



Oshkosh Community YMCA
324 Washington Avenue, Oshkosh, WI 54901

Non-Profit
Organization
US Postage
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Oshkosh, WI 54901
Permit No. 145



PLAY HARD, LEARN LOTS & HAVE FUN!

BOYS & GIRLS YOUTH
BASKETBALL LEAGUE



**REGISTER
EARLY!**

Registration
deadline: 11/13/13
Practices start: 12/16

BOYS & GIRLS YOUTH BASKETBALL LEAGUE
K-8TH GRADE • January 4-February 5, 2014

SATURDAY GAMES Weekday practices determined by coach.

 K-Grade 4 • Gr 5-8 Girls  Grades 5-8 Boys

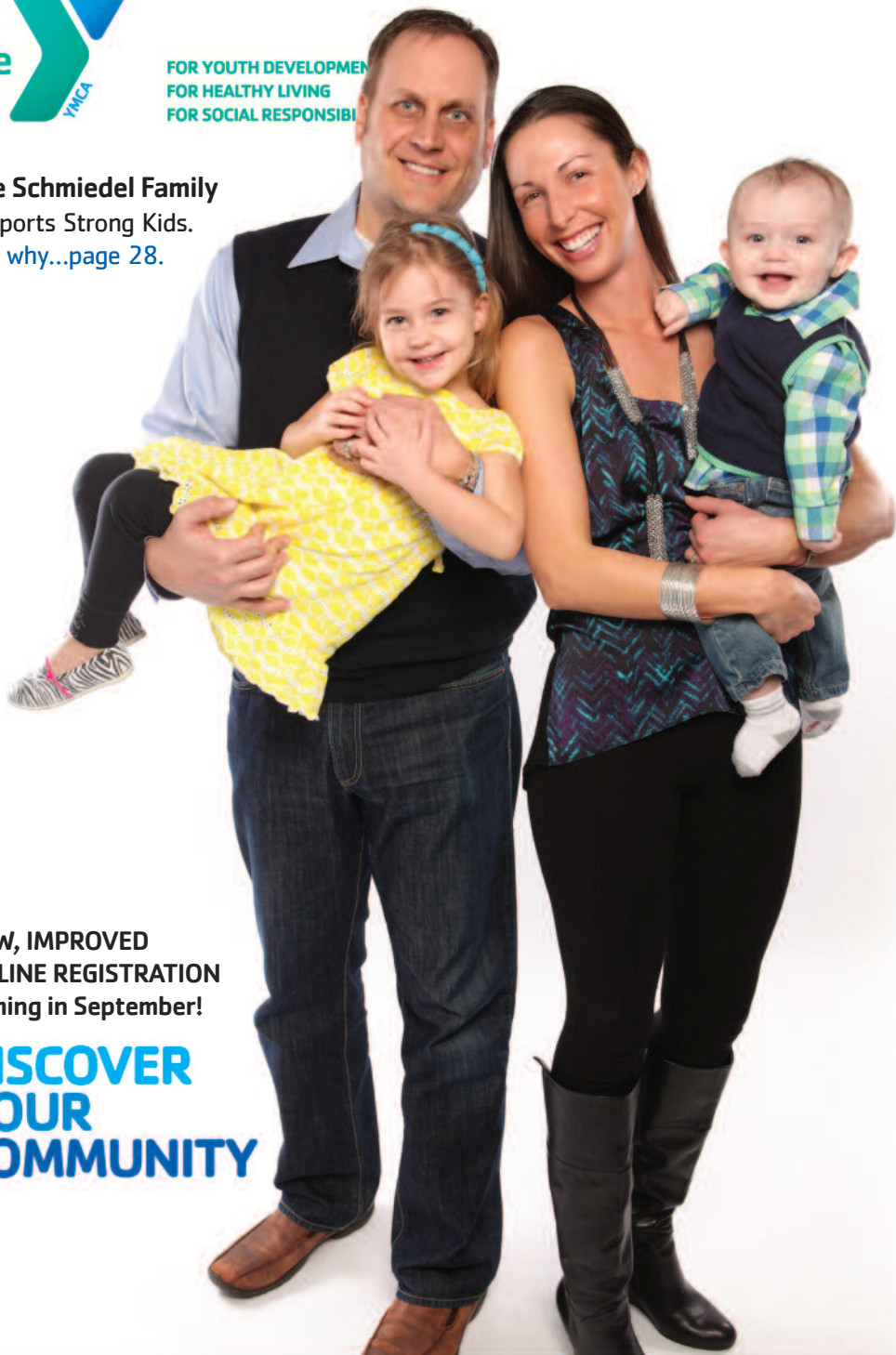
SKILL CAMP DECEMBER 9-12

K-grade 2: 5-6:00 p.m. • Grades 3-4: 6-7:00 p.m. • Grades 5-8 • 7-8:00 p.m.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Schmiedel Family
supports Strong Kids.
See why...page 28.



**NEW, IMPROVED
ONLINE REGISTRATION
coming in September!**

**DISCOVER
YOUR
COMMUNITY**

Oshkosh Community YMCA FALL 2013

FALL 1 SEPTEMBER 9-OCTOBER 20 • FALL 2 OCTOBER 28-DECEMBER 15
(NO CLASSES THE WEEK OF THANKSGIVING)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST HEALTH & WELLNESS

BEST CHILDCARE

AND SO MUCH MORE



The Oshkosh Northwestern received thousands of votes in their Annual 'Best of' contest and we are thrilled to have been chosen again, by you, for the **BEST HEALTH & FITNESS & BEST CHILDCARE CENTERS!**

Belonging is better than ever!

- Two great locations to serve you in Oshkosh
- **FREE** access to any Y facility in WI or the U.P. of MI
- Away member privileges at out-of-state Y's
- Complete Wellness Center featuring cardio, circuit and free weight equipment
- **FREE** Wellness Center Orientation & Program Refresher to add some new & challenging exercises to your current routine
- **FREE** Group Fitness Classes with convenient drop-in schedule (both dry land & water classes). Over 75 classes per week
- **FREE** Active Older Adult Programming
- **FREE** Youth/Teen recreation room; Family Prime Time
- **FREE** Climbing Wall during Open Climb
- **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** Fitness Testing
- **FREE** Towel Service
- **FREE** WI-Fi
- **FREE** use of Y facilities throughout all program areas during Open Time for members including Open & Lap Swim
- On-site child care while you're here
- Priority registration for all Y programming
- Reduced fees on all Y programming including Camp, Child Care, Youth Sports, Swim Lessons & the Y Tennis Center
- Caring & knowledgeable staff here for YOU
- Three **FREE** guest passes a year to qualifying member

JOIN US TODAY!

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

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

SUNDAY 11:00 a.m.-6:00 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

ACTIVITY REGISTRATION

MEMBERS REGISTER ANY TIME

Activity and class information is published in this guide. Many adult and youth activities are held on a session basis and have a specific start and end date, unless otherwise noted.

Registration can be completed online at www.oshkoshymca.org or in person at our front desk. Registrations can be made via mail or fax using the form located in the back of this guide. Checks, Visa, Discover and MasterCard will be accepted by mail. Fax registration must be paid via Visa, Discover or MasterCard (remember to include a daytime phone number).

FALL 1 • Sept 9-Oct 20 (Activity Members register 8/26/13. Members register any time)

FALL 2 • Oct 28-Dec 15 (Activity Members register 10/14/13. Members register any time)

No lessons the week of Thanksgiving.

YMCA Members enjoy Priority Registration on ALL YMCA programs!

REGISTER at www.oshkoshymca.org

Sign up for enews + follow the Y on Facebook to find out about EVERYTHING at the Y - including New Years Day hours & fun!

MISSION

To put Christian principles into practice through programs that build 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.

FINANCIAL ASSISTANCE

The YMCA offers affordable, quality activities and services designed to benefit people of all incomes and backgrounds. Through generous contributions to our Strong Kids Campaign, no one is turned away from the YMCA due to an inability to pay. For more information on contributing to the Strong Kids Campaign or for receiving information on financial assistance, please contact either YMCA location.

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, 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 75 FREE core fitness classes per week** – including pilates, yoga, indoor cycling, Fit for Life, water fitness and Zumba

MAKE THE MOST OF YOURSELF, FOR THAT IS ALL THERE IS OF YOU. ~ RALPH WALDO EMERSON

YOU BELONG.

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

Affordable To All MEMBERSHIP FOR ALL

One rate does not fit all, so we offer MEMBERSHIP FOR ALL. The heart of the Y's mission is to serve all people in our community. Thanks to donations (provided by Y members, staff, local families, and businesses) – to the Y's annual Strong Kids 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.

Many area employers have partnered with the Y to offer special membership incentives for your & your family. For more information, please contact the front desk to see what is available to you + visit page 21 for other ideas.



facebook



twitter



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


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 child care is available for children 6 weeks through 6 years.



HEALTH & WELLNESS CENTERS   We offer the latest in cardiovascular fitness and circuit weight equipment, including elliptical cross-trainers, treadmills, incline trainers, stairmasters, stationary bicycles, LifeFitness circuit equipment and free weights, as well as a Cardio Theatre television system. The Centers are staffed and open to members during normal operating hours. Certified personal trainers are available. Youth who are 16+ may use the Wellness Center as an adult; ages 10-15 may use the area under direct supervision of their parent(s). Strong Teens 1 & 2 are available to youth ages 12-15 who would like to be trained to use the Wellness Center by our Y Certified Personal Trainers.



AQUATIC CENTERS   Both Y facilities house two pools. The 20th Avenue Y 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 Y is home to the Rockwell Pool, a four-lane, 25-yard pool, as well as the Williams 3 foot deep pool.


CHILD DEVELOPMENT CENTERS   The Y offers conveniently located, state-licensed child care at both 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  Our professional-size 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  The Y 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   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 CHILD CARE CENTERS   Both Y facilities provide safe, affordable care for children six weeks to six years old, while parents participate in Y programs and services.

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

TRACK   12 times around is a mile on this track that surrounds and overlooks the new gymnasium at 20th Ave. Children under 12 must be accompanied by a parent. 18 laps at DTC averages one mile.

INDOOR CLIMBING CENTER  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  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   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 46-47 for tennis programming.

YMCA LOCATION

DTC 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 Child Care 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		●
4-kindergarten	●	●
Volleyball		●
Wallyball	●	

SARAH, BRETT AND BRENNA SCHAEFER HAVE FUN AT THE Y



FAMILY TIME TOGETHER

Y FAMILY NIGHT

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

FREE TO OSHKOSH Y MEMBERS

\$5 +tax: \$5.25/family Activity Member (includes skate rental)

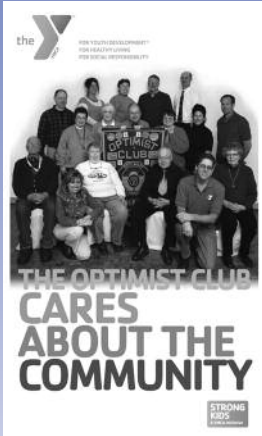
20TH AVE. 6:00–8:00 p.m.

- SEPT 14** • Fun with Apples
- OCT 12** • Community Helpers
- NOV 30** • Aviation Fun
- DEC 14** • Happy Holidays! ~ Let's skate with Santa!
- DEC 31** • New Year's Eve Special Family Night Balloon Drop! 6–9 p.m. (extended hours)

FAMILY NIGHTS PRESENTED BY



SHOW HOW MUCH YOU CARE! START HANGING AT THE Y!



Your family, group or business can sponsor a Strong Kids Banner and help change the community! Show your support and help kids and families 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

To learn more about the banners contact Barb Howard at 236-3380 or barbhoward@oshkoshymca.org.

THANKS TO ALL OF OUR GENEROUS DONORS:

\$10,000+

**Tuchscherer Family
Festival Foods
Turkey Trot**

\$5,000-\$9,999.99

**Miles Kimball Company
Illinois Tool Works
Foundation (Matching)**

\$2,499.00-\$4,999.99

**Tom & Denise Blaze family
Mark Bullard & Karen
Gremminger Family
Jim Malczewski Family
Nercon Engineering &
Manufacturing Inc.
Pepsi Cola Company
Randy & Jane Schmiedel
Theda Care Physicians**

\$1,500-\$2,499.00

**Active Older Adults
Brent Antti
Bank First National
Bruce & Kathleen Berglund
Family**

**Bridgeview Dental, S.C.
Discovery Properties LLC
Evergreen
Everyday Technology
FNB Fox Valley
The Golem Family
Jay Manufacturing Oshkosh Inc
Richard & Suzanne Kiefer
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McDonalds Restaurants
Noon Optimist Club of Oshkosh
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Timothy Mulloy
Tony & Lori Renning Family
Rhyme
Jeff & Jolene Schneider Family
Julie & Kevin Smith Family
Triangle Manufacturing
Wihlm Dental
Joan & Mike Woldt Family
Women's Division of Oshkosh
Area**

\$1,000-\$1,499.99

**Bob Jr. & Amy Albright Family
Nancy & Bob Albright
Alumni Swim Team Parents
Andreini Family
Bechard Family
Jeremy & Willa Bell
Kathy & John Birmingham
Dr. Marc & Cathy Blum Family
Jeff & Molly Butz Family
John & Diane Casper Family
Continental Girbau, Inc.
Michael Dempsey Family
Janell & Eric Duwell
Angela & Mike Flanigan Family
Steve Grey Family
Guns n Hoses
Barbara Habstritt
Hoffman
Barb Howard Family
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4Imprint
Martt Jameson Family
George Kalka Family
John & Beckie Krause Family
Todd & Mary Krueger
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Lasky Family
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Lester & Sherry Milette Family
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Rick & Gina Panske
Judy & Doug Rehm Family
Rothe Family
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Ed Mendels)
Schiek Sports, Inc.
Scott & Karrine Spiller Family
Kim & Chad Stelzer Family
Beth & Brent Thompson
US Bank
John L. & Susan T. Vette
Family Fund
Ann Weronke (In memory of
Bob Weronke)
West Side Cycling**

\$500-\$999.99

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 Campbell
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 Konrad-Behlman
 Funeral Home
 Warren Kraft
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 Rodman
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 John Sawtell
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 YMCA-20th Ave
 Carnival
 Jo Lenz (In memory of
 John Lenz)

\$100-\$499.99

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 Tyler Moore
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 Joan O'Connor
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 Omni Glass & Paint
 Paula Pedretti
 Kathryn Pfaendtner
 Bradley Pollesch
 Benjamin Puhl
 William Radford
 Shirley Radloff
 Jill Reichenberger
 McKenzie Retzlaff
 Dennis Riedi
 Janice Roberts-
 McLaughlin
 Tanna Robinson
 Wendy Rodman
 Justine Ross
 Stephanie Rothe
 Russell Moccasin
 Company
 Kathryn Russell
 Brooke Sage
 Corinne Saidla
 John Salzer
 Daniel Sapiro
 Secelie Schaeffer
 Dexter Schaub
 Jacob Schneider
 Troy Schoblaske
 Ashley Schoblaske
 Carol Schuenke
 Michael Schuh
 Lori Schutkoske
 Schwab Reality LTD
 Frank & Jodi Seckar
 Doug Seefeld
 David Seekings
 Arlene Shultz
 John Shultz
 Blissingame
 Gloria Simon
 Ellie Sitek

Matt Smith
 Vernon Staerkel
 Ryan Steffen
 Juliette Sterkens
 Johnathan Streich
 Bandon Suemnicht
 Kate Sullivan
 Sam Sundet
 Sabine Theys
 John Thiel
 Vicky Thon
 Jake Thull
 Jonathan Tomaszewski
 Towsley's Inc
 Trebiatowski Family
 Michael & Kaye Tresp
 Jeff Troutd
 Maria Urban
 Melissa Vandenhouten
 Steve VanDeuzen
 Orlando Ventura
 Anthony Voulgaris
 W W Electric Motors
 Amy Walter
 Robert Weber
 Robert & Lisa Weber
 William & Fran Weber
 Molly Weninger
 Michael Wesenberg
 Natalie Wilke
 Katie Williams
 Mary Wolf
 Jordan Wuest
 Chris & Ginger Yakes
 Michelle Zach
 Alexandria Zemple
 James Zitzelberger
 Aaron Zodrow

Up to \$99.99

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 Kinan Al-Bitar
 Debra Andre
 Rebecca Anonich
 Mariah Arnold
 William Aubrey
 Robert Baier
 Kelli Banek
 Sylvia Banville
 William Barkley
 Ellen Barth
 Amanda Bates
 Michael Beard
 Joe & Kris Belongia
 Marey Berger
 Grant Berndt
 Gary Bezella
 Beth Biesinger
 Michelle Bischel
 Lurton & Carolyn
 Blissingame
 Mel Bloechl

Andrew Boeder	Judy Hanson	Jim & Darla Leuthold	James Schlotthauer
James & Karen Boehm	Tania Harrison	Robin Liepert	Jacob Schlotthauer
Barbara Born	Brad Hawley	Haley Lim	Michelle Schmid
Vanessa Born	Corrine Hayes	Carlos Lopez	Nicole Schneider
Ted & Karen Bowen	Caitlin Hayes	Andrew Lunc	Mary Schultz
Thomas Bowen	Tammy Hecker	Andrew Lund	Lisa Schuttenhelm
Jill Buehring	Melissa Heritsch	Michael Lyster	John Seifert
Jerry Buhrow	Chelsy Herring	Margaret Mahoney	Karen Seifert
Chuck Burns	Leslie Herring	Robert Maki	Kellie Showers
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Stephanie Daniel-Merkel	Shelley & John Ingala	Janet Moldenhauer	Andrew Steinert
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Ellen Dodge	Jacob Jensen	Megan Moseley	Stephany Stelter
Mary Draeger	Dan Jerabek	Jacquelyn Mueller	Elijah Stenson
Michael Drexler	Janel Johl	Deborah Nedden	Neal Storie
Ann Dreyfus	Lloyd Kabke	Kathy Nieft	Nancy Stroh
Stephanie Duwe	Donna Kalbus	Nancy Nonweiler	Karen Stueh-Craig
Diane Egan	Evelyn Kasper	Maureen & Bill Paffenroth	Herb Tesch
Diana Eid	Jason Kastrinos	Mary Palmquist	Ruth Tritt
Mary Eiden	Ann Kaufmann	Betty Parker	Christine Unbehaun
David Elbing	David Keck	Nicholas Paulick	Michaelene Urban
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Patricia Engler	Nathan Kilsdonk	Duane Peppler	Patricia Va Sistine
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Rebecca Ewald	Stefi Kinnard	Ralph Pieper	Jeanne Venturini
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Marlene Glaeser	Lois Kolb	Mary Rapp	James Weiland
Christina Godfrey	Chad Konop	Brenda Reese	Jamey Wetley
Shierley Goerlitz	Samantha Kosmer	Barbara Reetz	Wanda White
Ross Goldberg	Mary Kosmer	Jonathan Reiersen	Delores Wilcox
Michael & Luanne	Kevin Krasny	Judith Richardson-Searcy	Susan Williams
Gospodarek	David Kusche	David Riess	James Wolff
Robin Grapa	Larry Lang	Rachel Rivers	Donna Worth
Ethel Green	Pamela Yost	Donna Rogers	Richard Worth
Joseph Alexander Grimm	Kristen Langkau	Ryan Rohde	Charlotte Yearwood
Judy Groskreutz	Jeanette Larson	David Roland	Pamela Yost
Christy Grund	Steve (Gus) Larson	Mark Ruechel	Tim & Judy Young
Brenda Haines	Janie Lechner	Brittany Ruffalo	Sherri Ziemer
Nicole Halada	Joseph Lefeber	Billie Jo Rylance	Julie Zinth
Michael Halron	Julius Leivian	Amanda Sattler	Katherine A. Zitt
Ronald Hansche	Brittany Lemmenes	Bo Schinke	Wendy Zuehl
Sheryl Hanson	Sarah Lenz	Jennifer Schloesser	

Every effort was made to list every donor correctly. If we have listed something in error, please contact Barb Howard at 236-3380 or barbhoward@oshkoshymca.org. The donations listed are gifts made on/or before 7/1/13.

ACTIVE OLDER ADULTS

SPECIAL CLASSES & EVENTS FOR MEMBERS 55+

FALL 2013 AOA SPECIAL EVENTS

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

SEPTEMBER 23-27
Active Aging Week



More info to come!

OCTOBER 18
Chili Cook Off

Put on your chef's hat and see how your chili stacks up!

NOVEMBER 15
Senior Fest

Get info from local service providers on options for programs and services available to seniors. Demo new products and classes!

DECEMBER
Holiday Dessert/ Cookie Exchange
Have a favorite recipe for a dessert or cookie? Bring some in to share and take some new ones home. Also, please bring copies of your recipe to share!

Friday 12/13

Friday 12/20

SENIOR CYCLING

AOA FREE TO MEMBERS

Take a fun-filled group ride that's geared for all levels of cyclists, on our LeMond RevMaster Pro group cycling bikes.

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

THURSDAY 9:30-10:15 a.m. Cycling Room

STRETCH, FLEX & BALANCE

AOA FREE TO MEMBERS

Learn to stretch muscles from head to toe and improve balance using simple yoga and Pilates moves.

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

LINE DANCING

AOA FREE TO MEMBERS

Kick up your heels! Whether you are new to Line Dancing or have dosey-do'd before, join in the fun! This one-hour class meets once per week for one hour.

FRIDAY 10:45-11:45 a.m. Basketball Gym

FEE FREE TO Y MEMBERS

\$24/six-week session Activity Members

NEW! BALLROOM DANCING

AOA FREE TO MEMBERS

Step to the beat of the music as you learn and refine your dancing skills. Partners are not required and single dancers are welcome. Both lead and follow positions will be taught.

TUESDAY 11:30 a.m.-12:30 p.m. Basketball Gym

FEE FREE TO Y MEMBERS

\$24/six-week session Activity Members

NEW! SENIOR PILATES

AOA FREE TO MEMBERS

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

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

FEE FREE TO Y MEMBERS

Senior Pilates will start on Monday, Oct 7.

NEW! AOA STRETCH & SWING

AOA FREE TO MEMBERS

HELD AT THE OSHKOSH YMCA TENNIS CENTER

This 45-minute class will focus on increasing and maintaining flexibility and strength for the total body.

TUESDAY & THURSDAY 10:45-11:30 a.m.

FEE FREE TO Y MEMBERS

\$60 (18-visit punch card) Activity Members



Watch for a schedule of events in early August!

Help us celebrate
Active Aging Week 2013
 DISCOVER YOUR COMMUNITY
 September 23-27

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 17).

ACTIVE OLDER ADULTS AGES 55+

AOA FREE TO MEMBERS

Active Older Adult Activities are 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

AOA FREE TO MEMBERS

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

WEDNESDAY, FRIDAY 10:05-10:55 a.m.

WALK FOR FITNESS AGES 55+

AOA FREE TO MEMBERS

Anyone age 55+ can use our walking track to walk, free of charge, during specified times.

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

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

PICKLEBALL AGES 55+

AOA FREE TO MEMBERS

Pickleball is a mini-tennis-like game played on a badminton-sized court. It is played with a composite paddle and a wiffle ball over a net. It is easy for beginners to learn.

8:00-10:30 a.m.

MONDAY Womens Doubles

TUESDAY Mixed Doubles

WEDNESDAY Mens Doubles

THURSDAY Mixed Doubles

FRIDAY Men's/Mixed Doubles

8:00-10:00 a.m.

MONDAY-FRIDAY

Mixed Doubles

Pickleball is the
 fastest growing
 sport in the nation
 for seniors!

GROW WITH US

AOA FREE TO MEMBERS

Join us for a new program sponsored by AOA but OPEN TO ALL! Grow With Us is a plant and produce exchange. Come swap plants, flowers, fruits or veggies - for FREE! Meet other Y members and keep your green thumb green all summer long. Held outside the Y on "shine" only (non-rainy) Mondays from 9 a.m.-1 p.m. (or done). No registration required.

MONDAYS • SEPTEMBER 9 & OCTOBER 7

MONDAYS • SEPTEMBER 16 & OCTOBER 14



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.

SILVERSNEAKERS CLASSIC (Formerly MS-ROM)

AOA FREE TO MEMBERS

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.

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

20 **MONDAY & FRIDAY** 9:00-9:45 a.m. Spirit Mind Body Room

SILVERSNEAKERS CIRCUIT (Formerly Cardio Circuit)

AOA FREE TO MEMBERS

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.

20 **WEDNESDAY** 10:45-11:30 a.m. Hoffmaster Gym

20 **WEDNESDAY** 9:00-9:45 a.m. Spirit Mind Body Room

SILVERSNEAKERS YOGA (Formerly YogaStretch)

AOA FREE TO MEMBERS

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

20 **MONDAY** 10:45-11:30 a.m. Harwell Room

FRIDAY 9:30-10:15 a.m. Harwell Room

20 **TUESDAY & THURSDAY** 10:15-11:00 a.m. Spirit Mind Body Room

SILVERSNEAKERS SPLASH (Formerly SilverSplash)

Activate your aqua urge for variety! 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.

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

AOA FREE TO MEMBERS

For specific information on Arthritis Aquatics and Senior Water Fitness, see page 17.



**THE OSHKOSH
YMCA IS A
NETWORK
HEALTH PLAN
SITE FOR
SENIORS.**

**Call 236-3380
for more
information.**

20TH AVENUE SWIM LESSONS

20

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

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



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

TUESDAY

3:50-4:35 PM



4:40-5:25 PM



WEDNESDAY

9:00-9:45 AM



9:50-10:35 AM



10:40-11:25 AM



4:15-5:00 PM



5:10-5:55 PM



6:00-6:45 PM



6:50-7:35 PM



THURSDAY

3:50-4:35 PM



4:40-5:25 PM



SATURDAY

9:30-10:15 AM



10:20-11:05 AM



SUNDAY

3:00-3:45 PM



3:50-4:35 PM



CLOSED

20TH Swim Meets: Competition pool closed 5:30-9:30 p.m.

9/10, 9/17, 10/8, 10/22, 12/9 and 12/17

Both pools closed 5-9 p.m. on 11/22 and ALL DAY 11/23-11/24 for Home Swim Meets

ANNUAL SHUTDOWN - 20TH AVE - August 26-September 2

**DOWNTOWN
SWIM
LESSONS**



	Shrimp	Goldfish	Pike	Eel	Ray	Starfish	Pollwog	Guppy	Minnow	Fish	Flying Fish	Shark	Porpoise	Adult Beg	Adult Adv
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MONDAY

9:55-10:40 AM			●	●	●										
3:45-4:30 PM			●	●	●	●				●	●	●	●		
4:40-5:25 PM			●	●	●		●	●	●						

TUESDAY

9:00-9:45 AM			●	●	●	●									
9:55-10:40 AM			●	●	●	●									
10:50-11:35AM			●	●	●	●									
11:45-12:30AM														●	●
3:45-4:30 PM						●	●	●	●		●	●	●		
4:40-5:25 PM	●	●	●	●	●										
5:35-6:20 PM			●	●	●		●								
6:30-7:15 PM						●	●	●	●	●					

WEDNESDAY

9:55-10:40 AM			●	●	●										
1:55-2:40 PM							●	●	●						
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	●	●	●	●											
10:50-11:35AM					●	●	●	●	●						
11:45-12:30AM														●	●
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			●	●	●										
9:55-10:40 AM			●	●	●										
3:50-4:35 PM								●	●	●	●	●	●		
4:45-5:30 PM			●	●	●	●	●								

SATURDAY

9:00-9:45 AM	●	●	●	●											
10:00-10:45 PM														●	●
11:15-12:00PM			●	●	●						●	●	●		
12:10-12:55 PM						●	●	●	●	●					

Try
Downtown
lessons for a
quieter
environment
and warmer
pools!

YMCA SWIM LESSONS (AGES 6 MOS.+)

FALL 1 September 9–October 20

FALL 2 October 28–December 15 (no lessons Nov 25–Dec 1)

We are offering 6-week sessions this fall. 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 \$29 Member • \$53 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 floatation. 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 \$29 Member • \$53 Activity Member

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

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

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

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

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

YOUTH SWIM LESSONS (AGES 6+)

Fee \$29 Member • \$53 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 life-guarding rescue techniques. Students must swim 200 yds freestyle and backstroke, 100 yds breaststroke, 75 yds butterfly and sidestroke and a 15 minute continuous swim in order to complete this level.

WATER YOGA

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

MONDAY 6:30-7:15 p.m

THURSDAY 11:45-12:30 p.m.

AQUA ZUMBA

DIC 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.

WEDNESDAY

9:00-9:50 a.m. Rockwell Pool

Noon-1:00 p.m. Williams Pool

THURSDAY

5:30-6:30 p.m. Rockwell Pool

WATER FITNESS

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

20

MONDAY-FRIDAY

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

DIC

MONDAY, FRIDAY

9:00-9:50 a.m. Rockwell Pool

MONDAY, FRIDAY

12:00-1:00 p.m. Williams Pool

MONDAY, WEDNESDAY

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

ADULT SWIM LESSONS (AGES 18+)

Instruction is 45 min. per lesson. Classes are limited to 6 participants.

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 \$29 Member • \$53 Activity Member

PRIVATE SWIM LESSONS

Private swim lessons are available 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.)**

 **20** **Fee** \$20 per lesson: Member • \$25 per lesson: Activity Member

HOMESCHOOL SWIM LESSONS

Come swim with us! The beginner class is for students who are learning the basic skills of floating, water confidence, and stroke technique (Polliwog-Minnow). The advanced class will focus on longer distances and stroke refinement (Fish-Porpoise).

20 **FALL 1 & 2 FRIDAY**


Beginner 10:50-11:35 a.m. • **Advanced** 11:40 a.m.-12:25 p.m.

 **WEDNESDAY (See chart)**

FEE \$29 Member • \$53 Activity Member


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!

 **FRIDAY** 5:30-6:15 p.m.

FREE TO MEMBERS



 **FAMILY FUN!** Float around the pool while you watch a family movie on the big screen!

FRIDAYS 6:00-8:00 p.m

9/20 Puss In Boots

10/25 The Little Mermaid

11/15 The Croods

12/20 The Polar Express

FREE TO MEMBERS
Guests: \$5.25
per family

ARTHRITIS AQUATICS

AOA FREE TO 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.

DTc 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.)

SENIOR WATER FITNESS

AOA FREE TO MEMBERS

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

DTc WEDNESDAY, FRIDAY 10:05-10:55 a.m. Rockwell pool

FREE TO MEMBERS

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!

DTc **20** Please contact Roxanne Lee at 20th Ave or Tracy Gilles at Downtown for information on lessons. Email roxannelee@oshkoshymca.org or tracygilles@oshkoshymca.org.

FEE \$29 Member • \$53 Activity Member

UWO ADAPTED AQUATICS

(AGES 3 - ADULT)

For individuals with physical and cognitive disabilities. The goal of the program is 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. For more information, please contact Chris Stratton at strattonc@uwosh.edu or by telephone: 920-424-3170.

DTc FALL Sept 25-Dec 4

Reg. 8/1-9/13 (No class 11/27)

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

FEE \$20

SWIM LESSONS START FOR BABIES AGES 6 MONTH AND UP! PARENT/CHILD SWIM LESSONS ARE A GREAT WAY TO BOND WITH YOUR CHILD, GET THEM COMFORTABLE IN THE WATER AND MEET OTHER PARENTS AND KIDS!



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

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

TUESDAY & THURSDAY 5:45-7:45 p.m. • **FRIDAY** 4:00-8:00 p.m.

SATURDAY 12:00-4:00 p.m. • **SUNDAY** 12:00-3:00 p.m.

OSHKOSH YMCA DOLPHIN SWIM TEAM (AGES 5+)

20 Participants must be able to swim the front crawl and back crawl for 25 yards or have passed Minnow 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 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. Call the Y at 230-8439 for more information.

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

20 The Dolphin Swim Team Try-It week 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 able to swim one length of the pool – free and back (25 yards). Participants will be introduced to the 4 competitive strokes – freestyle, backstroke, breaststroke, and butterfly. Space is limited, so please only sign up if you are able to attend at least 3 days during the week. Dates will be posted at www.oshyswimteam.org

FEE Free to Members and Activity Members

For more information, please call the Y at 230-8439.

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! NOTE: The 20th Ave pools are closed during all home swim meets. Check out the downtown location for extra open hours during swim meets.

20 **November 22-24**

HELP WANTED

The Oshkosh Community YMCA 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.

I always thought it would be neat to make the Olympic team.

~ Michael Phelps

BELIEVE IT. ACHIEVE IT.

AMERICAN RED CROSS LIFEGUARD TRAINING (AGES 15+)

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

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

OTC OCTOBER 12-13 AND 19-20 • 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, FIRST AID & CPR FOR THE PROFESSIONAL RESCUER/AED RECERTIFICATION

A class for individuals needing to recertify their Lifeguarding, First Aid, and/or CPR. This class is designed for those who feel comfortable demonstrating their skills with minimal review. You will be expected to competently demonstrate all the lifeguarding skills; the pre-course swim of 300 yards; the 10 lb. brick retrieval at 9 feet; must tread water for two minutes without hands; and pass a written exam with an 80% or better. If you are interested in recertifying your CPR or First Aid only, you can attend only that portion—and must demonstrate competency in all skills and pass a written exam with 80% or better. Contact Roxanne Lee for more information, at 230-8449, ext 106 or roxannelee@oshkoshymca.org.

20 SATURDAY September 14

9:00 a.m.-2:00 p.m.

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



SCOUTS SWIMMING WORKSHOPS

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

FEE \$5 per participant

LEGO LEAGUE (AGES 9-14)

20 FIRST® LEGO® League (FLL) is an exciting and fun global robotics program that ignites an enthusiasm for discovery, science, & technology in kids ages 9-14. FLL teams embark on adventurous challenges based on current, real-world issues. Guided by a team coach and assisted by mentors, the kids: engage in playful and meaningful learning; experience fun, creative, hands-on learning; think like scientists and engineers; connect to their community; experiment and overcome obstacles; build self-esteem and confidence.

FLL will meet starting in September and continue through December depending on the FLL Competition Schedule. Teams will meet between 2-4 hours per week, however, additional time may be required depending on the teams progress. For more information, see www.usfirst.org.

TO PARTICIPATE: Kids must submit a 500-word essay expressing their interest in FLL, how their skills and abilities can contribute to the team and how FLL can help them in the future. All essays must be received by August 15, 2013.

Meeting dates and times to be determined by team mentor.

Volunteers are needed to assist with the program. If you have knowledge in the areas of Engineering, Graphic Design, Science, Programming or Marketing, please call 230-8439 for more info, or email, paultrebiatowski@oshkoshymca.org.

FEE \$50 Member • \$75 Activity Member



YOGA

20 **mtc** 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 Y for class schedules.

TAI CHI

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

20 **MONDAY:** ADV • **WEDNESDAY:** BEG & ADV 6:00-7:00 a.m.

FEE Free to Oshkosh Y Members

NOTHING GREAT WAS EVER ACHIEVED WITHOUT ENTHUSIASM.~ Ralph Waldo Emerson

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

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

6:30-7:45 p.m. Family • 8:00-9:30 p.m. Adult

FEE Individual: \$41 Member • \$59 Activity Member
Family: \$75 Member • \$105 Activity Member

KARATE (AGES 4-ADULT)

Karate is good exercise, it's fun, it enhances your confidence, teaches you methods to defend yourself, develop patience, and grow your confidence.

20 TUESDAY & THURSDAY

5:30-6:00 p.m. Ages 4-7
6:00-6:40 p.m. Ages 8-12 Beginner-Intermediate
6:45-7:30 p.m. Ages 8-12 Advanced
7:30-8:30 p.m. Ages 13+ and Adult, All Ranks

SATURDAY 9:30-10:30 a.m. Ages 8+, All Ranks

FEE \$63 Member • \$95 Activity Member

GOOD HEALTH IS GOOD BUSINESS.

AN INVESTMENT IN EMPLOYEE WELLNESS IS MONEY WELL SPENT.

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 at the Y Including a Free Week at the Y to Start • 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.

Contact Molly Butz at
mollybutz@oshkoshymca.org or
(920) 236-3380 for more information.

Now
offering
**ON-SITE
EXERCISE
CLASSES!**



OPEN CLIMB (AGES 4+)

New to climbing? 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!

Registration for Oshkosh Y Members begins 1/2-hour prior to starting time, at the Service Center.

FEE FREE TO OSHKOSH YMCA MEMBERS!

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

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 wall staff.

YOUTH & TEEN CLIMBING

Youth & Teen Climbing targets basic climbing skills. Students will learn how to tie knots, use all of the safety equipment, and try various rock climbing techniques. This class paves the way for future advanced classes. (Minimum of 5 participants needed to offer class)

TUESDAY 4:00–5:30 p.m.

FEE \$50 Member • \$75 Activity Member

ADVANCED YOUTH & TEEN CLIMBING

Advanced Youth & Teen Climb enables kids to learn more climbing techniques and put them to use while route climbing. Students will be taught how to belay and self-belay. All participants are encouraged to challenge themselves in this class. (Minimum of 5 participants needed to offer class)

MONDAY 4:00–5:30 p.m.

FEE \$50 Member • \$75 Activity Member

GROUP/FAMILY CLIMBING CLASS

Learn the basics of rock climbing in a laid back atmosphere, while friends and family members shout encouragement. 15 years old and above will be certified to belay. Class size is limited to three groups or families, and group/family size can not exceed four members for one fee. (Minimum of 3 participants and maximum of 8 needed to offer class)

TUESDAY 6:30–8:00 p.m.

FEE \$50 per group/Member • \$75 per group/Activity Member

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 5 participants, maximum 10)

Call Ben at 230-8439 for more information.

MONDAY & WEDNESDAY 3:00–4:00 p.m.

FALL 1 September 10–October 29

FALL 2 November 7–December 17

FEE \$50 Member • \$75 Activity Member

BUILD SELF-ESTEEM AND SPACIAL AWARENESS

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

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 Kathy 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

ADULT CLIMBING (AGES 18+)

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 learn and practice belaying techniques to prepare those who wish to earn belay certification on our climbing wall. Contact Ben Wanezek for more information on belay certification. There will be a \$10 fee for Members to get belay certified and \$15 for our Activity Members. (Minimum of 5 participants needed to offer class)

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

FEE \$50 Member • \$75 Activity Member

NEW! TEAM BELAY SCHOOL (AGES 11-17)

Work together in different roles to help support, guide and learn from one another through the different aspects of our climbing wall. We will work on roles such as belaying, back-up belaying, spotting, and anchoring. Minimum 4 participants

WEDNESDAY 4:00-5:30 p.m.

FEE \$50 Member \$75 Activity Member

Climbers who have been certified to belay must pass a skills check with the Climbing Wall Staff each time they wish to belay. FREE FOR OSHKOSH Y MEMBERS, \$10-Away Members & \$25-Activity Members.

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 230-8439 for more information.

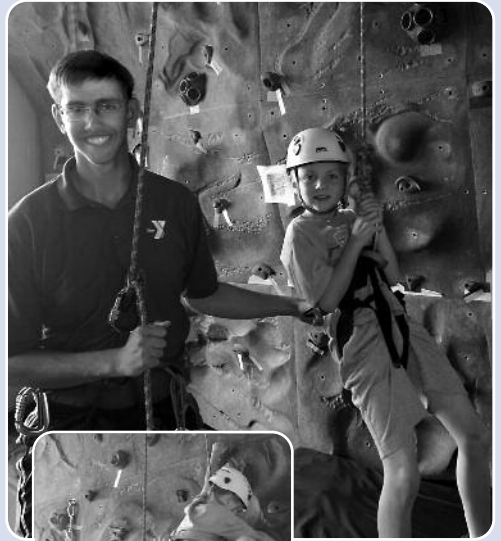
FEE \$5 Per Participant

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 230-8439 for more information.

FEE \$10 Per Participant



Kyle Kettner, YMCA Climbing Wall Belayer and Xavier Statzak, age 8, have a great time in the Climbing Wall.

EVERY ACCOMPLISHMENT STARTS WITH THE DECISION TO TRY.

~ UNKNOWN

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

TEAM BUILDING

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

This is an outstanding activity for the complete team building experience. The YMCA has created an activity that provides a team with an activity that is 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

Half day (4-hour event) \$20 per participant

TOP TEN

REASONS YOUR COMPANY NEEDS AN EMPLOYEE WELLNESS PROGRAM...

- #1 Decreased Health Care Costs
- #2 Work Place Morale
- #3 Reduced Absenteeism
- #4 Reduced Overall Costs
- #5 Increased Productivity
- #6 Increased Responsibility
- #7 Increased Company Loyalty
- #8 Reduced Sick Leave
- #9 Improved Work Performance
- #10 Decreased Health Insurance Costs

For information on getting your company healthy, contact Molly Butz at 236.3380 or mollybutz@oshkoshymca.org

YMCA/AURORA HEALTHCARE'S A HEALTHIER YOU



Weight Management and Exercise Program

Incorporating proper nutrition and regular exercise into your lifestyle is key to long-term weight management. Program participants complete 12 classroom sessions held at Aurora Health Center, 855 N. Westhaven Dr., Oshkosh. A registered dietitian leads these classes along with a nurse experienced in helping people lose weight and maintain their weight loss. Each participant receives a personalized nutritional assessment and realistic meal plans. There are NO fad diets, or special pre-packaged foods to purchase. Every participant is given an exercise program based on their age, interests, level of current fitness and any health-related issues they may be facing. A personal trainer arranges one-on-one exercise sessions with participants, once a week for the duration of the program.

For more information contact Kathy Leonard at 236-3380.

FEE \$134 Member • \$199 Activity Member

Participants who enroll more than 1time/year will receive 1 personal training session every 2 weeks, for a total of 6 sessions. Join anytime!

YMCA/AURORA HEALTHCARE FOR DIABETES

Controlling Diabetes

Multiple research studies have shown that losing weight, improving nutrition and engaging in regular exercise are important factors in controlling blood sugar levels. The Downtown Y and Aurora Health Care are partnering to provide diabetes patients with an exercise program to help manage their disease. Includes a 3-month YMCA membership. Y Health & Wellness staff will set participants up on a program they can follow for the duration of their membership. Participants are encouraged to exercise three times weekly and to monitor their blood sugar levels.

FEE \$65

Contact Kathy Leonard at 230-8439 or kathyleonard@oshkoshymca.org for more information.

LIFE IS SHORT, LIVE IT. LOVE IS RARE, GRAB IT. ANGER IS BAD, DUMP IT. FEAR IS AWFUL, FACE IT. MEMORIES ARE SWEET, CHERISH THEM. ~ UNKNOWN



**FREE
TO OSHKOSH
Y MEMBERS**



CORE ADULT HEALTH & WELLNESS CLASSES



Oshkosh YMCA members enjoy the benefit of over 75 free core Health & Wellness classes every week. These classes are run on a drop-in, continuous basis. Classes include indoor cycling, Pilates, yoga, Zumba, Fit for Life, water aerobics, cardio kick boxing, muscle conditioning, step aerobics, low impact aerobics, and more.



Schedules are available at the Front Desk or www.oshkoshymca.org.



AGE High School+


Cardio Kick-Boxing   Enjoy punching, jabbing, hooking, kicking and jumping in this cardiovascular workout. This non-contact class is done to music and uses moves from boxing to kick-boxing.


Fit For Life   This intermediate/advanced level class includes a cardio section that incorporates running, jumping and free-style high-impact aerobic moves (i.e. jumping jacks & knee lifts) and a toning and stretching section that includes abdominal, leg and buttocks exercises. The class is done to upbeat music. Participants are encouraged to exercise at their own pace.



Muscle Conditioning   This strength conditioning and toning class is a great compliment to anyone's cardiovascular routine. Increase muscular strength using resistance tubing, bands, weights and body bars. A class suited to both the beginner and the advanced.


Indoor Cycling   Take this non-impact journey conducted on specially designed stationary bikes. The coach will take participants through a 45-60 minute workout, which will leave them motivated and inspired to train again! Participants are encouraged to work at their own pace. Pick up a reservation number at the service desk to reserve a bike up to 60 minutes before class. See www.oshkoshymca.org for complete schedule.



Boot Camp   Take everything you learned in gym class and put it to some heart pumping music. This cardio class will include plyometric skills, running, jumping, drills, kickboxing, jumping jacks, pushups, sit-ups, squats, lunges and so much more!



Fit Camp  This intense conditioning class alternates between cardiovascular and strength exercises. Come ready for a combination of step aerobics, kickboxing, floor aerobics, squats, lunges, pushups, ab work and more!



Step Aerobics/Step & Sculpt  This is a moderate impact class that involves a wide range of stepping patterns on an adjustable bench and incorporates a cardiovascular workout as well as toning and strength exercises using hand weights and resistance tubing. Can be adapted to all fitness levels. Step & Sculpt includes an extra 15 minutes of toning and strength exercises.


Zumba   Zumba combines high energy and motivating music with unique moves that allow participants to dance away their worries. Great for the body and mind! It's a "feel-happy" fusion of Latin and International music-dance that creates a dynamic fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Cardio Fusion  This class blends all of you favorite cardio classes in to one great workout. Each class will offer something different for an awesome calorie burner!

Core   Sculpting and toning class with a strong emphasis on the body's midsection and core work.

Pilates   A series of exercises that are performed on a floor mat, using few or no props. Exercises will develop muscular strength and flexibility.

Yoga   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 for class schedules.

Hi/Lo  Hi/Lo is a class offering a full-body cardio and strength/ conditioning workout using a wide variety of tools and techniques.

Schedules and classes are subject to change, please see front desk or check the website for up-to-date schedules and information.

**Clear your
mind of
CAN'T.**
~ Samuel Johnson

NEW MEMBER ORIENTATION

20 min We offer each new member complimentary time with a personal trainer to introduce you to our cardio and circuit machines. Based on your goals and fitness level, our certified 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

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

FEE FREE TO OSHKOSH YMCA MEMBERS

STRONG TEENS 1 (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.

FEE \$30 • OSHKOSH YMCA MEMBERS ONLY

20 TUESDAY & THURSDAY 4:00-5:00 p.m.



RUN, WALK OR VOLUNTEER!

NOVEMBER 28, 2013

THANKSGIVING MORNING

2 mile Walk/Run or 5 Mile Run

Sponsored by Festival Foods

All proceeds support the YMCA STRONG KIDS & the Boys & Girls Club, and last year the Y's benefit was over \$19,000!!

START A NEW FAMILY TRADITION!

YMCA/AFFINITY HEALTHY HEART PROGRAM



29 This program is a transition to independent exercise for those who have recently had a cardiac event. The Healthy Heart program will continue to build on physical fitness and endurance that you have gained during the Affinity Health System Cardiac Rehabilitation Program. You are eligible to participate in this program once you have completed the Affinity Health System Cardiac Rehabilitation Program or have been enrolled in the Affinity Health System Maintenance Program.

You will receive an initial 1-hour orientation, followed by four 30-minute sessions. A personal trainer will design an individualized exercise program based on guidelines provided by Cardiac Rehabilitation Staff from Affinity Health System. During these sessions, blood pressure will be monitored before and after exercise.

FEE \$70 Member • \$135 Activity Member **(includes a 3-month unlimited membership)**

HANG WITH THE SCHMIEDELS!

THE SCHMIEDEL FAMILY
SUPPORTS STRONG
KIDS, AND SO CAN YOU.



Help people from ALL walks of life be more healthy, confident, connected and secure by giving to the Strong Kids Campaign. Your gift will have a meaningful, enduring impact right in our own community. **Let people know how much you care:** With a donation of \$1,000 or more a banner with your family or business name will be hung in the Y for one full year. Over half-a-million people each year walk through our doors (an average of over 1,400 people each day) and your support can be seen. We count on the generosity of our members to make the Y and our community a better place for all by giving opportunities to those that otherwise would be unable to afford a Y membership.

To learn more about the banners contact Barb Howard at 236-3380 or barbhoward@oshkoshymca.org.



Katie and Savanna Madlom

MY Y STORY

"MY Y STORY starts after my daughter was born. With help of the Drop-In and support staff, I was able to lose 95 pounds and even ran a half marathon in 2009.

When my life took a turn, I needed a steady job. I was struggling with balancing work and being a fulltime, single mom. Angie Flanagan, Child Care Director noticed. She hired me, so that I had a job and a place for my daughter.

My daughter and I had a new start on life. We felt safe and got involved. We met friends that now we consider family. Along this journey I got the courage to reintroduce a passion: photography and I opened my own business. Not only was the Y supportive, I have been hired to photograph some sporting events.

The Y has become a place to be apart of something with value. It has kept me active and my daughter involved. Her interests include rock climbing, swimming, ice skating and running, all because of her involvement in school, daycare and summer programs. At age of 2 she would walk into the Y saying, "We're Home."

The YMCA has been a place to regain my health in all facets of life: fitness, mental security and emotional support. It is a place where I rebuilt my strength to strive for my dreams and achieve them. Thanks can never express all the Y has done for us throughout the years."



Katie Madlom

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.

••••• **IF YOU BELIEVE IT YOU CAN ACHIEVE IT.**
-UNKNOWN

PERSONAL TRAINING

Learn the best activities for your individual needs with a certified personal trainer. We offer one-hour sessions, by appointment. Call the Health & Wellness Center to make your appointment, or for more information. (Personal Training sessions expire six months from date of purchase.)

FEE 1-4 SESSIONS: (price per person)

1 person \$35/session/Member • \$53/session/Activity Member

2-3 people \$33/session/Member • \$51/session/Activity Member

5-SESSION PACKAGE: (price per person)



1 person \$150/Member • \$225/Activity Member

2-3 people: \$140/Member • \$210/Activity Member

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

NEW! PNF STRETCHING – Proprioceptive Neuromuscular Facilitation

Three 20-minute stretching sessions that involve both stretching and contracting the muscle group being worked. A unique type of flexibility training that requires a partner or external source of resistance, PNF is great for anyone with low flexibility or those in need of more range of motion.

  **FEE** \$35 Member • \$53 Activity Member

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.

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

 **MONDAY & WEDNESDAY** 1:30-2:30 p.m. Session runs Sept 9-Dec 15.

FEE	Member	Activity Member
	\$70	\$102 (1 child)
	\$65/each	\$95/each (2 children)
	\$60/each	\$88/each (3+ children)

No class week of Thanksgiving.

NEW! DYNAMIC DEFINITION (AGES 18+)

WOMEN ONLY! Nothing is off limits in this **total body training class** taught by one of our nationally-certified personal trainers. In this 8-week program you will be working together as a class but will also receive individual attention for your personal needs. Learn how to fully utilize all strength and cardio equipment, how to put together a workout, and how to change it before you reach a plateau. Basic nutrition information will be covered to help you fuel your body throughout the day. LIMITED TO 8 PARTICIPANTS.

 **TUESDAY & THURSDAY** 5:45-7:00 a.m.

FEE \$90 Member • \$135 Activity Member

FITNESS TESTING

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

FREE to Y Members

FREE TO OSKOSH Y MEMBERS

LEARN TO SKATE (AGES 4+)

Classes based on US Figure Skating Basic Skills program: Snowplow Sam 1-3, as well as Basic Skate 1-3 skate lessons. Each session includes two half-hour lessons per week. Participants learn the basics of skating by developing balance and confidence.

FALL 1 Sept 9-Oct 17 Reg. deadline 9/4

Parent Meeting Sept 5 at 5:30 p.m.

FALL 2 Oct 28-Dec 12 Reg. deadline 10/23

(no classes Nov. 25 & 28)

Parent Meeting Oct 24 at 5:30 p.m.

MONDAY & THURSDAY 5:30-6:00 p.m.

Snowplow Sam 1-3, Basic 1-3

Mittens, gloves, bike helmet, elbow and/or knee pads recommended

FEE \$50 Member • \$75 Activity Member

Skate rentals free for program use.

Extra \$5 fee charged after registration deadline.

FREE STYLE WITH US FIGURE SKATING & ADULT SKATE LESSONS

A fun, challenging and rewarding program that gives participants the opportunity to advance at their own pace. Each session consists of one on-ice lesson per week. Designed for participants in Basic Skill levels 4-8 and Free Skate levels 1-6. Skills testing is conducted at the conclusion of each session. Learn To Skate is required before enrollment in Skate With Us.

FALL 1 Sept 9-Oct 17 Reg. deadline 9/4

FALL 2 Oct 28-Dec 12 Reg. deadline 10/23

(no classes Nov. 25 & 28)

MONDAY • 6:00-6:45 p.m. (Free Skate 1-6 & Adults)

THURSDAY • 6:00-6:45 p.m. (Basic 4-8) OR

6:45-7:30 p.m. (Free Skate 1-6 & Adults)

FEE \$49 Member • \$69 Activity Member

(one class per week)

\$84 Member • \$116 Activity Member

(both M & Th classes)

Extra \$5 fee charged after registration deadline.

**YOU ARE NEVER TOO OLD
TO SET ANOTHER GOAL
OR TO DREAM A NEW DREAM. ~C.S. LEWIS**

OPEN ICE SKATING

A fun and exciting activity the whole family can enjoy. There's always a convenient time to skate and stay fit! All sessions open to the public. See our most up-to-date schedule at www.oshkoshymca.org

Enjoy extended holiday skating schedules.

**FEE FREE FOR Y
MEMBERS**

\$2 Youth Activity Member

\$3 Adult Activity Member

SKATE RENTAL

\$1.50 Member

\$3 Activity Member



**BRENNA SCHAEFER
ENJOYING THE COOLEST
PLACE IN TOWN!**

PRIVATE SKATE LESSONS

Set up private lessons with a YMCA instructor based on your schedule. Available to all skill levels. 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

FALL FIRE HOCKEY PROGRAM

The Y'S FALL FIRE UP program is designed to offer hockey players ice time and instruction to get them back in shape before the upcoming season. Individual skill work as well as scrimmages and small games will be implemented to provide a fun learning environment. 15 minutes of off-ice training will occur immediately following on-ice sessions.

FALL Sept 10-Oct 4

(reg deadline 9/4)

TUESDAY & FRIDAY

Mite/Squirt: 5:30-6:15 p.m. •
PeeWee/Bantam 6:15-7:00 p.m.

FEE \$43 Member

\$66 Activity Member

ATTITUDE
is a little thing that
makes a big difference.

- Winston Churchill

FREE HOCKEY INITIATION PROGRAM



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 the beginner has fun while developing basic skills and building confidence, there is a good chance that the player 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 chegger12@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.

Please go to www.oshkoshyouthhockey.org for registration forms or contact oshkoshwarbirds@yahoo.com

LEARN TO PLAY HOCKEY 1-4

Designed to teach the fundamentals of hockey skating. All elements will be taught without a stick or puck as proper skating techniques are the primary focus of the levels.

FALL 1 Sept 9–Oct 17 Reg. deadline 9/4

FALL 2 Oct 28–Dec 12 Reg. deadline 10/23
(no classes Nov. 25 & 28)

MONDAY & THURSDAY • 5:30–6:00 p.m.

Hockey helmets recommended

FEE \$50 Member • \$75 Activity Member

YOUTH OPEN HOCKEY

(AGES UP TO 18)

Drop-in style hockey for youth under 18. Sessions are offered when school is out of session. Open Hockey schedules can be picked up at the Oshkosh YMCA or call for schedule and dates. Children must participate only within their own age groups.

Contact the Oshkosh YMCA for more information.

FEE \$4 Member • \$6 Activity Member

ADULT INTERMEDIATE OPEN HOCKEY

(AGES 18+)

Non-competitive, non-check, open hockey played 5-on-5 with goalie, geared for the adult player who just learned how to play hockey and the player that wants to play hockey at a slower pace. Must be 18+ to play. Full equipment required.

FRIDAY 9:00–10:30 p.m.

FEE \$5 Member • \$7 Activity Member

Goalies play FREE!

ADULT OPEN HOCKEY

(AGES 18+)

Drop-in style non-checking hockey available for adults age 18+. Schedule subject to change. Full equipment required.

TUESDAY 5:00–8:00 a.m.

THURSDAY 5:00–8:00 a.m.

FRIDAY 11:30 a.m.–1:30 p.m.

SATURDAY 6:30–7:50 a.m.

FEE \$5 Member • \$7 Activity Member

Goalies play FREE!



SAVE THE DATE!

This year's **GUNS N HOSES CHARITY HOCKEY GAME** will be held **on February 22, 2014**. The 7th annual, this event will support various community charities including the YMCA STRONG KIDS CAMPAIGN! For more information visit www.oshkoshfd.com and click on the Guns N Hoses link.

Because of their generous donations, the Guns N Hoses teams are represented by a banner that is hung at the Y to show their support. Show your support too! **For more information see page 6.**

ADULT CO-ED 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 game. This is a beginner program and players at higher skill levels should register for Adult 4-on-4 Hockey League. Full equipment required!

FALL Sept 8-Dec 15 (reg deadline 8/20)

WINTER Jan 5-April 27 (reg deadline 12/20) No games 2/2 or 4/20

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

FEE \$125 (+tax) = \$131.25 Member • \$175 (+tax) = \$183.75 Activity Member
Goalies play FREE!

ADULT HOCKEY LEAGUE (AGES 18+)

A competitive non-check hockey league played 5-on-5 with goalie, geared for the more experienced player ages 18+. Previous experience required. No checking, no slap shots. One game per week. Full equipment required.

FALL Sept 8-Dec 15 (reg deadline 8/30)

WINTER Jan 5-April 27 (reg deadline 12/20) No games 2/2 or 4/20

SUNDAY 6:30-9:30 p.m.

FEE \$125 (+tax) = \$131.25 Member • \$175 (+tax) = \$183.75 Activity Member
Goalies play FREE!

ADULT INTERMEDIATE LEAGUE HOCKEY (AGES 18+)

A non-check intermediate hockey league. Games will be played once per week. Full equipment required.

Sept 4-Dec 18 (reg deadline 8/30) No games 11/27

WEDNESDAY 7:45 p.m.

FEE \$125 (+tax) = \$131.25 Member • \$175 (+tax) = \$183.75 Activity Member
Goalies play FREE!



We believe that every child deserves the opportunity to experience YMCA programs, regardless of financial difficulties their family might be facing. Y programs such as child care, camping, swim lessons, youth sports and teen leadership programs do more than teach skills - they instill confidence, responsibility, and help young people to be strong in spirit, mind and body. These experiences have a strong impact on kids, helping them grow into healthy, contributing adults.

With your help, no person will be denied the benefits of a Y membership based on financial limitations. Through the YMCA Strong Kids Campaign, people like you come together to make the Oshkosh community stronger.

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. **Call Kathy Leonard for more information on when the next session starts. 920-236-3406 ext 390.**



Alyssa Breider honoring loved ones on Livestrong Day at the Y.



WINTER 2014

INDOOR TRIATHLON

THE INDOOR TRIATHLONS ARE BACK!

The first wave starts at 12 Noon, sharp.

Events include:

- 10-MINUTE SWIM (any stroke)
- 10-MINUTE

TRANSITION • 20-MINUTE BIKE (on LeMond Spinning Bike) • **5 MINUTE TRANSITION • 15-MINUTE RUN** (on indoor track)

Participation is limited to 80 participants per race. Each wave will consist of 8 participants. Each wave will have assigned start and finish times for each event and will take 1 hour to complete.

DIVISIONS

Male/Female, and Age Group

AGE GROUPS

10-13, 14-17, 18-23, 24-29, 30-39, 40-49, 50-59, 60-69, & 70+.

Medals will be awarded for 1st through 3rd place in each age group by gender, and overall male and female.

For more information, contact Dan Braun at 236-3380 x311 or danbraun@oshkoshymca.org



SATURDAY, FEBRUARY 8

Entries due by 2/4/14



SATURDAY, APRIL 5

Entries due by 4/1/14

FEE \$20 Y Member

\$30 Activity Member

TEAM: \$10 per person, per event for \$30 team total

Event Fee includes race shirt

If you participate in both races the entry fee for the 2nd is \$5 Off.

DANCE TEAM

A fun six-week session for participants to learn dance routines. Teams will practice each week and then hold a performance.

September 7–October 12

20 SATURDAY

8:30–9:45 a.m. Kindergarten–Grade 3
10:00–11:15 a.m. Grades 4–8

FEE \$33 Member • \$54 Activity Member



Photo submitted by Kaitlyn Wagner

NEW! OSHKOSH YMCA JUMPEROOS

The Oshkosh YMCA Jumperoos is a beginners jump roping club promoting the sport of jump rope for fun and fitness. Participants will be motivated and encouraged to build confidence, discipline and leadership skills. The Jumperoos will meet twice per week to improve speed, strength, endurance and freestyle skills. For more information please contact Coach Roxanne and Coach Becky at oshkoshymcajumperoos@gmail.com.

GRADES 1–6

September 16–April 16 (Registration deadline 9/4/13) Limited to 20.
No class Thanksgiving week or Dec 16–Jan 6

20 MONDAY & WEDNESDAY

3:30–5:30 p.m.

FEE \$150 Member • \$225 Activity Member
(Includes 3 ropes, t-shirts & bag)

STRONG MOMS IS BACK THIS SEPTEMBER!



AN EXCITING PROGRAM FOR MOMS WHO WANT TO CONNECT WITH OTHER MOMS.

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

FOR MORE INFORMATION please contact **Angela Flanigan** at **230-8439**, angelaflanigan@oshkoshymca.org, or visit us on facebook or our website: www.oshkoshymca.org.

**TELL ME AND I FORGET, TEACH ME AND I MAY REMEMBER,
INVOLVE ME AND I LEARN. ~ BEN FRANKLIN**

FAMILY PRIME TIME CENTERS

**FREE
TO Y
MEMBERS**

A special area designed for children and parents to spend quality time with each other. Children ages six and older can enjoy the centers

without an accompanying adult. Computers, play mazes, pool tables, air hockey and big screen television/ lounge areas are just some of the fun features in this supervised center.

CHECK OUT XBOX KINECT IN THE PRIMETIME!

20 MONDAY-FRIDAY 3:00 p.m.-8:00 p.m.
SATURDAY 8:45 a.m.-7:00 p.m.
SUNDAY 11:00 a.m.-6:00 p.m.

dic 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 CHILD CARE 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. Maximum 2 hours per child/per day usage. Fall hours start 9/3/13.

20 MONDAY-THURSDAY 7:30 a.m.-8:00 p.m.
FRIDAY-SATURDAY 7:30 a.m.-1:00 p.m.

dic 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

WHEN YOU CAN'T CHANGE THE DIRECTION OF THE WIND – ADJUST YOUR SAILS.

~ H. JACKSON BROWN



PLAYING AROUND AT THE Y = FUN!!

SPORTS ZONE

An exciting, supervised program for school-age children. Activities include outdoor activities, arts, crafts & sports.

20 WEDNESDAY
3:30-5:00 p.m.

FEE FREE TO Y MEMBERS

Activity Members must purchase a day pass to participate

For more information contact Alyssa at 230-8449, ext. 114.

NO SPORTS ZONE ON NO-SCHOOL DAYS

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.



Submitted by Lisa Fuhrmann

Claire Fuhrmann
age 5,
loves NFL
Flag Football

“Play is...more than just fun. Plenty of play in childhood makes for happy, smart adults – and keeping it up can make us smarter at any age.”

Stuart Brown
(author of *The Neuroscience of Play*)

CHILD DEVELOPMENT CENTER

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

AGE 6 weeks through pre-Kindergarten

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

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

**Part-Time
childcare
available
Downtown**

KID'S CLUB 2013-2014

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 are able to get help with their homework or play group games outside or in the gym, depending on the weather. Behavior incentives are implemented for each site for children to display the Y core values: honesty, caring, responsibility and respect. The program is in session on early release Wednesdays for OASD and early release Fridays for Omro. 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 Oakwood School
6:30 a.m.-School Start Time

Franklin School
6:15 a.m.-School Start Time

AFTER SCHOOL Carl Traeger • Webster Stanley
• Oakwood School
• Emmeline Cook • Read School
• Oaklawn • Omro Elementary
• Franklin School

Dismissal Time-6:00 p.m.

Please call Erin Baranek at 236-3380 or email erinbaranek@oshkoshymca.org for more information – or visit www.oshkoshymca.org.

REGISTRATIONS ARE CURRENTLY BEING ACCEPTED FOR THE 2013-14 YEAR.

2013-2014 School Year

PRE-KINDERGARTEN

READY-4-LEARNING PRE-KINDERGARTEN

CONTACT:
ANGIE FLANIGAN,
CHILD CARE DIRECTOR,
(920) 230-8439
EXT. 117

angelaflanigan@
oshkoshymca.org



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 learn more about the 4K program, go to www.oshkoshymca.org/programs/childcare/ready-4-learning-prekindergarten.html OR early-learning.oshkosh.k12.wi.us/. Or, contact Angie Flanigan at 230-8439 or angelaflanigan@oshkoshymca.org.

AGE Children must be 4 years old by September 1, 2013

AM: 7:55-10:25 a.m. **PM:** 12:00-2:35 p.m.



Left to right: Y Childcare "St Jude Children's Trike-a-Thon"; Brynn McKone, Y Childcare next generation physician; Liam Flanigan, Y Childcare.

I love working for the Y! The families that I get to know are so fun to work with. I get to come to work every day to a second family of great friends and co-workers. Not only do I get to help children learn and grow, but they teach me so much as well! I am thankful to have the Y as a part of my life.



Ashley Beattie
holding
Blake Schoblaske

MY Y STORY: ASHLEY BEATTIE YMCA Child Care Staff

KID'S DAY OUT

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.

AGES K-5TH GRADE • 6:30 a.m.-6:00 p.m.

20 **2013 DATES** Oct 25 | Nov 11 | Dec 23, 26, 27, 30

2014 DATES Jan 24 | April 18, 21-25 | June 13 (Downtown. Not 20th)

FEE \$35/Day Member • \$40/Day Activity Member*

*Refunds will be made if snow/make up days are paid for and not used.

Possible snow days/make up school days 2014: Mar 14 | May 23 | June 12

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

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

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

WEE GO TO CAMP (AGES 3-5)

20 Wee Go To Camp is a fun and exciting introductory part-time camp located at the 20th Ave Y. Camp includes lots of safe and healthy activities geared toward a pre-schooler's developmental level while exploring a new theme each week. For more information please call Angie Flanigan at 230-8439 or email angelaflanigan@oshkoshymca.org.



SUMMER FUN CLUB (POST-K -AGE 11)

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 2014.

CAMP WINNI•Y•CO (POST-K -AGE 11)

A state-licensed, summer camp for your school-age child at the YMCA's Camp. Participants are dropped off and picked up at the Y, where a bus transports them to the campground. Activities include trail walking, outdoor activities, weekly field trips, arts and crafts and more. Registration begins March 2014.

SUMMER TEEN ADVENTURE PROGRAM (AGES 11-14)

20 This program nurtures leadership by welcoming suggestions in planning. Teens will participate in community service projects, career exploration, great weekly fieldtrips, swimming, and more. Activities encourage self-esteem, social interaction, self-expression and physical development. Registration begins March 2014.



PARENT'S NIGHT OUT

Parents can enjoy a night out, while their kids have a fun, safe night at the Y! Activities include swimming, basketball, crafts, PrimeTime & more! See Front Desk for a registration form.

20 FRIDAY, DECEMBER 13

6:00-9:00 p.m.

AGE 6-12

FEE \$10 (+tax) = \$10.50 Member
\$20 (+tax) = \$21.00 Activity Member

BEGINNER RACQUETBALL (AGES 16+)

DTC 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.

DTC MEMBERS ONLY

RACQUETBALL OPEN COURTS

6 Handball/Racquetball Courts. Members can reserve courts up to 2 days in advance by calling 236-3380. Equipment is available for use at the Service Desk. Court 2 is available to use for Wallyball.

DTC For more information contact Wanda White at wandawhite@oshkoshymca.org or 236-3380.

Mission & Brand Enhancement Director
Amy Albright
Cash Accountant
Kelli Baneck
School Age Director
Erin Baranek
President/CEO
Tom Blaze
AOA/Health & Wellness Coordinator
Dan Braun
Sports Coordinator
Alyssa Breider
Community Health & Wellness Director
Molly Butz
Head Swim Team Coach
Jay Coleman
4-K Teacher (20th)
Meredith Danforth
Membership & Website Coordinator
Steph Daniel-Merkel
Child Care Director
Angela Flanigan
Aquatics Director (DTC)
Tracy Gilles
Development Director
Barb Howard
Property Manager (20th)
Dave Ihrig
Aquatics Director (20th)
Roxanne Lee
Health & Wellness Director (DTC/20th)
Kathy Leonard
Downtown Branch Executive
Lester Millette
Family & Special Events Director
Lisa Nething
Chief Financial Officer
Judy Rehm
Accounts Payable
Amanda Sattler
Senior Vice President-Operations
Jeff Schneider
Membership Director
Julie Smith
Child Care Coordinator
Kim Stelzer
Health & Wellness Coordinator
Charlotte Stich
Senior Program Director
Paul Trebiatowski
Property Manager (DTC)
Jeff Trout
Climbing, Health & Wellness Crdntr
Ben Wanezek
4-K Teacher (DT)
Alex Zemple

OSHKOSH YMCA STAFF HERE TO HELP YOU!

YOUTH INDOOR SOCCER LEAGUE

20 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 Alyssa Breider at 230-8439 ext. 114.

Requirements Soccer shin guards.

October 26–December 22 Registration deadline 9/27/13 (no play Nov 23–24)

Times may vary based on enrollment.

AGE:

4–Kndgt* **Saturday** Morning

Grade 1 **Saturday** Morning

Grade 2 **Saturday** Mid-day

Grade 3 **Saturday** Mid-day

Grade 4 **Saturday** Afternoon

Grades 5–6 **Saturday** Evening

Grades 7–8 **Sunday** Mid-day

FEE \$39 Member

\$59 Activity Member

YMCA INDOOR SOCCER TOURNAMENTS

Formerly the Badger State indoor soccer tournament, these competitive tournaments offer your girls an opportunity to showcase their skills. Teams guaranteed 3 games.

GIRLS

U12 Jan. 11

U14 Jan. 18

U16 Jan. 25

FEE \$175/team Reg. deadline 12/18/13

GIRL'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

November 4–December 16 Registration deadline 10/25/13

January 6–February 17 Registration deadline 12/18/13

Requirements Soccer shin guards (no outdoor cleats)

AGE Grades 9–12

MONDAY 5:00–10:00 p.m.

FEE Team Registrations only. Team Fee: \$367.50

BOY'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

January 7–February 18 Registration deadline 12/18/13

Requirements Soccer shin guards (no outdoor cleats)

AGE Grades 9–12

TUESDAY 6:00–10:00 p.m.

FEE Team Registrations only. Team Fee: \$367.50

WANT TO RENT THE SOCCER FIELD?

CONTACT PAUL TREBIATOWSKI AT 230-8439, EXT. 126

3-ON-3 SOCCER LEAGUE

20 A competitive youth indoor soccer league. Teams will play small-sided games on 1/3 of our soccer arena. Team registration only. BY GRADES: 4, 5, 6, 7, 8.

November 5–December 17 Reg. deadline 10/18/13

TUESDAY 6:00–9:00 p.m. Game time dependent on number of teams.

FEE \$185/team

OPEN ADULT CO-ED SOCCER LEAGUE (AGES 18+)

20 A league for men and women to have fun and to stay in shape.

FALL October 20–December 15 (no games 11/24) Reg. deadline 10/4/13

WINTER January 5–March 2 (no games 2/2/14) Reg. deadline 12/18/13

SUNDAY 5:00–11:00 p.m. Game times vary due to enrollment.

FEE \$428.57 (+tax) = \$450 Team (includes t-shirts)

35+ ADULT CO-ED SOCCER LEAGUE

20 A league for men and women to have fun and to stay in shape. Ages 35+

FALL October 20–December 15 (no games 11/24/13) Reg. deadline 10/4/13

WINTER January 5–March 2 (no games 2/2/14) Reg. deadline 12/18/13

SUNDAY 2:00–5:00 p.m. Game time dependent on number of teams.

FEE \$428.57 (+tax) = \$450 Team (includes t-shirts)

OPEN ADULT WOMEN'S SOCCER LEAGUE

20 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 6–March 27 Reg. deadline 1/15/14

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

FEE \$428.57 (+tax) = \$450 Team (includes t-shirts)

OPEN ADULT MEN'S SOCCER LEAGUE

20 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.

FALL October 16–December 18 (no games 11/27/13) Reg. deadline 10/4/13

WINTER January 8–February 26 Reg. deadline 12/18/13

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

FEE \$428.57 (+tax) = \$450 Team (includes t-shirts)

DID YOU KNOW that soccer players move up and down the field throughout the game, traveling as many as 5–7 MILES in a full game?!

MEN'S INDOOR FLAG FOOTBALL (AGE 18+)

Compete in an arena football league held in the soccer arena. Six-week league with one game per week. During the 7th week there will be a tournament. All teams will receive game shirts with the sponsors name on them. Maximum number of shirts per team is ten.

20 **FALL November 1-December 20** Reg. deadline 10/18/13 (No games 11/29)
WINTER January 3-February 14 Reg. deadline 12/13/13

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

FEE \$350 (+tax) = \$367.50 Team

HIGH SCHOOL BASKETBALL LEAGUE

A nine-week league consisting of one game per week. Teams must have an adult on the bench at all times. Team Registration only.

20 **November 17-January 19** Registration deadline 11/6/13 (No games 12/29)

SUNDAY Evenings 6:00-9:00 p.m.

FEE \$250 (+tax) = \$262.50 Team

ADULT MEN'S & CO-ED BASKETBALL LEAGUES

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

20 **MEN'S LEAGUE Aug 20-Oct 8** Reg deadline 8/2/13

TUESDAY 5:00-10:00 p.m. Game time dependent on number of teams.

CO-ED LEAGUE Oct 16-Dec 4 (no games 11/27) Reg deadline 10/2/13

WEDNESDAY 6:00-10:00 p.m.

FEE \$275 (+tax) = \$288.75 team

OPEN PICKLEBALL TOURNAMENTS

Doubles Pickleball Tournaments for men and women to have fun, stay in shape and enjoy some friendly competition. Teams will play 3 matches per tournament.

DC **September 14** Mixed Doubles • **October 12** Men's Doubles
November 16 Women's Doubles • **December 21** Mixed Doubles

SATURDAY 8:00 a.m.-2:00 p.m.

FEE \$25 (+tax) = \$26.25 Team

YOUTH VOLLEYBALL LEAGUE

A great way for youth participants to practice and learn the fundamentals of volleyball in a fun and exciting environment. Week 1 will be a skills night followed by 6 weeks of games.

20 **October 3-November 21** Registration deadline 9/25/13 (No games 10/31)

THURSDAY Evenings

Gr 1-3: 5:00-6:00 p.m. • **Gr 4-6:** 6:00-7:00 p.m. • **Gr 7-8:** 7:00-8:00 p.m.

FEE \$33 Member • \$49 Activity Member

NEW! DODGEBALL

Grades 3-5 Boys & Girls

Learn and play different types of dodgeball! A great way to get some energy out after a busy school day.

20 FALL 1 Soccer Arena

TUESDAY 3:30-4:15 p.m.

FEE \$15 Member • \$30 Activity Member

T-BALL AND COACH PITCH BASEBALL

An indoor baseball experience with 30 minutes for skill work followed by a team scrimmage.

20 October 10-December 5

Reg. deadline 10/4/13 (no games Oct 31)

THURSDAY

T-BALL 5:00-6:00 p.m. • 4K & Kindergarten

COACH PITCH 5:00-6:00 p.m. • 1st Grade

FEE \$33 Member • \$54 Activity Member

YOUTH TENNIS (AGES 5-10)

This program is designed for boys and girls that want to have fun playing tennis. Even if your child has never played before, there is a spot for them in this program. Players must provide their own racquet.

20 October 29-December 3

Registration deadline 10/10/13

TUESDAY

AGES 5-7 • 5:30-6:30 p.m.

AGES 8-10 • 6:30-7:30 p.m.

FEE \$48 Member • \$67 Activity Member

3-on-3

Basketball Tournament

Get your game on with 3-on-3 Basketball Tournaments at the Y! Age groups may be combined if needed.

Saturday, November 2

Boys & Girls Grades 3-8

TEAM FEE: \$50

ADULT OUTDOOR FALL FOOTBALL

(AGE 18+)

A seven week league with games played outside at the 20th Ave Y. Teams play in a 5 vs 5 format and have an end-of-season tournament.

20

FALL Sept 7-Oct 20

Reg. deadline 8/24/13

SATURDAY 2:00-4:00

p.m. Game times dependent on number of registered teams.

FEE \$300 per team includes t-shirts

SPEED & AGILITY

BOYS & GIRLS AGES 11-17

Train for any sport, focus on base strength and body

weight exercises, as well as work-out drills for agility, speed, quickness, core and reaction time. The course will incorporate jump ropes, medicine balls, ladders, agility balls, resistance bands and more.

20

FALL 1 & 2

TUES & THURS

4:00-5:15 p.m.

FEE

\$125 Member

\$190 Activity Member



Jaxon fuhrmann 8 years having a ball at NFL Flag Football!

Submitted by
Lisa
Fuhrmann

OSHKOSH YMCA TENNIS CENTER

640 East County Trunk Y, Oshkosh, WI 54901
(920) 236-3400 or (920) 725-6011 • ymcaten@northnet.net

ANNUAL TENNIS CENTER MEMBERSHIP DUES

Youth \$62 Member • \$99 Activity Member
Adult \$145 Member • \$215 Activity Member
Family \$193 Member • \$323 Activity Member

DAILY COURT RATES

\$17.50/hour (standard rate) | \$18.50/hour (prime time)

PRIME TIME

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 - 8:00 p.m.

\$13 per hour JUNIOR RATE (Junior Members Only)

WOMEN'S DRILL

Learn basics of proper doubles play and strategy.

THURSDAY 9:00-10:30 a.m. • **FEE** \$16 Member • \$21 Activity Member

ADULT & JUNIOR LEAGUE PLAY

Leagues are held every day at a variety of times. All members are eligible for league play at all levels of ability. If you are interested in joining a league please give us a call.

FALL Sept 3-Dec 22 No league play Nov 28-Dec 1

CARDIO TENNIS

Engage in a fast-paced cardio workout on the courts!

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

FEE \$11 Member • \$16 Activity Member

CO-ED DRILL

Learn the basics of proper doubles play and strategy.

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

FEE \$16 Member • \$21 Activity Member

DID YOU KNOW?

People who participate in tennis three hours per week at a moderately vigorous intensity cut in half their risk of death from any cause, according to the late Dr. Ralph Paffenbarger, who was an internationally recognized exercise authority and studied more than 10,000 people for 20 years.

YOUTH TENNIS LESSON SCHEDULE

MONDAY • Tiny Hitters 4:30 – 5:30 p.m.

TUESDAY

Pre-school 9:00 – 10:00 a.m.

Intermediate 4:00 – 5:30 p.m.

WEDNESDAY • Beg/Adv Beginners 4:30 – 5:30 p.m.

SATURDAY

High School 8:00 – 9:30 a.m.

Junior Varsity 9:30 – 11:00 a.m.

Intermediate 11:00 a.m. – 12:30 p.m.

Beg/Adv Beginners 12:30 – 1:30 p.m.

SUNDAY • Invitational Groups Players invited by the Tennis Professional

Girl's High School Excellence Noon–1:30 p.m.

Boy's High School Excellence 2:30 –4:00p.m.

FALL 1 Sept 5–Oct 23

FALL 2 Oct 24–Dec 15 (no classes Nov. 28–Dec 1)

FEE 7-week sessions

(1 hour) \$76 Member • \$106 Activity Member

(1.5 hours) \$96 Member • \$131 Activity Member

Call 236-3400 for more information and to schedule lessons.

LESSON LEVELS & AGES:

Pre-school (Ages 3–5) Work on coordination and racket skills

Tiny Hitters (Ages 4–7) Work on hand-eye coordination and develop understanding of the game

Beg/Adv Beginners (Ages 8–10) Learn strokes of the game and develop consistency of strokes

Intermediate (Ages 10–13) Continue to develop consistency and placement of strokes

Junior Varsity Players in middle school or starting high school

High School For players on their high school team

Adult Beg/Adv Beginners Learn basics of stroke production

Adult Intermediate Develop consistency and placement of strokes

ADULT TENNIS LESSON SCHEDULE

(3 participant minimum required)

SUNDAY Adult Beginners 2:30–3:30 p.m.

Learn basics of stroke production.

THURSDAY Intermediate 7:00–8:00 p.m.

Develop consistency and placement of strokes.

Sept 5–Oct 23 | Oct 24–Dec 15

(no classes week of Nov. 28–Dec 1)

FEE (7-week session)

\$101 Member • \$126 Activity Member

PRIVATE, SEMI-PRIVATE, GROUP INSTRUCTION

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

1 person

\$37 Member

\$45 Activity Member

2 people

\$24/person Member

\$29/person Activity Member

3 people

\$20/person Member

\$25/person Activity Member

4 people

\$18/person Member

\$22/person Activity Member

5 people

\$17/person Member

\$19/person Activity Member

6 people

\$16/person Member

\$18/person Activity Member

7 people

\$15/person Member

\$17/person Activity Member

8 people

\$14/person Member

\$16/person Activity Member

WEE ACTIVITIES

An awesome way to encourage your children to enjoy exercise and to learn all sorts of great new things!

WEE MAKE "TIS THE SEASON" ART

AGES 3-5

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

20 FALL 2 **FRIDAY** 9:00-10:00 a.m.

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

FEE \$34 Member • \$56 Activity Member

WEE DISCOVER OUR SENSES

AGES 3-5

Children will participate in preschool activities exploring the 5 senses.

20 FALL 1 **FRIDAY** 9:00-10:00 a.m.

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

FEE \$34 Member • \$56 Activity Member

WEE LOVE ART AGES 3-5

Children will participate in preschool activities including alphabets, numbers and creative art.

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

FEE \$34 Member • \$56 Activity Member

WEE EXPLORE FALL FUN THROUGH ARTS AGES 3-5

This class encourages creativity through motion, arts and music.

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

FEE \$34 Member • \$56 Activity Member

NEW! MUSICAL MOVEMENT 6 MOS.-AGE 3

This NEW class is a great way for kids to learn through playing. The parent/child class will sing songs, play instruments and more!

20 FALL 2

TUESDAY 9:00-9:30 a.m. AGES 6 mos.- 2 yrs.

9:45-10:15 a.m. AGES 2-3 yrs

THURSDAY 5:30-6:00 p.m. AGES 6 mos.- 2 yrs.

6:15-6:45 p.m. AGES 2-3 yrs

FEE \$29 Member • \$51 Activity Member



WIGGLES & GIGGLES (PRESCHOOL)

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

20 **MONDAY & THURSDAY**

9:30-11 a.m.

Soccer Arena

TUESDAY EVENINGS

4:45-5:45 p.m.

20 **MONDAY**

5:30-6:30 p.m.

FEE FREE to Members

\$4/family for Activity Members

GENEROUSLY SPONSORED BY

BIOLIFE

NEW! WEE EXPLORE ART AROUND THE WORLD AGES 3-5

Join us on an ARTventure around the world as we explore countries and create unique pieces from other cultures.

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

FEE \$34 Member
\$56 Activity Member

NEW! WEE EXPLORE KID'S COOKING AGES 3-5

Kids will learn about kitchen safety, practice measuring, etiquette and manners, and make no-bake recipes.

20 FALL 2 MONDAY
9:00-10:00 a.m.

FEE \$34 Member
\$56 Activity Member

NEW! WEE EXPLORE PAINT & GLUE AGES 2-3 WITH PARENT

Children explore themes such as colors, shapes, nature and animals while developing fine motor skills and expanding creativity. Young artists will be exposed to unique and fun art mediums such as foam and finger paint, watercolors, clay and beading.

20 FALL 1 MONDAY
9:00-10:00 a.m.

FEE \$34 Member
\$56 Activity Member

WEE DANCEKIDS 1 AGES 4-6

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

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

FEE \$34 Member • \$56 Activity Member

WEE DANCEKIDS 2 AGES 4-6

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

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

FEE \$34 Member • \$56 Activity Member

WEE FOOTBALL AGES 3-4

This activity teaches basic football skills for pre-schoolers.

20 FALL 1 MONDAY
8:45-9:30 a.m. OR 3:00-3:45 p.m.

FEE \$34 Member • \$56 Activity Member

T-BALL AGES 3-5

Boys and girls will love learning about baseball—playing T-Ball! Glove is required.

20 FALL 1 MONDAY 4:00-4:45 p.m.

FEE \$34 Member • \$56 Activity Member

WEE SKATE AGES 3-4

This activity teaches basic skating skills for pre-schoolers.

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

FEE \$34 Member • \$56 Activity Member

PARENT/CHILD PRE-SCHOOL SWIMMING LESSONS

(See Aquatics Page 20 for more information)

WEE SPORTS AGES 3-5

An introduction to a variety of sports using games to introduce skill development.

20 FALL 2 WEDNESDAY 3:00-3:45 p.m.

20 FALL 2 MONDAY 3:00-3:45 p.m.

FEE \$34 Member • \$56 Activity Member

WEE LEARN SOCCER -OR- WEE PLAY SOCCER AGES 3-4 & 4-5

WEE LEARN SOCCER is for 3-4 year olds who are beginners and is designed to teach the basics of the sport. A major emphasis of this class is: listening, following directions, patience and interacting with other participants. WEE PLAY SOCCER is designed for kids 4-5 who have completed the Wee Learn class and have mastered the skills required to play in more of a game setting. Wee Play participants will have 2 weeks of instruction and 4 weeks of small-sided games.

WEE LEARN SOCCER (AGES 3-4)

- 20** FALL 1 MONDAY 5:30-6:15 p.m.
- FALL 2 MONDAY 8:45-9:30 a.m.

WEE PLAY SOCCER (AGES 4-5) Req: Soccer shin guards

- 20** FALL 2 MONDAY 4:00-4:45 p.m.
- FEE \$34 Member • \$56 Activity Member

WEE GYMNASTICS AGES 3-5

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

- 20** FALL 1 MONDAY 2:00-2:45 p.m. - OR - WEDNESDAY 5:30-6:15 p.m.
- FEE \$34 Member • \$56 Activity Member

WEE BASKETBALL AGES 3-5

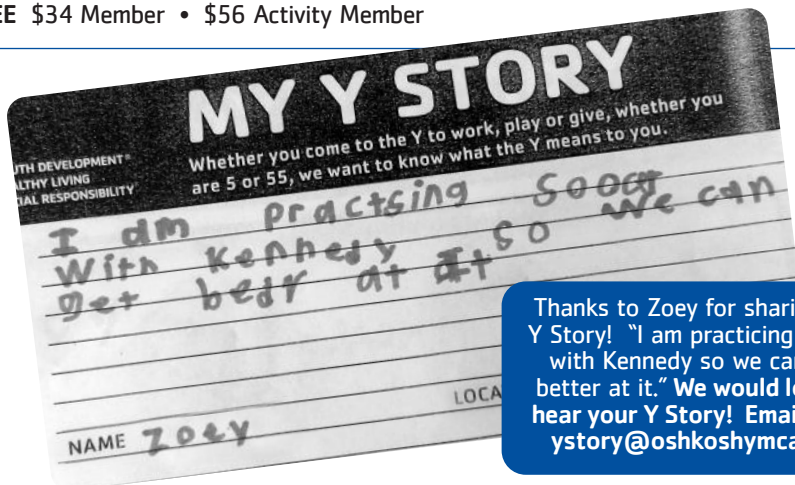
Your pre-school girl or boy will have fun learning the basics of basketball!

- 20** FALL 2 THURSDAY 4:00-4:45 p.m.
- FEE \$34 Member • \$56 Activity Member

WEE FLOOR HOCKEY AGES 3-5

Learn the basics of hockey without the ice! Floor Hockey is fun!

- 20** FALL 1 THURSDAY 4:00-4:45 p.m.
- FEE \$34 Member • \$56 Activity Member



Thanks to Zoey for sharing her Y Story! "I am practicing soccer with Kennedy so we can get better at it." We would love to hear your Y Story! Email us at ystory@oshkoshymca.org

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 • \$87 +\$4.35 tax: \$91.35

NON-MEMBER • \$105 +\$5.25 tax: \$110.25

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 \$118 +\$5.90 tax: \$123.90 **NON-MEMBER** \$140 +\$7.00 tax: \$147.00

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

All parties are 3 hours in length. • Ice Skating and Rock Climbing may be added to the packages for an additional fee. • All 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.

DELUXE PARTIES include cake, paper products, treat bags, party planner & more! Contact Lisa for more information!



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 (+tax) = \$105

2 hrs: \$150 (+tax) = \$157.50

Climbing (10 people max per hour)

1 hour: \$100 (+tax) = \$105

2 hrs: \$150 (+tax) = \$157.50

Swimming

1 hour: \$100 (+tax) = \$105

2 hrs: \$150 (+tax) = \$157.50

CELEBRATE. SHARE. ENJOY.

Registrations can be completed online at www.oshkoshymca.org or in person at the front desk. Registrations can also be mailed or faxed using this form. Checks, Visa and MasterCard will be accepted by mail. Faxed registrations must be paid via credit card, and must include a daytime phone number.

Registration form may be photocopied, as needed.

FALL 1 • Sept 9–Oct 20 (Activity Members register 8/26/13. Members register any time)

FALL 2 • Oct 28–Dec 15 (Activity Members register 10/14/13. Members register any time)

Mail/fax registrations must be received at least 1 week prior to session start, with payment included. Fax (920)236-3402

**Oshkosh YMCA, 324 Washington Ave., Oshkosh, WI 54901
3303 W. 20th Ave., Oshkosh, WI 54904**

PARTICIPANT NAME (first & last)		Birthdate	Grade	Member (Y/N)
			20	
Class Name	Time		Circle Location	Session #
			20	
Class Name	Time		Circle Location	Session #
School			Team or Coach From Last Year	
YS • YM • YL • AS • AM • AL				
Circle Shirt Size			Would you like to coach a team this year?	

#2 PARTICIPANT NAME (first & last)		Birthdate	Grade	Member (Y/N)
			20	
Class Name	Time		Circle Location	Session #
			20	
Class Name	Time		Circle Location	Session #
School			Team or Coach From Last Year	
YS • YM • YL • AS • AM • AL				
Circle Shirt Size			Would you like to coach a team this year?	

For Aquatic registration, please indicate 2nd Choice: *2nd Choice.

Total Amount Enclosed \$	Master Card/Visa #	Exp. Date
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Name	Daytime Phone	Evening Phone	Email Address
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Address	City	State/Zip
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Agreement: 1) I hereby certify that my child is in good health and capable of safe participation in YMCA Programs. I hereby authorize the Oshkosh Community YMCA, its staff and volunteers, to obtain medical treatment for my child in the event that parents cannot be reached. 2) I hereby waive and release any and all rights for damages I may have against the Oshkosh YMCA, its staff or volunteers for any and all injuries suffered during participation in YMCA activities.

Parent Signature	Date
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GREAT FOR THE PARENTS AND THE KIDS...!



YOUTH LOCK-IN

Spend the night at the YMCA! Activities include ice skating, swimming, soccer 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. **Lock-ins fill fast, so register soon at the Front Desk.**

20 SATURDAY, OCTOBER 5/6
8:00 p.m.-8:00 a.m.

AGE 7-12 (minimum of 20 required)

FEE \$25 (+tax) = \$26.26 Member
\$35 (+tax) = \$36.75 Activity Member

SCIENCE SATURDAYS GRADES 2-5

20 These 3-hour classes will teach you about how some of the coolest things on the planet work.

SEPTEMBER 14 1:00-4:00 p.m.
Blast Off – Rocket Science

OCTOBER 12 1:00-4:00 p.m.
Hocus Pocus – Halloween Science

FEE \$25 Member • \$40 Activity Member



Sponsored by



GO•T U•P!

This is an AWESOME program for girls in grades 3-5. Through exercise, social activities, education and more, girls will work on improving their self-image, self-esteem and their leadership skills. The program will be coached by compassionate women from the YMCA and the community. Girls will develop self-awareness and positive body image as we progress through the session. Each session will include principles of wellness and exercises in various topics including: leadership, health & wellness, peer pressure, body image and more.

For more information contact
Kathy Leonard, 230-8449 ext 119
kathyleonard@oshkoshymca.org

20 September 16-December 2
No class November 11

MONDAY 4:00 p.m-5:30 p.m.

AGE Grades 3-5

FEE \$60 Member • \$90 Activity Member

Scholarships are available. Please ask for information.