

**APPLETON YMCA  
WINTER 2012 - PROGRAMS OFFERED AFTER 5:00 PM**

| <b>Department/Program</b>                  | <b>Day</b>         | <b>Time</b>  | <b>Comments</b> | <b>Page #</b> |
|--|--------------------|--------------|-----------------|---------------|
| <b>Aquatics - Preschool with Parent</b>    |                    |              |                 |               |
| Goldfish (6 months - 2 years w/parent)     | Monday             | 6:40-7:10 PM | 30 minutes      | 3             |
| Goldfish (6 months - 2 years w/parent)     | Tuesday            | 6:40-7:10 PM | 30 minutes      | 3             |
| Goldfish (6 months - 2 years w/parent)     | Wednesday          | 6:40-7:10 PM | 30 minutes      | 3             |
| Goldfish (6 months - 2 years w/parent)     | Thursday           | 6:45-6:30 PM | 30 minutes      | 3             |
| Goldfish (6 months - 2 years w/parent)     | Thursday           | 6:30-7:15 PM | 30 minutes      | 3             |
| Sunfish (2-3 year olds w/parents)          | Monday             | 6:05-6:35 PM | 30 minutes      | 3             |
| Sunfish (2 to 3 year olds w/parents)       | Wednesday          | 6:05-6:35 PM | 30 minutes      | 3             |
| Sunfish (2 to 3 year olds w/parents)       | Thursday           | 6:05-6:35 PM | 30 minutes      | 3             |
| <b>Aquatics - Preschool without Parent</b> |                    |              |                 |               |
| Shrimp (3 to 4 year olds)                  | Tuesday            | 6:05-6:35 PM | 30 minutes      | 4             |
| Shrimp (3 to 4 year olds)                  | Wednesday          | 4:55-5:25 PM | 30 minutes      | 4             |
| Shrimp (3 to 4 year olds)                  | Thursday           | 5:30-6:00 PM | 30 minutes      | 4             |
| Kipper (3 to 4 year olds)                  | Monday             | 5:30-6:00 PM | 30 minutes      | 5             |
| Kipper (3 to 4 year olds)                  | Tuesday            | 5:30-6:00 PM | 30 minutes      | 5             |
| Kipper (3 to 4 year olds)                  | Wednesday          | 5:30-6:00 PM | 30 minutes      | 5             |
| Kipper (3 to 4 year olds)                  | Thursday           | 4:55-5:25 PM | 30 minutes      | 5             |
| Perch (4 to 6 year olds)                   | Monday             | 5:30-6:00 PM | 30 minutes      | 6             |
| Perch (4 to 6 year olds)                   | Wednesday          | 5:30-6:00 PM | 30 minutes      | 6             |
| Pike (4 to 6 year olds)                    | Monday             | 4:55-5:25 PM | 30 minutes      | 7             |
| Pike (4 to 6 year olds)                    | Tuesday            | 4:55-5:25 PM | 30 minutes      | 7             |
| Pike (4 to 6 year olds)                    | Wednesday          | 4:55-5:25 PM | 30 minutes      | 7             |
| Eel (4 to 6 year olds)                     | Monday             | 4:55-5:25 PM | 30 minutes      | 8             |
| Eel (4 to 6 year olds)                     | Tuesday            | 5:30-6:00 PM | 30 minutes      | 8             |
| Eel (4 to 6 year olds)                     | Wednesday          | 4:55-5:25 PM | 30 minutes      | 8             |
| Eel (4 to 6 year olds)                     | Thursday           | 5:30-6:00 PM | 30 minutes      | 8             |
| Ray (4 to 6 year olds)                     | Monday             | 5:30-6:00 PM | 30 minutes      | 8             |
| Ray (4 to 6 year olds)                     | Tuesday            | 6:05-6:35 PM | 30 minutes      | 9             |
| Ray (4 to 6 year olds)                     | Thursday           | 4:55-5:25 PM | 30 minutes      | 9             |
| Starfish (4 to 6 year olds)                | Monday             | 6:00-6:30 PM | 30 minutes      | 9             |
| <b>Aquatics - Youth (Ages 6 - 12)</b>      |                    |              |                 |               |
| Pre-Polliwog                               | Monday             | 6:00-6:40 PM | 40 minutes      | 10            |
| Pre-Polliwog                               | Wednesday          | 5:15-5:55 PM | 40 minutes      | 10            |
| Polliwog 1                                 | Monday             | 5:15-5:55 PM | 40 minutes      | 10            |
| Polliwog 1                                 | Wednesday          | 5:15-5:55 PM | 40 minutes      | 10            |
| Polliwog 1                                 | Thursday           | 5:15-5:55 PM | 40 minutes      | 10            |
| Polliwog 2                                 | Monday             | 5:15-5:55 PM | 40 minutes      | 11            |
| Polliwog 2                                 | Wednesday          | 6:00-6:40 PM | 40 minutes      | 11            |
| Guppy                                      | Monday             | 5:15-5:55 PM | 40 minutes      | 12            |
| Guppy                                      | Tuesday            | 5:15-5:55 PM | 40 minutes      | 12            |
| Guppy                                      | Wednesday          | 5:15-5:55 PM | 40 minutes      | 12            |
| Guppy                                      | Thursday           | 5:15-5:55 PM | 40 minutes      | 12            |
| Minnow                                     | Monday             | 6:00-6:40 PM | 40 minutes      | 12            |
| Minnow                                     | Wednesday          | 5:20-6:00 PM | 40 minutes      | 12            |
| Minnow                                     | Wednesday          | 6:00-6:40 PM | 40 minutes      | 12            |
| Fish                                       | Monday             | 5:20-6:00 PM | 40 minutes      | 13            |
| Fish                                       | Tuesday            | 5:15-5:55 PM | 40 minutes      | 13            |
| Fish                                       | Wednesday          | 5:20-6:00 PM | 40 minutes      | 13            |
| Fish                                       | Thursday           | 5:15-5:55 PM | 40 minutes      | 13            |
| Flying Fish                                | Wednesday          | 6:00-6:40 PM | 40 minutes      | 13            |
| Shark                                      | Wednesday          | 6:00-6:40 PM | 40 minutes      | 14            |
| Porpoise Club                              | Monday             | 5:20-6:00 PM | 40 minutes      | 14            |
| <b>APYTCCTaiChiTherapyR500PM</b>           |                    |              |                 |               |
| Adult Swim Lessons (14 years and older)    | Monday             | 6:45-7:30 PM | 45 minutes      | 14            |
| Adult Swim Lessons (14 years and older)    | Wednesday          | 6:45-7:30 PM | 45 minutes      | 14            |
| Lifeguard Training (15 years and older)    | Sundays (1/8-2/19) | 5:00-8:30 PM | 3.5 hours       | 15            |

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|---|-----------------------|---------------|-------------------|---------------|
| WSI (Water Safety Instructor) (16+)                       | Tuesdays (3/13-5/27)  | 6:00-10:00 PM | 4 hours           | 15            |
| Older Youth Classes (Ages 12-14)                          | Tuesday               | 5:15-5:55 PM  | 40 minutes        | 15            |
| APYTCCTaiChiTherapyR500PM                                 | Thursday              | 6:00-6:40 PM  | 40 minutes        | 15            |
| <b>Aquatics - Swim Team</b>                               |                       |               |                   |               |
| Swim Team Practices                                       | varies                | varies        | varies            | 17            |
| <b>Special Needs Programs</b>                             |                       |               |                   |               |
| Tuesday Twisters (Ages 5+)                                | Tuesday               | 7:00-8:00 PM  | 60 minutes        | 52            |
| Bingo (Ages 18+)  | Thursday              | 6:45-8:00 PM  | 75 minutes        | 52            |
| <b>Child Care - Special Programs</b>                      |                       |               |                   |               |
| Friday Night Out (Jan 20; Feb 17; Mar 16 & Apr 20)        | Friday                | 6:30-9:45 PM  | varies            | 18            |
| <b>Enrichment - Teen &amp; Adult</b>                      |                       |               |                   |               |
| American Red Cross Babysitting (Ages 10-18)               | M/T January 23 & 24   | 5:30-8:00 PM  | 2.5 hrs.          | 39            |
| American Red Cross Babysitting (Ages 10-18)               | M/T February 27-28    | 5:30-8:00 PM  | 2.5 hrs.          | 39            |
| American Red Cross Babysitting (Ages 10-18)               | M/T March 26-27       | 5:30-8:00 PM  | 2.5 hrs.          | 39            |
| Sign Language (15 Years and Older)                        | Wednesday             | 6:00-7:30 PM  | 75 minutes        | 37            |
| Science Pubs/Stew (21 Years and Older) Jan, Feb & Mar     | TBA                   | 6:30-9:00 PM  | 2.5 hours         | 39            |
| Zippity Do-Da Laughter Club (21 Years and Older)          | Wednesday (dates TBA) | 6:30-7:30 PM  | 60 minutes        | 39            |
| <b>Computer Classes-Thompson Community Center</b>         |                       |               |                   |               |
| Computer 101 Fall 1 (18 Years and Older)                  | Monday/Wednesday      | 6:30-8:00 PM  | 90 minutes        | 40            |
| Computer 150 (18 Years and Older)                         | Tuesday/Thursday      | 6:30-8:30 PM  | 120 minutes       | 40            |
| Computer 201 Fall 2 (18 Years and Older)                  | Monday/Wednesday      | 6:30-8:00 PM  | 90 minutes        | 40            |
| MSWord 301 (18 Years and Older)                           | Tuesday/Thursday      | 6:00-8:00 PM  | 120 minutes       | 40            |
| MSExcell 301 (18 Years and Older)                         | Tuesday/Thursday      | 6:00-8:00 PM  | 120 minutes       | 40            |
| <b>Fine Arts &amp; Crafts - Teen and Adult</b>            |                       |               |                   |               |
| <b>Music</b>  |                       |               |                   |               |
| Family Music (Parent/Child under 3 years old)             | Thursday              | 6:00-7:00 PM  | 60 minutes        | 43            |
| Guitar Lessons (ages 5+)                                  | Monday - Friday       | 3:30-8:00 PM  | 30 minute lessons | 43            |
| Piano Lessons (ages 5+)                                   | Monday - Friday       | 3:30-8:00 PM  | 30 minute lessons | 45            |
| <b>Dance - (Preschool-Youth)</b>                          |                       |               |                   |               |
| Ballet 1 (ages 4-6)                                       | Tuesday               | 4:50-5:20 PM  | 30 minutes        | 34            |
| <b>Dance - Teen &amp; Adult</b>                           |                       |               |                   |               |
| Ballet Basics (Ages 16+)                                  | Tuesday               | 5:45-6:45 PM  | 60 minutes        | 34            |
| Social Ballroom 1 for Couples Beginner (Ages 16+)         | Thursday              | 6:30-7:30 PM  | 60 minutes        | 34            |
| Social Ballroom 2 for Couples Continuing (Ages 16+)       | Thursday              | 7:30-8:30 PM  | 60 minutes        | 34            |
| Belly Dance Mixed Levels(Ages 18+)                        | Tuesday               | 6:30-7:30 PM  | 60 minutes        | 34            |
| Belly Dance Performance (Ages 18+)                        | Tuesday               | 7:30-8:30 PM  | 60 minutes        | 34            |
| <b>Events &amp; Family Activities</b>                     |                       |               |                   |               |
| Family Nights January 7-March 24                          | Saturday              | 6:00-8:00 PM  | 2 hours           | 64            |
| Zumba Grande Cuatro March 15                              | Thursday              | 6:00-8:00 PM  | 2 hours           | 64            |
| ZumbaAtomic March 15                                      | Thursday              | 5:00-5:45 PM  | 45 minutes        | 64            |
| <b>Teens</b>  |                       |               |                   |               |
| In House Tutoring (Grades K-12) 1 or 2 hour sessions      | Monday-Thursday       | 4:00-9:00 PM  | varies            | 40            |
| Leaders Club (Grades 6-12)                                | Thursday              | 6:00-7:00 PM  | 60 minutes        | 49            |
| Overnights for Groups                                     | Friday and Saturday   | 10:00-7:00 AM | varies            | 49            |
| Youth In Government (Grades 7-12) Fall 2                  | Tuesday               | 7:00-8:30 PM  | 60 minutes        | 49            |
| In House Tutoring (Grades K-12) 1 or 2 hour sessions      | Monday-Thursday       | 4:00-9:00     | varies            | 49            |
| Youth Nights (Grades 3-8) 1/27-2/24-3/9-4/20              | Friday                | 6:00-9:00 PM  | 3 hours           | 49            |
| <b>Sports - Youth (Ages 3 and up)</b>                     |                       |               |                   |               |
| Parent/Child All Sports (Ages 3-4 w/ parent)              | Thursday              | 6:00-6:45 PM  | 45 minutes        | 22            |
| Parent/Child First Sport (Ages 3-4 w/ parent) Soccer Win1 | Monday                | 6:00-6:45 PM  | 45 minutes        | 22            |
| Parent/Child First Sport (Ages 3-4 w/ parent) T-Ball Win2 | Monday                | 6:00-6:45 PM  | 45 minutes        | 22            |
| Sports Night with the Family (Ages 4-8 w/parent)          | Tuesday               | 6:30-7:30 PM  | 60 minutes        | 22            |
| Little Hoopsters Basketball (Ages 4-6) Win1               | Wednesday             | 4:30-5:30 PM  | 60 minutes        | 22            |
| Little Kickers Soccer (Ages 4-6) Win1                     | Monday                | 4:30-5:30 PM  | 60 minutes        | 22            |
| Little Kickers Soccer (Ages 4-6) Win1                     | Thursday              | 4:30-5:30 PM  | 60 minutes        | 22            |
| Little Rushers Football (Ages 4-6) Win2                   | Wednesday             | 4:30-5:30 PM  | 60 minutes        | 22            |

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| Little Sluggers Baseball (Ages 4-6) Win2             | Thursday             | 4:30-5:30 PM | 60 minutes      | 23            |
| Little Sluggers Baseball (Ages 4-6) Win2             | Monday               | 4:30-5:30 PM | 60 minutes      | 23            |
| Little Sluggers Baseball (Ages 4-6) Win2             | Tuesday              | 4:15-5:15 PM | 60 minutes      | 23            |
| Sports Sampler (Ages 4-6)                            | Tuesday              | 5:30-6:30 PM | 60 minutes      | 23            |
| Sports Sampler (Ages 4-6)                            | Thursday             | 7:00-8:00 PM | 60 minutes      | 23            |
| Jedi Training (Ages 6-8)                             | Wednesday            | 5:00-5:45 PM | 45 minutes      | 23            |
| Jedi Training (Ages 9-12)                            | Wednesday            | 5:45-6:30 PM | 45 minutes      | 23            |
| <b>Sports - Teen &amp; Adult</b>                     |                      |              |                 |               |
| Middle School Basketball League (Gr 6-8)             | Monday               | 6:00-7:15 PM | 45 minutes      | 23            |
| Jr. Racquetball Lessons (Ages 11-13)                 | Tuesday              | 4:45-5:30 PM | 45 minutes      | 23            |
| Basketball PreSeason Training (Ages 7-9) Win2        | Tuesday              | 5:30-6:30 PM | 60 minutes      | 23            |
| Basketball PreSeason Training (Ages 10-12) Win2      | Tuesday              | 4:30-5:30 PM | 60 minutes      | 23            |
| Bump, Set, Spike Volleyball (Gr 3-6) Win2            | Tuesday              | 4:30-5:30 PM | 60 minutes      | 23            |
| Women's Basketball League (Ages 18+)                 | Sunday               | varies       | varies          | 25            |
| Winter Racquetball League (Ages 16+)                 | varies               | varies       | varies          | 25            |
| Adult Golf Lessons (Ages 18+)                        | Monday April 2-23    | 7:30-8:45 PM | 45 minutes      | 24            |
| Adult Golf Lessons (Ages 18+)                        | Tuesday April 3-24   | 7:00-8:15 PM | 45 minutes      | 24            |
| Adult Golf Lessons (Ages 18+)                        | Wednesday April 4-25 | 7:00-8:15 PM | 45 minutes      | 24            |
| <b>Martial Arts - Youth and Adult</b>                |                      |              |                 |               |
| Adult Tae Kwon Do (Ages 14+)                         | Tuesday              | 7:00-8:00 PM | 60 minutes      | 29            |
| <b>Youth</b>   |                      |              |                 |               |
| Beginning (Ages 5-14)                                | Monday               | 4:30-5:30 PM | 60 minutes      | 30            |
| Beginning (Ages 5-14)                                | Thursday             | 4:30-5:30 PM | 60 minutes      | 30            |
| Intermediate (Ages 5-14)                             | Tuesday              | 4:30-5:30 PM | 60 minutes      | 30            |
| Intermediate (Ages 5-14)                             | Wednesday            | 4:30-5:30 PM | 60 minutes      | 30            |
| Advanced (All Ages)                                  | Wednesday            | 5:30-6:30 PM | 60 minutes      | 30            |
| Advanced (Ages 5-16)                                 | Wednesday            | 5:30-6:30 PM | 60 minutes      | 30            |
| Tae Kwon Do Open Class (All Ages)                    | Wednesday            | 6:30-7:30 PM | 60 minutes      | 30            |
| Forms and Sparring (All Ages)                        | Tuesday              | 5:30-7:00 PM | 90 minutes      | 30            |
| <b>Health &amp; Fitness - Cycling</b>                |                      |              |                 |               |
| Group Cycling (Ages 14+)                             | Mon/Wed/Fri          | 4:45-5:30 PM | 45 minutes      | 53            |
| Group Cycling (Ages 14+)                             | Tuesday/Thursday     | 5:30-6:15 PM | 45 minutes      | 53            |
| Group Cycling (Ages 14+)                             | Friday               | 5:30-6:15 PM | 45 minutes      | 53            |
| Group Cycling (Ages 14+)                             | Monday/Wednesday     | 5:45-6:30 PM | 45 minutes      | 53            |
| Group Cycling (Ages 14+)                             | Tuesday/Thursday     | 6:30-7:15 PM | 45 minutes      | 53            |
| Cycling 101 (1/3 and 2/21)                           | Tuesday              | 7:30-8:45 PM | 75 minutes      | 53            |
| Friday Night Ride (January-March)                    | Friday               | 6:00-8:00 PM | 2 hours         | 53            |
| Healthy Living 360 (Ages 14+)                        | Tuesday              | 6:00-7:00 PM | 60 minutes      | 56            |
| Knockout Fitness (Ages 14+)                          | Thursday             | 5:15-6:00 PM | 45 minutes      | 56            |
| Total Body Boot Camp                                 | Tuesday/Thursday     | 5:30-6:30 PM | 60 minutes      | 57            |
| Strength and Resistance (Ages 18+)                   | Tuesday/Thursday     | 5:30-6:15 PM | 45 minutes      | 57            |
| ZUMBA (Ages 14+)                                     | Monday/Wednesday     | 5:15-6:10 PM | 55 minutes      | 58            |
| ZUMBA (Ages 14+)                                     | Monday/Wednesday     | 6:15-7:15 PM | 60 minutes      | 58            |
| ZUMBA (Ages 14+)                                     | Friday               | 5:30-6:30 PM | 60 minutes      | 58            |
| <b>Health &amp; Fitness - Youth and Teen Fitness</b> |                      |              |                 |               |
| Children's Yoga (Ages 8-14)                          | Thursday             | 5:00-5:45 PM | 45 minutes      | 62            |
| Teen Strength & Wellness (Ages 11-14)                | Monday               | 5:00-6:30 PM | 90 minutes      | 61            |
| Teen Yoga (Ages 10-14)                               | Tuesday              | 5:00-5:45 PM | 45 minutes      | 62            |
| Pilates I (Ages 14+)                                 | Monday/Wednesday     | 5:30-6:15 PM | 45 minutes      | 60            |
| Hatha Yoga (Ages 14+)                                | Monday/Wednesday     | 6:30-7:30 PM | 60 minutes      | 60            |
| Hatha Yoga (Ages 14+)                                | Tuesday/Thursday     | 7:15-8:15 PM | 60 minutes      | 60            |
| Power Vinyasa Yoga (Ages 14+)                        | Mon/Wed/Fri          | 5:30-6:30 PM | 60 minutes      | 61            |
| Power Vinyasa Yoga (Ages 14+)                        | Tuesday/Thursday     | 6:00-7:00 PM | 60 minutes      | 61            |
| Slow Flow Yoga                                       | Monday               | 7:45-8:45 PM | 60 minutes      | 61            |
| Reformer 1 Pilates (Ages 14+)                        | Monday/Wednesday     | 4:30-5:30 PM | 60 minutes      | 61            |
| Reformer 1 Pilates (Ages 14+)                        | Monday/Wednesday     | 6:30-7:30 PM | 60 minutes      | 61            |

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| Reformer 2 Pilates (Ages 14+)                    | Tuesday/Thursday | 5:00-6:00 PM | 60 minutes      | 61            |
| Reformer 3 Pilates (Ages 14+)                    | Tuesday/Thursday | 6:30-7:30 PM | 60 minutes      | 61            |
| <b>Health &amp; Fitness - Water Fitness</b>      |                  |              |                 |               |
| H2O Fusion (Ages 14+)                            | Tuesday/Thursday | 6:00-7:00 PM | 60 minutes      | 59            |
| <b>Fitness Classes Thompson Community Center</b> |                  |              |                 |               |
| Tai Chi Therapy (Ages 18+)                       | Thursday         | 5:30-6:30 PM | 60 minutes      | 52            |