



Oshkosh Community YMCA
324 Washington Avenue,
Oshkosh, WI 54901

Non-Profit
Organization
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Permit No. 145



BEST FITNESS CENTER & SO MUCH MORE!

Chosen **BEST HEALTH & FITNESS CENTER** by Oshkosh Northwestern readers year after year.

COME SEE WHY!

Programs for all ages

- Youth sports • Individual and group fitness opportunities

WHY THE Y? ALL THIS...

- Two great locations to serve you in Oshkosh
 - **FREE** access to any Y facility in Wisconsin or the U.P. of Michigan
 - Away Member privileges at out-of-state Y's
 - Complete Wellness Centers featuring cardio, circuit and free weight equipment
 - **FREE** Wellness Center Orientation and Program Refresher to add some new and challenging exercises to your current routine
 - **FREE** Group Exercise classes: Over 140 classes per week including BodyPump, P90X, Pilates and more. Convenient drop-in schedule (both gym and water classes)
 - **FREE** Active Older Adult Programming
 - **FREE** Youth/Teen recreation room; Family Prime Time
 - **FREE** Open Skate with special price for skate rental
 - **FREE** programming in Wiggles & Giggles, Sports, Family Nights, Dive-In Movie Nights, PickleBall
 - **FREE** use of indoor running/walking track
 - **FREE** use of Y facilities throughout all program areas during Open Time for members including Open & Lap Swim
 - On-site childcare while you're here
 - Priority registration for all Y programming
 - Reduced fees on all Y programming including Camp, Childcare, Youth Sports, Swim Lessons & the Y Tennis Center
 - Caring & knowledgeable staff here for YOU
 - Three **FREE** guest passes a year to qualifying members
 - **FREE** Fitness Testing
 - **FREE** Towel Service
 - **FREE** WI-Fl
 - **FREE** Climbing Wall during Open Climb
- & MORE!**

A community within our community. PEOPLE CARING FOR PEOPLE.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER • Jan 4–Feb 14
SPRING 1 • Feb 22–April 17
SPRING 2 • April 18–May 29



THE LASKY FAMILY

Bradford and Maureen
with Collyns, Rory
and Patrick

The Y.™
For a
better us.™

See page 30 to learn
about what the Y means
to this busy family.



LIVESTRONG

FOUNDATION

PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG® AT THE YMCA



FOR
BODY, MIND
& SPIRIT.

DID YOU KNOW?

106 SURVIVORS have gone through the Livestrong at the Y program in Oshkosh.

Currently **13 survivors** are in the **FREE 12 WEEK COURSE**.

Through the **5 YEARS** of running this program—ages have ranged from **18-94**.

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

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

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

FOR MORE INFORMATION:

Contact Dan Braun at danbraun@oshkoshymca.org • 230-8915

LOCATIONS



DOWNTOWN (920) 236-3380

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



AVENUE (920) 230-8439

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

TENNIS CENTER

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

EMAIL comments@oshkoshymca.org

WEBSITE www.oshkoshymca.org

FACILITY HOURS



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

SATURDAY 5:00 a.m.-5:00 p.m.

***SUNDAY** 12:30-5:00 p.m.

(January-April)



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

SATURDAY-SUNDAY

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

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CLOSED DAYS

Christmas Eve (open until 2:00 p.m.) • Christmas Day

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

NEW YEAR'S OPEN HOUSE

11 a.m.-3 p.m.

ACTIVITY REGISTRATION

MEMBERS REGISTER ANY TIME

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

WINTER Jan 4-Feb 14 Activity Members register 12/14/15. Members register any time

SPRING 1 Feb 22-April 17 Activity Members register 2/8/16. Members register any time

SPRING 2 April 18-May 29 Activity Members register 4/4/16. Members register any time

YMCA Members enjoy Priority Registration on ALL YMCA programs!

REGISTER at www.oshkoshymca.org

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

MISSION

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

VOLUNTEER ASSISTANCE

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

YOUTH & FAMILIES AT THE Y

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

CREDIT POLICY

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

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

TOURS

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

RENTAL

Rent either YMCA facility for birthday parties or special events. Utilize pools, Family Prime Time Centers, games and more. Simply call the YMCA for details and pricing. Contact: Special Events Director Lisa Nething, 230.8449, ext. 123

BENEFITS

■ **Open and family swim time** ■ **Open gym time** ■ **Open skating time** ■ **Free open climbing** ■ **Open indoor soccer time** ■ **Health & Wellness Center** access that includes cardio, circuit and free weight equipment ■ Use of **seven racquetball courts** ■ **Basketball courts** ■ **Family Prime Time Centers** ■ **Caring and knowledgeable staff** ■ **Adult access** to sauna, steam room and whirlpools ■ **Health & Wellness Center orientation** with trainer ■ **Reduced fees** at the YMCA Tennis Center ■ **Reduced fees** on all YMCA activities and camp ■ **Over 140 FREE core fitness classes per week** – including pilates, yoga, indoor cycling, water fitness, Body Pump and Zumba.

YOU BELONG.

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

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

Affordable To All

MEMBERSHIP FOR ALL

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

“My Y is Every Y”

WELCOME EVERYWHERE IN WISCONSIN AND THE U.P.

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



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

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

facebook

twitter

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

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

FACILITY OFFERINGS

The Y offers excellent facilities for all of its members. We strive for a clean, safe environment and take pride in providing state-of-the-art and well-maintained equipment. Children ages 5 and under must be accompanied by an adult at the Y at all times. Youth ages 6 and older can use the Y on their own within the guidelines for each program area. Drop In Childcare is available for children 6 weeks through 6 years.

HEALTH & WELLNESS CENTERS **DT** **20**

Our Health & Wellness Centers offer the latest in cardiovascular fitness equipment and circuit weight equipment. Equipment includes: elliptical cross-trainers, treadmills, incline trainers, stairmasters, stationary bicycles, Life Fitness circuit equipment and free weights, as well as a Cardio Theatre television system. The Health & Wellness Centers are open during regular operating hours. Wellness Center staff are available by appointment at no charge for new member orientations, fitness testing and questions regarding the use of equipment. Personal Training is also available by our ACSM trained staff team. Youth who are 16 and older may use the Wellness Center as an adult. Youth ages 10-15 may use the Wellness Center under the direct supervision of their parent(s). Strong Teens is available to girls and boys, ages 11-15 who would like to be trained to use the Wellness Center.

AQUATIC CENTERS **DT **20**** Both YMCA facilities house two pools. The 20th Avenue YMCA boasts the Kuhn Family Pool, an eight-lane, 25-yard, competitive lap pool, as well as a warm-water family fun pool. The Oshkosh Truck Family Pool includes a water slide, zero-depth entry, a lazy river current, and water spouting gadgets. The Downtown YMCA is home to the Rockwell Pool, a four-lane, 25-yard pool, as well as the Williams 3 foot deep pool.

CHILD DEVELOPMENT CENTERS **DT** **20**

The YMCA offers conveniently located, state-licensed childcare at both YMCA facilities. Our centers provide safe and dependable environments for children to enhance their physical, emotional, intellectual and social growth, as well as their developmental skills.

INDOOR ICE ARENA **20** Our ice arena is utilized for skating, figure skating and hockey activities for all members of varying skill levels, starting as early as four years old. Designated time for public skates, and skate rental are also available.

INDOOR SOCCER FACILITY **20** The YMCA is home to the only indoor soccer facility in the city. The field is artificial turf (similar to a football field) and the area of play is confined by a dasher board system. Programs for all ages and skill levels, as well as open soccer times are available.

FAMILY PRIME TIME CENTERS **DT **20**** The Family Prime Time Centers make it easy for families to spend quality time together. The areas consist of lounges, computer stations (with limited internet access), soft play mazes, air hockey and more. Children six and older are free to play in this staff-supervised area without a parent. Children 5 and under must be accompanied by an adult at the Y at all times.

DROP-IN CHILDCARE CENTERS **DT** **20**

Both YMCA facilities provide safe, affordable care for children six weeks to six years old, while parents participate in YMCA programs and services.

GYMNASIUM **20** A 15,500 square foot gymnasium is home to 2 full WIAA courts or 4 cross-courts or 3 volleyball courts.

TRACK **DT **20**** 12 times around is a mile on the track that surrounds and overlooks the 20th Ave gymnasium. Downtown: an average of 18 laps per mile. Must be High School age or older to use the track.

INDOOR CLIMBING CENTER **20** Our indoor climbing center offers opportunities for Open Climb time, as well as additional classes and activities. The Center offers elements of a high ropes course, including a log walk, leap of faith and 28-foot climbing wall.

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

LOCKER ROOM FACILITIES **DT **20**** Our men's and women's locker room facilities offer general use or locker and laundry service for an additional fee. Youth locker rooms are also available.

YMCA TENNIS CENTER The Tennis Center is Oshkosh's only indoor tennis facility; home to four indoor tennis courts! YMCA members receive special Tennis Center member rates. See pages 49-51 for tennis programming.

YMCA LOCATION

DT 20

Aerobic Studio	● ●
Basketball Courts	● ●
Cardiovascular Equipment	● ●
Elliptical Trainers	● ●
Treadmills	● ●
Stairmasters	● ●
Recumbent/Lifecycle Bicycles	● ●
Drop-In Child Watch Center	● ●
Family Locker Room	●
Family Prime Time Center	● ●
Incline Trainers	● ●
Group Cycling	● ●
Indoor Ice Arena	●
Indoor Rock Climbing	●
Indoor Soccer Facility	●
Gymnasium	● ●
Licensed Childcare Center	● ●
Kit Lockers/Laundry Service	● ●
Pools	● ●
8-Lane, 25-Yard Competitive	●
Family Fun Pool & Slide	●
3 Foot Pool	●
4-Lane, 25-Yard Pool	●
Racquetball/Handball Courts	●
Running/Walking Track	● ●
Sauna	● ●
Spirit Mind Body Room	● ●
Multi-Purpose Room	● ●
Family Gym	●
Steam Room (men's only DTC)	● ●
Strength Training Equipment	● ●
Circuit Equipment	● ●
Free Weights	● ●
Towel Service	● ●
Whirlpool	● ●
YMCA Café	●
Preschool	●
4-kindergarten	● ●
Volleyball	●
Wallyball	●



Staff Member
Dan Braun
with his son
Aedan, 6,
enjoying holiday
fun at the Y.

**FAMILY
TIME
TOGETHER**

YMCA FAMILY NIGHT

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

FREE TO Y MEMBERS

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

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

THURSDAY, DECEMBER 31

New Year's Eve Family Night

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

JANUARY 30 • Indoor Tailgate Party

FEBRUARY 20 • Karaoke

MAR 19 • Magic Show

APRIL 16 • Family Dance

Family nights presented by



SHOW HOW MUCH YOU CARE!



**BRENT
& BETH
THOMPSON
MASON,
EVAN &
MERRIK**



**BELIEVE IN
STRONG
KIDS**



Your family, group or business can sponsor an Annual Campaign Banner to show your support of those who need your help. Your donation is 100% tax-deductible and you can choose the message you want on your banner.

- **Banner at 1 location: \$1000**
- **2 locations: \$1500**
- **Banner at 3 locations AND the option of your photo on the banner: \$2500**

Contact Amy Albright: amyalbright@oshkoshymca.org or 236-3380 to learn more about banners.

\$10,000 +

**Festival Foods
Turkey Trot**

**Carol & Tom Joseph
Foundation**

**John Kuenzel
Foundation**

**Oshkosh Corporation
Foundation**

Tuchscherer Family

\$5,000 - 9,999

Alliance Development

**Illinois Tool Works
Foundation**

Pepsi Cola

Randy & Jane Schmiedel

Silver Star Brand

\$2,500 - \$4,999

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**Mark Bullard and Karen
Gremminger**

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Melinda & Bob Mann

Timothy Mulloy

Kathy & Russ Reff

Oshkosh Coil Spring, Inc.

**Oshkosh Firefighters
Charitable Trust**

\$1,500 - \$2,499

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Bank First National

Beez Electric, Inc.

Bemis Company Foundation

Bruce & Cathleen Berglund

Bridgeview Dental, S.C.

CliftonLarsonAllen LLP

Discovery Properties LLC

Everyday Technology

First Weber

FNB Fox Valley

**Fox Valley Hematology &
Oncology SC**

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Kimberly Clark Foundation

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Todd & Mary Krueger

Bradford & Maureen Lasky

Jason & Courtney Lasky

Sheldon & Lori Lasky

Jason & Katie Lindemann

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McClone Insurance Group

Colleen McDermott

Peter & Joan Mosling

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US Bancorp Foundation

John Vette

John & Kristian Weber
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\$500 - \$999
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green 3, LLC in honor of Jane Schmiedel
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Glenn Nelson
Lisa Nething
Karl Nollenberger
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Kathryn & Chris Pfaendtner
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Jill Reichenberger
Linda Reiff
Dennis Riedi
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Secelie Schaeffer
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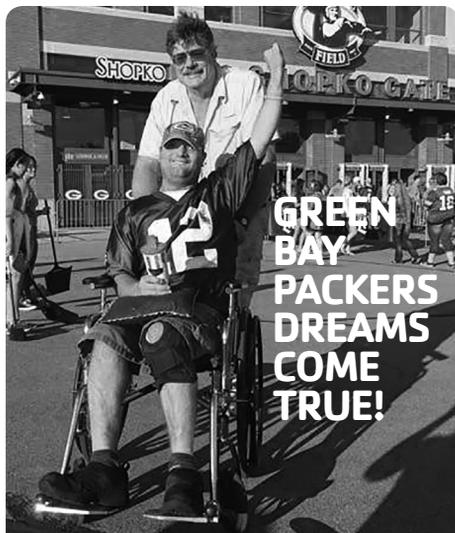
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 Karen Powers
 Savannah Prehn
 Helmut Presser
 Patricia Radig
 Roberta Reepsdorf

Brenda Reese
 Kelsey Reno
 Anne Ruby
 Megan Ryals
 Mary Jane Ryan
 Bailey Sagen
 Aidan Sauberlich
 Donna Schettl
 Chris Schettle
 Helen Schleicher
 Bonnie Schneider
 Jon Schoblaske
 Carol Schroeder
 Mary Schultz
 Kim Scott
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 Donald Sohn
 Joanne Sohn
 Mark Stanek
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 Elijah Stenson
 Clariss Techlow
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 Kenneth Wiechman
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 Susan Williams
 Alice Winkel
 Logan Withers
 Debra Wolf
 Jena Yerck
 Pamela Yost
 As of Oct, 2015



Thanks to a generous board member and fabulous YMCA Staff, Mike Gonia (GB Packers Super Fan) and his attendant Donn Lord were able to attend a Packers game at Lambeau Field! This was Mike's first time at Lambeau and to say he enjoyed it is an understatement! Thanks to our Aquatics Staff, Tracy Gilles & Lisa Bifano, for making this night a reality! **Thank you to Randy & Jane Schmiedel for the ticket donation! #BeCauseY**

YOUR CHANCE TO GIVE BACK! GREAT FUTURES

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



BOYS & GIRLS CLUB
OSHKOSH

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

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

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

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



“Coming here has made such a positive impact on what I am able to do...”

Every day after they finish their fitness class, Kathy, Ken, Pat, Bonnie, Gary, Bev and Debra gather in the Café at the 20th Ave YMCA to share stories, tell jokes and to share recipes. “I love coming to the Y,” says Kathy Dutcher (front, left) “It keeps me moving and it’s always fun.” Debra (front, right) says “Coming here has made such a positive impact on what I am able to do, I tell all my friends they should come here, too.”

CELEBRATE SENIORS

Wednesday, May 25

National Senior Health & Fitness Day

The Y will be **FREE AND OPEN TO SENIORS!** Join us for this special event featuring programming planned just for our seniors. Help the Y Celebrate National Senior Health & Fitness Day at both locations, on Wed May 25, 8 a.m.-Noon. Watch for more details!

ACTIVE OLDER ADULTS • NEW OFFERINGS!

NEW! SOCIAL PARTNER DANCING – BEGINNER

Singles and couples are welcome, a partner is not necessary! Learn the basics in leading/following, rhythm, timing and a variety of patterns some of the popular partner dances including Swing, Salsa, Cha Cha, Rumba, Tango, Foxtrot and Waltz. No previous dance experience is necessary.

20 TUESDAY 11:00-11:45 a.m. Aerobics Room

AOA FREE TO MEMBERS

NEW! SOCIAL PARTNER DANCING – INTERMEDIATE

Raise your dancing abilities to another level! We will expand on all skills taught in the beginner level and add additional moves and patterns as the class progresses. Prior dancing experience is helpful and strongly suggested.

20 TUESDAY 11:45 a.m.-12:30 p.m. Aerobics Room

AOA FREE TO MEMBERS

NEW! COMMUNITY FOOT CARE CLINIC

The Oshkosh YMCA will partner with Valley VNA Senior Services to offer this special service. By appointment only. Each clinic is 20 minutes in length and includes a foot soak, nail trimming and filing, callus reduction, education/referral, foot massage with lotion. Please bring a towel to your scheduled appointment. YMCA membership not required. Please call (920) 426-1931 to schedule. (Do NOT call the YMCA.)

DT THURSDAYS: JAN 7, FEB 4, MAR 3, APR 7, MAY 5

1:00-3:00 p.m. MPR

FEE \$23 (payable to VNA)

AOA FREE TO MEMBERS

NEW! HEALTH CHAT/BLOOD PRESSURE CHECK

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

20 WEDNESDAYS: JAN 6, FEB 3, MAR 2, APR 6, MAY 4

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

FEE FREE!

AOA FREE TO MEMBERS

NEW! HEARING SCREENINGS

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

20 WEDNESDAYS: JAN 20 & MAR 23 9:00 a.m.-1:00 p.m. Held in Café/Lobby

FEE FREE!

AOA FREE TO MEMBERS

NEW! MEMORY SCREENINGS

A series of questions and tasks meant to help people assess whether they may be at risk for Alzheimer's or other conditions. Screenings take 5-10 minutes to administer, are non-invasive and are not used to diagnose any illness and in no way replace an exam by a qualified healthcare professional.

DT MONDAYS: FEB 8 & APR 11 8:00-10:00 a.m. & 12:00-2:00 p.m.

20 FRIDAYS: FEB 12 & APR 15 10:00 a.m.-1:00 p.m.

FEE FREE!

AOA FREE TO MEMBERS

LIFELONG LEARNING

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

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

JANUARY

WELCOME EVENT

Meet new friends and instructors, get to know the Y!

DT Jan 18 • **20** Jan 22

FEBRUARY • HEART HEALTH PRESENTATION & POTLUCK

Get information about keeping heart smart and healthy.

DT Feb 15 • **20** Feb 19

MARCH • ST. PATRICK'S DAY POTLUCK

Get out your green! Bring your favorite 'Irish' treats!

DT March 14 • **20** March 18

APRIL • SAFETY MONTH PRESENTATION & POTLUCK

Learn about ways to stay safe around your home and town.

DT April 18 • **20** April 22

**ACTIVE OLDER ADULTS
FREE TO MEMBERS**



**THE Y IS A NETWORK
HEALTH PLAN SITE.**

Call 236-3380 for
information.

PICKLEBALL

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

DT MONDAY, THURSDAY, FRIDAY

8:00-11:00 a.m. Mixed Doubles

TUESDAY 8:00-11:00 a.m. Women/Mixed Doubles

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

MONDAY, WEDNESDAY, FRIDAY

6:30-8:00 a.m. Competitive Play

20 SATURDAY-SUNDAY 7:00-10:00 a.m.

Mixed Doubles

FEE FREE TO Y MEMBERS

Others may purchase an 18-visit punch card.

Schedule
subject to
change.

NEW! BEGINNER PICKLEBALL

DT TUESDAY

12-12:30 p.m. • Learn the rules of the game and scenario game play.

12:30-2 p.m.

Free to Y Members • \$5 Activity Members

FREE
TO OSHKOSH
Y MEMBERS

PICKLEBALL FINISHER TOURNAMENT

DT SATURDAY, MARCH 12

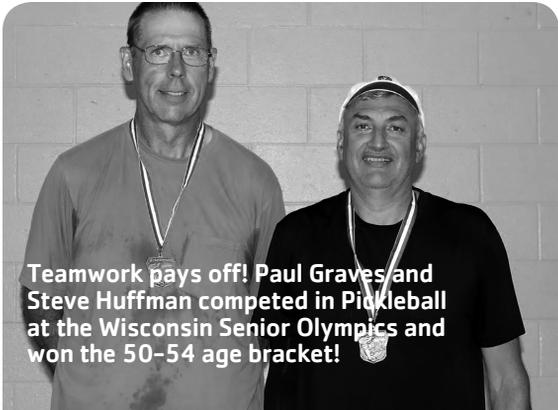
8:00 a.m. Start time

Prizes and refreshments. Early registration through March 1. Open to the first 20 teams that enter. Individuals will be matched with a partner.

FEE \$15 Individual • \$30 Team of 2

After March 1 deadline:

\$20 Individual • \$35 Team of 2



Teamwork pays off! Paul Graves and Steve Huffman competed in Pickleball at the Wisconsin Senior Olympics and won the 50-54 age bracket!

ARTHRITIS AQUATICS

This activity offers water exercises that are recommended by the Wisconsin Chapter Arthritis Foundation. For more information on this program, please see Aquatics (Page 21).

ACTIVE OLDER ADULTS

AOA FREE TO MEMBERS

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

FEE FREE TO MEMBERS • Activity Member \$60 (18-visit punch card)

SENIOR WATER FITNESS

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

DT WEDNESDAY & FRIDAY 10:05-10:50 a.m.

AOA FREE TO MEMBERS

WALK FOR FITNESS

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

DT MONDAY-FRIDAY 7:00-9:00 a.m.

20 MONDAY-FRIDAY 5:00-8:00 a.m.

AOA FREE TO MEMBERS

SENIOR PILATES

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

DT MONDAY 9:00-9:45 a.m. Harwell Room

AOA FREE TO MEMBERS

SENIOR CYCLING

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

20 TUESDAY 9:30-10:15 a.m. (beginning Jan 5)

DT THURSDAY 9:30-10:15 a.m. (beginning Jan 7)

AOA FREE TO MEMBERS

STRETCH, FLEX & BALANCE

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

DT MONDAY & WEDNESDAY 10:00-10:30 a.m. Harwell Room

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

20 WEDNESDAY 10:00-10:30 a.m. SMB Room

AOA FREE TO MEMBERS

NEW! SENIOR AEROBIC DANCE

Get a great, fun workout while incorporating movements from Latin, swing, jazz and other popular dance styles. A low impact (no jumping), non-partner-type dance class. Dancing has been shown to improve cardiovascular health, balance, muscular endurance and strength, coordination, and mental sharpness and clarity.

20 WEDNESDAY 11:00-11:45 a.m. Aerobics Room

AOA FREE TO MEMBERS

SILVERSNEAKERS

DT **20** The SilverSneakers Fitness Program, a product of HealthWays, is the nation's leading fitness program designed exclusively for older adults. The SilverSneakers Fitness Program may be available to you at no additional cost through your health plan. Please call for more details. Once you are enrolled in the program you are eligible to participate in all activities the YMCA has to offer. For more information, contact Dan Braun at 230-8915.



SILVERSNEAKERS CLASSIC

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

DT **TUESDAY & THURSDAY** 10:15-11:00 a.m. Hoffmaster Gym*

20 **MONDAY & FRIDAY** 9:00-9:45 a.m. SMB Room

MONDAY & FRIDAY 10:00-10:45 a.m. SMB Room

AOA FREE TO MEMBERS

SILVERSNEAKERS CIRCUIT

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.

DT **WEDNESDAY** 10:45-11:30 a.m. Hoffmaster Gym
(beginning Jan 6)

20 **WEDNESDAY** 9:00-9:45 a.m. SMB Room

AOA FREE TO MEMBERS

SILVERSNEAKERS YOGA

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

YOGA STRETCH

DT **MONDAY** 10:45-11:30 a.m. Harwell Room
FRIDAY 10:15-11:00 a.m. Harwell Room

20 **TUESDAY** 10:30-11:15 a.m. SMB Room
THURSDAY 10:15-11:00 a.m. SMB Room

AOA FREE TO MEMBERS

SILVERSNEAKERS SPLASH

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

DT **MONDAY** 10:05-10:50 a.m. Rockwell Pool

AOA FREE TO MEMBERS

20**20TH AVE
SWIM LESSONS**

	Shrimp	Goldfish	Pike	Eel	Ray	Starfish	Polliwog	Guppy	Minnow	Fish	Flying Fish	Shark	Porpoise	Adult Beg	Adult Adv	
MONDAY																
4:15-5:00 PM			•	•	•		•									
5:05-5:50 PM	•		•	•				•								
5:55-6:40 PM		•	•	•												
7:00-7:45 PM														•	•	
TUESDAY																
4:00-4:45 PM			•	•		•	•	•	•							
4:50-5:35 PM			•	•	•					•	•	•	•			
WEDNESDAY																
9:00-9:45 AM			•													
9:50-10:35 AM					•											
10:40-11:25 AM					•	•										
4:15-5:00 PM			•	•	•		•	•	•							
5:05-5:50 PM		•	•	•			•	•		•						
5:55-6:40 PM	•		•	•					•		•	•				
THURSDAY																
4:00-4:45 PM			•	•	•	•	•	•								
4:50-5:35 PM			•	•			•	•	•							
SATURDAY																
9:30-10:15 AM	•		•	•	•	•	•	•								
10:20-11:05 AM		•	•	•					•	•	•	•	•			
SUNDAY																
3:00-3:45 PM			•	•	•	•										
3:50-4:35 PM							•	•	•							

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

NEW!
Snorkeling:
5:55-6:40 PM
Wednesday

POOLS CLOSED

Swim Meets:

20TH AVE Competition Pool

Closed 5:30-9:30 p.m.

December 21, 22

January 5, 12, 26

February 23

Both pools closed

January 9-10

February 11-14

March 13

HELP WANTED

The Oshkosh Y is hiring for lifeguard and swim instructor positions. Lifeguards must be certified in LG, CPR, AED, and First Aid. Swim Instructors: WSI preferred. Apply in person at either YMCA location.



DOWNTOWN SWIM LESSONS

Shrimp Goldfish Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark Porpoise Adult Beg Adult Adv Beg Adult Intmd Adult Adv

MONDAY													
3:45-4:30 PM					●	●		●	●	●	●		
4:40-5:25 PM			●	●			●				●	●	
TUESDAY													
9:00-9:45 AM						●	●	●	●	●			
9:55-10:40 AM		●	●	●	●								
10:50-11:35 AM													
11:45-12:30 PM													
3:45-4:30 PM						●		●	●	●	●		
4:40-5:25 PM	●	●	●	●	●								
5:35-6:20 PM			●	●	●		●						
6:30-7:15 PM						●		●	●				
WEDNESDAY													
2:50-3:35 PM							●	●	●	●	●		
3:45-4:30 PM			●	●			●				●	●	
4:40-5:25 PM					●	●	●	●	●	●			
THURSDAY													
9:00-9:45 AM	●		●	●	●								
9:55-10:40 AM						●	●	●	●	●			
10:50-11:35 AM											●	●	
11:45-12:30 PM												●	●
3:45-4:30 PM						●	●	●	●	●			
4:40-5:25 PM	●	●	●	●	●								
5:35-6:20 PM			●	●	●		●						
6:30-7:15 PM								●	●	●	●	●	
FRIDAY													
9:00-9:45 AM			●	●	●								
3:45-4:30 PM			●	●			●				●	●	
4:40-5:25 PM					●	●		●	●	●	●		
SATURDAY													
10:00-10:45 AM	●	●	●	●									
10:55-11:40 AM					●	●	●	●					
11:50-12:35 PM									●	●	●		
12:45-1:30 PM										●	●		

Try Downtown lessons for a quieter environment and warmer pools!

A little step can be the start of a BIG JOURNEY. ~ Unknown

YMCA SWIM LESSONS (AGES 6 MOS.+)

WINTER January 4–February 14

SPRING 1 February 22–April 17 (Break weeks: March 21–April 3)

SPRING 2 April 18–May 29

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

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

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

Fee \$30 Member • \$55 Activity Member

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

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

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

PRESCHOOL SWIM LESSONS (AGES 3–5)

Fee \$30 Member • \$55 Activity Member

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

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

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

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

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

YOUTH SWIM LESSONS (AGES 6+)

Fee \$30 Member • \$55 Activity Member

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

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

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

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

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

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

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

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

INTERESTED IN BECOMING A LIFEGUARD?

For more information about training and positions available, contact Tracy Gilles at 230-8966.

WE MAKE A LIVING BY WHAT WE GET.
WE MAKE A LIFE BY WHAT WE GIVE.

~ Winston Churchill

GIVE
LIFE

Give the gift that shows you care about body, mind and spirit. Gift Certificates are available in any amount, any time of year. Or, donate in honor or memory of someone, to the Annual Campaign.

The gift that lives on and on...

ADULT SWIM LESSONS (AGES 18+)

Instruction is 45 min. per lesson. Class levels will be limited to 6 participants per class.

BEGINNER This class is for adult student who have never taken lessons or who are a bit fearful of the water. Focus is on floating, kicking and proper arm strokes. Water confidence and basic stroke skills.

ADVANCED This is a swim lesson for adults who want more stroke refinement and attention to detail and training techniques. For students who want to improve their efficiency in the water.

FEE \$30 Member
\$55 Activity Member

PRIVATE SWIM LESSONS

For children and adults who would like individual instruction to further their swimming ability. Once paired with an instructor, participants can set up times convenient to both student and teacher. Instruction is based on the student's ability. Each private lesson is 45 minutes in length. Please call the Aquatic Director for more information. You will be placed on a waiting list if an instructor is not immediately available.

DT 20 **FEE PER PRIVATE LESSON:**
\$20 Member • \$25 Activity Member

INTRO TO SNORKELING

Participants will be introduced to snorkeling equipment, techniques, and snorkeling safety. They will learn skills such as breathing and clearing the snorkel and effectively using fins. Students will learn equalizing, practice diving and using the splash and displacement methods. This class will help you get comfortable with skin diving equipment and preparation for a scuba class. Students should be able to swim 25 yards of front crawl to be able to participate in this class.

WINTER & SPRING 1

20 **WEDNESDAY** 5:55-6:40 p.m.
FEE \$30 Member • \$55 Activity Member

ADAPTED SWIM LESSONS

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

Please contact Tracy Gilles for information on lessons.

Email tracygilles@oshkoshymca.org.

DT 20

FEE \$30 Member
\$55 Activity Member

ADAPTED AQUATICS (AGES 3-ADULT)

For individuals with physical and cognitive disabilities. The goal of the program is to provide all ability levels an opportunity to learn new things or improve existing aquatic skills. Depending on the nature and severity of the disability, the instructor ratio will be 1:1 – up to 1:3. Slots are limited.

For more information, please contact Lisa Bifano at lisabifano@oshkoshymca.org or at 230-8966.

SPRING 1 (Feb 24-Apr 13)

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

SPRING 2 (Apr 20-May 25)

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

FEE \$25

MARK YOUR CALENDARS!
Downtown Annual Shutdown
MAY 24-31

AMERICAN RED CROSS LIFEGUARD TRAINING AGES 15+

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

DT SPRING 1 Feb 6-7 & 13/14 • 9 a.m.-5 p.m.

20 SPRING 2 Mar 28-Apr 1 • 10 a.m.-5 p.m.

20 SPRING 2 Apr 23-24 & Apr 30-May 1
9:00 a.m.-5:00 p.m.

FEE \$175 Member • \$200 Activity Member

EVERY SESSION MUST BE ATTENDED IN FULL. NO EXCEPTIONS!

AMERICAN RED CROSS LIFEGUARD TRAINING RECERTIFICATION

For individuals needing to recertify their Lifeguarding, First Aid, and CPR for the Professional Lifeguard. This class is designed for those who feel comfortable demonstrating their skills without needing a review. You will be expected to competently demonstrate all lifeguarding skills and the pre-course swim of 300 yds and the 10 lb brick-retrieval at 9 feet. You must pass a written exam with an 80% or better. Contact Tracy Gilles for more information at 236-3380 or tracygilles@oshkoshymca.org.

DT SUNDAY May 1 • 9:00-1:00 p.m.

FEE \$100 Member • \$125 Activity Member



My name is Stacy (Bradley) Pasholk. These are my children Elise(10) and Ethan(6).

When I was growing up, my family visited the Oshkosh YMCA daily. I began swimming for the OSHY Dolphins Swim Team at the age of 7, and the following year my sister started at the age of 5. Not only did I swim for myself, I wanted to swim for my parents, coaches and respectfully represent Oshkosh Community YMCA. I was able to represent OSHY at many National Championships throughout my career. My husband, Jeremy, and I are now OSHY parents! Elise is going into her third year on the team and Ethan is starting his first year. When Elise told me she wanted to join a swim team, there was no question that she was going to swim for OSHY. I am so happy that the kids are getting the same positive experience as my sister, Sarah, and I had. Jay Coleman is an amazing Head Coach. He and his coaching staff teach more than just swimming; they teach respect, dedication, compassion, time management, and teamwork. Jeremy and I could not ask for better coaches to teach our kids. Looking back, I have so many wonderful memories from my own swimming journey. Every athlete has their own journey, so as parents we need to help encourage our children to become what they want to be.

LAP SWIM AND OPEN SWIM TIMES

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

SLIDE TIMES

FREE TO OSHKOSH Y MEMBERS

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

20 TUESDAY & THURSDAY 5:45-7:45 p.m. • FRIDAY 4:00-8:00 p.m.
SATURDAY 12:00-4:00 p.m. • SUNDAY Noon-2:45 p.m.

OSHKOSH YMCA DOLPHIN SWIM TEAM (AGES 5+)

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

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

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

For more information, please contact Jay Coleman at 230-8921 or email jaycoleman@oshkoshymca.org.



OSHKOSH DOLPHIN HOME SWIM MEETS

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

20 January 9-10
February 11-14 | March 13

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

Joshua Youngwerth and Bryce Ebbens are both members of the OSHY Swim Team. They love home swim meets and making new friends on the team!

WATER FITNESS

FREE TO OSHKOSH Y MEMBERS

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 MON-FRI 9:00-10:00 a.m. Competition pool

DT MON, FRI 9:00-9:50 a.m. Rockwell pool
MON, FRI 12:00-1:00 p.m. Williams pool
MON, WED 5:30-6:30 p.m. Williams pool
TUESDAY 5:30-6:20 p.m. Rockwell pool
SATURDAY 10:00-11:00 a.m. Williams pool

FREE TO MEMBERS

SENIORS!

SENIOR WATER FITNESS & SILVERSPASH

See page 12 for info on these & other great classes just for you.

ARTHRITIS AQUATICS

FREE TO OSHKOSH Y MEMBERS

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

DT MONDAY, WEDNESDAY, FRIDAY 11:00-11:45 a.m. Williams Pool

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

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

WATER YOGA

Relax your body and mind while concentrating on long, gentle stretches and breathing exercises. Improve balance and flexibility. Shallow water workout.

DT MONDAY 6:30-7:15 p.m.
THURSDAY 11:45 a.m.-12:30 p.m.

FREE TO MEMBERS

FREE TO OSHKOSH Y MEMBERS

AQUA ZUMBA

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

DT WEDNESDAY 9:00-9:50 a.m. Rockwell Pool - OR - 12:00-1:00 p.m. Williams Pool
FRIDAY 5:15-6:00 p.m. Williams Pool

FREE TO MEMBERS

FREE TO OSHKOSH Y MEMBERS

SCOUTS SWIMMING WORKSHOPS

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

FEE \$5 per participant

ROCK & ROLL WATER AEROBICS

Join us for a rockin' good time. Water Aerobics with oldies inspired music. Get ready to sweat

DT TUESDAY & THURSDAY 9:00-9:45 a.m. Rockwell Pool

FREE TO MEMBERS

FREE TO OSHKOSH Y MEMBERS

DEEP WATER FITNESS

Class is held in the deep end of the Rockwell Lap Pool. Awesome class for joints – no impact but a great workout!

DT THURSDAY 5:35-6:20 p.m.

FREE TO MEMBERS

FREE TO OSHKOSH Y MEMBERS

GENTLE LOW IMPACT EXERCISE | WATER TAI CHI

Water Tai Chi is a system of gentle physical exercises and stretching. Doing these low-impact workouts you perform a series of postures or movements in a slow, graceful manner. This class teaches breathing coordinated with movement to enhance the development of inner energy and peace of mind. By doing these exercises in the water you provide a constant and consistent resistance to your muscles, yet at the same time cut down on the amount of stress experienced by your body.

DT WEDNESDAY 10:00-10:45 a.m. Williams Pool

FREE TO MEMBERS

FREE TO OSHKOSH Y MEMBERS

POWER CURRENT

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

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

FREE TO MEMBERS

FREE TO OSHKOSH Y MEMBERS

DISCOVER SCUBA

Always wanted to breathe underwater? Well here's your chance to jump in and discover the underwater world. Try Scuba for a day. Participants must be able to swim 25 yards and be age 10 or older. (A waiver form must be signed prior to class and can be picked up at the 20th Y.)

20 DATE TO BE DETERMINED

FEE \$30 Member
\$40 Activity Member



FREE TO MEMBERS

**Guest Families:
\$5.25/family**

Bring your family and float around our pool while watching a movie on the big screen!

DT Fridays 6:00-8:00 p.m

1/8 Home
2/12 Monsters University
3/11 Rio
4/8 Despicable Me 2
5/6 Epic

JUDO (AGES 6-ADULT)

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

20 MONDAY (MPR #1 & 2)

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

WEDNESDAY (MPR #1 & 2)

5:00-6:15 p.m. Family Class
6:30-7:45 p.m. Adult Beginner and Advanced

FEE One class per week:
Individual: \$45 Member
\$64 Activity Member
Family: \$82 Member
\$118 Activity Member

Two classes per week:
Individual: \$66 Member
\$97 Activity Member

TAI CHI

FREE TO OSHKOSH Y MEMBERS

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

20 MONDAY (Adv)

WEDNESDAY (Beg & Adv) 6:00-7:00 a.m. • (Adv) 6:45-8:00 p.m.

FREE TO MEMBERS

KARATE (AGES 4-ADULT)

Karate is good exercise, it's fun, it enhances your confidence, teaches you methods to defend yourself, develops patience and more! This program is a 7-week session. Classes run year-round.

20 TUESDAY & THURSDAY

5:30-5:55 p.m. Ages 4-7 Beginner
5:55-6:20 p.m. Ages 4-7 Intermediate
6:20-7:00 p.m. Ages 8-12 Beginner-Intermediate
7:00-8:00 p.m. Ages 13+ All Ranks

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

FEE \$86 Member • \$125 Activity Member

Save time and money by signing up for automatic bank withdrawal.

No contracts or minimums. \$45/month Member • \$70/month Activity Member

Save even more money by paying in full for the year!

\$486/member • \$756/Activity Member

10% Sibling discount available.



CELEBRATE STAFF

Master Bob Maki and his Karate Kids:
Alexis, Alysa & Brett.

YOGA

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

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

FREE TO OSHKOSH Y MEMBERS

OPEN CLIMB (AGES 4+)

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

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

FEE FREE TO OSHKOSH YMCA MEMBERS!

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

FREE TO OSHKOSH Y MEMBERS

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

NEW! PROGRESSIVE ROCK CLIMBING CLASSES

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

MONDAY

5:00–6:00 p.m. Ages 4–6

6:00–7:00 p.m. Ages 7–9

7:00–8:00 p.m. Ages 10–13

FEE \$40 Member • \$60 Activity Member



Download the Oshkosh Community YMCA NEW MOBILE APP for a convenient way to keep up with the Y on the go!

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

NEW! ADVANCED CLIMBING CLASS

This class is a step up from the introduction class. Participants will continue to grow in their climbing technique and put their skill to the test by climbing the various routes we have in our facility. All participants are encouraged to challenge themselves in this class. (Minimum of 4 participants needed to offer class.)

TUESDAY 5:00-6:30 p.m. Ages 10-15

FEE \$50 Member • \$75 Activity Member

NEW! GROUP/FAMILY CLASS

Learn the basics of rock climbing in a laid back atmosphere, while friends and family members shout encouragement. Participants 15 years old and above will be certified to belay. (Minimum of 4 participants needed to offer class.)

TUESDAY 6:30-8:00 p.m. Ages 4+

FEE \$25 Member • \$40 Activity Member

TRY SOMETHING BOLD, FUN, NEW!

NEW!

ADULT CLIMBING CLASS

Here is a chance for all adults who want a class for Climbing! Adult climbing mixes the basics with the advanced. In this class you will learn climbing equipment and safety as well as various climbing techniques. All participants will be belayed certified. (Minimum of 4 participants needed to offer class.)

WEDNESDAY 6:30-8:00 p.m.

Ages 16+

FEE \$50 Member

\$75 Activity Member

PERSONAL CLIMBING INSTRUCTION

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

Call Michelle Zach at 230-8439 to set up an appointment.

FEE 1-hour sessions*

\$35 Member

\$53 Activity Member

5 1-hour sessions

\$150 Member

\$225 Activity Member

10 1-hour sessions

\$250 Member

\$375 Activity Member

*Sessions must be used within 6 months of purchase

GIRL SCOUT PATCH & BADGE WORK

The YMCA Climbing Wall offers instruction to complete certain requirements for girl scouts to earn different climbing awards. Available are the Adventure Sports Badge, the Sports Sampler Badge, or a High Adventure Interest Project. The Climbing Fun Patch is also available for those who want to climb for fun.

20 Call Lisa Nething at 230-8920 for more information.

FEE \$5 Per Participant

BOY SCOUT CLIMBING MERIT BADGE

Instruction is available for Boy Scouts interested in working towards specific requirements needed to earn their Climbing Merit Badge. Certain prerequisites are needed to participate.

20 Call Lisa Nething at 230-8920 for more information.

FEE \$10 Per Participant

REACH FOR THE STARS

This program is targeted towards youth age 4-17, helping to build self-esteem and spatial awareness during open climb. Stars are given out for completing certain prerequisites within a three month period. (Jan 1-Mar 31 • April 1-June 30 • July 1-Sept 30 • Oct 1-Dec 31) Prizes will be awarded for receiving a certain amount of stars. Both members and non-members may participate, and open climb fees still apply. Stop by the climbing wall to learn how to earn your stars.

FEE \$5 Per Participant

HOME SCHOOL FFK ROCK CLIMBING (AGES 4-16)

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

Call Michelle Zach at 230-8439 for more information.

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

FEE \$50 Member • \$75 Activity Member

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

TEAM BUILDING

**CONTACT KATHY
AT 230-8439 FOR
MORE INFORMATION.**

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

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

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

NEW MEMBER ORIENTATION

FREE TO OSHKOSH Y MEMBERS

FITNESS TESTING

CONTACT THE HEALTH & WELLNESS CENTER TO SCHEDULE A FITNESS TEST.

FEE FREE to Oshkosh Y Members

DT 20

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

FEE FREE TO OSHKOSH YMCA MEMBERS

PROGRAM REFRESHER

FREE TO OSHKOSH Y MEMBERS

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

DT 20 FEE FREE TO OSHKOSH YMCA MEMBERS

STRONG TEENS (AGES 11-15)

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

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

FEE \$30 • OSHKOSH YMCA MEMBERS ONLY

STRONG TEENS FAST PASS (AGES 14-15)

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

DT 20 FEE \$15 • OSHKOSH YMCA MEMBERS ONLY

YOUR HEALTH IS A REFLECTION OF YOUR **HAPPINESS.**



YOUR HAPPINESS IS A REFLECTION OF YOUR **HEALTH.**

**FREE
TO OSHKOSH
Y MEMBERS**

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

DT 20 DOWNTOWN & 20TH AVE:

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

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

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

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

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

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

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

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

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

NEW!
20

R.I.P.P.E.D.

A total body, high-intensity program, using free weights, resistance and body weight, masterfully combined for **Resistance, Interval, Power, Plyometrics, Endurance and Diet** training.

20 20TH AVENUE:

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

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

Interval This intense conditioning class alternates between cardio and strength exercises. A combination of step aerobics, kickboxing, floor aerobics, squats, lunges, pushups, ab work and more!

Step Aerobics/Step & Sculpt A moderate-impact class that involves a wide range of step patterns on an adjustable bench. A cardio workout as well as toning and strength exercises using hand weights, for all fitness levels. Step & Sculpt includes an extra 15 minutes of toning and strength exercises.

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

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

DT DOWNTOWN:

Hi/Lo Cardio Fitness For multiple fitness levels, this class offers a full-body workout including a cardio section that incorporates free style HI & LO impact aerobic moves along with muscle conditioning and stretching. A great workout.

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

Cardio Bootcamp Take everything you learned in gym class and put it to some heart-pumping music: plyometric skills, running, jumping, drills, kickboxing, pushups, sit-ups, squats, lunges and more!

PERSONAL TRAINING – PHYSICAL ENHANCEMENT SERVICES

Introducing the Gold Standard for Personal Training! Our personal training has taken extreme measures to increase our expertise to help you reach your goals. Our vision allows us to provide exercise and fitness programs for healthy individuals and for those with physical and developmental disabilities. Our approach is precise and scientific in order to create an individualized program to suit our client's specific needs. Each person is evaluated on his or her current medical and mechanical needs so that we can provide a plan for accomplishing functional independence and health goals.

PERSONAL TRAINING: Our approach takes in all medical and personal concerns when designing efficient and effective exercise programs to improve independence, function and overall health.

ATHLETIC CONDITIONING: In addition to speed and agility drills, our goal is to determine which mechanics are weak. It is these weak actions that prevent peak performance. Implementing exact drills and exercises to strengthen weak movement builds a more powerful athlete.

EXERCISE FOR CLINICAL CONCERNS: Exercise programming for individuals with clinical ailments to help increase function, reduce pain and promote independence.

- Arthritis • Multiple Sclerosis • Cerebral Palsy • Senior Exercise • Wheelchair Bound
- Cancer • Cardiac • Stroke • Quad / Paraplegics • Down Syndrome

1 PERSON	\$50/hour	\$25/half hour
2 PEOPLE (per person)	\$40/hour	\$20/half hour
3 PEOPLE (per person)	\$35/hour	\$17.50/half hour
4 PEOPLE (per person)	\$30/hour	\$15/half hour

**BUY 7 HALF HOURS
GET ONE FREE! \$175
FOR 8 SESSIONS**

TRIPLES (3 half-hour sessions in one week): \$65

MECHANICAL ANALYSIS (Gait, Sport Specific, Body Mapping): \$65

5-DAY DIET ANALYSIS: \$65

FITNESS / VO2 TESTING: \$65

3 PNF STRETCHES: \$50



**Only Y Staff are
allowed to provide
Personal Training
within Y programs
and facilities.**

COMPREHENSIVE STARTER PACKAGE \$250
New Clients Only

- Diet Analysis • Fitness/VO2 Testing
- Body Map/Gait Analysis
- 8 Half-hour Training Sessions
- Customized Written Results, Recommendations and Routines

**GET
STARTED...**

WEIGHT LOSS PACKAGE \$125

- 5-Day Diet Analysis
- 4 Half-hour Training Sessions

TESTING & TRAINING \$125

- Fitness/VO2 Testing
- 3 Half-hour Training Sessions

**GET
SERIOUS...**

**GET
FIT!**

TEST, DIET & TRAINING \$150

- Fitness/VO2 Testing
- Diet Analysis
- 3 Half-hour Training Sessions

HOME SCHOOL FIT FOR KIDS

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

Feb 8-May 11 (No classes week of Mar 20-27)

\$5 late fee for each person signed up after Feb 1.

AGE 4-14 (3 groups will be established on age/child distribution.)

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

FEE	Member	Activity Member
	\$80	\$112 (1 child)
	\$75/each	\$105/each (2 children)
	\$70/each	\$98/each (3+ children)



MAUREEN LASKY
MY YMCA STORY
Member Since 1983

ON THE COVER: **THE LASKYS**

I have been a YMCA member since birth. My mom and dad have both served on the board of my hometown YMCA in Winona, MN and it was a second home for my siblings and I growing up. We were involved in many programs in the childcare, camp, swim lessons, and numerous sports. I consider myself a YMCA kid!

My husband's YMCA story starts with an even earlier generation as his grandfather Edward Rudoy served on the Oshkosh Community YMCA board for several years. Edward Rudoy was influential in naming the YMCA the Oshkosh Community YMCA. Also my husband was often involved in YMCA sports as a child and gave him a productive outlet that kids often need. He also considers himself a YMCA kid!

Bradford and I now feel it is our turn to help carry on the vision of the Oshkosh Community YMCA for future generations.

As our family has grown we are able to experience the true essence of an organization that supports our family as a whole and is a vital part of our quality of life in Oshkosh.

One of the best aspects of the Oshkosh YMCA is the synergy between all three YMCA locations! Bradford is involved in a weekly tennis league, the kids and I are regulars to the downtown YMCA and the 20th Ave location has provided many experiences for us to watch our niece and nephews' basketball and football games on Saturday mornings. All three of these locations have been important to our family and are assets to our community and each make one another stronger.

The YMCA provides a safe, energetic, warm feeling for our whole family when we walk in the door. Thank you to all the employees that ALWAYS give us a warm smile. Sometimes that's what makes my trip to the YMCA worth it!

We can't wait to see how the YMCA plays a part of our family's needs in the future. We feel truly blessed to be involved in such a wonderful organization. • **Bradford & Maureen Lasky**

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



THE GREATER THE OBSTACLE,
THE MORE GLORY IN
OVERCOMING IT. ~ MOLIÈRE

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

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

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

ABOUT THE PROGRAM

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

PROGRAM GOALS:

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

WHO CAN PARTICIPATE?

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

*Asian individual(s) BMI > 22

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

FOR MORE INFORMATION:

Contact Dan Braun at danbraun@oshkoshymca.org 230-8915

The first session will begin with the Spring 1 session.

HAVING FUN FOR A CAUSE

**Y'NING WOMEN:
SPRING 2016
Hilton Garden Inn**

.....

**YMCA GOLF OUTING:
MONDAY, JULY 11
Oshkosh Country Club**

Thank you to all of our participants, sponsors, volunteers and staff members that made the 2015 event a success! Raising over \$50,000 to support the YMCA Annual Campaign, this event is vital to the work the Y does in our community!

Stay tuned for details for 2016 – a summer event you don't want to miss! Scramble style golf outing at the beautiful Oshkosh Country Club and a Wine Tasting for women like no other! Sponsors, participants and volunteers are needed.

Make sure you are on our mailing list for the 2016 event. Email Amy Albright at amyalbright@oshkoshymca.org.

2016 Fox Valley Regional YMCA INDOOR TRIATHLON SERIES

Swim, Bike and Run your way to fun. Whether you are new to triathlons or have competed for years, these events offer something for you! The Oshkosh YMCA, the YMCA of the Fox Cities and the Green Bay YMCA have partnered to put on an Indoor Triathlon Series that's the first of its kind in this area. Participate in each race in the series to earn bragging rights and test your fitness against athletes from the Fox Valley or try something new and make some new memories and friends. These events are open to anyone at least 8 years old AND at least 4'10" tall.

Each triathlon will run as follows: 10 minutes to swim • 10 minute transition • 20 minutes to cycle • 5 minute transition • 15 minutes to run

Green Bay Y Broadview Branch Sun, Mar 13
Appleton Y Sat, April 9
Oshkosh Y 20th Ave Sat, April 30, 12 Noon

AGE DIVISIONS: 8-10 • 11-14 • 15-19
• 20-24 • 25-29 • 30-34 • 35-39 • 40-49
• 50-59 • 60-69 • 70+.

Awards will be given to each age group winner by gender and an Overall Male & Overall Female for each event. The top three male and female who have competed in all three events will receive awards. There will not be a team division.

FEE \$25 per person: Appleton & Oshkosh,
\$45 per person: Green Bay.

Register in person at the YMCA the event will be held at.

For questions contact:

OSHKOSH EVENT

Dan Braun danbraun@oshkoshymca.org
(920) 230-8915

APPLETON EVENT Heidi Bohl

hbohl@ymcafoxcities.org • (920) 954-7651

GREEN BAY EVENT Chelsea Anderson

chelsea.anderson@greenbayymca.org
(920) 436-9589

LIVESTRONG® at the YMCA

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

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

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

FEBRUARY 9–MAY 5

20 TUESDAY & THURSDAY 1:00–2:30 p.m.

DT TUESDAY & THURSDAY 5:30–7:00 p.m.

Call Dan Braun for more information.
230-8915 or danbraun@oshkoshymca.org.

NATIONAL LIVESTRONG DAY 2016

Friday May 20, 2016 at both YMCAs. Help the YMCA celebrate NATIONAL LIVESTRONG DAY by honoring cancer survivors and their families. Contact Dan Braun at 230-8915 or danbraun@oshkoshymca.org for information.

AFFINITY SPORTS MEDICINE & WELLNESS CENTER

20 For more information about



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

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

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



FREE HOCKEY INITIATION PROGRAM (HIP)

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

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

GOALS AND OBJECTIVES:

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

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

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

LEARN TO HOCKEY SKATE

Designed to teach the fundamentals of hockey skating. All elements will be taught WITHOUT a stick or a puck as proper skating techniques are the primary focus of this class. Full hockey gear is encouraged in Levels 1 and 2, and will be required in Levels 3 and 4.

Hockey gear will be available to use at no cost during this program.

Parent Meeting for first-time participants will be held Monday the week before the start of each session at 5:30 pm in the bleachers in the ice arena.

MONDAY Level 1 5:45-6:15 p.m. • Level 2-4 6:15-6:45 p.m.

FEE \$36 Member • \$62 Activity Member



Working at the Y gives me and my family such great opportunities with fun programs for both family and friends! The childcare here at the Downtown Y is very accommodating with different things that play out week to week that makes it very enjoyable for my wife and me having our 3 children: Caleb, Eli and Ella in it. My wife and I appreciate the Y Childcare staff. They do a great job communicating the everyday things that they do not get enough credit for. We are forever in debt to the Y Childcare for helping us out and making it a warm and friendly place to help us raise our 3 children.

Ben & Jenna Wanezek

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

An instructional program for the beginner interested in learning to skate and play hockey. No skating experience is required. This program includes informal practices and drills. This is a beginner program and players at higher skill levels should register for either the Rookie League, Intermediate, or Adult Competitive League. Full equipment is required.

WINTER January 3-April 24 Reg deadline 12/23/15 No games 2/7 and 3/27

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

FEE \$100 (+tax) = \$105 Member • \$150 (+tax) = \$157.50 Activity Member

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

An instructional program for beginner or less experienced adults ages 18+. This program includes informal practices and drills followed by a recreational 5-on-5 game. This is a beginner program and players at higher skill levels should register for Co-Ed Intermediate and/or Adult Hockey League. Full equipment required!

WINTER January 3-April 24 Reg deadline 12/23/15 No games 2/7 and 3/27

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

FEE \$130 (+tax) = \$136.50 Member • \$180 (+tax) = \$189 Activity Member

Goalies play FREE!

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

A 15-week league for Intermediate hockey players. No checking or slap shots. One game per week, and full equipment is required.

WINTER January 6-April 27 Reg deadline 12/23/15 No games 2/10 and 3/30

WEDNESDAY Games 7:00-9:30 p.m. Game time determined by number of teams.

FEE \$130 (+tax) = \$136.50 Member • \$180 (+tax) = \$189 Activity Member

Goalies play FREE!

ADULT COMPETITIVE HOCKEY LEAGUE (AGES 18+)

A competitive 15-week non-check hockey league played 5-on-5 with goalie. This league is for the more experienced player ages 18+. No checking or slap shots. Teams play one game per week and full equipment is required. Teams must provide their own jerseys.

WINTER January 3-April 24 Reg deadline 12/23/15 No games 2/7 and 3/27

SUNDAY Games 7:00-9:30 p.m. Game time determined by number of teams.

FEE \$130 (+tax) = \$136.50 Member • \$180 (+tax) = \$189 Activity Member

Goalies play FREE!

**COMING TOGETHER IS A BEGINNING,
STAYING TOGETHER IS PROGRESS, AND
WORKING TOGETHER IS SUCCESS** ~ Henry Ford

SUCCESS

LEARN TO SKATE (AGES 4+)

Classes based on US Figure Skating Skills program: Snowplow Sam 1-3 as well as Basic Skate 1-2. Each session includes one half-hour lesson per week. Participants learn the basics of skating by developing balance and confidence. Gloves or mittens and bike helmets are required. Knee and elbow pads are recommended.

Parent Meeting for first-time participants will be held Monday the week before the start of each session at 5:30 pm in the bleachers in the ice arena.

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

FEE \$36 Member • \$62 Activity Member Skate rentals free for program use.

SKATE WITH US Basic 3-8 & Adult 1-4

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

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

FEE \$53 Member • \$75 Activity Member

For more information contact Angela Dodge at 230-8439 ext. 121 or angeladodge@oshkoshymca.org

FREESTYLE WITH US Freeskate 1-6

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

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

FEE \$53 Member • \$75 Activity Member

PRIVATE SKATE LESSONS

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

FEE 1-hour punch card* \$50 Member • \$65 Activity Member

2.5-hour punch card* \$110 Member • \$145 Activity Member

5-hour punch card* \$200 Member • \$275 Activity Member

SEMI-PRIVATE SKATE LESSONS

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

FEE 1-hour punch card* \$30 Member • \$45 Activity Member

2.5-hour punch card* \$65 Member • \$100 Activity Member

5-hour punch card* \$120 Member • \$190 Activity Member

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

OPEN ICE SKATING

FREE TO OSHKOSH Y MEMBERS

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

All sessions open to the public.

FEE FREE FOR Y MEMBERS

\$2 Youth Activity Member • \$4 Adult Activity Member

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

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

OPEN HOCKEY

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

HOMESCHOOL SKATE LESSONS

Introductory and basic skate lessons for homeschool children.

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

FEE \$36 Member • \$62 Activity Member



FREE FUN ON THE ICE

January is National Skating Month! Join us for FREE OPEN SKATE, Games & Prizes January 31 • 1:30-3:30 p.m.

OPEN SKATE

CREATING MEMORIES

FRIENDS





Team H.A.M. 6.0 from the Lego League Scrimmage held at the Oshkosh YMCA on Saturday, October 24.

Both Y teams—Team H.A.M. 6.0 and Google Trash—competed at the Regional Tournament in Appleton.

STRONG MOMS

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

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

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



NEW! SCIENCE SATURDAYS HANDS-ON LEARNING & ALL-OUT FUN!

Three-hour classes that teach about how some of the coolest things on the planet work. Hands-on learning and all-out fun!

20 SATURDAYS 1:00–4:00 p.m.

MORE DETAILED schedule coming soon...

Go to www.oshkoshymca.org for information.

GRADES 2–5

FEE \$30 Members • \$45 Activity Member

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

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

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

KID'S CLUB 2015-2016 BEFORE- AND AFTER-SCHOOL CARE

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

BEFORE SCHOOL

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

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

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

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

Please call for more information or visit www.oshkoshymca.org.

REGISTRATIONS FOR 2016-17 WILL BEGIN APRIL 2016. For more information contact Erin: 236-3380 or erinbaranek@oshkoshymca.org



Kim Stelzer and Madisyn

CELEBRATE STAFF

The YMCA Childcare Center brings comfort to me each day as I drop my daughter off in the quality care of the Y staff. As a Y employee, I love that I am able to visit and spend time with Madisyn when I'm at work. I'm so thankful for the safe and nurturing environment that the Y offers children and families.

FAMILY PRIME TIME CENTERS

FREE
TO OSHKOSH
Y MEMBERS

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

20 MONDAY-FRIDAY 3:00 p.m.-8:00 p.m.

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

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

DT MONDAY-FRIDAY 3:30 p.m.-8:00 p.m.

SATURDAY 12:00 p.m.-5:00 p.m.

SUNDAY 12:30 p.m.-4:30 p.m.

OSHKOSH PUBLIC SCHOOL'S-OUT DAYS

Family Prime Time Centers

Open 10:00 a.m.

FEE FREE TO MEMBERS

Activity Members purchase a day pass

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

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

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

FRIDAY-SATURDAY 7:30 a.m.-1:00 p.m.

DT MONDAY-THURSDAY

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

FRIDAY-SATURDAY 7:30 a.m.-1:00 p.m.

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

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

~ RACHEL JOY SCOTT

EARLY RELEASE DANCE (GRADES 4+)

Learn the basics in leading, following, rhythm and timing in a variety of social dance styles. We will use age appropriate music ranging from traditional to contemporary. No signup required.

20 WEDNESDAYS

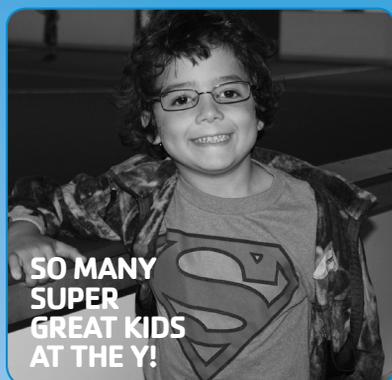
2:00-3:00 p.m.

EARLY RELEASE DAYS 2016:

Jan 13 • Feb 17

Mar 14 • Apr 13 • May 11

FEE FREE!



YOUTH DISCIPLINE POLICY

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

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

AFTERNOON SESSIONS STILL OPEN AT BOTH LOCATIONS

CONTACT:

KIM STELZER, DOWNTOWN
kimstelzer@oshkoshymca.org

JANE GATES, 20TH AVE
janegates@oshkoshymca.org

2015-2016 SCHOOL YEAR

READY-4-LEARNING PRE-KINDERGARTEN

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

AGE Children must be 4 years old by Sept 4, 2015

DT 20 AM: 7:55-10:25 a.m. (breakfast provided)

PM: 12:00-2:35 p.m. (snack provided)



VOLUNTEER SPOTLIGHT

BARB MARIN

Barb and her husband Bob have been members of the Oshkosh Community YMCA for over 40 years. They joined the Y when their daughter began taking swimming lessons. In 1979, Barb first started volunteering in the aquatics department and on the racquetball courts. She enjoyed being a “deck mom” and assisting the swimming instructors. Barb officially became a staff member in 1984, when she began teaching lessons and lifeguarding. Her daughter, Wendy, soon joined the Oshkosh YMCA Dolphins Swim Team. While attending college at UW-Oshkosh, Wendy followed in her mother’s footsteps, teaching swimming lessons and lifeguarding at the Y.

Barb is a

person of many talents and we are so fortunate that she shares them with us on a daily basis. Over the past six years, Barb has volunteered countless hours designing and caring for the flower gardens and green spaces at our Downtown facility. Barb has also cleaned and prepared camp for the summer and will mend or sew anything that needs fixing. On any given day, you will find Barb working on something at our Y. This award gives us the opportunity to truly thank Barb for everything she does for us.

Thank you, Barb!



THANK YOU, BARB!

KID'S DAY OUT 2015-2016 **Limited Slots available, register early!**

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

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

2015: OCT 23 | NOV 20 | DEC 28, 29, 30

2016: JAN 22 | FEB 22 | MAR 25, MAR 28-APR 1

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

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

For more information contact Erin: 236-3380 or erinbaranek@oshkoshymca.org

Additional possible snow make up days: April 15 | May 27 | June 9-10 (June date DT only)

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

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

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

Y CAMPS = SUMMER FUN FOR ALL AGES

PRESCHOOL SUMMER CAMP (AGES 4-5) NEW FOR 2015!

20 Preschool Summer Camp is a fun and exciting introductory camp located at the 20th Ave Y. Camp includes lots of safe and healthy activities geared toward a preschooler's developmental level while exploring a new theme each week. Fun field trips and swimming included. Full and Part Time options available. Registration begins March 2016.

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

DT 20 Summer Fun Club is an onsite, licensed summer childcare program for school-age children. Activities include swimming, weekly field trips, arts and crafts, reading, games, character development and more. Registration begins March 2016.

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

A state-licensed, summer day camp for you school age child. Participants are dropped off and picked up at the Y, where a bus transports them to our day camp. Activities include, mountain biking, archery, outdoor activities, nature education, weekly fieldtrips, swimming, arts and crafts, and more! Registration begins March 2016.



Summer Fun Club fieldtrips are the BEST! Big fun all summer long.



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

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

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

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

The **Leaders in Training Program** is offered to Teens 13-16 years old. A separate application is required for all teens interested in participating. Registration begins March 2016.

Teen Adventure Program means awesome fieldtrips - like the Wisconsin Dells!

BEGINNER RACQUETBALL (AGES 16+)

DT Beginner racquetball is by appointment; see or call the service desk for details.

FEE \$8 per hour

KILL SHOT CLUB

The Kill Shot Club is a YMCA handball fellowship club. Membership includes: Club shirt, free entry to YMCA tournaments, and social gatherings.

DT MEMBERS ONLY

RACQUETBALL OPEN COURTS

6 Handball/Racquetball Courts. Members can reserve courts up to 2 days in advance. Equipment is available for use at the Service Desk. Court 2 is available to use for Wallyball.

DT FOR MORE INFORMATION contact Wanda White at wandawhite@oshkoshymca.org or 236-3380.

...THE GREATEST GIFT YOU CAN GIVE YOUR FAMILY AND THE WORLD IS A HEALTHY YOU. ~ Joyce Meyer

BIRTHDAY PARTY PACKAGES

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

1-10 KIDS PACKAGE

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

MEMBER • \$95 +\$4.75 tax: \$99.75

ACTIVITY MEMBER • \$115 +\$5.75 tax: \$120.75

11-15 KIDS PACKAGE

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

MEMBER \$135 +\$6.75 tax: \$141.75 **ACTIVITY MEMBER** \$155 +\$7.75 tax: \$162.75

Packages are available for larger groups. Contact Lisa Nothing for more info!

All parties are 3 hours in length. • Ice Skating and Rock Climbing may be added to the packages for an additional fee. • All birthday parties must be booked seven days in advance. • All activities during open times only. • Ice skates are included with packages. • Rock Climbing is for 10 people maximum per hour.

Y
**PARTIES
ROCK!**

Deluxe parties include
themed cake, party hats,
balloons and themed
paper products.
Additional \$40.00

YMCA FACILITY RENTALS

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

Choose from swimming, soccer, rock climbing or ice skating for \$4 only per person. Group rates/packages are available. Minimum 10 people.

AFTER-HOURS ACTIVITIES AND OVERNIGHT RENTALS

BASE RATE 2 HRS: \$210 +\$10.40 tax: \$220.50

OVERNIGHT: \$525 +\$26.25 tax: \$551.25 (9 p.m.-8 a.m.)

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

OPTIONAL ADDITIONS:

Ice Skating (skates included)

1 hour: \$100 +\$5 tax: \$105

2 hrs: \$150 +\$7.50 tax: \$157.50

Climbing (10 people max per hour)

1 hour: \$100 +\$5 tax: \$105

2 hrs: \$150 +\$7.50 tax: \$157.50

Swimming

1 hour: \$100 +\$5 tax: \$105

2 hrs: \$150 +\$7.50 tax: \$157.50

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

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. Volunteer coaches will conduct practices and supervise games. The first week will be practice and information meeting with the coach. If interested in coaching please contact Sohaila Akhavein.

Requirements Soccer shin guards.

March 5-April 23 Registration deadline 2/12/16 (no games 3/26-27)

Times may vary based on enrollment.

20 AGE 4-Kindergarten | 1st Grade | **Saturday** Morning
2nd Grade | 3rd Grade | **Saturday** Mid-day
4th Grade **Saturday** Afternoon
5th-6th Grade **Saturday** Evening
7th-8th Grade **Sunday** Mid-Morning

FEE \$44 Member • \$66 Activity Member

OPEN 3-ON-3 YOUTH INDOOR SOCCER TOURNAMENTS

No school? No problem! Enjoy your day off having fun participating in an indoor youth 3-on-3 soccer tournament. Tournaments will offer both a competitive division for club and travel players and recreational division for those who just want to have fun! Awards given to 1st and 2nd place in each age division, both competitive and recreational. 4th-8th grade boys and girls. Age groups will be combined if needed. Max roster size is 5.

Friday, January 22 and Friday, April 1

FEE \$50/team (includes tax)

GIRL'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

January 4-February 15 Registration deadline 12/18/15

Requirements Soccer shin guards (no outdoor cleats)

AGE 9th-12th grade

20 MONDAY 5:00-6:00 p.m.

FEE Team Registrations only. Team Fee: \$300/team (tax included)

For information on Soccer programs, contact Sohaila Akhavein at 230-8439 ext 141

BOY'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

January 5-February 16 Registration deadline 12/18/15

Requirements Soccer shin guards (no outdoor cleats)

AGE 9th-12th grade

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

FEE Team Registrations only. Team Fee: \$300/team (tax included)

WANT TO RENT THE SOCCER FIELD?

CONTACT ANGIE FLANIGAN AT 230-8439, EXT. 126

ADULT CO-ED SOCCER LEAGUE

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

WINTER January 3–February 28 (no games 2/7/16) Reg. deadline 12/20/15

SPRING March 6–May 1 (no games 3/27/16) Reg. deadline 2/19/16

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

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

OPEN ADULT WOMEN'S SOCCER LEAGUE

Games will be played 5-versus-5 and a goalie, with roster size limited to 12. Register as a team or as a free agent.

WINTER February 4–March 24 Reg. deadline 1/21/16

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

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

OPEN ADULT MEN'S SOCCER LEAGUE

Games will be played 5-versus-5 and a goalie, with roster size limited to 12. Register as a team or as a free agent.

WINTER January 6–February 24 Reg. deadline 12/28/15

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

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

YMCA INDOOR YOUTH SOCCER TOURNAMENTS

Guaranteed 3 games. Max 12 players per team. For more information, contact Sohaila Akhavein.

20 U12 BOYS & GIRLS: January 16 Registration deadline is 1/6/16

U14 BOYS & GIRLS: January 23 Registration deadline is 1/6/16

FEE \$175/team (team registration only)

ADULT WOMEN'S SOCCER TOURNAMENT

Contact Sohaila Akhavein sohailaakhavein@oshkoshymca.org for more details!

February 6, 2016

FEE \$175/team



The Oshkosh YMCA is partnering with Water Cities Soccer Club and Oshkosh Youth Soccer Club to bring US Youth Soccer TOP Soccer (The Outreach Program) program to our community. This program provides youth with varying abilities the opportunity to participate in soccer skills sessions FREE of charge!

Program to start in January of 2016. For more information, contact Angie Flanigan at angelaflanigan@oshkoshymca.org

MEN'S INDOOR FLAG FOOTBALL (AGE 18+)

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

WINTER January 8–February 26 Reg. deadline 12/28/15

SPRING March 11–April 29 Reg. deadline 3/1/16

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

FEE \$350/team (includes tax)

MEN'S SUNDAY NIGHT SLAM BASKETBALL LEAGUE

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

March 6–May 1 (no games 3/27/16) Registration deadline 2/19/16

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

FEE \$300 team (includes tax)

YOUTH VOLLEYBALL SKILLS CAMP

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

WINTER & SPRING 2

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

20 TUESDAY EVENINGS

FEE \$36 Member • \$62 Activity Member

DANCE TEAM (GRADES 4K–5)

fun 6-week program will participants will learn basic techniques and a basic level routine. Each participant will receive a Dance t-shirt and a performance hair ribbon.

Season May 7–June 11 Registration Deadline 4/22/16

20 SATURDAY

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

FEE \$44 Member • \$66 Activity Member

Includes team t-shirt and performance hair ribbon.

NFL FLAG FOOTBALL LEAGUE (GRADES 4K–8)

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

20 Season May 7–June 11 Registration Deadline 4/7/16

SATURDAYS

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

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 30, 2016. For ages 4-8 years a recreational division is offered. For ages 9-12 years both a recreational and competitive division are offered. The recreational division is individual registration only. Players will be placed on teams based on their school/neighborhood location. The competitive division is team registration only. If you are interested in putting a team in this division please contact Sohaila Akhvein at (920) 230-8439 ext. 141 or sohailaakhvein@oshkoshymca.org. Each league will play 10 regular league games, and the 9-10 League and 11-12 League will compete in a tournament at the end of the season.

Season May 7-July 24 (no games May 29-30, July 3-4) Registration deadline 3/11/16

The first two weeks of baseball are played on Saturday and Sunday because of limited access to Red Arrow Park. The 9-10 and 11-12 Leagues will play Sat, May 7 and Sat, May 14. 5-6 and 7-8 Leagues will play Sun, May 8 and Sun, May 15. The 4-5 League will play regular Wednesday evening games. Make-up games due to inclement weather and field conditions may be on additional evenings, including Fridays.

Players receive hat and t-shirt. Pants and socks not provided.

Age	League	Games	Location	Practice	Tourny	Member	Activity Member
4-5	T-Ball	Wed	YMCA	30 Min before game	N/A	\$65	\$85
5-6	Coach Pitch	Sun	Red Arrow	1 Night/Week*	N/A	\$65	\$85
7-8	Coach Pitch	Thurs	Red Arrow	1 Night/Week*	N/A	\$65	\$85
9-10	Player Pitch-REC	Tues	Red Arrow	1 Night/Week*	July 8-10	\$90	\$110
9-10	Player Pitch-COMP	Tues	Red Arrow	Determined by coach	July 8-10	\$90	\$110
11-12	Player Pitch-REC	Mon	Red Arrow	1 Night/Week*	July 22-24	\$90	\$110
11-12	Player Pitch-COMP	Mon	Red Arrow	Determined by coach	July 22-24	\$90	\$110



STAFF FAMILY

The YMCA is a great fit for me because I get to help provide so many fun and exciting opportunities to the community, as well as getting to spend time with my amazing family!

Travis Shufelt and daughter Taytum

CONTACT INFORMATION YMCA TENNIS CENTER:

236-3400 • 640 E Cty Trunk Y, Oshkosh, WI 54901 • Neenah: 725-6011

Tennis Center Instructors: ROBERT HENSHAW, Program Director/USPTA Professional
roberthenshaw@oshkoshymca.org

SHEILA COUNTS, Manager/Quick Start Instructor, sheilacounts@oshkoshymca.org

RICK THIEL, USPTA Elite Professional

DAILY COURT RATES

Standard Rate | \$17.50/hour

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

Prime Time | \$18.50/hour

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

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

Value Time | \$13/hour

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

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

Junior Rate | \$13/hour (18 & under, Junior Members only)

Non-Member Guest Fee \$5/guest

Ball Machine Rental

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

MEMBERSHIP DUES

Oshkosh YMCA Member
Youth* \$63 | Adult \$137 |
Family \$168

Neenah or Appleton YMCA Member Youth* \$83 |
Adult \$146 | Family \$194

Y Tennis Center Membership
Youth \$100 | Adult \$216 |
Family \$324

TENNIS CENTER BENEFITS

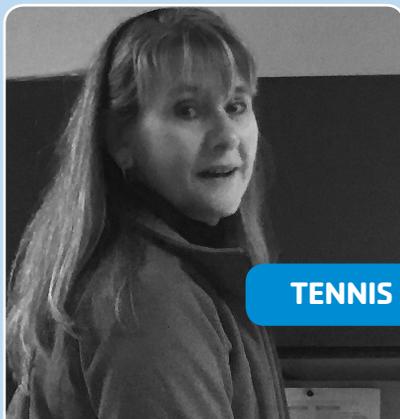
- Reduced rates on all group and private lessons
- Free Junior Match play on Sunday afternoons. Call for details
- Ability to reserve courts 1 week in advance. (Non members can reserve three days in advance)
- Reduced junior court rate (applicable to parents hitting with their children)

PRIVATE INSTRUCTION

RATE PER HOUR

	Member	Activity Member
1 person	\$38 / person	\$48 / person
2 people	\$24 / person	\$29 / person
3 people	\$20 / person	\$25 / person
4 people	\$18 / person	\$22 / person
5 person	\$17 / person	\$19 / person
6 people	\$16 / person	\$18 / person
7 people	\$15 / person	\$17 / person
8 people	\$14 / person	\$16 / person

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



"I like working at the tennis center because of the people of course! It's a place where everyone comes to play and relax so there is positive energy all around."

TENNIS STAFF ANN PAREMSKI

YOUTH & ADULT TENNIS LESSONS

Session III January 4–March 6 (9 weeks)

Session IV March 7–May 15 (9 weeks)

no classes March 28–April 3 (Spring Break)

NOTE: Need at least 3 players to hold class.

ADULT LESSON SCHEDULE

SATURDAY

Adult Intermediate • 8:00–9:00 a.m.

Adult Advanced • 8:00–9:00 a.m.

Adult Beginner • 9:00–10:00 a.m.

ADULT LESSON FEES

9-Wk Session

TC Member	Activity Member
\$138	\$174

YOUTH LESSON SCHEDULE

SUNDAY

Invitational Groups

(Players are invited by the Tennis Professionals)

Girls High School Excellence

Noon–1:30 p.m.

Boys High School Excellence

2:30–4:00 p.m.

WEDNESDAY

Young Stars 4:30–5:30 p.m.

SATURDAY

Young Stars 9:00–10:00 a.m.

Future Stars 10:00–11:30 a.m.

Junior Varsity 11:30–1:00 p.m.

Varsity 1:00–2:30 p.m.

LESSON LEVELS & AGES

Mighty Hitters (4–5)

Quick Start (5–9)

Young Stars (10–12)

Future Stars (10–14)

Junior Varsity (13–17)

Varsity (14–18)

Age descriptions are a general guide for program placement. Instructors will recommend placement based primarily on ability level.

YOUTH LESSON FEES

9-Week Session	TC Member	Activity Member
1 hour lessons	\$105	\$130
1.5 hour lessons	\$135	\$170

LESSON POLICY • No credit can be given for missed lessons • To avoid being charged, private lessons and courts must be cancelled 24 hours in advance • Enrollment in group lesson is for entire session • All Program Member lessons must be paid in advance

**THE MORE I PRACTICE,
THE LUCKIER I GET.**

ARNOLD PALMER

**PRACTICE
MORE**

YOUTH CLASSES

QUICK START & MIGHTY HITTER PROGRAMS FOR YOUTH AGES 4-9

These drill groups are organized to introduce kids to the game of tennis. The program has fun drills and games that develop hand-eye coordination, movement and tennis skills. No Y Tennis Center membership is necessary to enroll in these programs.

Session III

January 4-February 14 (6 weeks)

Session IV

February 15-March 27 (6 weeks)

Session V

April 4-May 15 (6 weeks)

MIGHTY HITTERS AGES 4-5

FEE \$44.00

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

4:30-5:15 p.m.

THURSDAY 1:00-1:45 p.m.

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

QUICK START AGES 6-7 & 8-9

FEE \$54.00

TUESDAY

4:30-5:30 p.m. (Ages 6-7)

5:30-6:30 p.m. (Ages 8-9)

SATURDAY

8:00-9:00 a.m. (Ages 6-9)

ADULT CLASSES

CO-ED DROP-IN DRILL

Learn basics of proper doubles play and strategy.

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

FEE \$16 Member • \$21 Activity Member

ADULT LEAGUE PLAY

Leagues are held every day at a variety of times for all ability levels. All members are eligible for league play. If you are interested in joining a league call the Y Tennis Center and we will help you get started.

Session II

January 11-May 20

No league make-up dates will be allowed.

CARDIO TENNIS

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

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

WEDNESDAY 7:00-8:00 p.m.

(pre-registration is required)

FEE \$11 Member • \$16 Activity Member

HIT TIME WITH A COLLEGE PLAYER

The Y Tennis Center employs a number of individuals that have played for the UW-O Tennis Team. This program is intended for adults and youths that have played varsity-level competition. If you are interested in either a match or the development of tactics on the court, call to set up a hitting session.

FEE \$20 Member • \$25 Activity Member

DID YOU KNOW?...

To lose a pound of fat, you need to burn approximately an extra 3,500 calories. If playing singles tennis for one hour burns about 600 calories for a man and 420 calories for a woman, playing about three to four hours of tennis each week could help you lose around half a pound a week. That's not bad for a recreational sport that's both fun and can be played by just about anyone. ~ Caitlin Uttley / health.howstuffworks

WEE ACTIVITIES. laugh, learn, play.

WEE DANCEKIDS AGES 4-6

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

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

WEE DANCEKIDS 2 AGES 4-6

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

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

FEE \$36 Member • \$62 Activity Member

WEE FOOTBALL AGES 3-5

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

20 WINTER & SPRING 1 • TUESDAY 3:00-3:45 p.m.

FEE \$36 Member • \$62 Activity Member

WEE T-BALL AGES 3-5

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

20 WINTER & SPRING • THURSDAY 3:00-3:45 p.m.

FEE \$36 Member • \$62 Activity Member

WEE SKATE AGES 3-4

Wee skate is an introductory class designed to teach preschoolers basic skills and help them gain confidence on the ice.

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

FEE \$36 Member • \$62 Activity Member

PARENT/CHILD PRESCHOOL SWIMMING LESSONS

(See Aquatics Page 16 for more information)

WEE SPORTS AGES 3-5

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

WINTER

20 MONDAY 8:45-9:30 a.m.

DT WEDNESDAY 3:00-3:45 p.m.

SPRING 2

20 MONDAY 8:45-9:30 a.m.

DT WEDNESDAY 3:00-3:45 p.m.

20 SATURDAY 9:00-9:45 a.m.

FEE \$36 Member • \$62 Activity Member

HEALTHY KIDS DAY

APRIL 30, 2016 The 20th Ave YMCA

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

WEE PARENT/CHILD AGES 2-4

Parents and their pre-school children will experience and create art, music and projects together.

20 WINTER, SPRING 1 & SPRING 2

MONDAY 9:30-10:15 a.m.

FEE \$36 Member • \$62 Activity Member

WEE EXPLORE ART AGES 3-5

Children will participate in preschool activities and make fun projects based on the seasons/holidays.

20 WINTER SATURDAY 9:00-9:45 a.m.

20 SPRING 1 TUESDAY 8:45-9:30 a.m.

FEE \$36 Member • \$62 Activity Member

WEE SOCCER AGES 3-5

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

20 WINTER TUESDAY 4:00-4:45 p.m.

SATURDAY 9:00-9:45 a.m.

SPRING 1 & SPRING 2 TUESDAY 4:00-4:45 p.m.

FEE \$36 Member • \$62 Activity Member

WEE GYMNASTICS AGES 3-5

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

20 WINTER & SPRING 2 TUESDAY 3:00-3:45 p.m.

20 SPRING 1 MONDAY 5:15-6:00 p.m.

FEE \$36 Member • \$62 Activity Member

WEE BASKETBALL AGES 3-5

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

SPRING 1

20 TUESDAY 5:30-6:15 p.m.

DT WEDNESDAY 3:00-3:45 p.m.

SPRING 2

20 THURSDAY 3:00-3:45 p.m.

FEE \$36 Member • \$62 Activity Member

SUPER FUN

WIGGLES & GIGGLES (PRESCHOOL)

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

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

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

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

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

OSHKOSH YMCA STAFF HERE TO HELP YOU!

Sports Coordinator **Sohaila Akhavin**
Development and Communications Director
Amy Albright
Cash Accountant **Kelli Baneck**
School Age Director **Erin Baranek**
Aquatic Coordinator (DTC) **Lisa Bifano**
President/CEO **Tom Blaze**
Active Aging & Special Initiatives Manager **Dan Braun**
Community Health & Wellness Director **Molly Butz**
Head Swim Team Coach **Jay Coleman**
Tennis Center Manager **Sheila Counts**
4-K Teacher/Camp Director **Meredith Danforth**
Membership Manager **Steph Daniel-Merkel**
Accounts Receivable **Eric Davis**
Ice Arena Coordinator **Angela Dodge**
Senior Program Director **Angie Flanigan**
20th Ave Childcare Director **Jane Gates**
Aquatics Director (DTC) **Tracy Gilles**
Tennis Ctr Program Director **Robert Henshaw**
Property Manager (20th) **Dave Ihrig**
Café and Pro Shop Manager **Laurie Kraemer**
Health & Wellness Director (20th) **Kathy Leonard**
4K Teacher **Amanda Mattulle**
Downtown Branch Executive **Lester Millette**
Family & Special Events Director **Lisa Nething**
Chief Financial Officer **Judy Rehm**
Accounts Payable **Amanda Sattler**
School Age Coordinator **Secelie Schaeffer**
Senior Vice President; 20th Ave Executive Director
Jeff Schneider
Sports Coordinator **Travis Shufelt**
Membership Director **Julie Smith**
Marketing & Development Coordinator **Siri Smits**
Downtown Childcare Director **Kim Stelzer**
Health & Wellness Coordinator **Charlotte Stich**
Aquatic Coordinator (20th) **Jake Thull**
Property Manager (DTC) **Jeff Troutd**
Health & Wellness Director (DTC) **Ben Wanezek**

YOUR YMCA BOARD OF DIRECTORS

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

Past President
Randy Schmiedel
President
Tony Renning
President-Elect
Joan Woldt
Treasurer
Tony Wihlm
Secretary
Wayne Trembley

Jeff Bard
Kathy Bermingham
Mark Bullard
Mike Burgess
John Casper
Mike Floyd
Steve Grey
Melissa Kohn
Deb Laibly
Megan Lang
Maureen Lasky
Melinda Mann
Kathy Markofski
Tim Mulloy
Julie Pollnow
David Seekings
Sam Sundet
Ed Williams

CORPORATE CHALLENGE

SUPPORTING THE
YMCA ANNUAL CAMPAIGN

SATURDAY, FEB. 27
8 a.m. – 3 p.m. • 20th Ave



GET YOUR CORPORATE TEAM TOGETHER NOW AND JOIN THE FUN

Events Include: Dodgeball, Ice bowling, Team Tri, Chopped Cooking Challenge, Human Hungry Hippos, and more!

\$375

Deadline for registration is Feb 1, 2016. Registration/information available by emailing Angie Flanigan at angelaflanigan@oshkoshymca.org or calling 230-8449 ext. 126



CORPORATE WELLNESS PROGRAM

GOOD HEALTH IS GOOD BUSINESS

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

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

FIT AT WORK



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

DADDY-DAUGHTER DANCE AGES 4-11

Don't miss out on the chance to twirl your little girl around the dance floor and have dinner. Dads and daughters will take part in an evening of everlasting memories. Don't forget to dress to impress for your keepsake photo! You must pre-register for this event.

20 SATURDAY, FEB 6 5:00-7:00 p.m.

FEE Members: \$30 per couple/\$5 additional girl members

Activity Members: \$40 per couple/\$10 additional girl non-members

NEW! MOTHER-DAUGHTER SOCK HOP AGES 3-11

Spend quality time with your daughter in your poodle skirts or any fun 50's outfit. Enjoy snacks and a dance. You must pre-register for this event.

20 SATURDAY, MAY 7 6:00-7:30 p.m.

FEE \$20 Member • \$30 Activity Member

NEW! FAMILY BINGO NIGHT

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

20 FRIDAYS: JAN 15 • MAR 4 • MAY 6 5:30-7:30 p.m.

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

SLEEPOVER AT CAMP!

WATCH FOR INFORMATION FOR THIS FUN, NEW MOTHER-SON EVENT.



The Best
Memories are
Made in Mud

1ST ANNUAL
OSHKOSH
YMCA
KID'S
MUD RUN

JUNE 5, 2016

Approximately 1 mile course with
15+ obstacles.

Registration to begin in April of 2016.

SAVE THE
DATE +
watch for
details!

**FUN, SAFE, EASY
& AFFORDABLE**

YMCA FIELD TRIPS



**REWARD DAYS
INCENTIVE DAYS
CLASS TRIPS**

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

Take your next field trip to the Y. We can accommodate any grades/number of kids. Fees range from \$4-6 per student, depending on areas used. Teachers and chaperones are FREE! Contact Lisa Nething at lisanething@oshkoshymca.org or 230-8439 for more information.

**YOUTH
LOCK-IN =
PARENTS
VALENTINE'S
NIGHT OUT**

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

20 SATURDAY,
FEBRUARY 13 8 p.m-8 a.m.

AGE 7-12 (minimum of 20 required)

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



SPECIAL NEW YEAR'S FAMILY NIGHT

THURSDAY, DECEMBER 31

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

Watch for more information on this special evening which includes something for the whole family—swimming, soccer, ice skating, basketball, Family Prime Time, and more!

FREE for Oshkosh YMCA Member Families

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

SPONSORED BY



**FAMILY
TIME
TOGETHER**
YMCA FAMILY NIGHT

