





#### **BOY'S HIGH SCHOOL INDOOR SOCCER LEAGUE**

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

January 3-February 14 Registration deadline 12/26/2023 Requirements Soccer shin guards

(no outdoor cleats)

AGE Grades 9-12

TUESDAY 6:00-10:00 p.m. (OR WEDNESDAY IF NEEDED)

FEE \$340/team \*Sales Tax not included in fee

#### GIRL'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

**January 2-February 13** Registration deadline 12/26/2023 **Requirements** Soccer shin guards (no outdoor cleats)

AGE Grades 9-12

MONDAY (OR WEDNESDAY IF NEEDED) 5:00-10:00 p.m.

FEE \$340/team \*Sales Tax not included in fee

#### ADULT CO-ED SOCCER LEAGUE

A recreational league for men and women of all ages to have fun and stay in shape. Teams will play one game per week. Team Registration only.

WINTER January 8-February 19 Reg. deadline 12/26/23 SPRING March 5-April 23 (No games April 9)

Rea. deadline 2/27/23

**SUNDAY** 10:00 a.m. - 11:00 p.m.

FEE \$385/team \*Sales Tax not included in fee

Teams must provide their own t-shirts.

#### **OPEN ADULT WOMEN'S SOCCER LEAGUE**

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

WINTER February 2 - March 23

Reg. deadline 1/23/2023

**THURSDAY** 6:00-10:00 p.m.

Game time dependent on number of teams.

FEE \$385 per team \*Sales Tax not included in fee Teams must provide their own t-shirts.

#### **OPEN PICKLEBALL** ALL ABILITIES ARE WELCOME!

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

Check Gym Schedule for Current Open Times **FEE FREE TO Y MEMBERS** 

#### **BEGINNER/REC PICKLEBALL**

**TUESDAY & THURSDAY** 12:00-2:00 p.m.

Learn the rules of the game and open play for beginners **FEE FREE TO Y MEMBERS** 







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#### **FINANCIAL ASSISTANCE** AVAILABLE FOR KIDS SPORTS

Contact the Oshkosh Y for details. These programs are supported by FOR ALL the Annual Campaign.

#### 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 \$35. 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 & above, only.

WINTER: January 3-February 28 SPRING 1: March 7-May 2 SPRING 2: May 9-June 27 **FEE** \$105 **⚠** • \$150 **№** 

#### **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 SPRING 2

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

FEE \$45 (A) • \$70 (A)

#### **DEVELOPING SKILLS OF THE GAME (GRADES 7-8)**

This class will continue work on the basic fundamentals of volleyball and will focus on preparing athletes for more advanced strategies and game-like situations that will allow players to be more successful, more confident and continue to enjoy the game of Volleyball at a young age.

#### SPRING 2

TUESDAY 7:15-8:00 p.m. FEE \$45 ( • \$70 (



#### **STRONG TEENS** (AGES 12+)

With our youth programs, your child will get 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 and stretching/ recovery techniques. Your child will leave every sweat session with wellness knowledge along with a fun and energizing workout!

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

**WEDNESDAY** 4:30-5:30 p.m.

FEE \$36 (A)

#### HOMESCHOOL FITNESS

Children will have fun with fitness through Group Exercise classes such as Yoga, Zumba, or TRX, as well as playing games to get moving, socializing with their peers, and trying new things.



#### TUESDAYS & THURSDAYS

GRADES 1-4 1:30-2:15 p.m. GRADES 5-8 2:30-3:15 p.m.

FEE \$50 W • \$95 N 6-week Sessions



#### FREE YOUTH HEALTH + WELLNESS **ORIENTATIONS**

Schedule time with one of the Health + Wellness coaches to ensure your teen has a safe introduction to the Wellness Center.

Please contact the Health + Wellness center to schedule.





**OSHKOSH Y MEMBERSHIP INCLUDES A TENNIS & PICKLEBALL CENTER MEMBERSHIP** 

M OSHKOSH Y MEMBERSHIP and

TENNIS/PICKLEBALL ONLY MEMBERSHIP includes:

- Tennis & Pickleball 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 Center benefit.

#### OSHKOSH Y TENNIS/PICKLEBALL ONLY MEMBERSHIP prices beginning 9/1/2022

**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 9/1/2022

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.

- Standard Rate | Oshkosh Y Members and Tennis Center Members | \$22 /hour (+tax)
- Value Time | \$18/hour (+tax) Monday-Thursday 1:00-3:00 p.m. Friday 1:00 p.m.-Close • Saturday 3:00 p.m.-Close

• Junior Rate | for all Oshkosh Y Member and

- Tennis Center Members 18 and under | \$18/hour (+tax)
- Daily Court Rate | for Non-Members | \$22/hour (+tax). plus applicable quest 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.

#### **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 • sheilacounts@oshkoshymca.org



#### TAKE NOTE!

Watch for updates on Pickleball tournaments!

**Summer Tennis Camps for Youth and Adults** 

**JUNE 2023** 

#### **NEW YEAR'S DAY OPEN HOUSE**

Sunday, Jan. 1, 2023

10:00-3:00 p.m. See page 65 for more information.

#### **NEW! BALL MACHINE PUNCH CARD**

Get a little more practice and get back in the swing. Purchase a Ball Machine Punch Card and save. Free access to over 27 different ball machine drills for Tennis. Come in and fine tune your strokes and shots all while saving on court time. Free instruction on how to set up and use!

Available for Tennis and Pickleball Machines.

FEE \$140 for 8 hours of court time with either the Tennis or Pickleball ball machine. Oshkosh Y/Tennis Center members only. Call (920) 236-3400 for information and to schedule a court.





#### **TENNIS** LESSONS

SESSION 1 • Monday, January 2-Sunday, February 19 (7 weeks)

SESSION 2 • Monday. Feb 20-Saturday, April 8 (7 weeks) • Sunday lessons will be 6 weeks

SESSION 3 • Monday. April 10 - Thursday, May 25



#### RED BALL • Ages 3-7

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

#### **RED BALL TOTS • Ages 3-4**

MONDAY 4:15-5:00 p.m.

FEE **(1)** \$66 7wks | \$56 6 wks 

#### RED BALL LEVEL 1 • Ages 5-7

For the first-time hitter!

MONDAY 4:15-5:00 p.m.

**SATURDAY** 8:00-9:00 a.m.

**FEE \( \O \)** \$66 7wks | \$56 6 wks

\$87 7wks | \$75 6 wkss

#### RED BALL LEVEL 2 • Ages 5-7

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

WEDNESDAY 4:15-5:15 p.m.

**SATURDAY** 8:00-9:00 a.m.

FEE **(1)** \$88 7wks | \$76 6 wks \$110 7wks | \$95 6 wks

#### **ORANGE BALL** • Ages 7-9

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

WEDNESDAY 4:15-5:15 p.m. **SATURDAY** 8:00-9:00 a.m.

FEE **(1)** \$103 7wks | \$88 6 wks

\$127 7wks | \$112 6 wks

#### **GREEN BALL • Ages 9-11**

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

**TUESDAY** 4:30-5:30 p.m. **SATURDAY** 9:00-10:00 a.m. FEE **(1)** \$103 7wks | \$88 6 wks \$127 7wks | \$112 6 wks

#### YELLOW BALL • Ages 11+

For progressing players who want to learn the fundamentals of the game and get ready for match play, tournaments and/ or High School tennis. Beginner through advanced groups.

#### MIDDLE SCHOOL YELLOW • Ages 11-14

THURSDAY 4:30-6:00 p.m. **SATURDAY** 11:30 a.m.-1:00 p.m.

HIGH SCHOOL YELLOW • Ages 13+

## JV level and entry-level freshmen

Player Placement will be under the discretion of the Oshkosh Y Tennis Pro.

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

Varsity

TUESDAY 7:00-8:30 p.m.

**FEES for Yellow Ball Classes** 1.5-hour classes:

\$200 7wks | \$172 6 wks

#### **ADULT LESSONS**

Advanced beginner through Intermediate MONDAY 6:00-7:00 p.m.

FEE 1-hour classes:

\$127 7wks | \$112 6 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

#### SINGLES LADDER

#### **High School and Adult players**

JANUARY-APRIL Join any time!

Participants will be put into a specific rung of the ladder based on their age: Adult, High School or Middle School, for 2 matches a month. We will give you the opponent and you both decide the date and time. To move up or down the ladder, scores are reported to the front desk after each match and participants are moved based on the results!

**FEE** \$15 one-time fee to join the program, plus split court costs for each match and a can of balls. Email Sheila Counts, sheilacounts@ oshkoshymca.org.

Rate per hour	WITH HEAD TENNIS PROFESSIONAL AND OTHER CERTIFIED PROFESSIONALS			
per person	<b>∅</b> or <b>①</b>	0		
1 person	\$54	\$67		
2 people	\$34	\$42		
3 people	\$28	\$36		
4+ people	\$22	\$33		

#### PRIVATE INSTRUCTION RATES

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

24 hour cancellation policy on all lessons.







#### **ADULT CLASSES**

#### **CO-ED FRIDAY DRILL & PLAY**

Learn strategies of doubles play along with instruction on the technical aspect of different shots. This drill is for intermediate and above players. Must call the Oshkosh YMCA Tennis & Pickleball Center to register each week.

FRIDAY 10:30 a.m.-12:00 p.m. **FEE** \$17 **⚠** • \$25 **№** 

#### **ADULT LEAGUE PLAY**

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

#### **SESSION 2**

Monday, January 2-Thursday, May 25

No league make-up dates will be allowed.

**SUBBING W 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 quest fee for Non-Members

#### **CARDIO TENNIS**

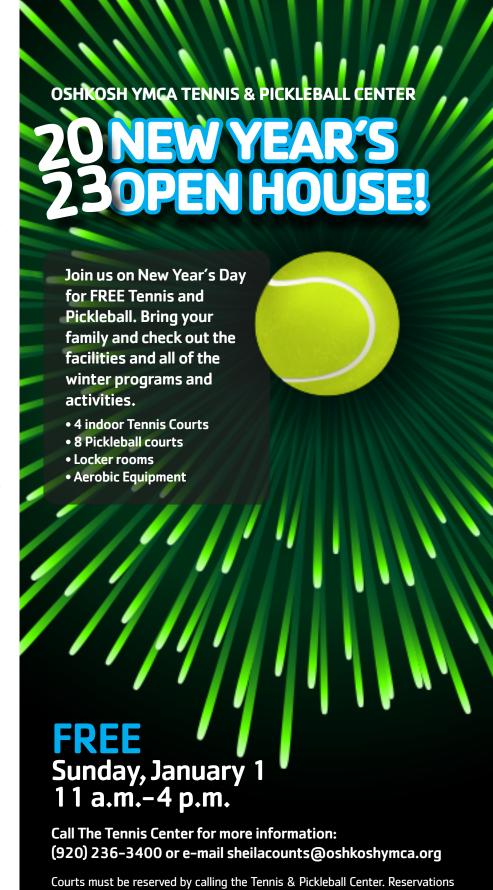
An hour or longer class that will get your heart pumping and improve your tennis with fun drills, play and games. Must call ahead for all Cardio classes to register, 920-236-3400

MONDAY 7:00-8:00 p.m. (Limit 8) WEDNESDAY 10:30-11:30 a.m. (Limit 8) THURSDAY 6:00-7:00 p.m. (Limit 6) **SATURDAY** 10:00-11:30 a.m.

FEE 1 hour cardio: \$12 (1) • \$19 (1) 1.5 hour cardio: \$17 ( • \$28 ( )

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





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one hour per group.

can be made beginning Monday, December 19. Courts may only be reserved for

#### **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!

#### JANUARY 10-MAY 5

Registration and play begins the week of September 6!

#### **Advanced Beginner Pickleball League**

TUESDAY 1:00-3:00 p.m. Warm-up at 12:45 p.m.

#### Intermediate Pickleball League

All players must play in appropriate level league. You must register for each league separately, and cannot attend one day in place of the other.

TUESDAY 10:45 a.m.-12:45 p.m. Tuesday league has changed to Intermediate open play. No record keeping, but some fun challenges!

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

#### Advanced Pickleball League (4.0 plus)

Must be level approved to participate. Email Sheila for details. THURSDAY 12:00-3:00 p.m.

Watch for additional advanced league times!

**Private Pickleball** Courts can be

rented. Normal

rates and quest

fees apply. Call

for additional

information.

the Tennis Center

hourly court

#### **NEW!** Advanced Intermediate (3.5-3.9)

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 🔘 • \$15 🐧 **DAILY FEES:** \$5 **(4)** • \$10 **(5)** 

#### **OPEN PICKLEBALL HOURS**

Please call to inquire about additional Open Times.

Must register for any Open plays.

**DAILY FEES:** \$5 **(1)** • \$10 **(1)** 

TUESDAY Intermediate 10:45 a.m.-12:45 p.m.

This is the same time/level as last year's league. We will not be keep records but will do some fun themes throughout the weeks. (Must register for this time.)

#### **SUNDAY MORNING**

8:00 a.m.-10:00 a.m. • Advanced

10:00 a.m.-12:00 p.m. • Advanced Beginner and Intermediate 12-2:00 p.m. • Advanced Intermediate and Advanced

\* Some weeks may be changed due to special events.

#### **NEWBIE OPEN TIME**

FRIDAY 1:00-3:00 p.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.

**NEWBIE** (2.5–2.9) Anyone who is just getting started. Must have completed beginner class.

**ADVANCED BEGINNER - 3.1-3.3** 

**INTERMEDIATE 3.4-3.6** 

**ADVANCED INTERMEDIATE 3.7-3.9** 

ADVANCED 4.0 and up

Descriptions of levels will be available at front desk.

#### **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 January 9-January 31

**SESSION 2** February 6-28

SESSION 3 March 6-28

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

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

FEE \$60 W • \$70 N

#### FRIDAY NIGHT PICKLEBALL

Come enjoy Friday night Pickleball fun. All levels welcome. Courts will be organized by level. Must pre-register for this by calling (920) 236-3400.

#### **FRIDAY**

FEE \$5 **⚠** • \$10 **№** 

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

#### PICKLEBALL DRILL & PLAY

Beginning in January

**Beginner-Intermediate levels** 

FRIDAY 9:30-11:00 a.m.

FEE \$15 ( • \$19 ( )

#### PICKLEBALL 102

This class is designed for the person who has gone through the beginner class and would like to add on their playing skills...

SESSION 1 January 9-January 31

**SESSION 2** February 6-28

SESSION 3 March 6-28

**THURSAY** 10:30 a.m.-12:00 p.m.

FEE \$60 W • \$70 N

#### COMPANY PICKLEBALL LESSON GROUPS

Looking for something to do with your employees? Try group pickleball lessons. We can custom taylor the number and length of your particular group needs.

Contact: Sheila Counts at sheilacounts@ oshkoshymca.org for details.







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**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.







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 well being.

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, today, 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.

financial circumstances—can belong to our Y, participate in programs and improve their lives.

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

\$1,500 = Banner at 2 locations

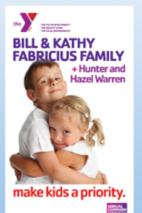
\$2,500 = Banner at 3 locations

\$5,000 = Large Banner at 3 locations

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







# **COME AND HANG WITH US!**

#### I'M INTERESTED...

- ☐ A Banner at 1 Location: \$1,000
- ☐ Banners at 2 Locations: \$1,500
- ☐ Banners at 3 Locations: \$2,500
- ☐ Large Banners at 3 Locations: \$5,000

Name

Phone

**Email** 











Helping you make life happen!



# OSHKOSFICETTURY

# SUNDAY, JUNE 25 | 20TH AVE Y

Join us for the 2nd annual **Oshkosh Century Bike Ride.** All fully supported routes start and finish at the
20th Ave Oshkosh Y. **NEW FOR 2023**: A metric
century. You can choose to ride one of four routes:

#### 30 Miles • 50 Miles • 62 Miles • 100 Miles

All routes offer a beautiful, scenic ride West and South of Oshkosh. The 100 mile route takes riders around Green Lake. Five rest stops along the way will include restrooms, water, food, and mechanical support. All riders will receive a moisture wicking T-Shirt and a catered meal with beverages at the conclusion of their ride.

RIDE FOR A REASON. 100% of proceeds support the FOR ALL Financial Assistance Program. Together we can ensure that everyone, regardless of their financial circumstances, can belong to our Y, participate in programs and improve their lives.

REGISTRATION	DATES	FEE
Early Bird Online Only	Jan. 1 – March 1	\$40
A Little Later Bird Online Only	March 2 – April 15	\$45
On Time Bird Online Only	April 16 - June 20	\$50
Day Of In Person Only	June 24 – 25	\$60

# **OUESTIONS?**

Email oshkoshcentury@oshkoshymca.org.

REGISTRATION OPENS JANUARY 1, 2023.

Learn more at www.oshkoshcentury.com.

# **NEW**THIS YEAR!

Oshkosh Century 6-Mile FAMILY RIDE. See seperate Family Ride Flyer for details.

**OSHKOSH COMMUNITY YMCA •** www.oshkoshymca.org 20th Avenue • 920–230–8439 • 3303 W. 20th Avenue



Presented by:



Helping you make life happen!



# SUNDAY, JUNE 25 • 20TH AVEY • 10:00 A.M.

**GATHER THE FAMILY** and join us for a 6-mile family ride in conjunction with the Oshkosh Century Bike Ride. The family bike route offers a scenic and safe ride through bike paths and quiet residential streets. All family members will receive an Oshkosh Century Family Ride T-Shirt, and ice cream treat at the completion of the ride!

RIDE FOR A REASON. 100% of proceeds support the FOR ALL Financial Assistance Program.

FEE \$15 Per Family Member (Kids & Adults)
Ride begins at 10:00 a.m.

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#### **OUESTIONS?**

Email oshkoshcentury@oshkoshymca.org.

# REGISTRATION OPENS JANUARY 1, 2023

Learn more at oshkoshcentury.com.

# CHECK IT OUT!

Are you a more advanced rider? Check out the separate Oshkosh Century Bike Ride Flyer for more details and join us for a 30,

50, 62, or 100 mile ride on the same day!

# **OSHKOSH COMMUNITY YMCA**



GOLF OUTING TO BENEFIT THE ANNUAL CAMPAIGN

GIVE COATES MONI

YOUR BEST SHOT



Join us for a day of golf to support programs and services FOR YOUTH + FAMILIES IN THE OSHKOSH COMMUNITY.

MONDAY JULY 17

OSHKOSH COUNTRY CLUB

WATCH FOR DETAILS!

FOR MORE INFORMATION:

please contact Angie Flanigan (920) 230-8439 ext. 126

angieflanigan@oshkoshymca.org

Make plans now!

Limited spots available.

# **SPONSORSHIPS AVAILABLE!**