

# Table of Contents

Active Older Adults	Pages - 61-62, 68, 71-72
Aquatics	Pages - 4-14
• <i>Swimming Lessons, Preschool, Youth, Adult, Lifeguarding</i>	
Camp	Page - 44-50
Child Care	Pages - 16-18
• <i>Day care, Kids Corner, Before &amp; Afterschool Care</i>	
Dance	Pages - 30-41
• <i>Pre-Dance, Tap, Ballet, Hip Hop, Jazz, Teams, Ballroom, Belly Dancing</i>	
Enrichment	Pages - 23-26
• <i>Languages, Science, Computer, Theater, Filmmaking, Safety, Bible Study, Trips</i>	
Environmental Education	Page - 42
Events	Pages - 43-44
• <i>Family Events, Birthday Parties, Running Events</i>	
Fine Arts	Pages - 28-29
• <i>Art, Pottery, Painting, Holiday Projects, Crafts</i>	
Growth & Development	Pages - 19-22
• <i>Ages Infant-6</i>	
Gymnastics	Page -56
Health & Fitness	Pages - 57-70
• <i>Land/Water Exercises, Yoga, Pilates, Cycling, Youth/Teen Fitness, Strength &amp; Conditioning, Pre/Post Natal, Personal Training</i>	
Martial Arts	Pages - 54-55
• <i>Judo, Aikudo, Tae Kwon Do, Family Martial Arts</i>	
Member Services	Pages - 2-3
• <i>Building Hours, YMCA Information</i>	
Music	Pages - 27
• <i>Piano, Violin, Guitar, Preschool Music</i>	
Preschool/Pre-K	Page - 18
Special Needs	Page - 13
Sports	Pages - 51-53
• <i>Flag &amp; Tackle Football, Youth &amp; Adult Leagues</i>	
Swim Team	Page - 14
Teen Programs	Pages - 43

# Member Services

## Apple Creek

### BUILDING HOURS

Monday-Friday 5:00 a.m. - 9:00 p.m.  
Saturday 5:45 a.m. - 3:00 p.m.  
Sunday CLOSED

DROP-IN CHILD CARE CENTER (6 weeks-6 years)

M-TH 8:00 a.m. - 5:00 p.m.  
F 8:00 a.m. - Noon

## Appleton

### BUILDING HOURS

Monday-Friday 5:00 a.m. - 9:00 p.m.  
Saturday 5:45 a.m. - 3:00 p.m.  
Sunday 9:00 a.m. - 3:00 p.m.

DROP-IN CHILD CARE CENTER (6 weeks-6 years)

M-F 7:30 a.m. - 5:30 p.m.

## Fox West

### BUILDING HOURS

Monday-Friday 5:00 a.m. - 9:00 p.m.  
Saturday 5:45 a.m. - 3:00 p.m.  
Sunday 9:00 a.m. - 3:00 p.m.

KIDS CORNER (6 weeks-6 years)

M-F 8:00 a.m. - 1:00 p.m. M-TH 4:00 - 7:15 p.m. SA Closed through Summer

## Heart of the Valley

### BUILDING HOURS

Monday-Friday 5:00 a.m. - 9:00 p.m.  
Saturday 5:45 a.m. - 3:00 p.m.  
Sunday 9:00 a.m. - 3:00 p.m.

KIDS CORNER (6 weeks-10 years)

M&W 7:45 a.m. - 7:30 p.m. T&TH 4:00-7:30 p.m.  
T&TH 7:45 a.m. - 1:00 p.m. SA Closed through Summer  
F 7:45 a.m. - 1:00 p.m.

## Neenah-Menasha

### BUILDING HOURS

Monday-Friday 5:00 a.m. - 9:00 p.m.  
Saturday 5:45 a.m. - 3:00 p.m.  
Sunday 9:00 a.m. - 3:00 p.m.

KIDS CORNER (6 weeks-6 years)

M-F 8:00 a.m. - 1:00 p.m. M-TH 3:45 - 7:30 p.m.  
SA Closed through Summer

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## Building Closings

April 24 - Easter

May 30 - Memorial Day

July 4 - Independence Day

## Refund/Credit Policy

1. The YMCA reserves the right to cancel, reschedule or combine classes that do not have sufficient enrollment. In the event of a cancelled class due to lack of enrollment, a full refund or credit will be issued.
2. A full refund or credit voucher will be issued if the participant cancels 24-hours before the first day of session.
3. A pro-rated credit will only be given if participation ceases due to medical reasons. A note from the doctor will enable one to receive a refund.
4. There are no credits given for individual classes missed.
5. No refunds/credits are given on individual classes cancelled due to weather.
6. Some programs require a deposit/registration fee that is non-refundable. Participant cancellation in these programs will result in loss of the deposit.
7. Credit vouchers expire 6 months after date of issue.

## MEMBERSHIP INFORMATION

The YMCA offers a monthly payment plan for membership that is convenient and easy to use. Tours are available with Member Services.

### Who May Be A Member

Any person, regardless of race, gender, religion or creed may become a member of the YMCA.

**YMCA Member** - A person who holds a full Association membership at the YMCA.

**General Public** - A person who does not hold a full Association membership at the YMCA, but would like to participate as a member of a program.

## STRONG KIDS SCHOLARSHIP PROGRAM

*No person will be denied the benefits of the YMCA membership program due to financial limitations.*

Scholarships are available for programs, child care and membership. For more information, see the Member Service Office at your local branch.



### OUR MISSION:

*The YMCA is a not-for-profit organization, which puts Christian principles into practice by promoting youth, adult and family activities that build a healthy spirit, mind and body for all.*

## Admittance Policy

Members must bring their YMCA membership card each time they use the facility.

General Public must show their current program pass or day membership pass.

## Program Participation

Members and the general public are welcome to join any YMCA program. In order to receive member rates on programs, you must be a member throughout the length of that program.

YMCA programs are often photographed for promotional purposes. If you do not wish to be included, please inform the photographer.

## Character Development

Character development is at the heart of what we do at the YMCA of the Fox Cities. To accomplish our mission, we incorporate character development in all our programs. The YMCA of the Fox Cities has adopted **CARING, HONESTY, RESPECT and RESPONSIBILITY** as our focus of our communication, activities and staff/member relationships.

## Gift Certificates

Gift certificates are available for purchase from Member Services or the Front Desk.

## Accident and Valuables

The YMCA is not responsible for any accidents. All individuals participate at their own risk.

The YMCA is not responsible for personal property lost, damaged or stolen. Please secure all belongings.

A lost and found is available at each facility.

## What is the YMCA?

Founded in 1844, the YMCA is an international organization active in more than 130 different countries.

## Appleton Y Service Club

Active for 60 years, they meet the second and fourth Tuesday at 7:00 a.m. during the school year to plan fundraising events to help the YMCA provide innovative programming to the Fox Cities area. Interested? Call Tom Wendt at 954-7619 for more information or visit our website at [www.ymcafoxcities.org](http://www.ymcafoxcities.org).

## YMCA Endowment

Established in 1956, the YMCA of the Fox Cities Endowment helps to fund various YMCA projects and programs.

For more information on how you can contribute to the Endowment Fund, contact Carol Peterson at 954-7637.

## Heritage Club

The YMCA of the Fox Cities Heritage Club, founded in 1990, currently consists of 446 members, who have contributed to the Endowment Fund or left the YMCA in their estate plan. Contact Carol Peterson at 954-7637 for information.

## Children With Disabilities

Please notify Member Services if your child has any special need or disability, as we would be happy to provide any assistance needed.

# Aquatics - Parent & Toddler

APPY - Kathryn Herzog - Program & Aquatic Director - 954-7640 - kherzog@ymcafoxcities.org

APPY - Erin Choudoir - Aquatic Coordinator - 954-7628 - echoudoir@ymcafoxcities.org

FWY - Paul Bady - Aquatic Director - 560-3412 - pbady@ymcafoxcities.org

HOTVY - Belinda Price-Dajany - Aquatic & Youth Program Director - 830-5707 - bpricedajany@ymcafoxcities.org

HOTVY - Erin Brennan - Aquatic Coordinator - 830-5714

NMY - Kelli Briski - Aquatic Director - 886-2132 - kbriski@ymcafoxcities.org

NMY - Monica Schultz - Aquatic Coordinator - 886-2130 - mschultz@ymcafoxcities.org

**ALL SUMMER SESSION :10 WEEK SESSION**  
 (1 lesson/wk) June 6-August 21  
 NMY starts June 9-August 24 • No classes July 4-10  
 Fee: YMCA Member- \$40 General Public- \$79

## Goldfish - (6 Months-2 Years with a parent )

One adult must accompany each child. Age appropriate water adjustment skills

## Sunfish - (2-3 Years with a parent)

Completing the Goldfish class prior to Sunfish is recommended. Age appropriate water adjustment skills.

Fee: YMCA Member - \$40 General Public - \$79

### Goldfish

Day	Time	YMCA
M	8:30-9:00 a.m.	APPY
M	6:30-7:00 p.m.	APPY
T	7:00-7:30 p.m.	APPY
W	9:00-9:30 a.m.	APPY
W	6:00-6:30 p.m.	APPY
TH	10:30-11:00 a.m.	APPY
TH	6:30-7:00 p.m.	APPY
SA	8:30-9:00 a.m.	APPY
T	9:00-9:30 a.m.	FWY
T	4:00-4:30 p.m.	FWY
W	4:00-4:30 p.m.	FWY
TH	4:00-4:30 p.m.	FWY

SA 9:15-9:45a.m. HOTVY

M	6:30-7:00 p.m.	NMY
T	9:00-9:30 a.m.	NMY
T	6:00-6:30 p.m.	NMY
W	6:30-7:00 p.m.	NMY
TH	10:00-10:30 a.m.	NMY
TH	7:00-7:30 p.m.	NMY
SA	9:00-9:30 a.m.	NMY

### Sunfish

Day	Time	YMCA
M	9:00-9:30 a.m.	APPY
T	11:30-12:00 p.m.	APPY
T	6:00-6:30 p.m.	APPY
W	8:30-9:00 a.m.	APPY
W	6:30-7:00 p.m.	APPY
SA	10:00-10:30 a.m.	APPY

M	4:00-4:30 p.m.	FWY
T	6:15-6:45 p.m.	FWY
W	6:15-6:45 p.m.	FWY
TH	9:00-9:30 a.m.	FWY
SA	9:00-9:30 a.m.	FWY

SA 9:50-10:20 a.m. HOTVY

### Sunfish Continued

Day	Time	YMCA
M	11:30 a.m.-Noon	NMY
T	10:30-11:00 .am.	NMY
T	7:00-7:30 p.m.	NMY
W	9:00-9:30 a.m.	NMY
W	6:00-6:30 p.m.	NMY
TH	9:30-10:00 a.m.	NMY
TH	6:00-6:30 p.m.	NMY
SA	11:30 a.m.-Noon	NMY

### Infant Parent Water Orientation - (3 months -1 year)

Parents, would you like to learn some basic holding positions and safety skills for your child who isn't quite old enough to be in lessons yet? Try this one-time orientation and learn the do's and don'ts with your child around the water to have fun and be safe! Cost is **FREE** for members and the General Public. Please call the Appleton YMCA Aquatic Office at 954-7628 for dates, times and to register.

### 5 WEEK- 2 lessons/wk - MONDAY AND WEDNESDAY OR TUESDAY AND THURSDAY

Summer Session 1- June 6-July 17 - NMY starts June 9

No classes July 4-10

Summer Session 2 - July 18-August 20

Fee: YMCA Member - \$40 General Public - \$79

### Goldfish

Day	Time	YMCA
M/W	9:00-9:30 p.m.	HOTVY
M/W	5:45-6:15 p.m.	HOTVY

### Sunfish

Day	Time	YMCA
T/TH	9:00-9:30 a.m.	HOTVY
T/TH	5:45-6:15 p.m.	HOTVY

# Aquatics - Preschool Ages 3-6

## Preschool Progressive Swim Program

- Shrimp** (3-4 year olds) - Must be comfortable in the water and be able to stand in the shallow end of pool at 2'6". This is not a parent-tot class. Your child should be 3 years old and completion of Sunfish is recommended. Sample of skills needed to progress to next level.
- Kipper** (3-4 year olds) - Must be comfortable in the water without a parent AND be able to stand in the shallow end of pool at 2'6". Must have progressed from Shrimp to Kipper to take this class. Will learn front & back float by self, submerge head and paddle stroke with forward progress.
- 
- Perch** (4-6 year olds) - Will learn front and back float with assistance, front float independently, flutter kicking on wall/with floatation, submerge head and paddle stroke arms.
- Pike** (4-6 year olds) - Will learn front/back float independently, front & back glide with kicks, paddle stroke with forward progress and front crawl 4-5 strokes.
- Eel** (4-6 year olds) - Will learn kicking with floatation front & back, finning and kick on back, paddle stroke 50 ft, front crawl 20 feet, introduction to back crawl arm movement and retrieve objects off bottom.
- Ray** (4-6 year olds) - Will learn swimming underwater, jump into deep water and tread water, fin and kick 25 yards, rotary breathing, front crawl 25 yards, introduction to back crawl and bobs 15 times.
- Starfish** (4-6 year olds) - Will learn front crawl with good form 25-50 yards, back crawl 25-50 yards, fin and kick 50 yards, introduction to elementary backstroke and survival floating.

### Choose from classes held

1 or 2 days a week.

1 day per week - pg. 5-6

2 days per week - pg. 7

### ALL SUMMER SESSION :10 WEEK SESSION

(1 lesson/wk) June 6-August 21

NMY starts June 9-August 24 • No classes July 4-10

Fee: YMCA Member- \$40 General Public- \$79

## Ages 3-4

### Shrimp

Day	Time	YMCA
M	9:30-10:00 a.m.	APPY
M	3:30-4:00 p.m.	APPY
M	4:30-5:00 p.m.	APPY
T	10:00-10:30 a.m.	APPY
T	11:00-11:30 a.m.	APPY
T	3:30-4:00 p.m.	APPY
T	5:00-5:30 p.m.	APPY
W	9:30-10:00 a.m.	APPY
W	4:30-5:00 p.m.	APPY
TH	10:00-10:30 a.m.	APPY
TH	5:30-6:00 p.m.	APPY
SA	10:30-11:00 a.m.	APPY

M	9:00-9:30 a.m.	FWY
M	5:00-5:30p.m.	FWY
W	9:30-10:00 a.m.	FWY
W	5:45-6:15 p.m. Combo	FWY
T	11:15-11:45 a.m.	FWY
T	5:00-5:30 p.m.	FWY
TH	11:15-11:45 a.m.	FWY
SA	11:45 a.m.-12:15 p.m.	FWY

### Shrimp continued

Day	Time	YMCA
SA	8:30-9:00 a.m.	HOTVY
SA	9:05-9:35 a.m.	HOTVY
M	9:00-9:30 a.m.	NMY
M	10:30-11:00 a.m.	NMY
M	5:00-5:30 p.m.	NMY
T	9:30-10:00 a.m.	NMY
T	4:00-4:30 p.m.	NMY
T	4:30-5:00 p.m.	NMY
T	6:30-7:00 p.m.	NMY
W	10:00-10:30 a.m.	NMY
W	5:00-5:30 p.m.	NMY
W	5:30-6:00 p.m.	NMY
TH	10:30-11:00 a.m.	NMY
TH	5:30-6:00 p.m.	NMY
TH	6:30-7:00 p.m.	NMY
SA	9:30-10:00 a.m.	NMY

### Kipper

Day	Time	YMCA
M	11:30-12:00 p.m.	APPY
M	5:00-5:30 p.m.	APPY
T	10:30-11:00 a.m.	APPY
T	4:00-4:30 p.m.	APPY
W	10:30-11:00 a.m.	APPY
W	5:00-5:30 p.m.	APPY
TH	6:00-6:30 p.m.	APPY
SA	11:00-11:30 a.m.	APPY

M	9:30-10:00 a.m.	FWY
T	4:30-5:00 p.m.	FWY
W	9:00-9:30 a.m.	FWY
TH	5:00-5:30 p.m.	FWY
SA	9:30-10:00 a.m.	FWY

# Aquatics - Preschool Ages 3-6

## Ages 3-4

### Kipper Continued

Day	Time	YMCA
M	11:00-11:30 a.m.	NMY
M	4:00-4:30 p.m.	NMY
T	9:30-10:00 a.m.	NMY
T	5:30-6:00 p.m.	NMY
W	9:30-10:00 a.m.	NMY
W	11:00-11:30 a.m.	NMY
W	4:30-5:00 p.m.	NMY
TH	5:00-5:30 p.m.	NMY
SA	10:00-10:30 a.m.	NMY

## Ages 4-6

### Perch

Day	Time	YMCA
M	11:00-11:30 a.m.	APPY
M	4:00-4:30 p.m.	APPY
M	5:30-6:00 p.m.	APPY
M	6:00-6:30 p.m.	APPY
T	9:30-10:00 a.m.	APPY
T	4:00-4:30 p.m.	APPY
T	6:30-7:00 p.m.	APPY
W	11:00-11:30 a.m.	APPY
W	3:30-4:00 p.m.	APPY
TH	3:30-4:00 p.m.	APPY
TH	5:00-5:30 p.m.	APPY
SA	9:00-9:30 a.m.	APPY

M	10:00-10:30 a.m.	FWY
M	6:15-6:45 p.m.	FWY
T	9:30-10:00 a.m.	FWY
W	10:00-10:30 a.m.	FWY
W	5:45-6:15 p.m. Combo	FWY
TH	6:15-6:45 p.m.	FWY
SA	8:30-9:00 a.m.	HOTVY
SA	9:05-9:35 a.m.	HOTVY

M	9:30-10:00 a.m.	NMY
M	5:30-6:00 p.m.	NMY
T	10:00-10:30 a.m.	NMY
T	11:30 a.m.-Noon	NMY
T	4:00-4:30 p.m.	NMY
W	5:00-5:30 p.m.	NMY
W	5:30-6:00 p.m.	NMY
TH	9:00-9:30 a.m.	NMY
TH	4:30-5:00 p.m.	NMY
SA	10:30-11:00 a.m.	NMY

### Pike

Day	Time	YMCA
M	10:30-11:00 a.m.	APPY
M	3:30-4:00 p.m.	APPY
M	5:30-6:00 p.m.	APPY
T	10:00-10:30 a.m.	APPY
T	11:00-11:30 a.m.	APPY
T	3:30-4:00 p.m.	APPY
T	4:30-5:00 p.m.	APPY
W	10:00- 10:30 a.m.	APPY
W	4:30-5:00 p.m.	APPY
W	5:30-6:00 p.m.	APPY
TH	4:00-4:30 p.m.	APPY
SA	9:30-10:00 a.m.	APPY

### Pike Continued

Day	Time	YMCA
M	10:30-11:00 a.m.	FWY
M	5:45-6:15 p.m.	FWY
T	10:00-10:30 a.m.	FWY
T	5:45-6:15 p.m.	FWY
W	10:30-11:00 a.m.	FWY
TH	10:00-10:30 a.m.	FWY
SA	10:00-10:30 a.m.	FWY

SA	8:30-9:00 a.m.	HOTVY
M	10:00-10:30 a.m.	NMY
M	4:30-5:00 p.m.	NMY
M	6:00-6:30 p.m.	NMY
T	10:00-10:30 a.m.	NMY
T	11:00-11:30 a.m.	NMY
T	5:00-5:30 p.m.	NMY
W	10:30-11:00 a.m.	NMY
W	4:00-4:30 p.m.	NMY
TH	11:00-11:30 a.m.	NMY
TH	4:00-4:30 p.m.	NMY
SA	11:00-11:30 a.m.	NMY

### Eel

Day	Time	YMCA
M	10:00-10:30 a.m.	APPY
M	4:00-4:30 p.m.	APPY
M	5:00-5:30 p.m.	APPY
T	10:30-11:00 a.m.	APPY
T	4:30-5:00 p.m.	APPY
W	11:30-12:00 p.m.	APPY
W	4:00-4:30 p.m.	APPY
W	5:30-6:00 p.m.	APPY
TH	9:30-10:00 a.m.	APPY
TH	4:30-5:00 p.m.	APPY
SA	9:30-10:00 a.m.	APPY

M	11:00-11:30 a.m.	FWY
M	6:45-7:15 p.m.	FWY
T	10:30-11:00 a.m.	FWY
W	11:00-11:30 a.m.	FWY
TH	10:30-11:00 a.m.	FWY
TH	4:30-5:00 p.m.	FWY
SA	11:15-11:45 a.m.	FWY

SA	10:00-10:30 a.m.	HOTVY
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M	11:45 a.m.-12:15 p.m.	NMY
M	5:15-5:45 p.m.	NMY
M	5:45-6:15 p.m.	NMY
T	10:30-11:00 a.m.	NMY
T	5:00-5:30 p.m.	NMY
W	11:00-11:30 a.m.	NMY
W	4:00-4:30 p.m.	NMY
W	6:00-6:30 p.m.	NMY
TH	11:30 a.m.-Noon	NMY
TH	5:30-6:00 p.m.	NMY
SA	10:30-11:00 a.m.	NMY

# Aquatics - Preschool Ages 3-6

## Ages 4-6

Ray	Time	YMCA
Day		
M	4:30-5:00 p.m.	APPY
T	9:30-10:00 a.m.	APPY
T	5:00-5:30 p.m.	APPY
W	12:00-12:30 p.m.	APPY
W	5:00-5:30 p.m.	APPY
TH	4:00-4:30 p.m.	APPY
SA	9:00-9:30 a.m.	APPY
M	4:30-5:00 p.m.	FWY
W	4:30-5:00 p.m.	FWY
TH	9:30-10:00 a.m.	FWY
SA	10:30-11:00 a.m.	FWY
M	11:15-11:45 a.m.	NMY
M	4:45-5:15 p.m.	NMY
T	11:00-11:30 a.m.	NMY
W	10:30-11:00 a.m.	NMY
W	4:30-5:00 p.m.	NMY
TH	6:00-6:30 p.m.	NMY
SA	11:00-11:30 a.m. Combined	NMY

### Starfish

Day	Time	YMCA
M	11:30-12:00 p.m.	APPY
T	5:30-6:00 p.m.	APPY
TH	9:00-9:30 a.m.	APPY
SA	9:30-10:00 a.m.	APPY
TH	5:45-6:15 p.m.	FWY
T	4:30-5:00 p.m.	NMY
W	11:30 a.m.-Noon	NMY
SA	11:00-11:30 a.m. Combined	NMY

**5 WEEK - 2 lessons/wk - MONDAY AND WEDNESDAY OR TUESDAY AND THURSDAY**  
**Summer Session 1-June 6-July 17**  
**No classes July 4-10**  
**Summer Session 2-July 18-August 21**  
**Fee: YMCA Member- \$40 General Public- \$79**

## Ages 3-4

### Shrimp

Day	Time	YMCA
M/W	9:00-9:30 a.m.	HOTVY
M/W	9:35-10:05 a.m.	HOTVY
M/W	10:20-10:50 a.m.	HOTVY
M/W	4:00-4:30 p.m.	HOTVY
M/W	5:10-5:40 p.m.	HOTVY
T/TH	10:30-11:00 a.m.	HOTVY
T/TH	4:35-5:05 p.m.	HOTVY
T/TH	5:10-5:40 p.m.	HOTVY

## Ages 4-6

### Perch

Day	Time	YMCA
M/W	9:00-9:30 a.m.	HOTVY
M/W	4:35-5:05 p.m.	HOTVY
M/W	5:45-6:15 p.m.	HOTVY
M/W	9:45-10:15 a.m.	HOTVY
M/W	10:20-10:50 a.m.	HOTVY
M/W	4:00-4:30 p.m.	HOTVY
T/TH	10:10-10:40 a.m.	HOTVY
T/TH	4:00-4:30 p.m.	HOTVY
T/TH	9:35-10:05 a.m.	HOTVY
T/TH	4:35-5:05 p.m.	HOTVY

### Pike

Day	Time	YMCA
M/W	9:35-10:05 a.m.	HOTVY
M/W	9:45-10:15 a.m.	HOTVY
M/W	4:35-5:05 p.m.	HOTVY
M/W	5:10-5:40 p.m.	HOTVY
T/TH	9:45-10:15 a.m.	HOTVY
T/TH	10:30-11:00 a.m.	HOTVY
T/TH	4:00-4:30 p.m.	HOTVY
T/TH	5:10-5:40 p.m.	HOTVY

### Eel

Day	Time	YMCA
M/W	9:35-10:05 a.m.	HOTVY
M/W	4:00-4:30 p.m. Combo	HOTVY
T/TH	9:45-10:15 a.m. Combo	HOTVY
T/TH	5:45-6:15 p.m. Combo	HOTVY

### Ray

Day	Time	YMCA
M/W	4:00-4:30 p.m. Combo	HOTVY
T/TH	9:45-10:15 a.m. Combo	HOTVY
T/TH	5:45-6:15 p.m. Combo	HOTVY

## Swim Program

YMCA of the Fox Cities Swim Lessons Conversion Chart			
	Preschool		Progressive
6 months - 3 yrs	3 & 4 yrs	4 & 6 yrs	1 <sup>st</sup> . grade and up
Goldfish			
Sunfish	Shrimp	Perch	Pre-Polliwog
	Kippers	Pike	Pre-Polliwog
		Eels	Polliwog I
		Rays	Polliwog 1 or II
		Starfish	Polliwog II
			Guppy
			Minnow
			Fish
			Flying Fish
			Shark
			Porpoise Club

### Parent and Child Program

Goldfish (with parent) 6 months to 18 months  
 Sunfish (with Parent) 18months to 3 years old

# Aquatics - Youth Program - 1st Grade -12 Years

<b>Pre-Polliwog</b>	Front & Back float comfortably 5 seconds each, kick with flotation front & back 20 feet, submerge head, paddle stroke 20 feet and introduction to coordinated front crawl movement.
<b>Polliwog 1</b>	Front glide and kick 10 yards, front crawl 20 feet, rhythmic breathing with flotation and kicking, and introduction to back crawl.
<b>Polliwog 2</b>	Tread water 30 seconds, rotary breathing with front crawl arms and board 25 yards, front crawl with breathing and good form 25 yards, fining on back with kick 25 yards, back crawl 25 yards and endurance swim 25 yards front crawl.
<b>Guppy</b>	Tread water 1 min., survival float 1 min., rhythmic breathing timed with front crawl, front crawl 50 yards in good form, back crawl 50 yards in good form and introduction to elementary backstroke kick.
<b>Minnow</b>	Tread water 3 min., front & back crawl 100 yards each in good form, elementary backstroke 25 yards, introduction to breaststroke kick, and endurance swim 150 yards.
<b>Fish</b>	Front & back crawl 150 yards each, breaststroke 25 yards, introduction to scissor kick, head first/feet first sculling and endurance swim 250 yards.
<b>Flying Fish</b>	Tread water arms only/legs only 5 min., each, butterfly 25 yards, individual medley, sidestroke 25 yards, approach strokes, and endurance swim 300 yards.
<b>Shark</b>	Survival float 10 min., open turns, butterfly 50 yards, surface dives, endurance swim 15 min. and 200 yards individual medley.

**Choose from classes held  
1 or 2 days a week.  
1 day per week - pg. 8-9  
2 days per week - pg. 10**

**ALL SUMMER SESSION :10 WEEK SESSION  
(1 lesson/wk) June 6-August 21 - NMY classes start on  
June 9-August 24 • No classes July 4-10  
Fee: YMCA Member- \$40      General Public- \$79**

## Pre-Polliwog

Day	Time	YMCA
M	9:00-9:40 a.m.	APPY
M	3:45-4:25 p.m.	APPY
M	5:15-5:55 p.m.	APPY
T	9:00-9:40 a.m.	APPY
T	4:30-5:10 a.m.	APPY
W	10:30-11:10 a.m.	APPY
W	6:00-6:40 p.m.	APPY
TH	9:45-10:25 a.m.	APPY
SA	9:00-9:40 a.m.	APPY
M	9:00-9:40 a.m.	FWY
M	4:00-4:40 p.m.	FWY
T	9:00-9:40 a.m.	FWY
T	4:45-5:25 p.m.	FWY
T	5:30-6:10 p.m.	FWY
W	9:00-9:40 a.m.	FWY
W	4:00-4:40 p.m.	FWY
TH	11:15-11:55 a.m.	FWY
TH	5:30-6:10 p.m.	FWY
SA	9:00-9:40 a.m.	FWY
SA	8:30-9:10 a.m.	HOTVY
SA	9:40-10:20 a.m.	HOTVY
M	11:15-11:55 a.m.	NMY
M	5:30-6:10 p.m.	NMY
T	10:00-10:40 a.m.	NMY
T	6:15-6:55 p.m.	NMY
W	10:30-11:10 a.m.	NMY
W	4:45-5:25 p.m.	NMY
TH	10:00-10:40 a.m.	NMY
TH	4:00-4:40 p.m.	NMY
SA	9:00-9:40 a.m.	NMY

## Polliwog 1

Day	Time	YMCA
M	9:45-10:25 a.m.	APPY
M	4:30-5:10 p.m.	APPY
M	6:00-6:40 p.m.	APPY
T	9:00-9:40 a.m.	APPY
T	5:15-5:55 p.m.	APPY
W	9:45-10:25 a.m.	APPY
W	10:30-11:10 a.m.	APPY
W	4:30-5:25 p.m.	APPY
TH	10:30-11:10 a.m.	APPY
TH	4:30-5:10 p.m.	APPY
TH	5:15-5:55 p.m.	APPY
SA	10:30-11:10 a.m.	APPY
M	9:00-9:40 a.m.	FWY
M	4:00-4:40 p.m.	FWY
T	9:00-9:40 a.m.	FWY
T	4:00-4:40 p.m.	FWY
T	5:30-6:10 p.m.	FWY
W	9:00-9:40 a.m.	FWY
W	4:00-4:40 p.m.	FWY
TH	10:30-11:10 a.m.	FWY
TH	4:45-5:25 p.m.	FWY
TH	5:30-6:10 p.m.	FWY
SA	9:00-9:40 a.m.	FWY
SA	8:30-9:10 a.m.	HOTVY
SA	9:15-9:55 a.m.	HOTVY
M	10:30-11:10 a.m.	NMY
M	4:00-4:40 p.m.	NMY
T	10:45-11:25 a.m.	NMY
T	11:30 a.m.-12:10 p.m.	NMY
T	4:45-5:25 p.m.	NMY
W	11:15-11:55 a.m.	NMY
W	4:45-5:25 p.m.	NMY
W	5:30-6:10 p.m.	NMY
TH	10:00-10:40 a.m.	NMY
TH	10:45-11:25 a.m.	NMY
TH	4:00-4:40 p.m.	NMY
TH	6:15-6:55 p.m.	NMY
SA	9:00-9:40 a.m.	NMY

# Aquatics - Youth Program - 1st Grade -12 Years

## ALL SUMMER SESSION :10 WEEK SESSION

(1 lesson/wk) June 6-August 21

NMY starts on June 9 -August 24 • No classes July 4-10

Fee: YMCA Member- \$40 General Public- \$79

### Polliwog 2

Day	Time	YMCA
M	9:00-9:40 a.m.	APPY
M	3:45-4:25 p.m.	APPY
M	5:15-5:55 p.m.	APPY
T	10:30-11:10 a.m.	APPY
T	4:30-5:10 p.m.	APPY
T	5:15-5:55 p.m.	APPY
W	9:45-10:25 a.m.	APPY
W	3:45-4:25 p.m.	APPY
W	6:00-6:40 p.m.	APPY
TH	9:45-10:25 a.m.	APPY
TH	4:30-5:10 p.m.	APPY
SA	9:45-10:25 a.m.	APPY
M	9:45-10:25 a.m.	FWY
M	4:45-5:25 a.m.	FWY
T	10:30-11:10 a.m.	FWY
T	4:45-5:25 p.m.	FWY
W	9:45-10:25 a.m.	FWY
W	4:45-5:25 a.m.	FWY
TH	11:15-11:55 a.m.	FWY
TH	6:15-6:55 p.m.	FWY
SA	9:45-10:25 a.m.	FWY
SA	9:40-10:20 a.m.	HOTVY
M	10:30-11:10 a.m.	NMY
M	4:00-4:40 p.m.	NMY
M	5:30-6:10 p.m.	NMY
T	11:30 a.m.-12:10 p.m.	NMY
T	4:45-5:25 p.m.	NMY
W	11:15-11:55 a.m.	NMY
W	4:00-4:40 p.m.	NMY
W	5:30-6:10 p.m.	NMY
TH	10:45-11:25 a.m.	NMY
TH	4:00-4:40 p.m.	NMY
TH	4:45-5:25 p.m.	NMY
SA	9:45-10:25 a.m.	NMY

### Guppy

Day	Time	YMCA
M	10:30-11:10 a.m.	APPY
M	4:30-5:10 p.m.	APPY
M	6:00-6:40 p.m.	APPY
T	9:45-10:25 a.m.	APPY
T	4:30-5:10 p.m.	APPY
W	9:00-9:40 a.m.	APPY
W	3:45-4:25 p.m.	APPY
W	5:15-5:55 p.m.	APPY
TH	10:30-11:10 p.m.	APPY
TH	5:15-5:55 p.m.	APPY
SA	11:15- 11:55 a.m.	APPY
M	9:45-10:25 a.m.	FWY
M	4:45-5:25 p.m.	FWY
T	9:45-10:25 a.m.	FWY
T	4:00-4:45 p.m.	FWY
T	6:15-6:55 p.m.	FWY
W	9:45-10:25 a.m.	FWY
W	4:45-5:25 p.m.	FWY
TH	10:30-11:10 a.m.	FWY
TH	4:00-4:40 p.m.	FWY
SA	9:45-10:25 a.m.	FWY

### Guppy Continued

Day	Time	YMCA
SA	9:40-10:20 a.m.	HOTVY
M	10:30-11:10 a.m.	NMY
M	4:00-4:40 p.m.	NMY
T	10:00-10:40 a.m.	NMY
T	11:30 a.m.-12:10 p.m.	NMY
T	5:30-6:10 p.m.	NMY
T	6:15-6:55 p.m.	NMY
W	10:30-11:10 a.m.	NMY
W	4:00-4:40 p.m.	NMY
TH	11:30 a.m.-12:10 p.m.	NMY
TH	4:45-5:25 p.m.	NMY
TH	5:30-6:10 p.m.	NMY
SA	9:45-10:25 a.m.	NMY

### Minnow

Day	Time	YMCA
M	10:30-11:10 a.m.	APPY
M	4:30-5:10 p.m.	APPY
T	10:30-11:10 a.m.	APPY
T	5:15-5:55 p.m.	APPY
W	11:15-11:55 a.m.	APPY
W	4:30-5:10 p.m.	APPY
TH	9:00-9:40 a.m.	APPY
SA	10:30-11:10 a.m.	APPY
M	10:30-11:10 a.m.	FWY
M	5:30-6:10 p.m.	FWY
T	9:45-10:25 a.m.	FWY
T	6:15-6:55 p.m.	FWY
W	10:30-11:10 a.m.	FWY
W	5:30-6:10 p.m.	FWY
TH	9:45-10:25 a.m.	FWY
TH	4:00-4:40 p.m.	FWY
SA	10:30-11:10 a.m.	FWY
M	9:45-10:25 a.m.	NMY
M	4:45-5:25 p.m.	NMY
T	9:15-9:55 a.m.	NMY
T	10:45-11:25 a.m.	NMY
T	4:00-4:40 p.m.	NMY
T	5:30-6:10 p.m.	NMY
W	9:45-10:25 a.m.	NMY
W	4:45-5:25 p.m.	NMY
TH	10:00-10:40 a.m.	NMY
TH	4:45-5:25 p.m.	NMY
SA	10:30-11:10 a.m.	NMY

# Aquatics - Youth Program - 1st Grade -12 Years

Fish Day	Time	YMCA
M	11:15-11:55 a.m.	APPY
M	5:15-5:55 p.m.	APPY
T	9:45-10:25 a.m.	APPY
W	9:00-9:40 a.m.	APPY
W	5:15-5:55 p.m.	APPY
TH	4:30-5:10 p.m.	APPY
SA	9:00-9:40 a.m.	APPY

M	10:30-11:10 a.m.	FWY
M	5:30-6:10 p.m.	FWY
T	10:30-11:10 a.m.	FWY
W	10:30-11:10 a.m.	FWY
W	5:30-6:10 p.m.	FWY
TH	9:45-10:25 a.m.	FWY
TH	6:15-6:55 p.m.	FWY
SA	10:30-11:10 a.m.	FWY

M	9:45-10:25 a.m.	NMY
M	4:45-5:25 p.m.	NMY
T	9:15-9:55 a.m.	NMY
T	4:00-4:40 p.m.	NMY
W	9:00-9:40 a.m.	NMY
W	5:30-6:10 p.m.	NMY
TH	9:15-9:55 a.m.	NMY
TH	10:45-11:25 a.m.	NMY
TH	5:30-6:10 p.m.	NMY
SA	11:15-11:55 a.m.	NMY

Flying Fish Day	Time	YMCA
M	*9:45-10:25 a.m.	APPY
M	*6:00-6:40 p.m.	APPY
W	*11:15-11:55 a.m.	APPY
TH	*5:15-5:55 p.m.	APPY
SA	*9:45-10:25 a.m.	APPY

M	11:15-11:55 a.m.	FWY
M	6:15-6:55 p.m.	FWY
T	11:15-11:55 a.m.	FWY
W	6:15-6:55 p.m.	Combo FWY
TH	9:00-9:40 a.m.	FWY
TH	4:45-5:25 p.m.	FWY
SA	11:15-11:55 a.m.	FWY

M	9:00-9:40 a.m.	Combined NMY
T	5:30-6:10 p.m.	Combined NMY
W	9:45-10:25 a.m.	Combined NMY
W	4:00-4:40 p.m.	Combined NMY
TH	9:15-9:55 a.m.	Combined NMY
TH	6:15-6:55 p.m.	Combined NMY

(Days and times with a \* indicate the classes are combined)

Shark Day	Time	YMCA
M	*9:45-10:25 a.m.	APPY
M	*6:00-6:40 p.m.	APPY
W	*11:15-11:55 a.m.	APPY
TH	*5:15-5:55 p.m.	APPY
SA	*9:45-10:25 a.m.	APPY

M	11:15-11:55 a.m.	FWY
W	11:15-11:55 a.m.	FWY
W	6:15-6:55 p.m.	Combo FWY
TH	9:00-9:40 a.m.	FWY
SA	11:15-11:55 a.m.	FWY

Shark Continued Day	Time	YMCA
M	9:00-9:40 a.m.	Combined NMY
T	5:30-6:10 p.m.	Combined NMY
W	9:45-10:25 a.m.	Combined NMY
W	4:00-4:40 p.m.	Combined NMY
TH	9:15-9:55 a.m.	Combined NMY
TH	6:15-6:55 p.m.	Combined NMY

Older Youth Day	Time	YMCA
TH	9:45-10:25 a.m.	APPY
SA	11:15-11:55 a.m.	APPY
M	11:15-11:55 a.m.	NMY

## 5 WEEK 2 lessons/wk- MONDAY AND WEDNESDAY OR TUESDAY AND THURSDAY

Summer Session 1-June 6-July 17

No classes July 4-10

Summer Session 2-July 18-August 21

Fee: YMCA Member - \$40 General Public - \$79

Pre-Polliwog Day	Time	YMCA
M/W	9:00-9:40 a.m.	HOTVY
M/W	10:10-10:50 a.m.	HOTVY
M/W	4:35-5:15 p.m.	HOTVY
M/W	5:30-6:10 p.m.	HOTVY
T/TH	9:00-9:40 a.m.	HOTVY
T/TH	10:20-11:00a.m.	HOTVY
T/TH	4:00-4:40 p.m.	HOTVY
T/TH	4:45-5:25 p.m.	HOTVY
T/TH	5:30-6:10 p.m.	HOTVY

Polliwog I Day	Time	YMCA
M/W	10:10-10:50 a.m.	HOTVY
M/W	4:00-4:40 p.m.	HOTVY
M/W	4:45-5:25 p.m.	HOTVY
T/TH	9:00-9:40 a.m.	HOTVY
T/TH	10:20-11:00 a.m.	HOTVY
T/TH	4:00-4:40 p.m.	HOTVY
T/TH	5:30-6:10 p.m.	HOTVY

Polliwog 2 Day	Time	YMCA
M/W	10:10-10:50 a.m.	Combo HOTVY
M/W	4:00-4:40 p.m.	HOTVY
M/W	5:20-6:00 p.m.	HOTVY
T/TH	9:45-10:25 a.m.	HOTVY
T/TH	4:45- 5:25 p.m.	HOTVY

Guppy Day	Time	YMCA
M/W	10:10-10:50 a.m.	Combo HOTVY
M/W	4:45-5:25 p.m.	HOTVY
T/TH	9:45-10:25 a.m.	Combo HOTVY
T/TH	4:45-5:25 p.m.	Combo HOTVY

# Aquatics - Youth Program - 1st Grade -12 Years

## Minnow

Day	Time		YMCA
M/W	5:30-6:10 p.m.	Combo	HOTVY
T/TH	9:00-9:40 a.m.		HOTVY
T/TH	4:45-5:25 p.m.	Combo	HOTVY

## Fish

M/W	5:30-6:10 p.m.	Combo	HOTVY
T/TH	9:00-9:40 a.m.		HOTVY

## Flying Fish

T/TH	5:30-6:10 p.m.	Combo	HOTVY
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## Shark

T/TH	5:30-6:10 p.m.	Combo	HOTVY
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**Older Youth Classes** - For older youth at a beginner or intermediate swimming level who prefer to be in a class with others of their own age. No evaluation is required for placement (except for advanced students).

**5 WEEK 2 lessons/wk- MONDAY AND WEDNESDAY OR TUESDAY AND THURSDAY**

**Summer Session 1-June 6-July 17**

**No classes July 4-10**

**Summer Session 2-July 18-August 21**

M/W	9:00-9:40 a.m.	HOTVY
T/TH	4:00-4:40 p.m.	HOTVY
<b>Fee:</b>	<b>YMCA Member - \$40</b>	<b>General Public - \$79</b>

## Aquatics - Teen & Adult

### Absolute Beginner

This class is designed for the fearful swimmer. There is an emphasis on adjustment to water, floating and breath control. As well as, an introduction to basic stroke techniques.

TH	6:15-7:00 p.m.	NMY
<b>Fee:</b>	<b>YMCA Member - \$47</b>	<b>General Public - \$82</b>

### Intermediate

Swimmers who may need additional help with stroke development and deep- water skills should take this class.

W	6:45-7:25 p.m.	APPY
M	7:45-8:30 p.m.	NMY
<b>Fee:</b>	<b>YMCA Member - \$47</b>	<b>General Public - \$83</b>

### Beginner

Developed for the non-fearful swimmer, in this class instruction is devoted to front crawl and back crawl.

TH	9:00-9:40 a.m.	APPY
M	6:45-7:25 p.m.	APPY
W	6:15-6:55 p.m.	FWY
M	7:00-7:45 p.m.	NMY
<b>Fee:</b>	<b>YMCA Member - \$47</b>	<b>General Public - \$82</b>

**Summer Session 1-June 6-July 16**

**No classes July 4-10**

**Summer Session 2-July 18-August 21**

TH	5:15-5:45 a.m.	HOTVY
<b>Fee:</b>	<b>YMCA Member - \$40</b>	<b>General Public - \$79</b>

### Swim and Stay Fit Club - APPY & FWY

YMCA members record their mileage for each quarter mile or more. Participants will receive a gift upon completion of 100 miles, 500 miles and those completing 1,000 miles or more. Call the Aquatic office for more information.

**Fee: \$5 per year**

# Aquatics - Teen & Adult

## Lifeguard Training

Must be 15 years old on or before the end of class. Certification includes: CPR for the Professional Rescuer, Lifeguard training and First Aid. Red Cross Certification upon successful completion. You MUST attend all classes. Lifeguarding books available for \$37 at Appleton & Neenah-Menasha YMCAs.

**Pre-requisites:** Swim 300 yards continuously, using these strokes in the following order:

- 100 yd. front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be either to the side or front.
- 100 yd. breaststroke using pull, kick and glide sequence.
- 100 yd. of either the front crawl or breaststroke, or combination of the two strokes.

Swim 20 yds. using the front crawl or breaststroke, surface dive 7-10 ft., retrieve a 10 lb. object, surface, swim 20 yds. back to starting point with the object and exit the water without using a ladder or steps in 1 min., 40 sec. A \$10 pre-screening fee forfeited if student is unable to pass pre-screening test.

**Fee: YMCA Member - \$110      General Public - \$150**

## APPY- 7 WEEK COURSE

Classes June 6-July 25 No class July 4th.  
Prescreening on first day of class.  
Class is held Mondays from 6:30-10:00 p.m.

## NMY- 1 WEEK COURSE

Prescreening first day of class. Tuesday, June 14,  
Wednesday June 15, Thursday June 16, Friday June 17  
Class is held from 4:00 p.m.-9:00 p.m.; Saturday June 18  
and Sunday June 19. Class is held from  
9:00 a.m.-5:00 p.m. Includes CPR and First Aid.

## Aquatics - Specialty

**Porpoise Club** – An aquatic club for youth that have passed through the progressive program. Continuing development of stroke, endurance and water safety skills. The Porpoise Club will promote leadership skills, personal goal setting and service to others.

M 11:15-11:55 a.m. APPY  
**Fee: YMCA Member - \$40      General Public - \$78**

### Joint Efforts: Arthritis Foundation Aquatic Program

This program is designed for the individual with limited joint motion. This class is taught by a certified YMCA of the USA and National Arthritis Foundation Instructor.

Fourteen visit cards are issued.  
T/TH/F 10:00-11:00 a.m. NMY  
**Fee: YMCA Member - FREE      General Public - \$49**

### Slow Stretch

Arthritis Foundation/YMCA program of water exercises for person with arthritis. Classes are 45 minutes for 5 weeks. Medical and release forms are required to participate.

Forms can be picked up at the Front desk of the Appleton YMCA.

T	8:00-8:40 a.m.	APPY
T	8:45-9:25 a.m.	APPY
TH	8:00-8:40 a.m.	APPY
TH	8:45-9:25 a.m.	APPY

**Fee:      YMCA Member      General Public**  
**1 class per week - \$15      \$30**  
**2 classes per week - \$20      \$45**  
**3 classes per week - \$25      \$54**

### Helping Hands- Special Needs Swimming Lessons

For individuals in first through twelfth grades with special needs. A seven-visit punch card is issued.

W 6:15-7:15 p.m. NMY  
**Fee: YMCA Member - \$27      General Public - \$47**

### Youth Special Needs Individual Swim Classes

Swim instruction for children with physical, developmental or learning disabilities. Small classes or individual lessons can be scheduled through the Aquatic Office. Medical form required. Call the Appleton, Fox West, Heart of the Valley or Neenah-Menasha YMCA Aquatic Department for further information or to set up lesson. 10 week session.

**YMCA Private lesson - \$63**  
**General Public Private Fee -\$95**

### Warm Water Swim/Exercise

For a person who requires warm water temperature due to a temporary or permanent physical disability. Exercise, swim laps, etc. in water temperature of 88 degrees. Lifeguards will assist participants with entering and exiting the water. If locker room or "in-water" assistance is needed, participants must bring an aide. Medical release forms required. Punch cards available in denominations of \$10 or \$20.

M	12:45-1:45 p.m.	APPY
W	12:45-1:45 p.m.	APPY
F	12:45-1:45 p.m.	APPY

**Fee: YMCA Members - FREE      General Public - \$2 per time**

# Aquatics - Specialty Aquatic Classes

## Individual Lessons or Small Group Lessons

These classes are for the swimmer that would like to have individual attention. These classes can be held one-on-one or with a group of up to three. Half hour lessons are given at the level of swimmer's ability.

**Fee: 10 Lessons**

**YMCA Member - \$132**

**General Public - \$190**

**Classes with more than one child will remain the same price, but classes will be 40 minutes long.**

*For days/times call:*

954-7640 - Appleton YMCA

757-9820 - Fox West YMCA

830-5714 - Heart of the Valley YMCA

886-2132 - Neenah-Menasha YMCA

## ADDITIONAL SPECIAL NEEDS PROGRAMS

### YMCA Camp Hope - Ages 6-15

July 25-August 5 - Plamann Park

Designed for children with physical and cognitive challenges and/or who are deaf/hard of hearing. Your child will receive hands-on experience with activities that inspire and encourage creativity. Activities are designed that build self-esteem and independence within your child. Call 882-3668 for more information or e-mail to [camphope@ymcafoxcities.org](mailto:camphope@ymcafoxcities.org). Financial Assistance is available. Enrollment is limited.

Time: M-F 10:00 a.m.-3:00 p.m.

Fee: \$90 per participant

# Aquatics - Fox Cities YMCA Swim Team

www.fcyst.org - 954-7627

Angela Monty - Head Swim Coach - amonty@ymcafoxcities.org - 954-7627

Ben Gill - Developmental Coach - bgill@ymcafoxcities.org

Silvia Bryson- Team Registrar - sbryson@ymcafoxcities.org

The YMCA of the Fox Cities offers a year round competitive swimming program for all ages and abilities ranging from new swimmers to national level athletes. Practices opportunities are offered five evenings for the novice and age group swimmers and up to six days a week for the National athletes. During the season, FCYST competes in a wide variety of swim meets providing opportunities for all ability levels.

For purposes of training, the team is arranged into five groups. The groups are categorized by skill, age, experience level, meet qualification and practice attendance. At each level there will be a different focus. Listed below are the definitions for each group and an explanation of the groups practice focus. Our staff of professional coaches will help with the development of each swimmer.

Team members are required to be YMCA members. Children must have completed the Guppy level of swim lesson to be on the team and perform 2 lengths front crawl, 2 lengths back crawl & a standing dive.

## Blue Level Practice Group: Blue I

Ages 11 and under. The Blue level focuses on learning the basics of the four competitive strokes, understanding the basics of clock reading and intervals, and working on turns and starts. Keeping practices short (75 - 90 minutes) but effective this is a great group for athletes just out of lessons or those interested in learning more about competitive swimming. The minimum ability of a swimmer joining this is group is: the completion of "Guppy" level lessons in the YMCA swim lessons program. **Practice starts May 16, 2011.**

**Fee: \$115**

## Blue II

The Blue II level is for swimmers that have participated on the team for a minimum of one season, attended at least one meet and is between 7-10 years old. This level will continue to focus on the basic fundamentals of the four competitive strokes, including starts and turns. Practice times are held for 60-75 minutes. The minimum ability for joining this group: effectively swimming freestyle, back-stroke, and breaststroke. **Practice begins May 16, 2011.**

**Fee: \$140**

## White Level Practices Groups: White I

For ages 8-12. The White I group continues to push the basic fundamentals of the four competitive strokes, including starts and turns in an enjoyable atmosphere. When ready, White I members are introduced to local competition. Practices are a little longer (90 minutes) this group will be for swimmers that are beyond the basics of the Blue I group but not quite ready for longer distances in their swimming. The minimum ability of a swimmer joining this group is: 50 yards of each of the competitive strokes. **Practice starts May 16, 2011.**

**Fee: \$160**

## White II

Emphasizes longer distances and individual medley training. Stroke mechanics, along with learning the basics of a dry land program, continues as a major part of the overall program. Practices are 105-120 minutes; this group is for swimmers between the ages of 10-14 that are committed to the sport of swimming. Advance stroke technique, specialty training, and race strategy become very important for continued improvement. This group will be introduced to training methods based on T-30 test swims. The minimum ability of a swimmer joining this group is: Having at least one time that meets the National BB standard in motivational times, or the coach's discretion. **Practice starts April 25, 2011.**

**Fee: \$250**

## Black Level Practice Groups: Black I

The Black I group is the first of senior training levels. This group is for the swimmer moving up from the White Groups level or a beginning swimmer from ages 13-18. Beginning at this level, a swimmer should be making more of a commitment to swimming or accept that the improvements may/will be compromised. Swimmers are offered 6 practices per week. Workouts are 90-120 minutes per day. Advance stroke technique, specialty training, and race strategy become very important for continued improvement. A commitment to train long course in the summer months is necessary to advance into the next group (Black II). **Practice starts May 16, 2011.**

**Fee: \$240**

## Black II

The Black II group is the top group of the Fox Cities YMCA Swim Team and its stature is reflected in its requirements. Two-a-day practices and dry land workouts are expected. Practices range from 120 to 180 minutes. The Black II group also does core strength exercises, med-balls, dyna-bands, vasa trainers, and plyo-metrics. All swimmers in this group must have routinely shown a commitment to attend a National Level meet: YMCA Nationals, Jr. Nationals, and/or Senior Nationals. A swimmer in the Black II group should have at least one A standard cut from the motivational times, or the coach's discretion. Because of the above requirements, it is suggested that swimmers are not placed in this group too early. They need to be sure they are ready to totally commit to swimming and continue to train at a high level for their tenure with the Fox Cities YMCA Swim Team. **Practice starts April 25, 2011.**

**Fee: \$280**

*\*\*\*All unit placements are made from a combination of athlete's personal achievements and coaching observations. The coaching staff reserves the right to change the unit level of any athlete if doing so benefits the individual and/or the team as a whole.\*\*\* For team information, practices times and locations, please check our website at [www.fcyst.org](http://www.fcyst.org).*

# MAKE IT A PLAY DATE

**HEALTHY  
KIDS DAY**

A YMCA Initiative

**Saturday, May 7, 2011**

**FOX VALLEY TECHNICAL COLLEGE**

**10AM-2PM**

**YMCA of the Fox Cities**

Come join the YMCA of the Fox  
Cities for a day of

“Family Fun!”

There will be  
games,  
presentations,  
performers  
and so  
much more!

Contact Sue  
Pawlowski at  
886-2124 for  
more info.



# Child Care - Day Care

The YMCA of the Fox Cities Day Care Centers provides a developmentally appropriate curriculum designed to encourage children to build healthy, happy attitudes and to work toward developing competencies and skills.

## Appleton

(Ages 6 weeks-5 years) - 7:00 a.m.-6:00 p.m.  
Child transfer system in place: 8:30-11:30 a.m. & 12:30-4:00 p.m.  
**Stephanie Bender - Child Care Coordinator at 954-7613 - sbender@ymcafoxcities.org Billing Clerk - 954-7646**

## Child Learning Center - 4630 N. Meade St.

(Ages 6 weeks-6 years of age)  
6:30 a.m.-5:45 p.m.  
**Jackie Ponschock, Child Learning Center Director at 628-5851 - jponschock@ymcafoxcities.org**  
**Paula Steele, Child Care Coordinator at 628-5853 - psteele@ymcafoxcities.org**

## Neenah – Menasha

(6 weeks-6 years of age) - 6:30 a.m.-6:00 p.m.  
**Judith Seibel, Childcare Program Director at 886-2147 - jseibel@ymcafoxcities.org**

## Licensed Drop-In Child Care

Licensed Drop-In Child Care (Ages 6 weeks – 6 years) - Appleton YMCA - Hours: M-F 7:30 a.m. - 5:30 p.m.  
Apple Creek - Hours: M-TH 8:00 a.m.- 5:00 p.m., F 8:00 a.m. - Noon

Child Learning Center Drop-In - Closed for Summer, re-opening on September 6, 2011

For YMCA Members and General Public in need of care for children on an hourly basis, for up to five hours per day. Parents can be in or out of the YMCA building while their children have a fun and exciting hands-on experience with qualified childcare providers in a state licensed child care center. Paperwork must be filled out prior to the first day of attendance. Transfers to other YMCA programs are available from 8:30 a.m. - 4:30 p.m. Reservations are required for children under the age of 2 years. Reservations may be made one week in advance, until the day you are reserving; permitting there is space for your child.

**Standing Reservations:** This can be one day per week to daily. This is for YMCA Members and General Public. Standing reservations are taken on a first-come, first-served basis for each session. Call for Standing Reservation sign up dates. **For rates, reservations and more information please contact: APPY - Erin Pues - 954-7636 - epues@ymcafoxcities.org; ACY - Barb Zameke - 733-9622 - bzameke@ymcafoxcities.org or CLC - Claire Nodolf - 628-5852 - cnodolf@ymcafoxcities.org**

# Child Care - Kids Corner

Care for your children while you are in the facility. Qualified, friendly staff provides fun, safe and enriching activities. Purchase pre-paid cards at the member service desk prior to using Kids Corner. FWY & HOTVY offer bank drafting options in addition to pre-paid cards. Parents must remain in the facility and there is a maximum stay of 3 hours per day. (1/2 hour minimum charge, charged in 15 min. increments) Pre-registration required for infants ages 6 weeks to 2 years. For more information and rates please call:

**Fox West YMCA: 757-9820, ext. 309**

**Kids Corner Hours**

**(Ages 6 weeks-6 years)**

M-F 8:00 am.-1:00 p.m.

M-TH 4:00-7:15 p.m.

SA Closed through summer

**Neenah-Menasha YMCA: 886-2154**

**(Ages 6 weeks to 6 years)**

M-F 8:00 a.m.-1:00 p.m.

M-TH 3:45 -7:30 p.m.

SA Closed for Summer

**"NEW" Kids Club (June-August)**

**For ages 5 years-10 years**

M-F 9:00 a. .m.-12:00 p.m.

\*Reservations encouraged

**Heart of the Valley YMCA: 830-5722**

**(Ages 6 weeks-10 years)**

M,W 7:45 a.m.-7:30 p.m.

T,TH 7:45 a.m.-1:00 p.m. & 4:00-7:30 p.m.

F 7:45 a.m.-4:00 p.m.

SA Closed through summer

# Child Care - School Age

YMCA School Age Programs are a great value: professional, licensed, quality care at an affordable rate in locations convenient to your work and home. Committed to promoting the positive values of **caring, honesty, respect and responsibility**, the School Age Program also challenges the imagination, creativity, self-direction, initiative and leadership in each child.

**2011-2012 School Year -  
Registration begins April 11.**

## Appleton School Sites

• Before school care begins at 6:30 a.m., After school care ends at 6:00 p.m.

### Before and After

Edison  
Ferber  
Franklin  
Houdini  
Huntley  
Janet Berry  
Johnston  
Richmond

### Before only

McKinley

### After only

Classical Charter

• School Days off available at selected sites.

For more information, please contact:

Kathy Tennyson, School Age Director - 954-7642 -

ktennyson@ymcafoxcities.org

Kim Norton, School Age Coordinator - 954-7614 -

knorton@ymcafoxcities.org

Shelly Seif, Registrar - 954-7641- schoolage@ymcafoxcities.org

Billing Clerk - 954-7646

## Appleton 21st Century Community Learning Centers

Horizons, Jefferson, Lincoln and McKinley Schools

Before School Hours - 6:30-8:30 a.m. - **Lincoln Only**

After School Hours - 3:16-6:00 p.m.

For more information, please contact:

Jolene Leurquin - Lincoln Before/After School Coordinator  
- 832-4951- leurquinjolene@aasd.k12.wi.us

Scott Peeples - Horizons After School Coordinator -

832-4393- peeplesscott@aasd.k12.wi.us

Bobbi DeWitt- Jefferson After School Coordinator -

832-6261- dewittbobbi@aasd.k12.wi.us

Nicole Harke- McKinley After School Coordinator -

209-0680-harkenicole@aasd.k12.wi.us

## Kimberly School Sites

• Before school care begins at 6:30 a.m., After school care ends at 6:00 p.m.

### Before and After

Janssen Westside  
Sunrise Woodland

• School Days off available at selected sites.

For more information, please contact: Sue Gratke -

sgratke@ymcafoxcities.org - 830-5719

## Freedom School Site

After school care ends at 6:00 p.m.

School Days off available

### After Only

Apple Creek YMCA

Transportation available for Freedom Area Schools.

School Days off available.

For availability or more information, contact Barb Zarneke

at 733-9622 or bzarneke@ymcafoxcities.org.

## Fox West YMCA -

Hortonville Area School District Sites  
Greenville & Hortonville Elementary Schools

Before School Care available at the Fox West YMCA site begins at 6:30 a.m. After school care ends at 6:00 p.m.

### After only

Greenville Hortonville

Fox West YMCA

• School Days off available at selected sites.

Parents will need to make transportation agreements with the Hortonville Bus Transportation Supervisor.

Katie Fickel, Fox West YMCA School Age Program

Supervisor -560-3418- kfickel@ymcafoxcities.org or

Jean Gloudemans, Child Care Services Coordinator -

560-3417 jgloudemans@ymcafoxcities.org.

## Wrightstown School Site

Before school care begins at 6:30 a.m.

After school care ends at 6:00 p.m.

Wrightstown Elementary School

For more information, contact Sue Gratke -

sgratke@ymcafoxcities.org - 830-5719

## Neenah School Sites

Before school care begins at 6:30 a.m.

After school care ends at 5:30 p.m.

### Before and After

Clayton Lakeview

Spring Road Tullar

Wilson

### After Only

Coolidge Roosevelt

• School Days off available.

For more information, contact Bobby Klein - School Age

Childcare Coordinator at 886-2126 or klein@ymcafoxcities.org.

## Kaukauna School Sites

Before school care begins at 6:30 a.m.

After school care ends at 6:00 p.m.

### Before and After

Tanner/Quinney

Victor Haen

For more information, contact Sue Gratke -

sgratke@ymcafoxcities.org - 830-5719

## Child Learning Center - 4630 N.Meade St.

Times: 6:30 a.m.-5:45 p.m. School Age care is offered on

School days off, teacher conference days, Winter &

Spring Break. Pre-registration paper work is required and

available at the Child Learning Center. Please call the

Registrar at 628-5850 for more information or

ymcacclc@ymcafoxcities.org.

# Child Care - Preschool/Pre-Kindergarten

The YMCA Preschool programs meet 2-3 times per week. All are state-licensed programs that provide innovative and creative learning experiences through reading and math readiness skills, art, music and creative dramatic play. Advanced registration is required. Your child must be toilet-trained. Program incorporating Creative Curriculum. **Registration for the 2011-2012 school year is now in progress.**

## Appleton

### Preschool - (Ages 3-4)

Child must be 3 years old by September 1, 2011

M/W/F 9:00-11:15 a.m.

M/W/F 12:30-2:45 p.m.

T/TH 9:00-11:15 a.m.

T/TH Noon 2:15 p.m.

### Pre-Kindergarten Readiness I - (Ages 4-5)

Child must be 4 years old by September 1, 2011

M/W/F 8:45-11:15 a.m.

M/W/F 12:30-3:00 p.m.

T/TH 8:45-11:45 a.m.

### Pre-Kindergarten Readiness II (Age 5)

Child must be 5 years old by December 1, 2011

M/W/F 8:45-11:45 a.m.

Shelly Seif, Registrar - 954-7641 -

[schoolage@ymcafoxciitie.org](mailto:schoolage@ymcafoxciitie.org)

## Child Learning Center

### 4630 N. Meade St. • Appleton

#### Preschool - (Ages 3-4)

Child must be 3 years old by September 1, 2011 & be toilet trained.

T/TH 9:00-11:15 a.m.

#### Pre-Kindergarten - (Ages 4-5)

Child must be 4 years old by September 1, 2011 & be toilet trained.

M/W/F 8:45-11:15 a.m.

Curriculum is based on the Creative Curriculum

#### Pre-Kindergarten Readiness II (Age 5)

Child must be 5 years by December 1, 2011 & be toilet trained.

M/W/F 12:00-3:00 p.m.

Claire Nodolf, Drop-In Supervisor-628-5852

[cnodolf@ymcafoxcities.org](mailto:cnodolf@ymcafoxcities.org)

## Fox West

### Preschool - (Ages 3-4)

Child must be 3 years old by September 1, 2011

M/W 9:00-11:15 a.m.

M/W 12:30-2:45 p.m.

T/TH 9:00-11:15 a.m.

T/TH 12:30-2:45 p.m.

### 4 Year Old Kindergarten - (4-K)

#### Hortonville Area School District

Fox West YMCA is one of the 4-k Collaborative Sites

Child must be 4 years old on or before September 1, 2011

Please contact the Hortonville School District - 779-7900 for more information.

### 4 K - Wrap-around/Extended Care

Available at Fox West YMCA for an additional fee.

Hours: 6:30-8:00 a.m. & 11:05 a.m.-3:30 p.m. After school care also available from 3:30-6:00 p.m.

For more information on Wrap-around/Extended Care

contact: Jean Gloudemans, Child Care Services

Coordinator - 560-3417 - [jgloudemans@ymcafoxcities.org](mailto:jgloudemans@ymcafoxcities.org)

## Apple Creek

### Preschool - (Ages 3-5)

Child must be 3 years old by September 1, 2011

M/W/F 9:00-11:15 a.m.

T/TH 9:00-11:15 a.m.

### Pre-Kindergarten Readiness I - (Ages 4-5)

Child must be 4 years old by September 1, 2011

M/W/F 12:30-3:00 p.m.

Barb Zameke, Childcare Services Coordinator -733-9622-

[bzameke@ymcafoxcities.org](mailto:bzameke@ymcafoxcities.org)

## Heart of the Valley

### Preschool - (Ages 3-4)

Child must be 3 by September 1, 2011

T/TH 8:45-11:00 a.m.

T/TH 9:00-11:15 a.m.

### Preschool - (Ages 3-5)

Child must be 3 by September 1, 2011

M/W/F 8:45-11:00 a.m.

M/W/F 9:00-11:15 a.m.

M/W/F 12:45-3:00 p.m.

### Pre-Kindergarten Readiness I - (Ages 4-5)

Child must be 4 by September 1, 2011

M/T/W/TH 12:30-3:00 p.m.

Julia Wohlt, Member Service and Preschool Director -

830-5704 - [jwohlt@ymcafoxcities.org](mailto:jwohlt@ymcafoxcities.org)

## Neenah - Menasha

### (Ages 3-5)

Advance registration required. 4 and 5 year olds: participate in field trips, Spanish, Sign Language and Music classes.

### Preschool - (Ages 3-4)

Child must be 3 years old by September 1, 2011

T/TH 8:30-11:00 a.m.

### Pre-Kindergarten - (Ages 4-5)

Child must be 4 years old by September 1, 2011

M/W/F 8:30-11:00 a.m.

### Pre-Kindergarten - All Day Preschool (Ages 4-5)

Child must be 4 years old by September 1, 2011

M/W/F 8:15 a.m.-2:45 p.m.

T/TH 8:15 a.m.-2:45 p.m.

Childcare and preschool combinations are available upon availability. Judith Seibel, Childcare Program Director -

886 -2147 - [jseibel@ymcafoxcities.org](mailto:jseibel@ymcafoxcities.org)

### Attention Menasha Residents:

#### 4 yr. old Kindergarten Program

A collaborative effort with the Menasha Joint School District allows us to offer 4 year old kindergarten program to families needing wrap around care. The first part of the day will be the 4K portion with the remainder of the day offering weekly activities including Spanish, American Sign language and swimming. We will also spend time with large, small motor development and continued learning.

M-F 7:30 a.m. -5:00 p.m.

# Growth & Development

\*ACY - Shane Vondracek - Environmental Education Director - 733-9622 - svondracek@ymcafoxcities.org  
 ACY & APPY - Jessica Rolain - Arts & Humanities Coordinator - 954-7602 - jrolain@ymcafoxcities.org  
 FWY - Angie PeCore - Program Coordinator - 560-3410 - apcore@ymcafoxcities.org  
 HOTVY - Belinda Price-Dajany- Aquatic & Youth Director - 830-5707 - bpricedajany@ymcafoxcities.org  
 NMY - Deb Kositzke - Growth & Development Coordinator - 886-2135 - dkositzke@ymcafoxcities.org

Summer Session 1: June 6-July 17 - NMY - June 9-  
 July 20 - No classes July 4-10 - Summer Session 2:  
 July 18-August 21 - NMY - July 21-August 24

## GROWTH & DEVELOPMENT PROGRAM PRICING

### PARENT/CHILD CLASSES

Pricing for 5 Week Programs

45 minute class

YMCA Member: \$16

General Public: \$30

1 hour class

YMCA Member: \$19

General Public: \$33

### CLASSES WITHOUT PARENT

45 minute class

YMCA Member: \$19

General Public: \$31

1 hour class

YMCA Member: \$23

General Public: \$35

1 ¼ hour class

YMCA Member: \$26

General Public: \$38

1 ½ hour class

YMCA Member: \$30

General Public: \$42

1 ¾ hour class

YMCA Member: \$34

General Public: \$46

2 hour class

YMCA Member: \$37

General Public: \$49

2 ¼ hour class

YMCA Member: \$40

General Public: \$52

2 ½ hour class

YMCA Member: \$44

General Public: \$56

3 hour class

YMCA Member: \$48

General Public: \$60

(Unless noted by the class listing)

### \*NEW! Wonderbug Discoveries (Ages 18 months-4yrs)

This parent-child nature discovery program is highly sensory-based involving theme-based storybooks, songs, hands-on time, snack and exploratory hikes through the Purdy Nature Preserve. Each week will focus on a different theme or topic in nature.

T 10:00-11:00 a.m.

ACY

### Scribbles and Dribbles (Ages 1-3 with parent or guardian)

Explore different art stations each week, while making a mess, is part of the process! This multi-media experience is not to be missed. You and your child will have fun, while we clean up the mess. Glitter, glue, painting, collage, play clay, we do it all. The class ends on a musical note with singing and dancing. Parent participation is required.

F 9:00-10:00 a.m.

APPY

### \*Nature Tots (Ages 2-4)

This parent/guardian-child class introduces you to a different animal each week including chattering chipmunks, dancing bees, and backyard birds. Each class includes an activity, story and craft or game time.

F 9:00-10:00 a.m.

ACY

### Teddy Tumbles (Ages 1-3) with parent

Fun and exciting movement, songs and games for the preschool child and parent or caregiver.

T 10:15-11:00 a.m.

APPY

## Preschool child - without parent

### Let's Get Movin' (Ages 1½-2 ½)

Incorporate art activities, music and stories along with improving gross motor skills by exercising large muscle groups. Tots must be walkers.

T/TH 8:15-9:00 a.m. 5 Weeks FWY

Fee: YMCA Member - \$30 General Public- \$42

T/TH 9:30-10:30 a.m. 10 Weeks NMY

Fee: YMCA Member - \$37 General Public- \$49

(Price reflects w/Strollerobics NMY)

### Shake the Sillies Out! (Ages 1½-2)

Variety of large motor skill activities such as parachute play, replays and sports samplers. Activities in this class seek to assist children in the development of positive relationships and enhanced hand-eye coordination.

T 10:15-11:15 a.m. FWY

### NEW! Draw, Dance Play (Ages 1½-2)

Children will creatively express themselves through art, music, movement and games.

W 10:15-11:15 a.m. FWY

### Just For Twos (Age 2)

Encourages social experiences with hands on art and play activities. Group interactions encouraged through songs, games and finger plays. Class is limited to 8 children.

M 9:00-9:45 a.m. (App. Papers Rm.) HOTVY

T 9:00-9:45 a.m. (App. Papers Rm.) HOTVY

W 9:00-9:45 a.m. (App. Papers Rm.) HOTVY

TH 9:00-9:45 a.m. (App. Papers Rm.) HOTVY

### Giggle And Wiggle (Ages 2-3)

Come dance, sing, tumble and laugh. Learn songs, stories, movement activities and creative art.

TH 10:15-11:15 a.m. FWY

### Little Sprouts (Ages 2-3)

This class will introduce toddlers to the wonderful world of gardening. We will sing songs, find colors and shapes, and taste the plants that grow in the garden. We'll use tools to plant seeds, dig holes and help in the garden. Practice tool safety with special kid size garden tools.

T 9:30-11:00 a.m. APPY

### Let's Go Fishing (Ages 2-3)

It's a whale of a tale of fishing fun. We'll explore the fisherman's life and his daily catch through crafts, fishing games, and whoppin good tales.

TH 9:00-10:30 a.m. APPY

### Wet & Wild (Ages 2-4)

Children will experience wet and wild activities through large motor games, stories and art projects. These classes are centered on an exciting water theme each week.

Snack provided.

W 9:30-11:00 a.m. ACY

F 9:30-11:00 a.m. APPY

# Growth & Development

## Preschool child - without parent

### Doodle Bugs Art Club (Ages 2-4)

Doodle bugs offers children the opportunity to have interactive play and experiment with different art and craft activities centered around a summer theme.

TH 9:00-11:00 a.m. ACY

### Ocean Commotion (Age 2-4)

Dancing with dolphins, jamming with jellyfish, and creating with crustaceans! This class takes a lighthearted look at ocean themed stories, music and crafts.

W 9:30-11:00 a.m. APPY

### Cars and Trucks and Things that Go (Ages 2-4)

Let's zoom around the room, up and down and two the moon! All activities are centered around a vehicular theme.

T 9:00-11:00 a.m. ACY

### Bugs, Bugs, Bugs (Ages 2-4)

Investigate caterpillars, butterflies, ladybugs and many other types of bugs through art projects and group activities. We'll even have live bugs on display.

M 9:30-11:00 a.m. APPY

F 9:30-11:00 a.m. ACY

### Beach Combers (Ages 2½-3)

Beach Activities will be the theme that will include stories, art projects and flannel board activities.

TH 10:15-11:45 a.m. (App.Papers Rm.) HOTVY

### Ready, Set, Go! (Ages 3-5)

Art projects, songs, stories in classroom setting combined with large motor skills. Teaches social skills, develop coordination & listening skills. (Indicates room class begins in.)

(Ages 3-5)  
F 8:30-10:00 a.m. (Dance Rm.) FWY

**Fee: YMCA Member - \$30 General Public - \$42**

(Ages 2 ½ -3)  
T 10:00 a.m.-Noon (App. Papers Rm.) HOTVY

**Fee: YMCA Member - \$37 General Public - \$49**

### Jr. Fitness (Ages 2½-3)

Concentrates on gross motor skill development, participation, fun and fitness. Works on skills to increase hand/eye coordination, strength, and body control. Class meets in the gymnasium.

T 9:00-9:45 a.m. HOTVY

### ABC Funtastics (Ages 2½-3)

Classroom activities combined with large motor skills. Children will construct, create, match, explore and pretend through weekly themes that focus around the letters of the alphabet. Snack provided.

(Ages 2½-3)  
M 8:30-10:00 a.m. FWY

### Beyond Play (Ages 2½-4)

Class will be based on different themes each week. Encouraging social interaction through art, songs and story time, along with developing gross and fine motor skills within a structured gym program.

#### 5 Week program

T/TH 9:15-10:00 a.m. FWY  
(Ages 1 ½ -2½)

**Fee: YMCA Member - \$30 General Public - \$42**  
M/W 9:30 -10:30 a.m. NMY  
(Ages 2 ½ -4)

### Story and Craft time on the Farm

Don't just read a book, experience it! Make a craft that goes with the story. A different story every time!

Guaranteed fun with some learning mixed in. Some stories include: Farmer Brown Shears his Sheep, Big Red Barn, Whose Garden Is It and much more

T 9:30-10:30 a.m. NMY

**Fee: YMCA Member - \$30 General Public - \$46**

### Wild Flowers and Weeds (Ages 2-4)

Prepare to "dig" into some fun! Use the beauty of nature to create fun art projects.

M 9:30-11:00 a.m. ACY

### Garden Club (Ages 2-4)

Class includes a variety of hands-on-activities that center around a garden theme. Crafts, stories and games provided to enhance creativity and fine motor skills. Class takes place in new Y garden.

M 9:00-11:00 a.m. ACY

W 9:00-11:00 a.m. APPY

### Playground Painting (Ages 2-4)

In this class we will paint...our hands, our feet, with marbles, on large canvases, activity tables, with our fingers, paintbrushes, noodles, corn cobs and more! Sound crazy? It will be!

TH 9:30-11:00 a.m. APPY

### \*Eco-Kids (Ages 3-5)

Each class includes an activity, game, story and craft related to the animal theme of the week and includes indoor and outdoor fun.

F 10:15-11:45 a.m. ACY

### Just for Three's (Age 3)

This class is designed for just three year olds. Class will include stories, songs, art projects and other fun activities.

W 10:00-11:30 a.m. (App.Papers Rm.) HOTVY

### Paint and Glue Crew (Ages 3-4)

This class is a fantastic place for children to have fun, be messy and make some wonderful individual masterpieces to take home to share with their families! There will be painting, gluing, glittering, drawing, and lots of messy fun for all.

T 9:00-10:30 a.m. APPY

# Growth & Development

## Preschool child - without parent

### Back to Basics (Ages 2½-3)

They will learn social skills, sharing and taking turns, working in large groups, cleaning up after themselves and how to transition from station to station.

W 8:30-10:00 a.m. (Dance Room) FWY

### Bugs in a Box (Ages 3-4)

Children will create, explore, pretend and have FUN!!! Weekly themes will be centered around bugs and will include stories, art projects and circle time.

M 10:00-11:30 a.m. (App. Papers Rm.) HOTVY

### Turbo Tumbling (Boys and Girls Ages 3-4)

Emphasis is on basic tumbling and beginning balance beam skills. Class covers large body movements, group activities and movement to music.

T 9:00 -10:00 a.m. APPY

### New! Go Bananas (Ages 3-5)

Get ready to "go bananas" in our rain forest themed class! Children will explore and investigate the rain forest through music, art and literature. We will practice both large and small motor skills in fun different ways each week.

W 9:00-10:00a.m. (Boldt Preschool Rm.) HOTVY

### Summer Skills (Ages 3-5)

We will work on fine motor & readiness skills in the classroom and large motor development outside on nice days.

T 9:00-10:30 a.m. (Boldt Preschool Rm.) HOTVY

### Creating with Color (Ages 3-5)

Explore the world of color, learn about primary colors and what happens when you mix them.

T 10:45 a.m - Noon. (Boldt Preschool Rm.) HOTVY

### Learning About Letters (Ages 3-5)

Beginning readers and writing skills will be taught in this class as the children learn about letters, the sounds they make and how to write them.

F 9:00-10:30 a.m. (Appleton Pre-school Rm.) HOTVY

### Count On It (Ages 3-5)

Early math skills are the core of this class. Counting, grouping and number recognition will be taught.

F 10:45 a.m.-Noon. (Appleton Pre-school Rm.) HOTVY

### New! Fine Motor Fun (Ages 3-5)

Your child will attain age appropriate fine motor skill development. Our focus is on cutting, writing, small manipulative and hand/eye coordination.

F 10:15-11:15 a.m. FWY

### Sowing the Seeds of Wonder - Part 2 Reaping the Rewards

With seeds, water, soil and engaging activities, the children will discover the fun of gardening. This is offered as an 11 week class. Price will reflect double that of a one hour class. A snack and art project are incorporated. Class is at the YMCA Child Learning Center 4630 N. Meade St.

TH 10:00-11:00 a.m. CLC

Fee: YMCA Member - \$72 General Public - \$88

### Kid Vibe (Ages 3-6)

Dance, jump to music, enjoy crafts, storytime, games and much more.

M/W 8:00-9:00 a.m. NMY

### New! ABC's and ART (Ages 4-5)

We will explore letters throughout the alphabet with fun art projects and stories. This class is a great way to keep those letters fresh over the summer.

W 10:15-11:15a.m. (Boldt Preschool Rm.) HOTVY

### New! The Lunch Bunch Just for Four's & Five's (Ages 4-5)

Offered Session 1 only June 6-July 16

Will concentrate on Preschool/Kindergarten Readiness skills. Child MUST be potty trained. Children should bring their own sack lunch. Apple juice or water will be provided. Children must be 4 years old by June 10, 2011 no exceptions

F 9:00a.m.-Noon (Boldt Preschool Rm.) HOTVY

### Nature Detectives(Ages 4-6)

Hear, see, and feel nature. Learn about nature and creepy crawly creatures. Stories, music, group games, arts and crafts. Child must be potty trained.

M 9:00-11:00 a.m. (Boldt Preschool Rm.) HOTVY

### Awesome Adventures (Ages 4-6)

What should we be today? A cowboy? An Astronaut? Let's get together for an awesome new adventure each week.

TH 9:00-11:00 a.m. (Boldt Preschool Rm.) HOTVY

### Kid Pack - (Ages 2½-3½)

Pick your favorites or attend all of the classes designed especially for your child.

#### Kinder Sports

M 9:00-9:30 a.m. NMY

#### Beyond Play

M/W 9:30-10:30 a.m. NMY

#### Story Time

W 9:00-9:30 a.m. NMY

Fee: YMCA Member - \$52 General Public - \$65

### NEENAH-MENASHA ONE DAY WORKSHOPS

#### Ages 3-6

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

Fee: YMCA Member & General Public - \$22

### Mythbusters - Monday, June 20

Let's tackle the most common myths and find out if they are true or false.

### Tye-riffic - Monday, June 27

Join us for the best colorful day ever.

### Wearable Works of Art - Monday, July 11

Let's decorate your t-shirt, hat or even your shoe.

### Creative Cooking - Monday, July 18

Let's find creative ways to make our favorites.

# Growth & Development

## Summer Kids Camps

### Summer Kids Camps - Appleton & Apple Creek YMCAs

**Ages:** 3-5 (Going into Kindergarten Fall 2011)

**Time:** 11:30 a.m.-2:00 p.m. (Please bring a nutritional bag lunch to be eaten during class time.)

**Days:** Monday-Thursday

**Location:** APPY-Appleton YMCA

ACY-Apple Creek YMCA

**Fee:** YMCA Member - \$39

General Public - \$52

June 6-9

Treasure Hunt

APPY

June 13-16

Pond and Beyond

ACY

June 20-23

Digging Up Dinosaurs

APPY

June 27-30

Creepy Crawling Creatures

APPY

July 4-8

Down On The Farm

APPY

July 11-14

4th of July Week - No Camps

Teddy Bear Picnic

ACY

July 18-21

Luau with a Limbo Beat

APPY

July 25-28

Blast Off Into Space

APPY

August 1-5

Wacky Water Week

ACY

August 8-11

Captain Community

APPY

August 15-18

Future Picassos

ACY

August 22-25

Construction Zone

APPY

Wacky Water Week

APPY

Sand Art

ACY

Fairy Tales & Knights

APPY

Zoo Adventures

APPY

### Summer Kids Camps - Fox West YMCA

**Ages:** 4-6

**Location:** Fox West YMCA

**Time:** M-TH - 11:30 a.m.-1:30 p.m.

**Fee:** YMCA Member - \$38

General Public - \$55

(Please pack a nutritional bag lunch that will be eaten during class time.)

Summer Break - June 6-9

Learn about our world - June 13-16

Explore Nature - June 20-23

Red, White and Blue - June 27-30

Out of this World - July 11-14

Let's get Messy - July 18-21

Under the Sea - July 25-28

Pirates and Mermaids - August 1-4

Fit-N-Fun - August 8-11

Back to School - August 15-18

### Summer Kids Camps - Heart of the Valley YMCA

**Ages:** 4-6 - unless noted differently

**Location:** Heart of the Valley YMCA

**Time:** M-TH - 9:00-11:00 a.m. unless noted differently

**Fee:** YMCA Member - \$38

General Public - \$55

*Growth & Development Camps are held in the Buchanan Multipurpose Room unless noted*

**Mad Science (Ages 4-6) June 6-9 - 9:00-11:00 a.m.**

**Treasure Hunt (Ages 4-6) June 13-16 - 9:00-11:00 a.m.**

**Dinosaur Digs (Ages 4-6) June 20-23 - 9:00-11:00 a.m.**

**Blast Off (Ages 4-6) June 27-30 - 9:00-11:00 a.m.**

**Deep Sea Explorations (Ages 4-6) July 11-14**

9:00-11:00 a.m.

**Western Round-Up (Ages 4-6) July 18-21**

9:00-11:00 a.m.

**Medieval Knights and Times (Ages 4-6) August 1-4**

9:00-11:00 a.m.

**Kindergarten Here I come! (Ages 3½-5) August 8-11 -**

**Must be 3½ by August 8.**

9:00-11:00 a.m.

*For children entering Kindergarten 2011-2012 school year.*

### Summer Kids Camps - Neenah-Menasha YMCA

**Ages:** 4-6 - unless noted differently

**Location:** Neenah-Menasha YMCA

**Time:** M-TH - 9:00-11:00 a.m.

**Fee:** YMCA Member - \$25

General Public - \$35

**Mad Science - June 13-16**

**Treasure Hunt - June 20-23**

**Magical Messes - June 27-July 30**

**Magical Messes - July 25-28**

**Creepy Crawlers - August 1-4**

**Back to School - Aug 8-11**

# Enrichment Programs

## Language Classes

ACY/APPY - Jessica Rolain - Arts & Humanities Coordinator - 954-7602 - [jrolain@ymcafoxcities.org](mailto:jrolain@ymcafoxcities.org)  
 CLC - Claire Nodolf - Drop-In Supervisor - 628-5852 - [cnodolf@ymcafoxcities.org](mailto:cnodolf@ymcafoxcities.org)  
 APPY - Sue Grosenick - Adult Program Coordinator - 954-7610 - [sgrosenick@ymcafoxcities.org](mailto:sgrosenick@ymcafoxcities.org)  
 FWY - Angie PeCore - Program Coordinator - 560-3410 - [apecore@ymcafoxcities.org](mailto:apecore@ymcafoxcities.org)  
 HOTVY - Belinda Price-Dajany - Aquatics & Youth Director - 830-5707 - [bpricedajany@ymcafoxcities.org](mailto:bpricedajany@ymcafoxcities.org)  
 NMY - Jeanne Hoest - Arts & Humanities Director - 886-2128 - [jhoest@ymcafoxcities.org](mailto:jhoest@ymcafoxcities.org)

### French Language Classes - 8 Week Session

June 15, 22, July 13, 20, 27, August 3, 10, 17

**New & Continuing students are welcome!**

Private lessons are also available. Students will learn the simple fundamentals of the French language and everyday words through group conversation. Students will also use written French and conjugate verbs. Students need to have had some previous French language experience for Level II.

#### Level I - Jr. High/High School Beginners

W 10:30-11:15 a.m. NMY

Fee: YMCA Members - \$32 General Public - \$47

#### Level II - Jr. High/High School/College Level- with at least one year of experience in French

W 11:15 a.m.-12:30 p.m. NMY

Fee: YMCA Members - \$32 General Public - \$47

## OTHER Classes

### Manners Class - (Ages 7-11)

June 21 & 22

Offers an etiquette course that emphasizes table manners, courtesy, respect to others and useful daily manners.

T/W 1:00-2:30 p.m. NMY

Fee: YMCA Member - \$29 General Public - \$42

### Adult Contract Bridge - 10 Weeks

Beginner/Intermediate

Learn to play Bridge or brush up on your game. If you are a beginner, come with several friends to make a table of four.

M 1:00-2:30 p.m. APPY

Fee: YMCA Member- \$45 General Public- \$59

### Zippy-Do-Da Laughter Club - APPY

Reduce stress, improve quality of life. Sanctuary of sanity that gives members respite from the fast-paced, stress-filled world of everyday life. Facilitated laughter is good for you, brings pleasant emotions and well-being to participants. You do not have to be a "Club" or a Y member to benefit from this activity. Meetings are the third Wednesday of each month. For more information, contact agraper@ymcafoxcities.org.

Fee: \$5/meeting

Summer Session 1: June 6-July 17 - NMY - June 9-July 20 - No classes July 4-10 - Summer Session 2: July 18-August 21 - NMY - July 21-August 24

## Safety Classes

### Be A Safe Kid (Ages 9 & up)

Learn safe practices being home alone, walking alone, computer safety, phone use, mall safety, etc.

F 9:00 a.m.-Noon June 24 NMY

M 5:30-8:30 p.m. August 8 NMY

SA 9:00 a.m.-Noon June 4 FWY

SA 9:00 a.m.-Noon July 9 FWY

SA 9:00 a.m.-Noon Aug. 6 FWY

Fee: YMCA Member-\$29 General Public-\$42

### YMCA BABYSITTING (Ages 10 and up)

Consist of training to become responsible babysitters.

Receive certificates after testing on their knowledge of

first-aid, basic care, safety and developmental issues.

Participants are required to bring a sack lunch. Special group rates and scheduling are available upon request by calling your local YMCA branch.

#### 1 day workshops - (Ages 11 & up)

SA 9:00 a.m.-1:00 p.m. June 11 FWY

SA 9:00 a.m.-1:00 p.m. July 16 FWY

SA 9:00 a.m.-1:00 p.m. Aug. 20 FWY

Fee: YMCA Member-\$35 General Public-\$45

SA 8:30 a.m.-3:00 p.m. June 25 NMY

Fee: YMCA Member- \$45 General Public- \$55

#### 2 day workshops - (Ages 11 & up)

TH/F 12:30-4:00 p.m. July 14,15 NMY

Fee: YMCA Member- \$45 General Public- \$55

#### 3 day workshops - (Ages 11 & up)

W/TH/F 9:00-11:30 a.m. Aug. 3,4,5 NMY

Fee: YMCA Member- \$45 General Public- \$55

### American Red Cross Babysitting Course

Includes: handbook, CD-Rom, a reference guide, and an American Red Cross Certificate. Please bring a sack lunch to be eaten during class time. Classes are either at APPY or ACY based on enrollment.

#### (Ages 11 and Up)

SA 8:30 a.m.-3:30 p.m. June 18 APPY

M/T 5:30-8:00 p.m. July 14 & 15 ACY

SA 8:30 a.m.-3:30 p.m. Aug. 13 APPY

SA 8:30 a.m.-3:30 p.m. Aug. 20 ACY

Girls Scout troops can fulfill badge opportunities in child care and babysitting by calling:

FWY - Angie Pecore - 560-3410

NMY - Jeanne Hoest - 886-2128

HOTVY - Belinda Price-Dajany - 850-5707

APPY - Jessica Rolain - 954-7602

# Enrichment Programs

## Theater & Filmmaking Classes

### Creative Drama / Creative Art (Ages 4-7) - 8 Weeks

This class is an introduction to theater arts for our youngest actors. Through storytelling, role-playing and simple theater and movement games, a child's natural ability to imagine is developed, while increasing their verbal and social skills. Children will use art to design props for their final performance.

W 8:30-9:45 a.m.

NMY

Fee: YMCA Member - \$40

General Public - \$65

### Young Performers Workshop (Ages 8-15) - 8 Weeks

The emphasis of this class is the craft of an actor, explored in an enjoyable way through improv exercises and ensemble building theater games. Dramatic conflict and character work will be explored through texts of scenes and monologues. A final full production will be performed in early August. The full production will be *James and the Giant Peach*. Performance will be the week of Aug. 7.

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

NMY

Fee: YMCA Member - \$60

General Public - \$95

### Theater & Writing Camp (Ages 8-14)

This one week camp will allow students the opportunity to improve their writing skills and develop their acting skills. Theater games, improvisation, haiku and free writing will be used.

W & TH 1:00-2:00 p.m.

July 27 & 28

NMY

Fee: YMCA Member - \$29

General Public - \$42

### NEW! Y Arts in Action: Teen Filmmaking Class (Ages 14-18) - NMY

Learn the process of filmmaking by working on all aspects of putting together a group project movie. This digital storytelling class will be in three phases. Phase I includes film viewing and pre-production. Phase II is the actual production= filming the story. Phase III is the post-production of the film including editing. The actual days for filming and post production will be scheduled as a group and will include evenings and or weekend days. Dates & times are flexible. Students will be contacted to set up their first class. Price includes all three phases.

Fee: YMCA Member - \$75

General Public - \$150

### Writing Class Workshops (Ages 8-12)

These workshops will be a safe environment for students to improve their writing skills through freewriting, acrostics, Haiku, collage, and using other techniques.

Session I: F 9:00-11:00 a.m. July 15 NMY

Session II: F 1:30-3:30 pm. Aug. 5 NMY

Fee: YMCA Member - \$15

General Public - \$25

# MENASHA PARK & REC

YMCA OF THE FOX CITIES MEMBERS  
MAY PURCHASE POOL PASSES AT  
RESIDENT RATES.

Contact the Park & Rec office for  
programming opportunities at 967-3640.



# One-Day Adult Bus Trips - 2011

All branches - Sue Grosenick APPY Adult Program Coordinator - 954-7610  
sgrosenick@ymcafoxcities.org  
Session code is 11ST

Trips are open to the general public 18 years of age and up – unless otherwise noted in the bus trip booklet.

Motor coach tripping is not only a very safe way to travel, it's also the greenest way to go. Deluxe motor coaches have the lowest CO2 emissions and a higher fuel efficiency per passenger than most other forms of transportation. It's a great way to relax because the driving, the traffic and the parking are in the hands of a professional; so you can sit back and enjoy the experience. Transportation is deluxe coach with plush seats, overhead storage, and a restroom – unless otherwise noted.

Each trip is geared to different levels of activity and vigor. The trip description provides a gauge. Payment at the time of registration secures your seat. If all seats are filled, your name may be added to a waiting list at no cost. For some trips, ages 8 & up are encouraged to get on board; for those occasions, a paid adult, age 21 or older must register and be responsible for the minor.

The 2011 Bus Trip Booklet has more complete information, including fees and what's included. Registration is in person at any YMCA of the Fox cities, on-line with a credit card through the Y website, [www.ymcafoxcities.org](http://www.ymcafoxcities.org), session 11ST, keyword trip, and by phone with a credit card at 920 739-6135.

<i>Mummies of the World – Milwaukee Public Museum</i>	TH	March 24
<i>Badger Band Spring Extravaganza – Madison</i>	F	April 15
<i>Spires &amp; Domes</i>	TH	April 21
<i>Horicon Marsh</i>	W	May 4
<i>Gardens and Greenhouses</i>	F	May 13
<i>Chicago Architecture Cruise</i>	TH	May 19
<i>Chicago Your Way</i>	SA	June 4
<i>Lake Geneva - Lunch Cruise</i>	T	June 14
<i>Charter Fishing - Lake Michigan (School Bus)</i>	TH	June 16
<i>Mississippi Paddlewheel Cruise/Chapel</i>	W	June 29
<i>Penninsula Players</i>	TBA	July/Aug.
<i>Washington Island</i>	TH	July 21
<i>Brewers vs. Cubs Baseball</i>	TH	July 28
<i>GermanFest</i>	F	July 29
<i>Wisconsin State Fair</i>	T	Aug. 9
<i>Great Lakes Schooner Sail &amp; Brew Tour</i>	TH	Aug. 11
<i>IrishFest</i>	F	Aug. 19
<i>Trails &amp; Falls - Up North</i>	W	Sep. 14
<i>Lambeau Field/Foxy Lady Cruise</i>	T	Sep. 20
<i>Historic Boston</i>	T	Sep. 27
<i>Door County: Fall Color Cruise/Quilts/Shopping</i>	TH	Oct. 6
<i>Tastes of Milwaukee</i>	T	Oct. 18
<i>Dancing Horses/Exotic Birds</i>	W	Nov. 9
<i>Magnificent Mile</i>	SA	Dec. 3
<i>A Frank's Christmas Lights</i>	TH	Dec. 15

**NEW IN 2011!! Boston** is a center of patriotic history and a world-class cosmopolitan city. Take an early Fall vacation and join us as we travel there to honor our country's roots at the "Birthplace of the American Revolution" at Lexington and Concord. Visit the Minute Man National Historical Park and see the site of "the shot heard 'round the world". Sample your way through Quincy Market and Faneuil Hall - famous Boston markets. See Harvard University, "Old Ironsides", the JFK Presidential Library & Museum, and a host of other icons of history. Trip cost is \$829 per person for double occupancy. Complete information on what this incredible price includes is available in the 2011 Booklets and on trip fliers. A \$75 registration fee is due on or before May 25.

# Enrichment Programs - Teen & Adult

## SMALL GROUP COMPUTER CLASSES FOR ADULTS.

*For users of Windows XP, Windows Vista and Windows 7. These classes are appropriate for anyone who wants to learn to use a computer as well as for job seekers who want to improve their computer skills. Small group classes of 10 or fewer students. Desktop computers provided with MS Office 2003 and 2010 software. If you have a laptop and wish to use it, please call 920-954-7610.*

**Computer 101** - Introductory class for those who want or need to learn the very basics of computer skills and operations. Up to 16 hours of instruction.

M/W 10:00 a.m.-Noon Monthly  
M/W 6:30-8:30 p.m. May, July APPY/TCC  
**Fee: \$83**

**Computer 201** - Learn specific features and functions beyond the beginning level. Includes: file management, system tools, web cams, shareware, freeware and trouble shooting. Based largely on participants' interests. Not for beginners. Up to 16 hours of instruction.

M/W 1:00-3:00 p.m. Monthly APPY/TCC  
M/W 6:30-8:30 p.m. June, Aug. APPY/TCC  
**Fee: \$83**

**Computer 150** - Overview of Microsoft Office including MSWord, Excel and a bit of Power Point. Simple word processing, spreadsheets and presentation possibilities. Useful for job seekers, too. Up to 8 hours of instruction. Monthly. Evenings. July 19,21,26,28; Aug. 16,18,23,25

**Fee: \$52**

### Practical and Useful Applications for Word and Excel

#### Budgets

Learn simple formulas and spreadsheet navigation to prepare a budget using Excel. Change one number and everything is recalculated for you. Up to 4 hours.

TH 6:00-8:00 p.m. APPY/TCC

Call for dates.

**Fee: \$33**

#### Resumes

Prepare a professional looking resume using Word.

TH 6:00-8:00 p.m. APPY/TCC

Call for dates.

**Fee: \$33**

#### Party Invitations/Fliers

Use Word to make great invitations and flyers for any occasion.

TH 6:00-8:00 p.m. APPY/TCC

Call for dates.

**Fee: \$33**

#### Newsletter

Use Word to prepare a great looking newsletter.

TH 6:00-8:00 p.m. APPY/TCC

Call for dates.

**Fee: \$33**

### PRIVATE INDIVIDUALIZED INSTRUCTION

Introductory level to customized help with Word, Excel, Power Point, Publisher or internet interests. Spend a few hours with our certified professionals and learn just what you need.

Contact the Adult Department at the Appleton Y @ 920.954.7610. Day and evening tutorials may be arranged.

**Fee: \$30 per hour. 2 hour minimum.**

**INTERNET NUGGETS** - Classes and workshops offered to address your interests on a wide variety of internet topics as well as meet your skill level on the computer. Each Nugget runs approximately 2 hours.

**Fee: \$15 each**

**Begin the Journey** - Learn to navigate internet sources safely. For those not comfortable with computers in general. June 9, July 7, Aug. 4

TH 1:00-3:00 p.m. APPY/TCC

**Internet Fundamentals** - Personal computing basics, internet safety and structure of domains. For students familiar with keyboard and mouse, but who have not taken any other organized class. June 16, July 14, Aug. 11

TH 1:00-3:00 p.m. APPY/TCC

**Internet Resources & Tools** - How to use the internet to find information about just about anything - free information, health information, news information, seeking and finding answers on any topic. June 23, July 21, Aug. 18

TH 1:00-3:00 p.m. APPY/TCC

**E-mail Basics** - A brief intro to e-mail services. Students should bring personal email account access information if they want to use their home account. April 28, May 26, June 30, July 28, Aug. 25

TH 1:00-3:00 p.m. APPY/TCC

**Google Universe I** - Tips on how to use Google search engines.

T 10:00 a.m.-Noon APPY/TCC

June 21, Aug. 16

**Google Universe 2** - G-mail, Google documents, more.

T 1:00-3:00 p.m. APPY/TCC

June 21, Aug. 16

### Digital Photo Transfer - from camera to computer

Learn how to move your photos from your camera to your computer. Use our desktops or bring your laptop and camera to class along with the camera/computer interface cord. June 14, July 12, Aug. 9

TH 10:00 a.m.-Noon APPY/TCC

**PICASA: Digital Photo Management** - Working with your digital photos and keeping them safe using Picasa software. The class will teach you how to download, install and learn the basics of this software program. (This is not a class in digital photography, in setting up your camera and computer, or learning how to transfer your photos from camera to computer. See "digital photo transfer class")

June 14, July 12, Aug. 9

TH 1:00-3:00 p.m. APPY/TCC

### NEW! Social Networking Sites

Work your way through some sites like Facebook, learning how to use it and also learning some caution. A two-part class. Contact the APPY Adult Department.

**Fee: \$30**

*All classes are held in the Y Computer Room at Thompson Community Center - 820 W. College Ave., Appleton. For more information, call 920-954-7610, the Appleton YMCA Adult Department.*

# Music

## MUSIKGARTEN PROGRAMS

### Family Music Program (Parent and Child under 3 yrs.)

Singing, chanting, moving, dancing, listening and playing simple instruments that will allow you and your child to develop a strong musical bond. The first 15 minutes of class will allow parents and children to socialize and play.

T	6:00-7:00 p.m.	ACY
TH	6:00-7:00 p.m.	APPY
<b>Fee:</b>	<b>YMCA Member - \$25</b>	<b>General Public - \$41</b>

### Voice Lessons - 10 Week Sessions

Semi-private and private lessons for youth and teens.

Contact Jeanne Hoest at 886-2128 or [jhoest@ymcafoxcities.org](mailto:jhoest@ymcafoxcities.org) for additional days/times.

T	4:00-4:30 p.m.	(Ages 8-12)	NMY
T	4:30-5:00 p.m.	(Ages 8-12)	NMY
T	5:00-5:30 p.m.	(Ages 13-17)	NMY
TH	9:30-10:00 a.m.	(Ages 7-10)	NMY
TH	10:00-10:30 a.m.	(Ages 11-14)	NMY
TH	10:30-11:00 a.m.	private	NMY

<b>Fee:</b>	<b>YMCA Member- \$75</b>	<b>General Public-\$150</b>
<b>Private:</b>	<b>YMCA Member- \$150</b>	<b>General Public- \$300</b>

### Drum Set (Ages 8 & Up) - 10 Week Sessions

Beginning students will start learning to play percussion on a snare drum. Continuing students will learn to play a drum set. Students must bring drum sticks to each class. Classes have 2 students in each class. Private students are alone. These are half-hour classes. Students must have a drum pad, snare drum or drum set at home to practice on during the week.

T	4:00-9:00 p.m.	NMY
W	4:00-9:00 p.m.	NMY
TH	2:00-6:00 p.m.	NMY

Please contact Jeanne Hoest at 886-2128 for additional days and times.

<b>Fee:</b>	<b>YMCA Member- \$ 75</b>	<b>General Public- \$150</b>
<b>Private:</b>	<b>YMCA Member- \$150</b>	<b>General Public- \$300</b>

### New! Violin Lessons - FWY

Please contact Angie Pecore for available dates and times at 560-3410 or [apecore@ymcafoxcities.org](mailto:apecore@ymcafoxcities.org).

### Guitar Lessons (Ages 6 and Up) - 10 weeks

Beginner through advanced instruction offered. Need to bring a guitar to class. Amps are available for use during lessons. Books are available for purchase for an additional fee. Classes are 30 minutes every half hour. Semi-Private lessons are available for students who sign up with a friend or family member. Please call 954-7602 for available times. Students can enroll in lessons online or at any YMCA Member Service Desk. Guitar Gigs are available to rent to own for student.

M	3:30-8:00 p.m.	ACY/APPY
T	3:30-8:00 p.m.	ACY/APPY
W	3:30-8:00 p.m.	ACY/APPY
TH	3:30-8:00 p.m.	ACY/APPY
F	3:30-8:00 p.m.	ACY/APPY
M	5:30-9:00 p.m.	NMY
T	5:30-9:00 p.m.	NMY
TH	5:30-9:00 p.m.	NMY

APPY-Please call 954-7602 for additional daytime lessons.

NMY - Jeanne Hoest at 886-2128 for additional days/times.

<b>Fee:</b>	<b>YMCA Member- \$75</b>	<b>General Public- \$150</b>
<b>Private:</b>	<b>YMCA Member- \$150</b>	<b>General Public- \$300</b>

**Summer Session 1: June 6-July 17 - NMY - June 9-July 20 - No classes July 4-10 - Summer Session 2: July 18-August 21 - NMY - July 21-August 24**

**Fox West YMCA** - Please contact Angie PeCore for available days/times at 560-3410 or [apecore@ymcafoxcities.org](mailto:apecore@ymcafoxcities.org) to schedule your Fox West YMCA guitar lesson.

### Piano (ages 5 & Up) - 10 weeks - APPY

Beginner through advanced instruction offered in a semi private or private class. Students will need a keyboard or piano at home for practice. Books are available to purchase for an additional fee. Classes are 30 minutes and are offered every half hour. Semi-Private lessons are available for students who sign up with a friend or family member. Please call 954-7602 for available times. Students can enroll in lessons online or at any YMCA Member Service Desk. Keyboards are available to rent to own for student. APPY-Please call 954-7602 for additional daytime lessons.

M	3:30-8:00 p.m.	ACY/APPY
T	3:30-8:00 p.m.	ACY/APPY
W	3:30-8:00 p.m.	ACY/APPY
TH	3:30-8:00 p.m.	ACY/APPY
F	3:30-8:00 p.m.	ACY/APPY

<b>Fee:</b>	<b>YMCA Member- \$ 75</b>	<b>General Public- \$150</b>
<b>Private:</b>	<b>YMCA Member- \$150</b>	<b>General Public- \$300</b>

**Fox West YMCA** - Please contact Angie PeCore for available days/times at 757-9820 X310 or [apecore@ymcafoxcities.org](mailto:apecore@ymcafoxcities.org) to schedule your Fox West YMCA Piano lesson.

**Heart of the Valley YMCA**- Register On-line or in person. Belinda Price-Dajany - 830-5707. No classes the week of July 3-9.

M	3:30p.m.-6:00 p.m.
T	3:30p.m.-6:00 p.m.
W	4:00p.m.-6:00 p.m.
TH	4:00p.m.-6:00 p.m.

**Neenah-Menasha YMCA** - Register on-line or in person. Jeanne Hoest - 886-2128. For more information or additional class times please call 886-2128.

M	2:00-6:00 p.m.	NMY
T	2:00-4:00 p.m.	NMY
T	6:00-8:30 p.m.	NMY
W	1:30-7:30 p.m.	NMY
TH	11:00 a.m.-6:30 p.m.	NMY
F	12:30-3:30 p.m.	NMY

<b>Fee:</b>	<b>YMCA Member- \$75</b>	<b>General Public-\$150</b>
<b>Private:</b>	<b>YMCA Member- \$150</b>	<b>General Public- \$300</b>

### Adult Private Piano Lessons - APPY/TCC

#### 10 Weeks - June 6-Aug. 20 (No classes July 4-10)

Available on Monday mornings for 30-minute lessons. All levels. Learn notes, rhythms, chords and basic theory applications. Call 954 7610 to schedule your 30-minute slot.

**Fee: \$180 for 10 weeks**

# Fine Arts & Crafts

## Art Exploration (Ages 2-3)

Awaken your child's creativity with imaginative art activities that you work on together. Collage, painting, drawing and sculpture provide children with fun experiences that enrich their understanding of color, form, shape, and texture and develop their concentration, hand-eye coordination and manual dexterity. Parent/caregiver participation required. The first session at the Neenah-Menasha Y will include a clay project and the second session will include a plaster project.

T 5:30-6:15 p.m. NMY  
 W 1:45-2:30 p.m. NMY  
**Fee: YMCA Member - \$22 General Public - \$35**

## Storybook Pottery (Ages 4-6)

This is a pottery class for the four to six year old child. These are handbuilt projects. The students will also glaze their art pieces.

M 10:00-10:45 a.m. NMY  
 TH 5:30-6:15 p.m. NMY  
**Fee: YMCA Member - \$25 General Public - \$36**

## Little Artists (Ages 4-6)

Children will use a variety of art medium including a project using clay and glazes, tie-dyeing etc. The second five week session will include different projects

T 6:20-7:05 p.m. NMY  
 TH 1:45-2:30 p.m. NMY  
 W 5:30-6:15 p.m. NMY  
**Fee: YMCA Member - \$22 General Public - \$35**

## Drawing Classes (Ages 7-12)

Students will move from line drawings to the use of color. The elements of line, composition and shading will be explored.

T 10:30-11:15 a.m. NMY  
 W 6:30-7:15 p.m. NMY  
**Fee: YMCA Member - \$22 General Public - \$35**

**For private drawing classes, please contact Jeanne Hoest at 886-2128.**

## Cartooning (Ages 8-15)

Learn to create and draw your own cartoons.

W 11:15 a.m.-Noon NMY  
**Fee: YMCA Member - \$22 General Public-\$35**

## Kids Pottery Class (Ages 7-12)

The course will start with several handbuilding techniques, experimenting with functional and non-functional pieces. Each student will get some time on the pottery wheel. Glazing techniques will also be taught. All supplies included.

Five week classes - (Two sessions of each)  
 M 11:00 a.m.-Noon NMY  
 M 5:00-6:00 p.m. NMY  
 T 5:00-6:00 p.m. NMY  
 T 6:00-7:00 p.m. NMY  
 TH 2:00-3:00 p.m. NMY  
**Fee: YMCA Member - \$29 General Public - \$42**

**Summer Session 1: June 6-July 17 - NMY - June 9-July 20 - No classes July 4-10 - Summer Session 2: July 18-August 21 - NMY - July 21-August 24**

## Pre-Teen / Teen Pottery (Ages 12-16)

For the student artist who has had previous experience in pottery classes.

F 10:00-11:30 a.m. NMY  
**Fee: YMCA Member - \$40 General Public - \$80**

## Parent & Child Pottery Class (Ages 7-12)

Sign up together - one price!

**4 weeks - 2 Sessions**

**Session I: June 9,16,23,30**

**Session II: July 14,21,28, Aug. 4**

TH 1:00-2:00 p.m. NMY  
**Fee: YMCA Member - \$40/pair General Public - \$80/pair**

## YOUTH ART VARIETY

**Level I (Ages 6-10) - Level II (Ages 10-14)**

Explore a variety of art medium. Each week the students will explore different projects & art techniques. Projects will include batik, clay, plaster, painting and more.

### Level I

M 1:15-2:00 p.m. NMY

### Level II

M 2:15-3:00 p.m. NMY  
**Fee: YMCA Member - \$25 General Public - \$40**

## Watercolor Painting (Ages 7-15)

This class is for beginners and up.

W 10:00-11:00 a.m. NMY  
 W 4:30-5:30 p.m. NMY  
**Fee: YMCA Member-\$22 General Public-\$35**

## SUMMER ART WORKSHOPS

All workshops are for ages 7-13 and meet on Tuesdays from 9:15-10:15a.m.

### Workshop I: Textiles

**June 14, 21, 28** NMY  
 Bring white clothing to tie dye and decorate using other methods. Cotton fabric is preferred.  
**YMCA Members - \$18 General Public - \$30**

### Workshop II: Drawing & Painting

**July 12, 19, 26** NMY  
 Introduction to drawing & acrylic painting techniques.  
**YMCA Members - \$18 General Public - \$30**

### Workshop III: Papermaking

**August 2 & 9** NMY  
 Design your own paper to frame or to write on. Besides recycling paper the students will use other materials to enhance their final projects.  
**YMCA Members - \$15 General Public - \$25**

### Workshop IV: Collage

**August 16 & 23** NMY  
 Create your own 2-D and 3-D collages  
**YMCA Members - \$13 General Public - \$25**

# Fine Arts & Crafts

APPY - Sue Grosenick - Adult Program Coordinator - 954-7610 - [sgrosenick@ymcafoxcities.org](mailto:sgrosenick@ymcafoxcities.org)  
 APPY - Jessica Rolain - Arts & Humanities Coordinator - 954-7602 - [jrolain@ymcafoxcities.org](mailto:jrolain@ymcafoxcities.org)  
 FWY - Angie Pecore - Program Services Coordinator - 560-3410 - [apecore@ymcafoxcities.org](mailto:apecore@ymcafoxcities.org)  
 HOTVY - Paula Beyer - Program Director - 830-5708 - [pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org)  
 NMY - Jeanne Hoest - Arts & Humanities Director - 886-2128 - [jhoest@ymcafoxcities.org](mailto:jhoest@ymcafoxcities.org)

**Summer Session 1: June 6-July 17 - NMY - June 9-  
 July 20 - No classes July 4-10 - Summer Session 2:  
 July 18-August 21 - NMY - July 21-August 24**

## SUMMER ART CAMPS - AGES 7-13

Tuesdays, Wednesdays & Thursdays from 1:00-3:00 p.m.  
 Fee: YMCA Members - \$29 General Public - \$47

### Art Camp I: Drawing & Painting

June 21, 22, 23 NMY  
 Students will learn drawing techniques based on their own abilities. They will create their own paintings using acrylic paints and watercolor paints.

### Art Camp II: Ceramics

June 28, 29, 30 NMY  
 Glaze & paint bisque pottery pieces. There is a large variety of pottery for the students to pick out their favorites.

### Art Camp III: Drawing & Writing Comics

July 12, 13, 14 NMY  
 Design and write your own comics with the help of our drawing instructor.

### Art Camp IV: Tie Dyeing, Silk Painting & More

July 19, 20, 21 NMY  
 Bring your own white shirts, shorts, socks to camp. We will provide the silk for the silk painting.

### Art Camp V: Jewelry Making & Sculpt

August 2, 3, 4 NMY  
 Our art instructor will surprise the students with fun methods of designing jewelry and other small sculpture pieces.

## TEEN & ADULT CLASSES

### Teen/ Adult Pottery (Ages 14 & Up)

Class includes clay, glazes, instruction and firing time. Students will work on hand-building and wheel methods.

#### Two - four week sessions :

Session I: weeks of June 13, 20, 27, July 11

Session II: weeks of August 1, 8, 15, 22

M	6:00-8:00 p.m.	NMY
T	7:00-9:00 p.m.	NMY
TH	9:00-11:00 a.m.	NMY

Fee: YMCA Member - \$65 General Public - \$95

### NEW! Pottery Leaf Bowl Workshop (Teens/Adults)

Workshop participants will make a bowl out of clay using a rhubarb leaf for the design and draping the clay over a bowl. During the second class you will glaze your projects. Call to set up this workshop. For groups of 4-6. Contact Jeanne Hoest at 886-2128.

Fee: YMCA Member \$35 General Public \$50

### Teen/Adult Drawing - 5 Weeks Session

Elements of line, composition, and shading will be explored. All supplies are included.

W	7:15-8:15 p.m.	NMY
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Fee: YMCA Member - \$35 General Public - \$50

### Teen / Adult Watercolor Painting - 5 week sessions

TH	6:30-7:30 p.m.	NMY
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Fee: YMCA Member - \$40 General Public - \$55

### Watercolor Painting - 9 weeks - Starts June 7

Learn the basics as well as more advanced techniques in watercolor painting. Brush strokes, values, textures, papers and how it can work together. Bring supplies you have.

T	6:00-8:30 p.m.	APPY
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Fee: YMCA Member - \$89 General Public - \$99

### Beginning Drawing - 9 weeks - Starts June 8

Learn the basics of line, composition and shading that are the foundation for future artistic endeavors

W	6:00-8:00 p.m.	APPY
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Fee: YMCA Member - \$89 General Public - \$99

### Stained Glass Workshop (Ages 16 -Adult) ONE DAY WORKSHOPS!

Learn the basics of stained glass as you create a ready to hang suncatcher. The class includes the supplies and skills to create a unique copper-foiled piece.

W	June 22	9:00 a.m.-Noon	NMY
SA	July 16	9:00 a.m.-Noon	NMY
SA	Aug. 13	9:00 a.m.-Noon	NMY

Fee: YMCA Member - \$35 General Public - \$50

### NEW! Stained Glass Art (Adults)

#### July 28-August 25

This 5 week session will cover the basics of cutting, piecing, foiling and soldering of stained glass. Participants will be creating a 10-12 piece completed design ready for display in your home or office. It is a great way to learn the skills and craftsmanship of this beautiful art form. Tools, glass and supplies are provided.

TH	9:00 a.m.-Noon	NMY
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Fee: YMCA Member - \$70 General Public - \$100

### New! Glass Fusing Workshops

Design and make a small glass piece.

Workshop I:	TH	June 23	6:00:8:00 p.m.	NMY
Workshop II:	TH	August 4	6:00-8:00 p.m.	NMY
Workshop III:	TH	August 25	5:30-7:30 p.m.	NMY

Fee: YMCA Member - \$30 General Public - \$45

## APPLETON YMCA

APPY - Youth Dance - Jessica Rolain, Arts and Humanities Coordinator - 954-7602 - jrolain@ymcafoxcities.org  
 APPY - Teen/Adult Dance - Sue Grosenick, Adult Coordinator - 954-7610 - sgrosenick@ymcafoxcities.org

### Jazz Camp (Grades 3-5)

June 7-August 22 (No classes July 4-10)

Learn jazz techniques and hit the dance floor with some fun and exciting dance routines.

T/TH 4:30-6:00 p.m.

APPY

Fee: YMCA Member - \$65

General Public - \$78

### Jazz/Hip Hop Camp (Grades 6-8)

June 7-August 22 (No classes July 4-10)

Work on jazz techniques/routines and dance your heart out.

T/TH 6:00-7:30 p.m.

APPY

Fee: YMCA Member - \$65

General Public - \$78

### Middle Eastern Belly Dance - Two 5-Week Sessions

Get a total body workout during a 1 hour belly dancing class. Learn control, new rhythms: Mixed level class.

Suitable for all female forms ages 18+.

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

APPY

Fee: YMCA Member - \$30

General Public - \$45

### SOCIAL BALLROOM DANCE FOR COUPLES

Session 1 Only

#### NEW! Just Swing! - 5 Weeks

Consider this your Dance Camp on Thursday evenings. Progressive lessons.

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

APPY

Fee: YMCA Member - \$55/couple

General Public - \$75/couple

#### NEW! ChaCha & Rhumba - 5 Weeks

Get ready for a spicey summer with progressive lessons in these Latin dances.

TH 7:30-8:30 p.m.

APPY

Fee: YMCA Member - \$55/couple

General Public - \$75/couple

## Fox West YMCA

Progressive dance classes for elementary age students.

### Pre-Dance I & II Combo Class (Ages 2½-5)

#### 5 Week Class

Pre-Dance I & II will offer creative movement, ballet basics, along with tap basics with simple dance steps, rhythm and coordination skills. Leather Ballet shoes and tap shoes are required.

M 10:15-10:45 a.m. (Age 2½-3) FWY

M 10:45-11:45 a.m. (Ages 4-5) FWY

Fee: YMCA Member - \$26

General Public - \$42

### Mix it up Camp (Ages 6-8)

You will learn all the very basics of Tap, Ballet, Jazz and Hip Hop.

1:30-3:30 p.m. June 13-16 FWY

Fee: YMCA Member - \$40

General Public - \$55

### New! Youth Hip Hop Camp (Ages 6-9)

Does your child love to dance and have fun? In this class your child will get to learn some fun moves to the most popular music appropriate to their age.

1:30-3:30 p.m. July 18-21 FWY

Fee: YMCA Member - \$40

General Public - \$55

### New! Dance Poms Camp (Ages 6-9)

Dance Poms is a style of dance where you do sharp movements and a lot of pom technique. You also frequently perform pom, high kick, jazz, novelty and other types of dance routines.

1:30-3:30 p.m. August 8-11 FWY

Fee: YMCA Member - \$40

General Public - \$55

## Dance Factory & Fox Cities Dance Academy - (Ages 3-18)

Classes offered at Heart of the Valley YMCA, Apple Creek YMCA, Fox West YMCA & Sherwood

ACY/HOTVY - Toni Rockow - Dance Coordinator - 830-5712 - [trockow@ymcafoxcities.org](mailto:trockow@ymcafoxcities.org)

ACY/HOTVY - Cassie Barnard - Dance Program Assistant - 830-5710 - [cbarnard@ymcafoxcities.org](mailto:cbarnard@ymcafoxcities.org)

FWY - Angie PeCore - Program Coordinator - 560-3410 - [apecore@ymcafoxcities.org](mailto:apecore@ymcafoxcities.org)

DANCE FACTORY Apple Creek Y, Fox West Y, Heart of the Valley Y & Sherwood

28 Week Recital Program - Begins in Sept.

The Dance Factory is an 28 week program featuring a Dance Revue in May held at Fox Valley Lutheran High School in North Appleton. At the HOTVY the Act I program is for students ages 4-7 who will perform in a matinee show on a Saturday in May. The Act II program is for students ages 8 & up, who will perform in a Friday evening and Saturday Matinee show in May. All Fox West and Apple Creek students will perform in a Saturday Matinee Show in May.

**Classes begin in September and are held at the Heart of the Valley YMCA in Kimberly, the Fox West YMCA in Greenville and new this year: the Apple Creek YMCA in north Appleton.** Fundamental skills and techniques in Tap, Ballet, Jazz, Lyrical Jazz, Rhythm & Movement, and Hip Hop are covered, developing body coordination and flexibility while expanding a positive self image.

**Registration:** Registration for the fall classes will begin on May 30, 2011 for members. General Public may begin to register on June 2, 2011. Decide on the class or classes that you would like to register for after reviewing our classes listing day/times and register in person at any of our YMCA branches too. Currently enrolled students in the Dance Factory Program should reference their progress cards given to them by their instructors. New students to the program are asked to read the class descriptions carefully when signing up for classes. Please note that the instructors will reserve the right to move students according to their dance levels after classes have begun.

### Non-Refundable Costume Fees:

HOTVY costumes for Act I classes (ages 3-7) will be \$55 per class, and costumes for HOTVY Act II classes(8 and up) will be \$65 per class. Apple Creek and Fox West costumes for students ages 3 yrs to 7 yrs old will be \$55 per class, and costumes for students ages 8 and up will be \$65.00 per class. All costume fees are non-refundable and due at the time of registration. Please note that the costume fee does include the tights that will be needed for your child's costume.

### We are again offering two Payment Plans:

**Annual:** Annual payments are due at the time of registration in full along with non-refundable costume fee (listed above). You may pay in full with a credit card on line or you may pay in person at the YMCA front desk.

### Annual Fees:

	30-minute	45-minute	60-minute
YMCA Member:	\$176	\$256	\$336
General Public:	\$238	\$318	\$398

### Monthly Bank Draft:

Monthly payments on the Bank Draft Plan authorize the YMCA to draft the monthly charges listed below from your savings or checking account. Bank drafts begin September 1st or 15th and continue through April. If you are registering on line and choose the bank draft option, you will be asked to pay the costume fee along with the first month class fee. You will then need to make sure you have completed the Dance Factory Bank Draft form (available at the YMCA front desk) and return it with your registration form. Please note, only the highlighted areas of the Bank Draft form are applicable to the Dance Factory bank drafts. You DO NOT need to be a member of the YMCA to use the bank draft plan.

### Monthly Bank Draft Fees:

	30-minute	45-minute	60-minute
YMCA Member	\$22.00	\$32.00	\$42.00
General Public	\$29.75	\$39.75	\$49.75

**Additional Notes:** All children need to be fully potty trained before the start of class.

**Shoes & Dance Wear:** • **Rhythm & Movement class:** Black ballet shoes. • **All Ballet Classes** - Pink Leather Ballet Shoes. **Students 4-7** will need full sole pink leather ballet shoes. **Students 8 and up** will need leather Pink Split Sole ballet shoes. • **All Tap Classes** - (Ages 4-7) Beginner Black Patent Tap Shoes, (Ages 8 & Up) Black leather jazz tap shoes. • **Jazz Classes** - Black Split Sole Jazz Shoes with ties. • **Hip Hop Classes** - Tennis Shoes - instructor will specify color after classes begin. • Normal dance attire required - no street clothes, jeans, or school dresses for class.

## Dance Factory & Fox Cities Dance Academy - (Ages 3-18)

### 28-Week Classes

#### Tap (Age 3)

Students need to be potty trained prior to class. Prior class experience without a parent is recommended. Students will learn basic tap steps including toe taps, toe backs, and shuffles. Classes are 30 minutes long, and these students will perform in our ACT I matinee show.

M 4:45 p.m. HOTVY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### Tap (Ages 4-5)

Prior class experience without a parent is recommended. Students will learn basic tap steps including toe taps, toe backs, and shuffles. Classes are 30 minutes long and these students will perform in our ACT I matinee show.

M 6:20 p.m. HOTVY  
 T 6:10 p.m. HOTVY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### Tap (Ages 5-6)

Prior class experience without a parent is recommended. Students will learn basic tap steps including toe taps, toe backs, and shuffles. Classes are 30 minutes long, and these students will perform in our matinee show.

T 4:35 p.m. HOTVY  
 T 5:10 p.m. FWY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### Tap (Ages 6-7)

No prior dance experience needed. Students will learn the fundamentals of tap including shuffles, flaps, and cramp rolls. Classes are 30 minutes long, and these students will perform in our ACT I matinee show.

T 4:35 p.m. HOTVY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### Tap (Ages 6-9)

Students will master the fundamentals of tap including shuffles, flaps, and cramp rolls and will progress into irishes, paradiddles, and maxi fords. Classes are 30 minutes long, and these students will perform in our matinee show.

T 6:10 p.m. ACY  
 TH 4:00 p.m. FWY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### Tap (Ages 8-10)

Students will learn the fundamentals of tap including shuffles, flaps, paradiddles, and cramp rolls and will progress into maxi fords, shuffle combinations and turns. This class is 45 minutes long. HOTVY students will perform in our ACT II evening show.

M 6:20 p.m. HOTVY  
**Fee: YMCA Member - \$256 General Public - \$318**

#### Tap (Ages 11 and up)

Students should have mastered buffalos, flap cramp rolls, paradiddles and irishes. This class will focus on learning and/or mastering time steps, turn combinations, drawbacks, riffs, pullbacks and wings. Classes are 30 minutes, and these students will perform in our ACT II evening show.

T 6:10 p.m. ACY  
 TH 5:45 p.m. FWY  
**Fee: YMCA Member - \$256 General Public - \$318**

#### Rhythm and Movement (Ages 3-4)

Introduction to jazz. Students will learn some intro steps of jazz to age appropriate music. Classes are 30 minutes, and these students will perform in our ACT I matinee show.

T 4:00 p.m. HOTVY  
 T 5:10 p.m. HOTVY  
 T 5:35 p.m. ACY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### Rhythm and Movement (Ages 5-6)

This class is an introduction to jazz. Students will learn some intro steps of jazz to age appropriate music. Classes are 30 minutes, and these students will perform in our matinee show.

T 5:45 p.m. HOTVY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### Jazz (Ages 7-10)

Students will learn the beginning steps of jazz: isolations, chasses, pas de bouree and chaine turns to age appropriate music. This class is 30 minutes.

T 5:45 p.m. FWY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### Jazz (Ages 8-10)

Students will learn the beginning steps of jazz: isolations, chasses, pas de bouree and chaine turns to age appropriate music. This class is 45 minutes, and these students will perform in our evening ACT II show.

M 8:00 p.m. HOTVY  
**Fee: YMCA Member - \$256 General Public - \$318**

#### Jazz (Ages 11 and up)

Students will master the beginning steps of jazz: isolations, chasses, pas de bouree and chaine turns and progress into more difficult combinations. This class is 45 minutes, and these students will perform in our matinee show.

TH 8:15 p.m. FWY  
 T 7:00 p.m. HOTVY  
**Fee: YMCA Member - \$256 General Public - \$318**

#### Lyrical (Ages 8-10)

One year of lyrical or two years of ballet are recommended to participate in this class. Class is 45 minutes, and these students will perform in our ACT II evening show.

M 7:10 p.m. HOTVY  
**Fee: YMCA Member - \$256 General Public - \$318**

## Dance Factory & Fox Cities Dance Academy - (Ages 3-18)

### 28-Week Classes

#### Lyrical (Ages 11 & up)

One year of lyrical or two years of ballet are recommended to participate in this class. Class is 45 minutes, and these students will perform in our ACT II evening show.

T	7:45 p.m.	HOTVY
TH	7:25 p.m.	FWY
<b>Fee:</b>	<b>YMCA Member - \$256</b>	<b>General Public - \$318</b>

#### Ballet (Age 3)

Beginning ballet class that will introduce basic ballet techniques. Class is 30 minutes, and these students will perform in our ACT I matinee show.

M	4:00 p.m.	HOTVY
<b>Fee:</b>	<b>YMCA Member - \$176</b>	<b>General Public - \$238</b>

#### Ballet (Ages 4-5)

Students will learn basic ballet positions, bourees, and sautés. Prior ballet experience is not required. This class is 30 minutes, and these students will perform in our ACT I matinee show.

M	5:45 p.m.	HOTVY
<b>Fee:</b>	<b>YMCA Member - \$176</b>	<b>General Public - \$238</b>

#### Ballet (Ages 5-6)

Students will learn basic ballet positions, bourees, and sautés. Prior ballet experience is not required. This class is 30 minutes, and these students will perform in our matinee show.

T	5:35 p.m.	HOTVY
T	4:35 p.m.	FWY
<b>Fee:</b>	<b>YMCA Member - \$176</b>	<b>General Public - \$238</b>

#### Ballet (Ages 6-7)

Prior ballet experience is helpful, but not required. Students will master echappe, pas de basque and chaine turns and will learn arabesque and pique. These classes are 30 minutes and these students will perform in our ACT I matinee show.

T	5:35 p.m.	HOTVY
<b>Fee:</b>	<b>YMCA Member - \$176</b>	<b>General Public - \$238</b>

#### Ballet (Ages 6-8)

Prior ballet experience is helpful, but not required. Students will master echappe, pas de basque and chaine turns and will learn arabesque and pique. These classes are 30 minutes and these students will perform in our matinee show.

T	6:45 p.m.	ACY
<b>Fee:</b>	<b>YMCA Member - \$176</b>	<b>General Public - \$238</b>

#### Ballet (Ages 7-9)

Prior ballet experience is helpful, but not required. Students will master echappe, pas de basque and chaine turns and will learn arabesque and pique. These classes are 30 minutes and these students will perform in our matinee show.

TH	4:35 p.m.	FWY
<b>Fee:</b>	<b>YMCA Member - \$176</b>	<b>General Public - \$238</b>

#### Ballet (Ages 10-11)

Prior ballet experience is helpful, but not required. Students will master echappe, pas de basque and chaine turns and will learn degage, glissade and pique turns. These classes are 30 minutes and these students will perform in our ACT II evening show.

TH	5:10 p.m.	FWY
<b>Fee:</b>	<b>YMCA Member - \$176</b>	<b>General Public - \$238</b>

#### Ballet (Ages 8-9)

Prior ballet experience is helpful, but not required. Students will master echappe, pas de basque and chaine turns and will learn degage, glissade and pique turns. These classes are 30 minutes and these students will perform in our ACT II evening show.

M	6:00 p.m.	HOTVY
<b>Fee:</b>	<b>YMCA Member - \$176</b>	<b>General Public - \$238</b>

#### Ballet (Ages 10 and up)

Prior ballet experience is helpful but not required. Students will master Glissade, pas de bouree and pique turns and will learn waltz turns and back attitude. This class is 60 minutes long. FWY students will perform in our matinee show and HOTVY students will perform in the ACT II evening shows.

M	7:00 p.m.	HOTVY
<b>Fee:</b>	<b>YMCA Member - \$336</b>	<b>General Public - \$398</b>

#### Ballet (Ages 12 and up)

Prior ballet experience is helpful but not required. Students will master Glissade, pas de bouree and pique turns and will learn waltz turns and back attitude. This class is 60 minutes long. FWY students will perform in our matinee show and HOTVY students will perform in the ACT II evening shows.

TH	6:20 p.m.	FWY
<b>Fee:</b>	<b>YMCA Member - \$336</b>	<b>General Public - \$398</b>

#### Hip Hop Jump (Ages 5-7)

Students will be dancing to funky beats while learning this popular form of dance in a fun and upbeat setting to age appropriate music. This class is 30 minutes and these students will perform in our ACT I matinee show.

W	7:00 p.m.	HOTVY
<b>Fee:</b>	<b>YMCA Member - \$176</b>	<b>General Public - \$238</b>

#### Hip Hop/Pom Combo (Ages 6-8)

Students will be dancing to funky beats while learning this popular form of dance in a fun and upbeat setting to age appropriate music with the added excitement of using pom poms and getting a taste of dance team choreography! This class is 30 minutes and these students will perform in our matinee show.

M	5:10 p.m.	HOTVY
T	6:20 p.m.	FWY
T	7:20 p.m.	ACY
<b>Fee:</b>	<b>YMCA Member - \$176</b>	<b>General Public - \$238</b>

## Dance Factory & Fox Cities Dance Academy - (Ages 3-18)

### 28-Week Classes

#### Hip Hop (Ages 8-10)

Students will learn this popular form of dance in a fun and upbeat setting.

T 6:45 p.m. FWY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### Hip Hop/Pom Combo (Ages 9 and Up)

Students will be dancing to funky beats while learning this popular form of dance in a fun and upbeat setting to age appropriate music with the added excitement of using pom poms and getting a taste of dance team choreography!

This class is 30 minutes and these students will perform in our matinee show.

M 5:45 p.m. HOTVY  
 T 7:55 p.m. ACY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### Hip Hop (Ages 11-13)

Students will learn this popular form of dance in a fun and upbeat setting. This class is 45 minutes, and these students will perform in our ACT II evening show.

T 7:20 p.m. HOTVY  
**Fee: YMCA Member - \$256 General Public - \$318**

#### Hip Hop (Ages 13 and up)

Students will learn this popular form of dance in a fun and upbeat setting. This class is 45 minutes, and these students will perform in our ACT II evening show.

T 8:00 p.m. HOTVY  
**Fee: YMCA Member - \$256 General Public - \$318**

#### Tap/Ballet Combo Class (Age 3-4)

Students must be potty trained prior to the start of classes. Students will learn basic ballet steps and basic tap steps to age appropriate music in a fun studio setting. This class is 30 minutes and will perform in our ACT I matinee show.

Basic black beginner patent tap shoes and pink leather ballet shoes are required.

T 4:00 p.m. FWY  
 T 4:00 p.m. (3yrs) HOTVY  
 T 4:00 p.m. (3-4yrs) HOTVY  
 T 5:00 p.m. ACY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### Tap/Ballet Combo Class (Ages 4-5)

Students must be potty trained prior to the start of classes. Students will learn basic ballet steps and basic tap steps to age appropriate music in a fun studio setting. This class is 30 minutes and will perform in our matinee show. Basic black beginner patent tap shoes and pink leather ballet shoes are required.

T 4:35 p.m. HOTVY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### Tap/Jazz Combo Class (Age 5-7)

Students will learn basic pre-jazz and tap steps to age appropriate music in a fun studio setting. This class is 30 minutes long and will perform in our ACT I matinee show. Basic black beginner patent tap shoes and black leather jazz shoes are required.

T 6:20 p.m. HOTVY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### Multi-Medium (Age 4-6)

Basic pre-jazz, ballet, and tap steps to age appropriate music in a fun studio setting. 30 minutes long and will perform in our ACT I matinee show. Basic black beginner patent tap shoes and black leather jazz shoes are required.

M 5:10 p.m. HOTVY  
**Fee: YMCA Member - \$176 General Public - \$238**

#### YMCA DANCE IN SHERWOOD

Offered in the town hall of Sherwood beginning in November and running until March with a recital show tentatively to be held the end of March/ beginning of April. You can register for these classes on line at [ymcafoxcities.org](http://ymcafoxcities.org) beginning the week of May 18 or we will also be holding an in person "Y Meet & Greet" registration in Sept./October in Sherwood - please watch for this date to be announced in our YMCA Fall Program Book.

#### Tap/Ballet Combo Class (Age 3-4)

Must be potty trained. Learn basic ballet steps and basic tap steps to age appropriate music in a fun studio setting. Class is 30 minutes and will perform in Annual Dance Revue in Sherwood. Basic black beginner patent tap shoes and pink leather ballet shoes are required.

M 4:45 p.m. SHERWOOD  
**Fee: YMCA Member and Sherwood Resident - \$100 General Public - \$125 Costume Fee: \$55**

#### Tap/Ballet Combo Class (Age 5-7)

Basic ballet steps and basic tap steps to age appropriate music in a fun studio setting. This class is 30 minutes and students will perform in Annual Dance Revue in Sherwood. Basic black beginner patent tap shoes and pink leather ballet shoes are required.

M 5:20 p.m. SHERWOOD  
**Fee: YMCA Member and Sherwood Resident - \$100 General Public - \$125 Costume Fee: \$55**

#### Hip Hop Jump (Ages 5-7)

Students will be dancing to funky beats while learning this popular form of dance in a fun and upbeat setting to age appropriate music. This class is 30 minutes and these students will perform in Annual Dance Revue in Sherwood.

M 6:00 p.m. SHERWOOD  
**Fee: YMCA Member and Sherwood Resident - \$100 General Public - \$125 Costume Fee: \$55**

#### Tap/Hip Hop Combo (Ages 8-9)

Dancing to funky beats while learning basic tap steps along with hip hop moves. Class is 30 minutes and students will perform in Annual Dance Revue in Sherwood. Basic black beginner patent tap shoes are required.

M 6:35 p.m. SHERWOOD  
**Fee: YMCA Member and Sherwood Resident - \$100 General Public - \$125 Costume Fee: \$55**

#### Hip Hop/Pom Combo

Dancing to funky beats while learning some hip hop moves with using poms and getting to learn some dance team choreography. Class is 30 minutes and students will perform in Annual Dance Revue in Sherwood.

M 7:10 p.m. (Ages 8-9) SHERWOOD  
 M 7:45 p.m. (Ages 10 and Up) SHERWOOD  
**Fee: YMCA Member and Sherwood Resident - \$100 General Public - \$125 Costume Fee: \$55**

## Dance Factory & Fox Cities Dance Academy - (Ages 3-18)

### Fox Cities Dance Academy Competition Teams - Mini Camps, Workshops/Auditions, Summer Camps (Ages 4-18)

Fox Cities Dance Academy's Competitive Dance Teams have been a huge success and we are already excited to look ahead to next year! If you are currently dancing in the mediums of ballet, tap, jazz, or lyrical this is a great way to gain confidence, have fun, and be awarded for all of your hard work. Our Dance Team will perform at area events, participate in 3-4 competitions throughout the months of Feb.-May, and will participate in our annual dance revue in May 2012.

Child must be of age by Sept. 30, 2011.

#### MINI CAMP

Mini camp is a 4 week camp that will begin the week of May 23, 2011. Classes will meet once per week for either 30 or 60 minutes per class. In these classes, we will be teaching and reviewing the criteria that will be needed for auditions. We will also be introducing skills that will be used in future choreography. This camp is not a requirement to participate for auditions, but it is highly recommended for all dancers preparing to try out, especially for the first time.

#### Prices for Mini Camps:

60 minute classes: YMCA Members - \$50/class

General Public - \$58/class

30 minute classes: YMCA Members - \$30/class

General Public - \$38/class

Please register at the front desk of the HOTVY YMCA beginning April 4 for Y members and April 7 for General Public.

#### Tuesday Classes

<b>Tap (Ages 4-6)</b>		
T	4:00-4:30 p.m.	HOTVY
<b>Jazz (Ages 4-6)</b>		
T	4:30-5:00 p.m.	HOTVY
<b>Tap (Ages 7-8)</b>		
T	5:00-6:00 p.m.	HOTVY
<b>Jazz (Ages 7-8)</b>		
T	6:00-7:00 p.m.	HOTVY
<b>Ballet/Lyrical (Ages 7-8)</b>		
T	7:00-8:00 p.m.	HOTVY
<b>Ballet/Lyrical (Ages 13 &amp; Up)</b>		
T	8:00-9:00 p.m.	HOTVY

#### Wednesday Classes

<b>Tap (Ages 9-10)</b>		
W	4:00-5:00 p.m.	HOTVY
<b>Jazz (Ages 9-10)</b>		
W	5:00-6:00 p.m.	HOTVY
<b>Ballet/Lyrical (Ages 9-10)</b>		
W	6:00-7:00 p.m.	HOTVY
<b>Tap (Ages 13 &amp; Up)</b>		
W	7:00-8:00 p.m.	HOTVY
<b>Jazz (Ages 13 &amp; Up)</b>		
W	8:00-9:00 p.m.	HOTVY

#### Thursday Classes

<b>Tap (Ages 11-12)</b>		
TH	4:00-5:00 p.m.	HOTVY
<b>Jazz (Ages 11-12)</b>		
TH	5:00-6:00 p.m.	HOTVY
<b>Ballet/Lyrical (Ages 11-12)</b>		
TH	6:00-7:00 p.m.	HOTVY
<b>Strength/Flex (Ages 8-12)</b>		
TH	7:00-8:00 p.m.	HOTVY
<b>Strength/Flex (Ages 13 &amp; Up)</b>		
TH	8:00-9:00 p.m.	HOTVY

#### "FOX CITIES DANCE ACADEMY" COMPETITIVE TEAM WORKSHOPS

At workshop, dancers will go over the criteria and learn a short section of choreography that will be performed at auditions two days later. Dancers are NOT required to come to the workshop. They may learn the dance from a friend, however, attendance is strongly encouraged. Dancers are welcome to attend all of the workshop times that fit their age range (Age is determined as of Sept. 30, 2011.) There is no fee for workshops!

*Workshops Schedule for the week of June 20, 2011 is as follows:*

#### Monday, June 20, 2011 Workshops:

<b>Tap (Ages 4-6)</b>		
M	4:00-4:30 p.m.	HOTVY
<b>Jazz (Ages 4-6)</b>		
M	4:30-5:00 p.m.	HOTVY
<b>Tap (Ages 7-8)</b>		
M	5:00-6:00 p.m.	HOTVY
<b>Jazz (Ages 7-8)</b>		
M	6:00-7:00 p.m.	HOTVY
<b>Ballet/Lyrical (Ages 7-8)</b>		
M	7:00-8:00 p.m.	HOTVY
<b>Ballet/Lyrical (Ages 13 &amp; Up)</b>		
M	8:00-9:00 p.m.	HOTVY

#### Tuesday, June 21, 2011 Workshops

<b>Tap (Ages 9-10)</b>		
T	4:00-5:00 p.m.	HOTVY
<b>Jazz (Ages 9-10)</b>		
T	5:00-6:00 p.m.	HOTVY
<b>Ballet/Lyrical (Ages 9-10)</b>		
T	6:00-7:00 p.m.	HOTVY
<b>Tap (Ages 11-12)</b>		
T	6:00-7:00 p.m.	HOTVY
<b>Tap (Ages 13 and up)</b>		
T	7:00-8:00 p.m.	HOTVY
<b>Jazz (Ages 11-12)</b>		
T	7:00-8:00 p.m.	HOTVY
<b>Jazz (Ages 13 and up)</b>		
T	8:00-9:00 p.m.	HOTVY
<b>Ballet/Lyrical (Ages 11-12)</b>		
T	8:00-9:00 p.m.	HOTVY

## Dance Factory & Fox Cities Dance Academy - (Ages 3-18)

### Fox Cities Dance Academy Competition Teams - Mini Camps, Workshops/Auditions, Summer Camps (Ages 4-18)

ACY/HOTVY - Toni Rockow - Dance Coordinator - 830-5712 - trockow@ymcafoxcities.org

ACY/HOTVY - Cassie Barnard- Dance Program Assistant - 830-5710 - cbarnard@ymcafoxcities.org

#### 2011 "FOX CITIES DANCE ACADEMY" COMPETITIVE DANCE TEAM AUDITIONS!

Auditions for the prestigious Fox Cities Dance Academy Competitive Teams will be held at the Heart of the Valley YMCA. Below is the day and time schedule for each medium and age group. Dancers will perform all of the required criteria and choreography that was learned in workshops in small groups in front of a panel of qualified judges. Dancers may audition for any and/or all of the teams that fit within their age range and will audition one time for each medium that they are interested in. Judges and the Fox Cities Dance Academy Staff will exercise the right to place a dancer on a team other than what they auditioned for, a higher or lower level, if they see fit. There will also be individual performances (Solos, Duets, Trios,) and additional large and small groups, awarded to the highest scoring dancer(s) in each medium and age categories. Team placements will be posted on the bulletin board outside of the dance studio at the Heart of the Valley YMCA by 9 a.m. on Thursday, June 30, 2011.

Please arrive to your audition time at least 20 minutes prior to register and warm up.

#### **Wednesday, June 22 Audition Times:**

**Tap (Ages 4-6)**  
W 3:30-4:00 p.m. HOTVY

**Jazz (Ages 4-6)**  
W 4:00-4:30 p.m. HOTVY

**Tap (Ages 7-8)**  
W 4:30-5:00 p.m. HOTVY

**Jazz (Ages 7-8)**  
W 5:00-5:30 p.m. HOTVY

**Ballet/Lyrical (Ages 7-8)**  
W 5:30-6:00 p.m. HOTVY

**Tap (Ages 13 & Up)**  
W 6:00-7:00 p.m. HOTVY

**Jazz (Ages 13 & Up)**  
W 7:00-8:00 p.m. HOTVY

**Ballet/Lyrical (Ages 13 & Up)**  
W 8:00-9:30 p.m. HOTVY

#### **Thursday, June 23 Audition Times:**

**Tap (Ages 9-10)**  
TH 3:30-4:30 p.m. HOTVY

**Tap (Ages 11-12)**  
TH 4:30-5:30 p.m. HOTVY

**Jazz (Ages 9-10)**  
TH 5:30-6:30 p.m. HOTVY

**Jazz (Ages 11-12)**  
TH 6:30-7:30 p.m. HOTVY

**Ballet/Lyrical (Ages 9-10)**  
TH 7:30-8:30 p.m. HOTVY

**Ballet/Lyrical (Ages 11-12)**  
TH 8:30-9:30 p.m. HOTVY

#### **Summer Dance Camps at the Heart of the Valley YMCA of the Fox Cities**

##### **"Princess Dance Camp" Week of July 11 M-TH (Ages 4-9)**

Come and enjoy a different fun girl activity each day as well as learning a great dance routine to perform for parents on the last day of camp! A small snack will be provided each day.

**Ages 4-6** 9:00-10:00 a.m. HOTVY  
**Fees: YMCA Members - \$25 General Public - \$38**

**Ages 7-9** 10:15-11:45 a.m. HOTVY  
**Fees: YMCA Members - \$30 General Public - \$43**

##### **"Laughing, Dancing, Luau Fun"**

##### **Week of August 1 - M-TH (Ages 7-9)**

Come and enjoy a taste of Hawaii where we will laugh, dance and have lots of fun together jamming out to your favorite tunes! Wear your favorite Hawaii vacation themed clothes and get to learn a variety of jazz dance combinations as well as choreography to a short routine that will be performed on the last day of camp. A small snack will also be provided each day.

M-TH 9:00-11:00 a.m. HOTVY  
**Fee: YMCA Members - \$30 General Public - \$43**

#### SUMMER SESSION I YOUTH DANCE CLASSES

**JUNE 6- JULY 17 (No classes June 4-July 10)**

##### **Tap (ages 3-5)**

Shuffle, Ball, Step! A fun filled introduction to the world of tap. Black patent beginner tap shoes required.

TH 10:00-10:30 a.m. HOTVY  
**Fee: YMCA Member - \$37 General Public - \$63**

##### **Ballet (ages 3-5)**

Students will learn basic ballet steps in a fun environment in this 30 min. dance class. Pink leather ballet shoes are recommended but not required.

TH 10:35-11:05 a.m. HOTVY  
**Fee: YMCA Member - \$37 General Public - \$63**

##### **Rhythm & Movement (ages 3-5)**

This class is a fun introduction to jazz for this age. Great class choice for those parents who cannot decide between a tap and/or ballet class for their child. Black ballet shoes are recommended but not required.

TH 11:10-11:40 a.m. HOTVY  
**Fee: YMCA Member - \$37 General Public - \$63**

**Neenah-Menasha YMCA**

Maeghan Johnson, Dance Program Coordinator - Neenah-Menasha YMCA - 886-2138 - [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org)

**Studio Y Dance Program**

The Studio Y Dance Program offers dance classes for students 2-adult and competition teams for ages 7-adult. All Studio Y 28-week classes, competition teams and 14-week classes (January-April) will participate in the Spring Recital. The Studio Y dance program encourages the technical progression of dancers and provides consistent and knowledgeable instruction at each level of development. The Studio Y program ensures quality instruction with a maximum of 8-12 students in a class. Maeghan Johnson, Dance Program Coordinator holds a B.A. in Dance, 9-month Pilates certification course and was a professional performance dancer prior to joining the YMCA management staff. The Studio Y program staff also includes seven dance instructors with prior teaching and performance experience in their specialty areas. Instructors continue their dance education through teacher workshops and classes to ensure high quality programming. The Studio Y Dance Program offers technique classes and competition teams in Ballet, Pointe, Hip Hop, Jazz, Tap, Lyrical/Contemporary, Ballroom, Middle Eastern Belly Dancing and more. Please contact Maeghan Johnson at 920-886-2138 or [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org) for more information.

**Class placement**

The Studio Y program offers ages next to classes only as a guide in our progressive dance levels. If you have questions on where your child should be placed by level please contact Maeghan Johnson at 920.886.2138 or [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org).

**Class Payment**

8-wk class fees must be paid in full at the time of registration.

**Summer Break Weeks**

Classes are on break June 27-July 3 for our Dance Competition Nationals and July 4-10 for the YMCA holiday break week.

**Studio Y Recital**

The 2011 Dance Recital will be held at the Menasha H.S. Auditorium on Saturday, April 16th. There will be two separate recitals. The first show will include Pre-Dance I, Pre-Dance II, Storybook Ballet and Hip Hop for Preschoolers. The second show will showcase all 28-week classes, competition teams and 14-week classes (Jan-April).

**Competition Teams**

Studio Y offers 28-week dance competition teams. Auditions for the 2011-2012 teams will be held Sunday, August 21 Noon-1:30pm.

**Support our Studio Y Competition Team Dancers!**

We are so proud of our successful competition teams. Please come support them in their 7th year!

"Rainbow Connection"	March 11-13	Bay Port H.S. - Green Bay, WI
"Showstoppers"	March 25-27	Middleton H.S. - Middleton, WI
"Rainbow Connection" Nationals	June 26-July 1	Kalahari Resort-Wisconsin Dells, WI

**2010 Studio Y Dance Recital**

Pre-Dance Recital	Sat. April 16th 1:30 p.m.	Menasha H.S. Auditorium
Studio Y Dance Recital	Sat. April 16th 2:00 p.m.	Menasha H.S. Auditorium

**Join our 2011-2012 Studio Y Competition Teams!**

Join our exciting and successful competition teams in their 8th year! The Studio Y competition teams have been awarded numerous high score placements and special awards in our divisions. This is your chance to gain confidence, have fun being part of a team, and be awarded for your hard work! Dancers will compete in two mandatory regional Wisconsin dance competitions in the spring, an optional national competition in June, and will perform in the 2012 Studio Y Recital. Teams will consist of solos, duets, trios and groups of 4-10 dancers for ages 7-adult in beginning, intermediate and advanced levels.

**Audition Date: Sunday, August 21st Noon-1:30 p.m.**

If you are unable to attend the selected audition date, please contact Maeghan Johnson, Dance Program Coordinator at 920-886-2138 to schedule an individual audition.

We will be accepting early auditions August 1-20. Dancers who have been on past teams are required to audition for the 2011-2012 season. After August 21st, late auditions will not be accepted. Dancers are placed on teams according to level and past dance experience. Dancers will be phoned the week of August 22th with team placement options. Rehearsals will begin the week of September 5th. We hope you chose to be part of this rewarding experience!

### Studio Y at the NMY

Maeghan Johnson, Dance Program Coordinator - Neenah-Menasha YMCA - 886-2138 - mjohanson@ymcafoxcities.org

#### PRE-DANCE CLASSES (AGES 2-5)

##### Hip Hop Skip Jump (Ages 2-3)

A great class for you and your child to dance and enjoy each other. Hip Hop Skip Jump is an introduction to dance that includes coordination and movement skills, musicality, and fun dance games! **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

TH 4:55-5:25 p.m. NMY  
**Fee: YMCA Member - \$44 General Public - \$67**

##### Pre-Dance I (Ages 3-4)

The perfect class for new little dancers! This beginning class includes Ballet basics, beginning dance combinations, rhythm, and coordination skills. Ballet shoes are required. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

W 9:00-9:30 a.m. NMY  
 W 4:45-5:15 p.m. NMY  
**Fee: YMCA Member - \$49 General Public - \$74**

##### Pre-Dance II (Ages 4-5)

A great class for dancers ready for more! The class begins with ballet stretches, positions and beginning ballet steps. Then, it swings into fun tap steps and across the floor work to keep them moving! Ballet and Tap shoes are required. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

W 9:40-10:10 a.m. NMY  
**Fee: YMCA Member - \$49 General Public - \$74**

##### NEW! Storybook Ballet (Ages 4-5)

A themed ballet class you're your little dancer! Dancers will be engaged as this class will focus on a different classical ballet and story week by week! Exploring Coppelia, The Nutcracker, Peter and The Wolf and more, your little dancer will experience a unique and creative movement class every time they step into the dance studio!

Comfortable attire and ballet shoes are required. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

W 5:20-5:50 p.m. NMY  
**Fee: YMCA Member - \$49 General Public - \$74**

##### Hip Hop for Preschoolers (Ages 4-5)

Do you have a dancer who likes to move? This class offers young dancers exciting new hip hop steps and beginning dance combinations. This energetic class set with age appropriate pop music makes this class a sure hit! Ballet shoes, jazz shoes or clean sneakers are required. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

T 3:15-3:45 p.m. NMY  
**Fee: YMCA Member - \$49 General Public - \$74**

#### YOUTH DANCE CLASSES (AGES 5-8)

##### Ballet

The perfect class for ballerinas in training. Learn the correct ballet positions, center work, sauté jumps, beginning turns and more! Ballet shoes are required.

**8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

TH 3:40-4:10 p.m. (Ages 5-6) NMY  
 M 4:30-5:00 p.m. (Ages 7-8) NMY  
**Fee: YMCA Member - \$49 General Public - \$74**

##### Ballet & Tap Combination Class

This great class offers the best of both world! The class begins with ballet barre work, center combinations, leap and more. Then, it's time to shuffle, ballchange, scuff, hop and step across the floor in an invigorating tap segment. Ballet slippers and Tap shoes are required. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

T 2:15-3:00 p.m. NMY  
 M 5:05-5:50 p.m. NMY  
**Fee: YMCA Member - \$64 General Public - \$91**

##### Hip Hop and Jazz

One of our most popular! This class offers fun street hip hop steps, basic break dance tricks and includes turns, leaps and combinations of a jazz technique class. Fun for all! Boys and girls welcome! Clean sneakers or Jazz shoes are required. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

T 1:30-2:00 p.m. NMY  
 TH 4:15-4:45 p.m. NMY  
**Fee: YMCA Member - \$49 General Public - \$74**

##### Boys Hip Hop

Your guy will learn basic break dance and street hip hop moves that will inspire him to dance! Active and energetic, this class will keep him moving! Please wear comfortable athletic wear and clean sneakers. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

TH 3:15-3:45 p.m. NMY  
**Fee: YMCA Member - \$49 General Public - \$74**

### Studio Y at the NMY

Maeghan Johnson, Dance Program Coordinator - Neenah-Menasha YMCA - 886-2138 - mjohanson@ymcafoxcities.org

#### JUNIOR DANCE CLASSES (AGES 8-12)

##### Lyrical and Contemporary Ballet

One of our most popular! Explore lyrical and contemporary ballet technique that teaches dancers expressive movement. This class will work on strengthening technique, jumps, turns, floor work and exhilarating combinations that will expand training at all levels. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

TH 4:00-4:45 p.m. NMY  
**Fee: YMCA Member - \$64 General Public - \$91**

##### Hip Hop

Our Hip Hop class offers fun street style and funky break dance moves to keep dancers current with the media! Set with their favorite pop music this class is a must! Jazz shoes or clean sneakers are required. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

Beginning Students  
 TH 5:30-6:15 p.m. NMY

Continuing/Competition Students  
 T 5:30-6:15 p.m. NMY

**Fee: YMCA Member - \$64 General Public - \$91**

##### NEW! Jazz for Musicals and Show Choir

This jazz technique class offers classical Broadway jazz styled warm-up, combinations and choreography. A great dance class for musical theater and aspiring show choir students! Turns and leaps will also be included also be in this class. Please wear ballet, jazz, or character dance shoes. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

TH 6:30-7:15 p.m. NMY  
**Fee: YMCA Member - \$64 General Public - \$91**

##### Private Dance Lessons

Available for ages 7-Adult. Ballet, Pointe, Tap, Hip Hop, Jazz, Lyrical, Ballroom lessons and more! Classes are available at all levels of training. Please contact Maeghan Johnson, Dance Program Coordinator at 886-2138 for availability. Semi-private/duet classes are also available at the same cost.

5-1/2 hour lessons  
**Fee: YMCA Member- \$97 General Public- \$124**

5-3/4 hour lessons  
**Fee: YMCA Member- \$154 General Public -\$179**

5-1 hour lessons  
**Fee: YMCA Member- \$189 General Public- \$214**

#### TEEN AND ADULT DANCE CLASSES (AGES 12-ADULT)

#### CLASSICAL BALLET AND POINTE

##### Ballet

The Studio Y Cecchetti Ballet class offers properly instructed and demonstrated barre technique, center work, and repertoire. This class is an absolute necessity for dancers at various levels of training to stretch, strengthen, and lengthen your body, improve posture and balance, and gain confidence in movement. Ballet shoes and dancewear/yoga/athletic attire are required. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

Beginning Students  
 TH 7:30-8:30 p.m. NMY  
**Fee: YMCA Member - \$73 General Public - \$116**

Advanced/Competition Students  
 M/W 10:30-11:30 a.m. NMY

**Fee 2x week: YMCA Member - \$146 General Public - \$232 (class may be pro-rated to 1x week)**

##### Pointe

This Cecchetti Pointe class offers properly instructed and demonstrated technique at the barre and moves to center for combinations en pointe. This class is designed for dancers with previous pointe experience. New students please contact Maeghan Johnson, Dance Coordinator for more information and classroom consent at 886-2138.

**8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

M/W 11:30-12:15 p.m. NMY  
 Dancers must take this class with the M/W 10:30-11:30 a.m. Ballet class for warm-up.

**Fee 2x week: YMCA Member - \$128 General Public - \$ 182 (class may be pro-rated to 1x week)**

##### Ballet/Pointe Technique Class

Open to dancers at all level of training. This class will offer a full technique barre warm-up in demi pointe and then will meet en-pointe in center for new across the floor combinations and center repertoire. This class is recommended for dancers with over 1yr pointe training. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

TH 10:30 a.m.-Noon Session I & II NMY  
**Fee: YMCA Member - \$109 General Public - \$173**

### Studio Y at the NMY

Maeghan Johnson, Dance Program Coordinator - Neenah-Menasha YMCA - 886-2138 - mjohanson@ymcafoxcities.org

#### CONTEMPORARY AND MODERN

##### Contemporary Lyrical

Explore the dimensions of contemporary lyrical dance. This form of dance is popular for its fluid movement and expressive quality. This class will work on strengthening technique, weight shifts, floor work and exhilarating combinations that will expand training at all levels. Ballet or lyrical shoes are required for class, but please also be prepared to work bare foot. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

##### Open Level Technique Class

T 3:50-4:50 p.m. NMY

##### Continuing Students

M 1:00-2:00 p.m. NMY

Fee: YMCA Member - \$73 General Public - \$116

##### NEW Leaps, Turns, and Progressions

This class will focus on new leaps, turns, and progressions that will strengthen technique and expand dancers' training. This class material will be applicable students of all genres of dance training. Please wear dance attire and ballet or jazz shoes. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

T 10:30-11:30 a.m. NMY

TH 1:30-2:30 p.m. NMY

Fee: YMCA Member - \$73 General Public - \$116

##### Modern Technique

This class will explore a variety of modern dance styles and techniques. Use of movement levels, weight sharing, and improvisational dance exercises will also be introduced. Please wear dance attire with bare feet.

**8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

TH 2:45-3:45 p.m. NMY

Fee: YMCA Member - \$73 General Public - \$116

#### TAP

##### Tap Technique

This energetic class will focus on new tap steps, traveling combinations, terminology and percussive musicality! A comprehensive tap technique class for dancers at any level of training! Tap shoes required. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

M 8:00-8:45 p.m. NMY

T 11:30-12:15 p.m. NMY

Fee: YMCA Member - \$64 General Public - \$91

#### HIP HOP AND JAZZ

##### Hip Hop

This energetic Hip Hop class exposes students to great contemporary hip hop steps and basic break dance tricks. Learn new moves to keep your choreography current and expand your hip hop training. Clean sneakers or hip hop sneakers are required. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

##### Continuing/Competition Students

T 6:30-7:30 p.m. NMY

Fee: YMCA Member - \$73 General Public - \$116

##### NEW! Hip Hop Cardio Fusion (Ages 12-Adult)

Get ready to hip hop your way through this energetic cardio class. This class will keep you moving with continual hip hop steps and combination. A great class to learn new hip hop moves for the dance floor. Join in on the party! No previous dance experience required. This class will also be offered during summer sessions. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

T 7:40-8:40 p.m. NMY

Fee: YMCA Member - \$73 General Public - \$116

##### NEW! Jazz Technique

This jazz class offers classical Broadway jazz warm-ups, combinations and choreography. Dancers will explore excerpts from various Broadway productions! A great dance class for dancers involved with musicals and show choir. Turns and leaps will also be included in this class. Please wear jazz or character shoes. **8-week session June 13-Aug. 19 (No classes June 27-July 3 for Dance Competition Team Nationals and July 4-10 YMCA holiday break week)**

W 6:50-7:50 p.m. NMY

Fee: YMCA Member - \$73 General Public - \$116

#### SPECIALTY DANCE CLASSES

##### Middle Eastern Belly Dancing with Zills (12-Adult)

A beautiful way to express yourself through movement. This authentic Raks Sharqi class combines traditional and cabaret styled movements, combinations, and new floor work with exhilarating Middle Eastern music. Middle Eastern music and rhythms will also be explored through dance and playing zills (finger cymbals). Zills are required for class and may be purchased at area music and books stores scarves, canes, veils, baskets and other dance props are supplied for your use in class.

T 6:00-7:00 p.m. NMY

Fee: YMCA Member - \$73 General Public - \$116

## Studio Y at the NMY

Maeghan Johnson, Dance Program Coordinator - Neenah-Menasha YMCA - 886-2138 - [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org)

### SPECIALTY DANCE CLASSES

#### Dance Pilates (Ages 12-Adult)

This high energy Pilates mat class is set with pop music for a fresh outlook on the Pilates Method. Traditional Pilates Method sets are paired with floor barre movements dancers use to keep fit. Dance Pilates offers deep conditioning exercises that improve flexibility, increase strength, and create long, lean muscles. With the ability to work at your own pace, you will progress toward your optimal fitness. Maximum 10 students per class.

M	9:30-10:15 a.m. / 6:00-6:45 p.m.	NMY
T	9:30-10:15 a.m.	NMY
TH	9:30-10:15 a.m.	NMY

Fee: 1x week: YMCA Member - \$21  
General Public - \$32

Fee: 2x week: YMCA Member - \$31  
General Public - \$49

Fee: 3x week: YMCA Member - \$41  
General Public - \$62

Fee: 4x week: YMCA Member - \$51  
General Public - \$77

#### Ballroom Dance Classes (Ages 14-Adult)

See what the world of ballroom dance has to offer! Every class will have new material for all to enjoy. Singles and couples are welcome to join in on the fun! Clean street shoes are required.

#### 2-Week Ballroom Workshops

Ballroom dancers of all levels are encouraged to attend the workshops. The instructor can work with you and teach you new material to accommodate your level of training!

Waltz	June 13, 20	
Merengue	July 11, 18	
East Coast Swing	July 25, Aug. 1	
Cha Cha	Aug. 8, 15	
M	6:45-7:45 p.m.	NMY

Fee: YMCA Member \$21 /single  
General Public \$ 32/single  
YMCA Member \$29/couple  
General Public \$ 44/couple

#### Weekend Wedding Workshop (Ages 18-Adult)

For your first dance as a couple or for the couple looking to wow the crowd. This class will teach you and your partner Rumba and Waltz moves to dance the night away to whatever music the band is playing!

Aug 27 & 28 12:30-2:00 p.m. NMY

Fee: YMCA Member - \$75/couple  
General Public - \$98/couple

#### NEW! Ultimate Dance Party Ballroom!

Learn club style meringue you can take to the floor at clubs and weddings! Easy to learn steps and so many variations to do. You'll be ready to dance the night away! Are you ready to move to a Latin beat? This aerobic Latin and Merengue class will let you feel the cardio benefit of ballroom dance!

Saturday, June 4 12:30-2:00 p.m. NMY  
Fee: YMCA Member \$18/single \$25/couple  
General Public \$24/single \$31/couple

#### Line Dance Workshop (Ages 14-Senior)

Come on in and learn Country and Latin moves that will give you the confidence to hit the dance floor in style! Bring your boots and let's dance!

Sunday, June 5 12:30-2:00 p.m. NMY

Fee: YMCA Member \$18/single \$25/couple  
General Public \$24/single \$31/couple

#### Private Ballroom Lessons

Private lessons cater to your needs. If you would like a dance choreographed for your wedding or would like to learn dances to take out on the town, private lessons are available at all levels of training! Please contact Maeghan Johnson, Dance Program Coordinator at 886-2138 for availability.

#### 5-1/2 hour lessons

Fee: YMCA Member- \$97  
General Public- \$124

#### 5-3/4 hour lessons

Fee: YMCA Member- \$154  
General Public - \$179

#### 5-1 hour lessons

Fee: YMCA Member- \$189  
General Public- \$214

# Environmental Education

Y Nature Apple Creek YMCA

Shane Vondracek, Environmental Education Director- 733-9622 - svondracek@ymcafoxcities.org

Summer Session 1: June 6-July 17  
No classes July 4-10  
Summer Session 2: July 18-August 21

## Nature Tots (Ages 2-4)

This parent/guardian-child class introduces a different animal each week. Each class includes an activity, story and craft or game time.

F 9:00-10:00 a.m. ACY  
Fee: YMCA Member - \$19 General Public - \$33

## Eco-Kids (Ages 3-5)

Nature Tots for slightly older kids! Each class includes an activity, game, story and craft related to the animal theme of the week and includes indoor and outdoor fun!

F 10:15-11:45 ACY  
Fee: YMCA Member - \$30 General Public - \$42

## Wonderbug Discoveries (Ages 18 months-4yrs)

This parent-child nature discovery program is highly sensory-based involving theme storybooks, songs, hands-on time, snack, and exploratory hikes through the Purdy Nature Preserve. Themes change weekly and with the seasons.

T 10:00-11:00 a.m. ACY  
Fee: YMCA Member - \$19 General Public - \$33

## Edible Education (Ages 6-10)

Be a part of the Apple Creek Edible Garden development. Help with the garden design, the soil preparation, weeding, planting, and fun experiments as we explore and learn about plants and how they grow.

W 9:30-11:00 a.m. ACY  
Fee: YMCA Member - \$26 General Public - \$40

## NEW! Outdoor Owls (Ages 7-10)

Explore different aspects of the Purdy Nature Preserve each week and plan on getting dirty as we go through fields, forests and fun wet areas.

TH 9:00-11:00 a.m. ACY  
Fee: YMCA Member - \$26 General Public - \$40

## ADULT & FAMILY PROGRAMS

### GPS and Geocaching

Learn the basics behind GPS systems and the outdoor hobby of geocaching at this one-day workshop. GPS units will be provided.

SA 4:00-6:30 p.m. June 18 ACY  
SA 9:00-11:30 a.m. Aug. 13 ACY  
Fee: YMCA Member - \$4 General Public - \$6

Additional family members: \$2/person

### NEW! Personal Naturalist - ACY

Schedule time with our naturalists for your small group outing on the trails. Naturalist will take your family or your small group on an interpretive hike through the Purdy Nature Preserve. Outings will last approximately 1.5 hours. Maximum group size of 20.

Fee: YMCA Member - \$15 General Public - \$25

### NEW! Plants and Wildflower Walk (Ages 14+)

Hike the trails of the Purdy Preserve with a naturalist and learn about the various flora found on the preserve.

Program begins at the Apple Creek YMCA with a short introductory lesson in the Nature Study classroom.

SA 9:00-11:00 a.m. June 25 ACY  
SA 9:00-11:00 a.m. July 23 ACY

Fee: YMCA Member- FREE General Public- \$5/person

## NEW! Wisconsin's Mammals (Ages 4-Adult)

A fun and interactive program for families to learn about the many mammal species found here in Wisconsin, with a focus on those here at the Purdy Preserve. Join us for an information packed afternoon!

SA 1:00-2:30 June 25 ACY  
SA 1:00-2:30 July 23 ACY

Fee: YMCA Member- \$6/family  
General Public- \$10/family

## Adventure Packs

10 new Adventure Travel packs available for families to check out and take home with them to help them learn about the natural world around them. Each kit comes complete with everything you will need for hours of outdoor activities. There is no fee to check-out Adventure Packs, and each are available for a week at a time on a first-come, first-serve basis.

## School Programming

Now accepting field trip registrations for the 2011-12 school year for grades K-12. Local school districts may book trips on a number of different topics including plants, animals, forestry, pond study, and many more. Programs will be tailored to each schools curriculum needs and will be led by YMCA naturalists. Visits will range in length from 2-4 hours, depending on topic and number of students. Call the ACY Environmental Education Director at 733-9622 for pricing and scheduling details or for a brochure listing the many opportunities.

**Leaders for Girl, Boy and Cub Scouts** of all ages may schedule time with the Naturalist to fulfill requirements for outdoor related try its, achievements or badges they are working on. Cost for a 1-2 hour session is \$2.00 per child. Programs can be held at your normal meeting location or at the YMCA. Call 733-9622 for details.

## Become a Preserve Volunteer!

Volunteers are needed for many outdoor related tasks such as mowing, tree trimming, trail maintenance and more. Call 733-9622 for more details on how you can help shape the future of the preserve.

# Teens

**ACY - Shane Vondracek - Environmental Education Director - 733-9622 - [svondracek@ymcafoxcities.org](mailto:svondracek@ymcafoxcities.org)**  
**APPY - Erica Hamilton - Youth & Teen Coordinator - 954-7618 - [ehamilton@ymcafoxcities.org](mailto:ehamilton@ymcafoxcities.org)**  
**FWY - Kevin Jakubek - 560-3414 - Sports & Recreation Coordinator - [kjakubek@ymcafoxcities.org](mailto:kjakubek@ymcafoxcities.org)**  
**HOTVY - Brandon Vanderhoof - Sports & Recreation Coordinator - 830-5703 - [bvanderhoof@ymcafoxcities.org](mailto:bvanderhoof@ymcafoxcities.org)**  
**NMY - Colin Specht - Sports & Recreation Coordinator - 886-2103 - [cspecht@ymcafoxcities.org](mailto:cspecht@ymcafoxcities.org)**

Gain valuable leadership skills, learn new things, be a role model for your peers and have a good time while doing it all!

## Overnights

The YMCA is a great place for churches, schools and other youth agencies to bring groups for the night. This is a great opportunity for groups to bond and socialize in a fun setting. Swimming, basketball, racquetball, volleyball are all available for your use. Call Erica Hamilton at the Appleton YMCA, 954-7618 or Kent Ellingson at the Heart of the Valley YMCA, 830-5709 for information on pricing and availability.

F&S A 10:00 p.m.-7:00 a.m.

## Youth In Government (Grades 7-12)

Wouldn't it be great if YOU made the rules? The Youth In Government program encourages life-long responsible citizenship through the study of public issues, debate of public policy, writing of legislation and a weekend experience in the State Capitol. If you like to debate, interested in how bills become laws, and would enjoy a trip to Madison for a weekend, come join us! There are fundraising events to help with the cost of the program. Registration for next year begins in October 2011.

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

APPY

Fee: \$225

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# Running Events - Adult & Youth

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## Mom's Run 2 - Saturday, June 18, 2011

2 mile run/walk to support women's health. Strollers & wagons welcome.

Check in: 7:00-7:45 a.m. - Race begins: 8:00 a.m.

**Fee: \$15 before June 14 & \$20 after June 14**

Fee includes t-shirt and refreshments. For more information, contact the Fox West YMCA at 757-9820.

## Sprinkle Sprint - Saturday, June 19, 2010

**Ages: 11 & under**

1/4 mile fun run. Race will follow Mom's Run 2.

Race begins: approximately at 9:30 a.m.

**Fee: \$5 before June 15 & \$8 after June 15**

Fee includes t-shirt and refreshments. For more information, contact the Fox West YMCA at 757-9820.

## Liberty Run - July 4 - Riverside Park, Neenah

Ages 5 and under 1/4 mile run

Ages 6-12 1/2 mile run

Register before July 1 to be guaranteed a t-shirt.

**Fee: \$8 before 7/1/2011 & \$10/race day**

## Triathlon

**Neenah-Menasha YMCA Fremont Triathlon**

**Saturday, July 16, 2011**

1/8 mile swim, 12 mile bike, 2 mile run

Hahn-a-Lula Resort in Fremont

**Fee: \$35**

Call 886-2135 for more information.

## Trail Mix 5K - Saturday, August 20, 2011

5K (3.1 miles) run/walk. Strollers welcome.

Check in: 7:00-7:45 a.m. & Race begins: 8:00 a.m.

Age Groups: 12 & younger, 13-19, 20-29, 3-39, 40-49, 50-59, 60-69, 70 & older

Awards: Overall Men's & Women's Winner, Age groups - 1st, 2nd, 3rd

**Fee: \$17 before August 16 & \$20 after August 16**

Fee includes t-shirt, goody bag and refreshments Free Health Fair to follow event. For more information, contact the Fox West YMCA at 757-9820.

## Bret Younger 10K and 5K Run.Walk -

Kids 1/4 & 1/2 mile Fun Run!

Saturday, July 9, 2011 - 7:30 a.m.

Appleton North High School. Participants receive: Chip

Timing, t-shirt, goody bag, and refreshments following the race. For more information or to Register call 954-7658 or

visit the following websites:

[www.ymcafoxcities.org](http://www.ymcafoxcities.org); [www.active.com](http://www.active.com)

## Otto Grunski Runski - Saturday, August 13, 2011

Jefferson Park • Menasha, WI

**Fees: \$16 through Aug. 4**

**\$18 late registration after Aug. 4**

10k walkers - 8:30 a.m.

Wheelchair participants - 8:35 a.m.

10k runners - 8:40 a.m.

2 mile runners & walkers - 8:45 a.m.

**New Kids Event: Funski Runski (1/4 mile and 1/2 mile run) Fee: \$5**

# Events & Family Activities

## Healthy Pets Day

Save the Day! Welcome to our 5th Healthy Pets Day @ Heart of the Valley YMCA. We will have a veterinarian to answer questions that you may have about how to keep your pets healthy and safe. Come meet the therapy dogs from the Fox Valley Humane Association, Miss Laura and her pet bird Winston, Mr. Shane and his snake Harriett, Mr. Jeff and Liz Ann Jill Marie his pet turtle, and Evan and Will will have their pet corn snake Nyoka. Our friends from PETCO will be here with some of their fun animals. And much much more ... We will be collecting donations for the Humane Association during the month of June. Please pick up a wish list of urgent need items in the lobby. Come and have FUN!

TH June 16 9:00-11:30 a.m. HOTVY

Fee: YMCA Members and General Public - FREE

## Freedom Area Community Theatre and the Apple Creek YMCA present - Disney's "Camp Rock"!

An outdoor summer production in July. Watch the Y website/facebook or [www.factplayers.com](http://www.factplayers.com) for details

## Songs, Stories & S'mores

Join us around the camp fire at the Apple Creek YMCA for storytelling or some fun camp-style songs and tasty s'mores!

June 17, July 15 & August 19

7:00 p.m.

ACY

Fee: YMCA Members & General Public - \$2/person

## BIRTHDAY PARTIES AT THE Y

Let the Y host your next Birthday Party!

Call your local Y for more information.

# Camp Nan A Bo Sho



YMCA CAMP NAN A BO SHO

Rob Rathsack, Camp Director, (920)733-9622

[rrathsack@ymcafoxcities.org](mailto:rrathsack@ymcafoxcities.org)

Allison McGinnis, Member Services Director (920) 733-9622

[campnabs@ymcafoxcities.org](mailto:campnabs@ymcafoxcities.org)



## 2011 INFORMATION SESSIONS/PROGRAMS

April 29  
May 14  
June 11  
July 3-8  
July 15-17  
July 22-24  
July 29-31  
Aug 5-7

Candy Bar Sale Ends  
Camp Clean-Up/Work Day (at camp) 9 a.m.- 4 p.m.  
Open House at Camp Nan A Bo Sho 11 a.m. - 2 p.m.  
Family Camp Week  
Family Fun Weekend  
Mother/Daughter Weekend  
Father/Son Weekend  
Family Fun Weekend

Registration for all YMCA Camp Nan A Bo Sho 2011 summer programs is now in progress. YMCA Camp Nan A Bo Sho is a resident (overnight), co-ed youth camp serving children/youth ages 6-17 and families. Camp Nan A Bo Sho is located on the shores of Waubesa Lake in Lakewood, Wisconsin, about 90 miles north of the Fox Cities.

Summer programs and activities include:

- arts and crafts
- canoeing
- hiking
- campfires
- windsurfing
- swimming
- archery
- canoe trips
- Parent/child weekends
- paddle boats
- kayaking
- Family Camp Week
- riflery
- fishing
- sports and games
- funyaks
- horseback riding
- Family Fun Weekends
- sailing
- nature studies
- camp outs
- adventure courses
- backpacking trips

Please see your YMCA of the Fox Cities location to register or call the camp office at (920) 733-9622 or e-mail [campnabs@ymcafoxcities.org](mailto:campnabs@ymcafoxcities.org) for more information.

Camp Nan A Bo Sho (NABS) is located 90 mile north of Appleton, near Lakewood, Wisconsin, on Waubesa Lake. Its close proximity to the Nicolet National Forest, McCauslin Brook Golf Course, ski areas, many lakes, numerous miles of hiking, biking, snowmobile and cross-country ski trails make it an ideal location for you:

- Family reunion
- Weekend getaway
- Field trip
- Corporate retreat
- Ski weekend

# Camp - Apple Creek

## SUMMER OUTDOOR SKILL CAMPS

Check out what we have planned for this Summer! Learn new skills and have fun in the outdoors. More details can be found in the YMCA's Summer Camp Brochure or by calling 733-9622. Fee varies by camp.

### GAME ON!

Dates: June 6-9

Ages: 7-10

Time: 9:00 a.m.-Noon

### BIOLOGIST BOOT CAMP

Dates: June 6-9

Ages: 10-14

Time: 1:00-4:00 p.m.

### BABIES, BABIES, BABIES

Dates: June 13-16

Ages: 5-8

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

### BEGINNER GPS

Dates: June 13-16

Ages: 10-14

Time: 1:00-4:00 p.m.

### FROGS, TOADS, AND SALAMANDERS

Dates: June 20-23

Ages: 5-8

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

### ADVENTURE CHALLENGE

Dates: June 20-23

Ages: 10-14

Time: Varies by day

### ECO-EXPLORERS

Dates: June 27-30

Ages: 7-10

Time: 9:00 a.m.-Noon

### FLOWERS AND FRIENDS

Dates: June 27-30

Ages: 5-8

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

### BIRDS ON THE BRAIN

Dates: July 11-14

Ages: 5-8

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

### ADVANCED GPS

Dates: July 11-14

Ages: 10-14

Time: 1:00-4:00 p.m.

### CAMPING SKILLS

Dates: July 18-21

Ages: 7-10

Time: Varies by day

### AMAZING ADAPTATIONS

Dates: July 18-21

Ages: 5-8

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

### WET AND WILD

Dates: July 25-28

Ages: 5-8

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

### OUTDOOR ADVENTURES

Dates: July 25-28

Ages: 10-14

Time: 1:00-4:00 p.m.

### BUGS AND BEYOND

Dates: August 1-4

Ages: 5-8

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

### SPELUNKING

Dates: August 1-4

Ages: 10-14

Time: Varies by day

### OUTRAGEOUS OUTDOORS

Dates: August 8-11

Ages: 7-10

Time: 9:00 a.m.-Noon

### MAMMALS AND MORE

Dates: August 8-11

Ages: 5-8

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

### CREATURE FEATURE

Dates: August 15-18

Ages: 7-10

Time: 9:00 a.m.-Noon

### RADICAL RAPTORS

Dates: August 15-18

Ages: 10-14

Time: 1:00-4:00 p.m.

### RIDICULOUS REPTILES

Dates: August 15-18

Ages: 5-8

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

### ANIMAL TRANSFORMERS

Dates: August 22-25

Ages: 7-10

Time: 1:00-4:00 p.m.

## Camp Apple Creek- YMCA Day Camp June 6- August 25

Participants in Camp Apple Creek have the chance to learn new skills and make new friends in a safe and fun environment. Indoor and outdoor programming will include hiking and exploring the 105 acre Bruce B. Purdy Nature Preserve, nature study classroom, arts and crafts, group games and sports and environmental education.

Each week includes a different theme and field trip as well as swim time at the Appleton YMCA.

**Ages:** 5-12 (All 5 year olds must have completed 5K Kindergarten)

**Time:** M-F, 6:30a.m.-6:00 p.m.

**Location:** Apple Creek YMCA and Bruce B. Purdy Nature Preserve.

# Camp - Appleton

## SPORTS CAMPS - JUNE 6-AUGUST 19

Great opportunity to learn the fundamental skills of their favorite sport, play games, meet friends and have fun! For more information, please contact the Sports Department at 954-7620.

### JUNIOR SPORTS CAMPS

**Grades:** K-2nd (Going into Fall 2011)

**Time:** M-F - 9:00-11:00 a.m.

**Camps:** Basketball, Baseball, Soccer, Tennis, All Sports & Flag Football.

**Locations:** Appleton YMCA, Edna Ferber, Janet Berry.

**Fee: YMCA Member - \$42/camp**

**General Public - \$57/camp**

### YOUTH SPORTS CAMPS

**Grades:** 3rd-6th (Going into Fall 2011)

**Time:** M-F - 1:00-4:00 p.m.

**Camps:** Basketball, Soccer, Tennis, Golf, Baseball, Extreme Sports, Flag Football, Volleyball and International Sports.

**Locations:** Appleton YMCA, Edna Ferber, Janet Berry, & Winnegamie Golf Course.

**Fee: YMCA Member - \$52/camp**

**General Public - \$67/camp**

### TEEN SPORTS CAMPS

**Grades:** 6th-8th (Going into Fall 2011)

**Time:** M-F - 1:00-4:00 p.m.

**Camps:** Basketball, Volleyball, Tennis & Fitness Sports.

**Location:** Appleton YMCA

**Fee: YMCA Member - \$52/camp**

**General Public - \$67/camp**

### ALL DAY SPORTS CAMP

**Grades:** 4th-8th (Going into Fall 2011)

**Time:** M-F - 9:00 a.m.-4:00 p.m.

**Camps:** Basketball, Tennis & Golf.

**Location:** Appleton YMCA

**Fee: YMCA Member - \$85/camp**

**General Public - \$95/camp**

### YMCA CAMP HOPE

**Dates:** July 25-August 5

**Ages:** 6-15

**Camp:** Designed for children with physical and cognitive challenges and/or who are deaf/hard of hearing. Your child will receive hands-on experience with activities that inspire and encourage creativity. Activities are designed that build self-esteem and independence within your child. Call 882-3668 for more information or e-mail to [camphope@ymcafoxcities.org](mailto:camphope@ymcafoxcities.org). Financial Assistance is available. Enrollment is limited.

**Location:** Plamann Park

**Time:** M-F 10:00 a.m.-3:00 p.m.

**Fee: \$90 per participant**

## KIDS CAMPS

**Ages:** 3-5 (Going into Kindergarten in the Fall 2011)

**Time:** M-TH - 11:30 a.m.-2:00 p.m.

(Please pack a nutritional bag lunch that will be eaten during class time.)

**Locations:** Appleton YMCA, 218 E. Lawrence St., Appleton & Apple Creek YMCA, 2851 E. Apple Creek Rd., Appleton.

**Fee: YMCA Member - \$39**

**General Public - \$52**

## ART SPECIALTY

**Grades:** 1st-6th (Going into Fall 2011)

**Time:** M-F - 9:00 a.m.-Noon or 1:00-4:00 p.m.

**Locations:** Appleton YMCA, 218 E. Lawrence St., Appleton & Apple Creek YMCA, 2851 E. Apple Creek Rd., Appleton.

For more information, call 954-7602.

**Fee: YMCA Member - \$61**

**General Public - \$77**

## PRE-TEEN & TEEN CAMPS

Hang out with friends while having fun in a safe and creative atmosphere. For more information contact Erica at 954-7618.

**Ages:** 10-14 years

**Time:** M-TH 1:00-4:00 p.m.

**Camps:** Incredible Chase - June 13-16

Games, Games, Games - June 27-30

Y Sing Star- July 11-14

Crafty Cooking Camp - July 25-28

I Can Do That! - August 1-4

**Location:** Appleton YMCA

**Fee: YMCA Member - \$52/camp**

**General Public - \$66/camp**

## SCHOOL AGE SUMMER DAY CARE

**Dates:** June 6 - August 25

**Registration NOW in Progress.** The Appleton YMCA School Age day camp is a program that challenges imagination, creativity, self-direction and leadership in all children. Children can express their talents in arts, sports and other areas of interest. For more information, please contact 954-7641.

**Ages:** 5-12

**Time:** M-F - 6:30 a.m.-6:00 p.m. - Half or full days

**Camps:** Weekly themes, field trips & swimming highlight this program. Other activities include arts and crafts, cooking, storytelling, group games & free choice activities. Flexible scheduling, 2 day per week minimum.

**Locations:** Appleton YMCA, Edna Ferber, Greenville, Janet Berry, Johnston & CLC

(Child Learning Center - 6:30 a.m.-5:45 p.m.)

# Camp - Appleton

## CAMP SHIOC

Registration NOW in Progress.

**Dates:** June 6 - August 25

**Ages:** 5-12 (All 5 year olds must have completed 5K Kindergarten)

Meet new friends, learn new skills, enjoy the outdoors, weekly swim time, themes and fieldtrips. Children depart from the Appleton Y, CLC or Sunrise Elementary in Kimberly and are bussed to camp. Camp Shioc is located on ten acres of fully enclosed compound, which includes a complete infrastructure of eating facilities and lavatories. Camp Shioc offers a stocked fishing pond, boating, archery, a sports field, playground area, along with an outdoor amphitheater for skits and plays. Flexible scheduling, 2 days a week minimum.

**Location:** Camp Shioc located 20 miles northeast of Appleton and 2 miles east of Shiocton

**Time:** M-F 6:30 a.m.-6:00 p.m.- Full days only.

Please see various camp brochures that are available in the Appleton YMCA lobby.

## Fox West

### LICENSED SCHOOL AGE SUMMER CARE

Weekly themes and field trips highlight this licensed school age program. Other activities include arts and crafts, cooking, storytelling, group games & free choice activities. Children will need to pack a sack lunch. Snacks will be provided. Flexible scheduling, 2 days per week minimum. For more information, contact Katie Fickel, School Age Program Supervisor, [kfickel@ymcafoxcities.org](mailto:kfickel@ymcafoxcities.org) or Jean Gloudemans, Child Care Services Coordinator, [jgloudemans@ymcafoxcities.org](mailto:jgloudemans@ymcafoxcities.org) or 560-3417.

**Ages:** 5 yrs. - 5th grade.

**Locations:** Fox West YMCA

**Time:** M-F - 6:30 a.m.-6:00 p.m.

Fee:	Full Days	Half Days
YMCA Member:	\$30/child	\$15/child
General Public:	\$40/child	\$20/child

### YOUTH SPORTS CAMPS

**Dates:** June 13-August 19

Great opportunity to learn the fundamental skills of their favorite sport, play games, meet friends and have fun! For more information, please contact the Sports Department at 560-3414.

**Ages:** 7-12

**Time:** M-F - 9:00-11:30 a.m. (Afternoon sessions also for first 3 weeks)

Camps: Basketball, Soccer, Tennis, Lifetime Sports, Flag Football, Volleyball & more.

**Location:** Fox West YMCA

**Fee:** YMCA Member - \$51/camp

**General Public - \$64/camp**

# Camp - Heart of the Valley

## GYMNASTICS CAMPS

**Ages:** 4 & Up

**Locations:** Heart of the Valley YMCA

**Dates:** July 18-22

**Time:** 10:00 a.m.-5:00 p.m.

**Fee: YMCA Member - \$135**

**General Public - \$155**

*\$25 deposit required at time of registration, with the balance due on week prior to start of camp.*

## YOUTH TAE KWON DO CAMPS

**Ages:** 5-12

Youth Tae Kwon Do camps are a fun place for boys and girls to learn the basics of Tae Kwon Do. The first hour of camp is spent learning the basics and the second hour is spent in a fun recreational activity. Camp includes a camp t-shirt.

June 14-18

July 12-16

**Time:** M-F 1:00-3:00 p.m.

**Location:** The Heart of the Valley YMCA

**Fee: YMCA Member - \$41/camp**

**General Public - \$58/camp**

## ENRICHMENT SUMMER CAMPS

**Camp:** *Imagine & Explore - Ages 4-6 years*

**Time:** M-TH 9:00-11:00 a.m.

**Location:** The Heart of the Valley YMCA

**Fee: YMCA Member - \$38/camp**

**General Public - \$54/camp**

*\$25 deposit required at time of registration.*

## CAMP KIMBER-Y

Camp Kimber-Y is available 12 weeks throughout the summer. Self-esteem, social development, new skills, and YMCA core values are all part of the experience. Camp gives children the opportunity to explore and grow in a safe and caring environment. All camps activities are included in the fee, including field trips. There are separate fees for add-ons like swimming lessons and sport camps. Field trips will be on Wednesday's.

### **JUNE 6- AUGUST 26**

**Camp:** *Day Camp - Ages 5-12*

**Time:** M-F 6:30 a.m.-6:00 p.m.

**Location:** The Heart of the Valley YMCA

**Fee: YMCA Member - \$28 per day**

**General Public - \$33 per day**

*\$30 non-refundable deposit required at time of registration.*



# Camp - Neenah-Menasha

**SUMMER DAY CAMP - June 9 - August 26, 2011**  
**REGISTRATION NOW IN PROGRESS!**

## CAMP TONKAWEYA

**Ages:** 7-11

**Time:** Full day, full week activities. M-F 8:00 a.m.-4:00 p.m.

**Location:** Neenah Memorial Park

Each group will have separate activities scheduled throughout the day.

**Sports Camps:** Judo, baseball, volleyball, aquatics, dodge ball/disc golf, basketball, golf, soccer, track & field, tennis, flag football & lacrosse.

**Specialty Camps:** Fishing, model rockets, outdoor wilderness, Passport Olympics Week, environmental week, cheerleading/gymnastics, cooking, build it, drama, arts & crafts & hip hop dance.

Each week participants can choose from Traditional Camp, Sports Camps, or Specialty Camps. Each week also has its own theme, where we do special activities and go on a weekly field trip. Other activities include: swimming, arts and crafts, sports, games, nature, archery, small and large group activities, and choice time.

Extended care is also offered from 7:00-8:00 a.m. and 4:00-5:30 p.m. for an additional \$25 per week. For more information, please contact Bobby Klein at 886-2126 or [bklein@ymcafoxcities.org](mailto:bklein@ymcafoxcities.org).

## TRADITIONAL CAMP

**Fee: YMCA Member - \$119/week or \$29/day**  
**General Public - \$136/week or \$36/day**

## SPORTS CAMP

(Half day in Sport Camp, half day in Traditional Camp)

**Fee: YMCA Member - \$129/week**  
**General Public - \$145/week**

## SPECIALTY CAMP

(Half day in Specialty Camp, half day in Traditional Camp)

**Fee: YMCA Member - \$134/week**  
**General Public - \$150/week**

## GROWTH & DEVELOPMENT CAMPS

**Ages:** 3½-6

**Time:** M-TH 9:00-11:00 a.m.

**Dates:** June 13-16, June 20-23, June 27-30  
July 25-28, August 1-4 & August 8-11

**Location:** Neenah-Menasha YMCA

For more information, contact Deb Kositzke at 886-2135 or [dkositzke@ymcafoxcities.org](mailto:dkositzke@ymcafoxcities.org).

**Registration begins the week of April 20.**

**Fee: YMCA Member - \$25/week**  
**General Public - \$35/week**

## CAMP IWANNAGO

**Ages:** 11-15

**Time:** M-F - 8:00 a.m.-4:00 p.m. - Full day, full week activities.

**Location:** Neenah-Menasha YMCA

Includes weekly activities such as sports, games, fitness, swimming, fieldtrips arts and crafts and community service projects. For more information, contact Deb Kositzke at 886-2135 or [dkositzke@ymcafoxcities.org](mailto:dkositzke@ymcafoxcities.org).

**Fee: YMCA Member - \$129/week or \$31/day**  
**General Public - \$144/week or \$36/day**

*For all the above camps a non-refundable \$25 per child / per week deposit is required at time of registration. All remaining camp balances including extended care are due on the Monday prior to the start of each camp week, and a \$10 late fee will be added for late payments. All cancellations must be made prior to May 6, 2011. After this date, deposits will not be moved nor applied to other camp weeks. Balance due payments may be paid at the YMCA Member Services Desks, paid online, or given to a Camp Director. However, registration must be done in person only at the Neenah-Menasha YMCA, with all registration forms completed and returned with camp deposit payments. All other camp packet forms are due on May 6, 2011. Financial aid scholarships are available and are confidential. Scholarship application appointments are available on the 1st and 3rd Wednesdays of each month at the Neenah-Menasha YMCA. Scholarship applicants must have completed blue scholarship forms and supporting financial documents (latest tax return) with them at the time of their appointment.*

## ADVENTURE DAY CAMP

**June 9- August 26, 2011**

Adventure Day Camp is a fun and exciting introductory day camp experience for preschool and kindergarten age boys and girls. Lots of safe and healthy activities are geared toward their developmental level. Quality leadership provides your child with the caring and understanding necessary to develop a happy and well-adjusted child. Have your child be a part of the "magic" that Adventure Camp offers!

**Ages:** 5-6

**Time:** M-F - 7:30 a.m.-5:00 p.m.

**Location:** Neenah-Menasha YMCA

**M-F**

**Fee: YMCA Member - \$162/camp**  
**General Public - \$178/camp**

**M/W/F**

**Fee: YMCA Member - \$132/camp**  
**General Public - \$148/camp**

**T/TH**

**Fee: YMCA Member - \$100/week**  
**General Public - \$116/week**

*\$25 non-refundable deposit is required for each week of attendance at time of registration (deposit is applied to weekly fees). Three-week written notice is required for cancellation to avoid weekly charge.*

# Camp - Neenah-Menasha

**SUMMER DAY CAMP - June 9 - August 26, 2011**  
**REGISTRATION NOW IN PROGRESS!**

## **New Summer 2-Hour Sports Camps**

**June 13-August 12, 2011**

**Sports Camps (Grades 3-7)** Grade in fall 2011.

We will split campers into two groups Grades 3-5 and Grades 5-7. The 5th graders may play up or play down. Pick a morning camp from 9:00-11:00 a.m. (M-T & TH-F) or an afternoon camp from 1:00-3:00 p.m. (M, T, W, & TH). All the morning sports camps that are marked outside are with the Camp Tonkaweaya sports campers at Neenah Memorial Park behind Neenah High School off Apple Blossom Drive. Meet by the Apple Blossom open air shelter by 9:00 a.m. Also pick-up there at 11:00 a.m. All the afternoon sports camps that are marked outside are at the Shattuck Middle School fields. Meet by the bleachers on west of the track by 1:00 p.m. Also pick-up there at 3:00 p.m. All the morning and afternoon sports camps marked inside are at the Neenah-Menasha YMCA in the Miron Gym. For more information, contact Randy Pelischek at 886-2104.

**Fee: YMCA Member - \$36 General Public - \$48**

**June 13-17**

**Flag Football Camp** - 9:00-11:00 a.m. - outside

**Boys' Baseball/Girls' Softball Camp** - 1:00-3:00 p.m. - outside

**June 20-24**

**Basketball Camp** - 9:00-11:00 a.m. - inside

**Flag Football Camp** - 1:00-3:00 p.m. - outside

**June 27-July 1**

**Basketball Camp** - 1:00-3:00 p.m. - inside

**July 4-8**

**No Camps!** (See Sports Trips Week below.)

**July 11-15**

**Sports of all Sorts** - 1:00-3:00 p.m.

M-Dodge Ball, T-Soccer,

W-Flag Football, TH-Baseball/Softball - All outside

**July 18-22**

**Boy's Baseball/Girl's Softball Camp** - 9:00-11:00 a.m. - outside

**Soccer Camp** - 1:00-3:00 p.m. - outside

**July 25-29**

**Volleyball Camp** - 9:00-11:00 a.m. - inside

**Volleyball Camp** - 1:00-3:00 p.m. - inside

**August 1-5**

**Basketball Camp** - 9:00-11:00 a.m. - inside

**5 on 5 Flag Football Games** - 1:00-3:00 p.m. - outside

**Friday, August 5th - Green Bay Packers Fun Trip**  
**(Grades 3-8)**

Bus leaves Y at 8:00am and returns to Y by 5:00pm.

Price Includes: Transportation, Packers Experience, Lambeau Tour, Training Camp and a 16 oz. Gatorade.

Bring your own lunch and sunscreen. Need minimum of 25 participants.

**Fee: YMCA Member - \$31**

**General Public - \$41**

**August 8-12**

**Flag Football Camp** - 9:00-11:00 a.m. - outside

**3 on 3 and 5 on 5 Basketball Games** -1:00-3:00 p.m. - inside

**Tuesday July 5th Outdoor Adventure Paintball in Fremont (Grades 7-12)**

Bus leaves Y at Noon, Shoot Paintballs 1:00-3:00 p.m., Return to Y by 4:00 p.m. Price includes: Transportation, 2 hours of paintball, and 250 paintballs. You must wear long pants and a long sleeved shirt. Parent chaperones are welcome! Register by Friday, June 24. Minimum of 20 participants needed.

**Fee: YMCA Member - \$36**

**General Public - \$43**

**Wednesday, July 6th Brewers vs. Diamondbacks game at Miller Park (Grades 3-8)**

Bus leaves Y at 10:30 a.m., Brewers game 1:10-4:10 p.m., Return to the Y by 6:30 p.m. Price includes: Bleacher seat, transportation, parking, and a 16 oz bottle of Gatorade. Bring your own lunch and \$ to spend at Miller Park.

Parent chaperones welcome! Register by Monday, June 13. Minimum of 25 participants needed.

**Fee: YMCA Member - \$33**

**General Public - \$43**

**Thursday, July 7th White Water Rafting on Wolf River, Keshena (Grades 7-12)**

Bus leaves Y at 10:45 a.m, Lunch Noon, Rafting 12:30-2:30 p.m., Return to Y by 4:15 p.m. Price includes:

Transportation, 2 hours of rafting, and a 16oz bottle of Gatorade. Bring your own lunch. Must wear life jacket provided! Parent chaperones are welcome! Register by Friday, June 24. Minimum of 20 participants needed.

**Fee: YMCA Member - \$34**

**General Public - \$41**

# Sports - Youth

## Agnes 3 & Up

**APPY - Jeff Brazzale - Sports Director - 954-7620 - jbrazzale@ymcafoxcities.org**  
**FWY - Kevin Jakubek - Sports & Rec Coordinator - 560-3414 - kjakubek@ymcafoxcities.org**  
**HOTVY - Kent Ellingson - Sports & Recreation Director - 830-5709 - kellingson@ymcafoxcities.org**  
**NMY - Randy Pelischek - Sports & Recreation Director - 886-2104 - rpelischek@ymcafoxcities.org**

**Summer Session 1: June 6-July 17 - NMY starts June 9-August 24 - No classes July 4-10**  
**Summer Session 2: July 18-August 31**

### CLASSES/CLINICS

#### Sports Sampler (Boys and Girls Ages 4-5)

Each week participants will learn the fundamental skills of a new sport while playing fun games. Sports include: Football, Soccer, Basketball, Floor Hockey, T-Ball and more. Class will concentrate on skill development, participation, fun, fitness and teamwork.

\*A minimum of 5 children are needed to run class\*

T	1:00-2:00 p.m.	ACY
T	10:00-11:00 a.m.	APPY
T	4:30-5:30 p.m.	APPY
F	10:00-11:00 a.m.	APPY
M	11:15 a.m.-12:15 p.m.	FWY
W	4:15-5:15 p.m.	HOTVY
W	10:00-11:00 a.m. (Session 2 only)	NMY

**Fee: YMCA Member - \$26      General Public - \$36**

#### Summer Ball Yard at the YMCA Child Learning Center

Enjoy an outside sports class at the YMCA Child Learning Center (Poor weather will move class inside). Each week participants learn the fundamentals of a new sport while playing games outside. The Child Learning Center is located at 4630 N. Meade St. in Appleton.

TH	9:30-10:30 a.m. (Ages 5-6)	APPY
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**Fee: YMCA Member - \$26      General Public - \$36**

#### Parent/Child All-Sports

##### (Boys and Girls Ages 3-4 with parent)

The perfect class for our first time participants. Parents join your child while learning the basic fundamental skills to a new sport each week. Classes will consist of skill development, participation, development of teamwork, fun and quality time with child. Sports include: Soccer, Basketball, T-Ball, Floor Hockey, Flag Football and Playground games.

T	5:30-6:15 p.m.	ACY
TH	6:00-6:45 p.m.	APPY
M	6:00-6:45 p.m.	HOTVY

**Fee: YMCA Member - \$26      General Public - \$36**

#### Parent/Child Park Games

A fun family class designed to teach children how to develop some fundamental skills like throwing, catching, running and jumping while playing exciting games at the park. Class will start at the YMCA and walk to City Park or families can meet class at the park.

W	5:00-6:00 p.m.	APPY
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**Fee: YMCA Member - \$26      General Public - \$36**

#### Archery 101 (Ages 8-14)

Learn the basics of Archery. Class will cover safety, proper stance, holding a bow and proper technique. All equipment is provided. Class will be held outdoors.

T/TH	6:00-6:45 p.m.	HOTVY
T/TH	6:45-7:30 p.m.	HOTVY

**Fee: YMCA Member - \$26      General Public - \$36**

#### Turbo Tumbling (Boys and Girls Ages 3-4)

Emphasis is on basic tumbling and beginning balance beam skills. Class covers large body movements, group activities and movement to music. A minimum of 5 children needed to run class.

T	9:00 -10:00 a.m.	APPY
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**Fee: YMCA Member - \$26      General Public - \$36**

#### Gym & Swim Classes

The perfect combination! First, spend 35 minutes in our Gym/Family Fun Center playing games, working on motor skills, and singing songs. Next, into the pool where the children will enjoy games and water exploration in our shallow, warm water pool. \*Note in Splash N' Play children must be at least 39 inches tall. No Exceptions!

##### Kindergarten Gym & Swim (Boys & Girls Ages 4-5)

W	1:15-2:30 p.m.	APPY
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##### Sports & Swim (Ages 4-6)

F	11:00 a.m.-12:15 p.m.	APPY
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**Fee: YMCA Member - \$30      General Public - \$40**

#### Sport & Swim (Ages 4-6)

The perfect mix of sports in the gym and fun swim games in the pool! Children will spend the first 35 minutes in the gym playing a new sport every week, followed by fun time in our shallow, warm water pool. Note: children must be 39 inches...no exceptions!

F	10:15-11:30 a.m.	NMY
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**Fee: YMCA Member - \$37      General Public - \$49**

#### NEW! Energy Busters Sport and Play (Boys and Girls Ages 4-6)

This is a class that lets children learn about their favorite sport and allows them to have free time to play creatively. This hour-and-one-half class gives each child the ability to burn off some excess energy while playing a sport and having open play in the gym. The first 45 minutes will focus on one sport each week, while the last half hour will be open play for playground games and gym fun. A minimum of 5 children are needed to run class.

TH	11:30a.m.-12:45 p.m.	APPY
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**Fee: YMCA Member - \$34      General Public - \$49**

# Sports - Youth

## Ages 3 & Up

### Little Sports Classes (Boys and Girls Ages 4-6)

Classes will concentrate on skill development, participation, fun, fitness and teamwork of one sport for the 5-week session. Skill work, fun games, and scrimmages will all be a part of this exciting class.

#### Little Sluggers T-Ball (Session 1)

T	9:30-10:30 a.m.	ACY
T	4:30-5:30 p.m.	FWY
M	10:00-11:00 a.m.	APPY
W	9:30-10:30 a.m.	NMY
W	1:00-2:00 p.m.	APPY
TH	10:00-11:00 a.m.	APPY
TH	1:00-2:00 p.m.	APPY

#### Little Kickers Soccer (Session 1)

W	10:30-11:30 a.m.	NMY
T	9:30-10:30 a.m.	ACY
T	4:30-5:30 p.m.	FWY
W	1:00-2:00 p.m.	APPY
W	10:00-11:00 a.m.	APPY
TH	10:00-11:00 a.m.	APPY

Fee: YMCA Member - \$26      General Public - \$36

## LEAGUES

### Coaches

Volunteer youth sports coaches are needed for all youth sports programs. Helping youth grow in skills and self-confidence is rewarding and fun. To get involved, please contact your YMCA Sports Department.

### Youth Flag Football Leagues

#### (Boys & Girls grades 4K-8th)

Flag football is an excellent program for beginners and intermediate players. The league runs on Saturday mornings for 8 weeks. A skills clinic will be held the first week of the season, followed by practices and games the remaining weeks.

Registration begins June 1 and ends on August 28. Registration form is required. Program begins on Saturday, September 10.

Locations: Appleton, Fox West, Heart of the Valley, Neenah-Menasha, and Sherwood.

Pick up a form at the Member Service Desk or visit our website at [www.ymcafoxcities.org](http://www.ymcafoxcities.org).

Fee: YMCA Member - \$37      General Public - \$61

### YMCA of the Fox Cities Family Membership + \$10 uniform fee.

(\$10 late fee added if registering after August 28)

Summer Session 1: June 6-July 17 - NMY starts June 9-August 24 - No classes July 4-10

Summer Session 2: July 18-August 21

### Tackle Football - 3rd, 4th, 5th and 6th Grade

Registration for Fall 2011 season. There will be separate leagues for 3rd & 4th, 5th and 6th graders. Practices are twice a week with games on Saturday mornings. Grades 3-4 League will play 8 on 8 games and the older leagues will play 11-on-11. FWY season runs from August 18-October 22 with games on Saturday mornings at Hortonville High School. NMY season runs from August 15-October 22 with games on Saturday mornings at Maplewood and Shattuck Middle Schools. Equipment and game jerseys are included. Games start September 10 and end October 22. Coaches are needed! Please contact Kevin Jakubek at the FWY at 560-3414 or Randy Pelischek at the NMY at 886-2104. All players must participate in fundraiser as well. There will be a \$10 late fee added to all registrations after July 14.

#### Registration Times - FWY

SA May 14 11:00 a.m.-1:00 p.m. FWY  
(May 14 Registration is for returning 4th, 5th & 6th Grade and new 3rd)

W	May 25	6:00-8:00 p.m.	FWY
TH	June 9	4:00-6:00 p.m.	FWY
T	June 21	4:00-6:00 p.m.	FWY
TH	July 7	4:00-6:00 p.m.	FWY
TH	July 14	4:00-6:00 p.m.	FWY

#### Registration Times - NMY

SA	May 14	Noon-2:00 p.m.	NMY
T	May 17	4:00-6:00 p.m.	NMY
TH	May 19	4:00-6:00 p.m.	NMY
W	June 8	6:00-8:00 p.m.	NMY
TH	June 9	4:00-6:00 p.m.	NMY
T	June 14	4:00-6:00 p.m.	NMY
TH	July 14	4:00-6:00 p.m.	NMY

Fee: YMCA Member - \$107      General Public - \$127

### Green Bay Packer Training Camp Fun Day - APPY

Come take part in the Green Bay Packer Experience at Lambeau Field. Children in grades 3rd - 8th can take part in this one day trip to enjoy the sights and activities offered at Packers Training Camp. Supervision provided by YMCA staff. Attractions include: Lambeau Field Tour, Packer Experience Inflatables, and Packers Practice.

T August 2 8:30 a.m.-4:30 p.m.

Fee: YMCA Member - \$31      General Public - \$41

### Summer 5 on 5 Flag Football League (Grades 3-6)

Leagues formed by grade level. Register in teams. Games will be played for six weeks on Thursday mornings at 11:30 a.m. from June 16 through July 28. Games will be played at Ferber Elementary School. For more information contact the Appleton YMCA Sports Department at 954-7620.

TH 11:30 a.m.-12:30 p.m. APPY

Fee: YMCA Member - \$25      General Public - \$37

### Summer 4 on 4 Basketball League (Grades 3-6)

Leagues formed by grade level. Register in teams. Games will be played for six weeks on Tuesday mornings at 11:30 a.m. from June 15 through July 27. Games will be played at the Appleton YMCA. For more information contact the Appleton YMCA Sports Department at 954-7620.

W 11:30 a.m.-12:30 p.m. APPY

Fee: YMCA Member - \$25      General Public - \$37

# Sports - Youth

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## Ages 3 & Up

### Summer Tennis League (Grades 3-8)

Leagues formed by skill level after the first week. Six weeks on Wednesday afternoons at 12:30 a.m. from June 14-uly 26. Matches will be played at the Appleton YMCA/Lawrence Tennis Courts. For more information contact the Appleton YMCA Sports Department at 954-7620.

T 12:30-1:30 p.m. APPY  
**Fee: YMCA Member - \$25      General Public - \$37**

**SEE PAGE 45-50 FOR  
 SUMMER SPORTS  
 CAMPS!**

## Teen & Adult

### Racquetball Leagues

Join the YMCA Ladder or Lunch racquetball leagues. For more information please call Dane Fuchs -954-7620 at the Appleton YMCA and Deb Kositzke - 886-2135 at the Neenah-Menasha YMCA.

### Racquetball Leagues - (Morning and Evening)

We provide a schedule with a court, time and opponent. Racquetball form required, stop at the Lower Lobby desk, Front desk or on-line at [www.ymcafoxcities.org](http://www.ymcafoxcities.org). Leagues are available for all skill levels. Entry fee includes court reservation.

M	Evening (A)	After 6:15 p.m.	APPY
T	Morning (C)	6:15 or 7:00 a.m.	APPY
T	Evening (B)	After 6:15 p.m.	APPY
W	Morning (A)	6:15 or 7:00 a.m.	APPY
W	Evening (A)	After 6:15 p.m.	APPY
TH	Morning (B)	6:15 or 7:00 a.m.	APPY
TH	Evening (C)	After 6:15 p.m.	APPY
F	Morning (A)	6:15 or 7:00 a.m.	APPY

**Fee:YMCA Members - \$20      General Public - \$40**

T Flex-Men's B NMY  
 W Women's B NMY  
**Fee:YMCA Members - \$20      General Public - \$40**

### Racquetball Orientation and Lessons - APPY

Take the opportunity to learn the rules, skills and strategy of the fast paced game of racquetball from an experienced player. To schedule a lesson or orientation please contact the Appleton YMCA Sports Department at 954-7619.

### Corporate Volleyball or Racquetball Leagues

Compete against your fellow co-workers in a racquetball or volleyball league, call your YMCA to set-up with your company.

### Open Wallyball Program

"Off the wall" sport played inside a racquetball court. Helps to develop traditional volleyball skills.  
 SA 8:00-10:00 a.m. APPY

### APPLETON YMCA

### Racquetball/Handball/Wallyball Court Reservations

Call 739-4770. **Reserved Court** - Court may be reserved one week in advance.

# Martial Arts

**Summer Session 1: June 6-July 17 - NMY - June 9-July 20 -  
No classes July 4-10 - Summer Session 2: July 18-August 21  
NMY - July 21-August 24**

## Tae Kwon Do

A sport that teaches physical and mental control, flexibility, grace, balance and endurance. Punches, blocks, kicks, and grappling techniques designed for self-defense will be taught. Belt testing is optional, but encouraged. **Testing fee \$15 at the end of each session.** Uniforms can be purchased at Appleton YMCA lower lobby desk.

### Appleton YMCA

<b>Youth Classes (Boys and Girls Age 6-16)</b>	
T 4:30-5:30 p.m.	Beg. White-Green APPY
W 4:30-5:30 p.m.	Beg. White-Green APPY
W 5:30-6:30 p.m.	Adv. Blue-Black APPY
W 6:30-7:30 p.m.	All Levels APPY

### Adult Classes (Ages 16 and older)

T 6:30-7:30 p.m.	All Levels	APPY
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**Fee: YMCA Member - \$31 General Public - \$41**

### Fox West YMCA

<b>Youth Classes (Boys and Girls Age 7-12)</b>	
T 7:30-8:30 p.m.	Int. Orange - Red FWY
W 7:30-8:30 p.m.	Beg. White - Orange FWY

**Fee: YMCA Member - \$31 General Public - \$41**

### Sparring and Tournament Training

Training for those students who would like to enhance the sparring aspect and train for tournaments. Must be enrolled in Tae Kwon Do class currently.

T 5:30-6:30 p.m.	All Levels	APPY
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**Fee: YMCA Member - \$20 General Public - \$30**

### Forms and Board Breaking Tournament preparation -

This class is training for students who would like to learn how to prepare for Tae Kwon Do tournaments. The class will specialize in Forms and Board Breaking. Must be enrolled in Tae Kwon Do class currently.

T 5:30-6:30 p.m.	All Levels	APPY
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**Fee: YMCA Member - \$20 General Public - \$30**

### Heart of the Valley YMCA Martial Arts (Ages 7-12)

**June 6-July 24 & July 25-September 4 - 6 weeks**

**Beginners - White & Yellow Belts**

**Intermediate - Orange through Brown Belts**

**Advanced - Black Belts**

The goal of the program is to guide students to become well balanced martial artists who will know the importance of attitude, respect and self-discipline. Uniform required- can be purchased at HOTVY Member Services Desk.

M/W 4:55-5:40 p.m. Beginners - White & Yellow belts

T/TH 1:30-2:15 p.m. - All Levels

T/TH 4:55-5:40 p.m. Beginners - White & Yellow belts

T/TH 6:40-7:25 p.m. Intermediate - Orange & Red

M/W 5:50-6:35 p.m. Advanced

W/F 5:50-6:35 p.m.= W 5:50-6:35 p.m.=F 4:30-5:30 p.m.

**Fee: YMCA Member- \$49 General public- \$65**

Advanced Black Belts

**YMCA Member - \$53 General Public - \$71**

### Youth Weapons (Ages 7-12 yrs)

**June 1-July 18 & July 19-August 29 - 6 weeks**

Youth students who have a blue belt or higher will learn basic weapons techniques. Weapons learned will include Bo-staff, nunchak and Escrima sticks. Required weapons can be purchased at the 1st lesson.

F 6:30-7:15 p.m. HOTVY

**Fee: YMCA Member- \$27 General public- \$43**

### Adult Weapons (Age 12-Adult)

**June 6-July 24 & July 25-September 4 - 6 weeks**

Basic and advanced levels of weapons such as Bo-staff and Escrima sticks. Required weapons can be purchased at the 1st lesson.

M 8:00-8:45 p.m.

HOTVY

**Fee: YMCA Member- \$27**

**General public- \$43**

### Kinderkickers (Ages 3, 4, 5 & 6)

**June 6-July 24 & July 25-September 4 - 6 weeks**

The Kinderkickers program teaches seven skills including focus, balance, and fitness. Students will participate in fun and innovative martial arts drills and also improve basic motor and listening skills. Uniform optional, belt required - \$8 at Member Services Desk.

T 10:00-10:45 a.m.

Ages 3 & 4 HOTVY

T 5:50-6:35 p.m.

Age 4,5 & 6 HOTVY

TH 4:00-4:45 p.m.

Age 4 HOTVY

T 4:00-4:45 p.m.

Age 5 & 6 HOTVY

W 11:30 a.m.-12:15 p.m.

Ages 3 & 4 HOTVY

W 1:30-2:15 p.m.

Ages 4,5 & 6 HOTVY

W 4:00-4:45 p.m.

Age 5 & 6 HOTVY

TH 5:50-6:35 p.m.

Age 5 & 6 HOTVY

**Fee: YMCA Member- \$28**

**General Public- \$44**

### Adult Martial Arts

**June 6-July 24 & July 25-September 4 - 6 weeks**

Adult program focuses on traditional techniques, forms and practical self-defense. Program is beneficial for flexibility, endurance, self-defense and provides a challenging cardiovascular workout. Uniform required and can be purchased at Member Service desk.

M/W 6:45-8:00 p.m.

HOTVY

**Fee: YMCA Member- \$29**

**General Public- \$45**

### Youth Aikido (Ages 6-12)

Aikido is a modern Japanese martial art. Flexibility, coordination, and increased physical endurance all flow naturally from Aikido practice.

SA 9:00-10:00 a.m.

HOTVY

**Fee: YMCA Member- \$17**

**General Public- \$34**

### Aikido (Ages 12-Adult)

Aikido is a modern Japanese martial art. Flexibility, coordination, and increased physical endurance all flow naturally from Aikido practice. Applicable self-defense against different fighting styles and situations is taught.

You may sign up for the following classes:

M/TH

FWY

T/TH & SA

HOTVY

T/TH Only

HOTVY

SA Only

HOTVY

M/T/TH classes meet from 7:30-9:00 p.m.

SA classes meet from 10:00-12:00 p.m.

**2 days a week class:**

**YMCA Member - \$28**

**General Public- \$44**

**SA Only: YMCA Member- \$20**

**General Public- \$34**

# Martial Arts

## Neenah-Menasha YMCA Family Martial Arts - (Ages 7 to Adult)

Family Martial Arts is a combined martial arts program with training in Karate, Tae Kwon Do and Ju-jitsu. Individuals and families who want to train together will obtain the benefits of a comprehensive program that emphasizes personal growth and development of Martial Arts skills along with the values that apply to every day life. These are all 5-week programs.

### Monday: Family Martial Arts

Beginners class: Monday 6:45 to 7:30

This is the introductory class for individuals and families who wish to start a martial arts training program. The participants will learn the basic skills required in Karate, Tae Kwon Do and Ju-jitsu that are fundamental to all future skill development. When a participant is able to pass a skills test for their first advancement level, they will move on to the next class. Family pricing includes 3 people (1 parent and 2 children or 2 parents and 1 child) Additional 4th person (parent or child) is \$10.

**Fee: YMCA Member - \$37/Family**  
**YMCA Member - \$29/Individual**  
**General Public - \$52/Family**  
**General Public - \$43/Individual**

### M & W: Family Martial Arts - Advanced class:

Monday 7:30 to 8:30 & Wednesday 6:45 to 8:00

The participants will learn advanced skills in Karate, Tae Kwon Do and Ju-jitsu that are required to reach the Black Belt Level. Participants must test out of the Beginner Class to participate. Any participants with prior martial arts training who want to test out of the Beginner class must contact the instructors for a skills evaluation. Family pricing includes 3 people (1 parent and 2 children or 2 parents and 1 child) Additional 4th person (parent or child) is \$10.

**Fee: YMCA Member - \$65/Family**  
**YMCA Member - \$51/Individual**  
**General Public - \$79/Family**  
**General Public - \$65/Individual**

## Family Judo (Ages 5 & Up) 6 weeks - June 9-July 23 (No class on July 5 or July 7)

Family pricing includes 3 people (1 parent and 2 children or 2 parents and 1 child) Additional 4th person (parent or child) is \$10.

T 6:00-7:15 p.m. Beg. With Parent NMY

TH 6:00-7:15 p.m. Adv. With Parent NMY

**Fee: YMCA Member - \$48 General Public - \$69**

### Judo (Ages 6 & Up) - NMY

Judo is best described as a special martial art, derived from Ju-jitsu, with similarities to wrestling with its throws and pins. It is an Olympic sport, an art, a discipline, a recreation and fitness program, a means of self defense, and a way of life. Instructor: Mehdi Mohammadian, 8th degree Black Belt, and member of the Martial Arts Hall of Fame.

### Beginners

T 4:30-5:45 p.m. (Ages 6-12) NMY

### Beginners & Advanced

T 7:30-9:00 p.m. (Ages 13 & up) NMY

### Intermediate & Advanced

TH 4:30-5:45 p.m. (Ages 6-13) NMY

**Fee: YMCA Member - \$44 General Public - \$63**

### Traditional Ju-jitsu/Self-Defense (Ages 10 & Up)

Known as one of the finest systems of self-defense, Ju-jitsu offers an excellent opportunity for physical fitness as it develops rapidity of movement, balance and increases strength in its practice.

TH 7:30-9:00 p.m. Ages 10 & Up NMY

**Fee: YMCA Member - \$44 General Public - \$63**

### Judo/Ju-jitsu Combo - 6 Weeks

Attend both one Tuesday Judo class and one Thursday Ju-jitsu class.

T 4:30-5:45 p.m. NMY

TH 4:30-5:45 p.m. (Ages 10-12) NMY

T 7:30-9:00 p.m. (Ages 13 & up) NMY

TH 4:30-5:45 p.m. (Ages 13 & up) NMY

### Fee: YMCA Member - \$78/Family

**YMCA Member - \$61/Individual**

**General Public - \$95/Family**

**General Public - \$78/Individual**



# Gymnastics

HOTVY - Dave Belknap- Gymnastics Coordinator - 830-5716 - [dbelknap@ymcafoxcities.org](mailto:dbelknap@ymcafoxcities.org)

ALL CLASSES HELD AT THE HEART OF THE VALLEY YMCA

YMCA Member registration begins on MAY 9 at 6:00 a.m. and General Public begins on May 19 at 6:00 a.m.

10 Week Session

June 20-September 2, 2011

## PRESCHOOL GYMNASTICS CLASSES

### Y Tumble Bugs - (Walking-18 months)

(Must be accompanied by an adult). This class provides an opportunity for parents to participate with their child. The first 20 minutes will be structured with parent/child activities, songs, and social play, the remaining time will be free play for the parents and children.

M 9:00-9:45 a.m.  
M 4:30-5:15 p.m.  
W 9:00-9:45 a.m.  
TH 4:00-4:45 p.m.

Fee: YMCA Member- \$16

General Public - \$42

### Y Tumble Tots (18 months-36 months)

(Must be accompanied by an adult). During this class, the parent works with the developing child through activities designed to improve balance, strength, large muscle development, gross and fine motor skills, as well as hand eye coordination.

M 10:00-10:45 a.m.  
T 9:00-9:45 a.m.  
W 10:00-10:45 a.m.  
W 4:00-4:45 p.m.  
TH 4:00-4:45 p.m.

Fee: YMCA Member- \$16

General Public - \$42

### Y Tumble Stars (Ages 3-4)

This class is for the growing toddler who is ready to participate in class without parents. Children focus on learning beginning gymnastics skills and improving coordination, strength and flexibility. Children will learn how to follow circuits and simple directions.

M 10:00-10:45 a.m.  
M 5:15-6:00 p.m.  
W 5:00-5:45 p.m.  
TH 9:00-9:45 a.m.

Fee: YMCA Member- \$42

General Public - \$72

### Y Tumble Superstars (Ages 4-6)

This class is for the preschooler who has gymnastics experience and needs to be challenged physically as they are ready to learn more advanced skills. Pre-requisite skill include: forward roll, backward roll down wedge, mini cart-wheel, balance on one foot on low beam, re-grasp swings on low bar.

T 10:00-10:45 a.m.  
T 4:00-4:45 p.m.  
W 5:00-5:45 p.m.  
TH 10:00-10:45 a.m.

Fee: YMCA Member- \$42

General Public - \$72

## Youth Gymnastics

### Girls (Ages 6-9)

M 9:00-10:00 a.m.  
M 4:00-5:00 p.m.  
T 10:00-11:00 a.m.  
T 5:00-6:00 p.m.  
W 4:00-5:00 p.m.  
TH 5:00-6:00 p.m.

### Girls Ages 10 & Up

M 4:00-5:00 pm  
T 5:00-6:00 pm  
W 11:00 a.m.-Noon  
TH 5:00-6:00 p.m.

### Boys (Ages 5-7)

M 10:00-10:45 a.m.  
T 4:00-5:00 p.m.

### Boys (Ages 8 & Up)

T 11:00 a.m.-Noon  
T 4:00-5:00 p.m.

Fee: YMCA Member - \$45

General Public - \$77

### Advanced Gymnastics (Ages 6-9)

This class is recommended for girls who have mastered a Pull Over on bars, A Bridge Kick Over, and a Round Off.

M 4:15-5:15 p.m.  
T 5:15-6:15 p.m.  
W 4:00-5:00 p.m.  
TH 4:15-5:15 p.m.

Fee: YMCA Member - \$45

General Public - \$77

### Summer Gymnastics Camp

All instruction will be done in a progressive step by step approach. Camp will include all apparatus and dance. This camp is great for beginners through the experienced gymnast.

July 18-22 10:00 a.m.-5:00 p.m.

Fee: YMCA Member - \$135

General Public - \$155

### Girls Pre-Team Gymnastics

Instructor Recommendation Only! Class for gymnasts who have successfully completed Level 3 requirements. This is the step between classes and team, and is recommended for all girls wishing to advance to Level 4 competitive gymnastics. Participants will learn Level 4 routines, strength train, and learn necessary skills needed for team. Call for more details.

# Health & Fitness - Group Cycling

ACY - Juli Kedrowski - Wellness Coordinator - 733-9622- [jkedrowski@ymcafoxcities.org](mailto:jkedrowski@ymcafoxcities.org)  
 APPY - Michele Stellrecht - Fitness/Membership Director - 954-7621 - [mstellrecht@ymcafoxcities.org](mailto:mstellrecht@ymcafoxcities.org)  
 FWY - Jennifer Ruis - Health & Fitness Coordinator - 560-3407 - [jruis@ymcafoxcities.org](mailto:jruis@ymcafoxcities.org)  
 HOTVY - Paula Beyer - Health & Fitness Director - 830-5708 - [pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org)  
 NMY - Susan Hildebrandt - Health & Fitness Director - 886-2127 - [shildebrandt@ymcafoxcities.org](mailto:shildebrandt@ymcafoxcities.org)

**10 Week Session: June 6-August 21**  
 Limited classes July 4-10. See specific branch schedules.

## Group Cycling

Get fit or stay fit! Join in the fun for a non-impact Cardio workout for all abilities. Bring water bottle to class.

**Fee: YMCA Members-FREE**

**General Public: 45 Minute Class**

**3x/week = \$90**

**2x/week = \$78**

**1x/week = \$46**

M/W/F	5:30 a.m.	APPY
M/W/F	8:15 a.m.	APPY
M/W/F	Noon	APPY
M/W	4:45 p.m.	APPY
M/W	5:45 p.m.	APPY
T/TH	5:15 a.m.	APPY
T/TH	6:15 a.m. Athletic Cycling	APPY
T/TH	9:00 a.m.	APPY
T/TH	Noon	APPY
T/TH	5:30 p.m.	APPY
T/TH	6:30 p.m.	APPY
SA	7:00 a.m.	APPY
M/T/W/TH	5:15 a.m.	FWY
M/W	8:30 a.m. Cycle Lite	FWY
T/TH	8:30 a.m.	FWY
T/TH	5:30 p.m.	FWY
M/W/F	5:15 a.m.	HOTVY
M/W/F	8:20 a.m.	HOTVY
M/W/F	9:15 a.m.	HOTVY
M/W/F	12:05 p.m.	HOTVY
M/W	5:30 p.m.	HOTVY
M/W	6:30 p.m.	HOTVY
T/TH	5:30 a.m.	HOTVY
T/TH	8:15 a.m.	HOTVY
T/TH	9:00 a.m.	HOTVY
T/TH	7:00 p.m. June 7-July 9 only	HOTVY
SA	8:00 a.m.	HOTVY
M/T/W/TH/F	5:00 a.m.	NMY
M/T/W/TH/F/SA	6:00 a.m.	NMY
M/W/F	8:30 a.m.	NMY
T/TH/F	12:10 p.m.	NMY
W	12:10 p.m. (30 min. only)	NMY
M/T/W/TH	5:00 p.m.	NMY
TH	6:00 p.m.	NMY
SA	8:00 a.m.	NMY

## Cycle Lite Express

Designed for those who wish to have less of an intense cycling experience.

F 10:30-11:00 a.m. HOTVY

## Cycling 101

Introduction to group cycling, including bike fit.

T May 31 7:30-8:45 p.m. APPY

**Fees: YMCA Member- Free**

**General Public- \$5 (plus day pass)**

## Athletic Cycling

Fine tune your cycling workout with iMet testing and the use of a HR monitor with focused drills for strength, speed and endurance iMet testing discount with class registration. Contact Jan Heifner for details [jheifner@ymcafoxcities.org](mailto:jheifner@ymcafoxcities.org)

T/TH 6:15-7:00 a.m. APPY

## Teen Programs

ACY - Juli Kedrowski - Wellness Coordinator - 733-9622- [jkedrowski@ymcafoxcities.org](mailto:jkedrowski@ymcafoxcities.org)  
 APPY - Michele Stellrecht - Fitness/Membership Director - 954-7621 - [mstellrecht@ymcafoxcities.org](mailto:mstellrecht@ymcafoxcities.org)  
 APPY - Loel Kreger - Lifestyle Center Director - 954-7658 - [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org)  
 FWY - Kirsten Rice - Health & Fitness Director - 560-3413 - [krice@ymcafoxcities.org](mailto:krice@ymcafoxcities.org)  
 HOTVY - Paula Beyer - Health & Fitness Director - 830-5708 - [pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org)  
 NMY - Susan Hildebrandt - Health & Fitness Director - 886-2127 - [shildebrandt@ymcafoxcities.org](mailto:shildebrandt@ymcafoxcities.org)

**Summer Session 1: June 6-July 17 - NMY - June 9-July 20 - No classes July 4-10 - Summer Session 2: July 18-August 21 - NMY - July 21-August 24**

### Teen Strength & Conditioning - (Ages 12-15) - 5 weeks

Basic understanding of human physiology, strength training and aerobic conditioning principles. Learn proper technique on selectorized, free weight and aerobic training equipment. ALL Y members 12 & older, who successfully complete this course, AND pass a written and practical exam, will be allowed to use the Lifestyle Center, free weight and ATC areas. For scheduling options please contact  
 APPY - Heidi Bohl - Lifestyle Coordinator - 954-7651 - [hbohl@ymcafoxcities.org](mailto:hbohl@ymcafoxcities.org) - Fox West YMCA - Kirsten Rice Health and Wellness Director - 757-9820 - [krice@ymcafoxcities.org](mailto:krice@ymcafoxcities.org); Heart of the Valley YMCA - Colleen Eichsteadt - 830-5711- [eichsteadt@ymcafoxcities.org](mailto:eichsteadt@ymcafoxcities.org) or NMY - Josh Kalkofen - Health & Wellness Coordinator - 729-9622 - [jkalkofen@ymcafoxcities.org](mailto:jkalkofen@ymcafoxcities.org)

T/TH	4:30-5:30 p.m.	ACY
T/TH	10:00-11:00 a.m.	APPY
SA	9:00-10:30 a.m.	APPY
T/TH	10:00-11:00 a.m.	FWY
T/TH	4:30-5:30 p.m.	HOTVY

**Fee: YMCA Member- \$25                      General Public- \$38**

### Teen Strength and Conditioning II, The Challenge! (Ages 12-16)

For teens who have passed Teen Strength and Conditioning. In this class teens will use the knowledge they learned from Teen Strength and Conditioning I to design a fitness program to compete in mini competitions that will challenge their strength, agility, endurance and flexibility. For scheduling options please contact:  
 APPY - Heidi Bohl - Lifestyle Coordinator - 954-7651 - [hbohl@ymcafoxcities.org](mailto:hbohl@ymcafoxcities.org); Fox West YMCA - Kirsten Rice Health and Wellness Director - 757-9820 - [krice@ymcafoxcities.org](mailto:krice@ymcafoxcities.org); NMY - Josh Kalkofen - Health & Wellness Coordinator - 886-2122 - [jkalkofen@ymcafoxcities.org](mailto:jkalkofen@ymcafoxcities.org).

F	10:00-11:00 a.m.	APPY
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**Fee: Member- \$ 25                      General Public- \$38**

### NEW! Teen Knockout Fitness

Punch, jab, and upper-cut your way to increased cardiovascular endurance, total body strengthening, improved foot work and overall confidence. Teens will train in 3 minute bouts, utilizing, heavy bags, speed-bags, medicine balls, jump ropes and much more. Cost includes a pair of hand wraps. Class is limited to first 12 participants.

W	4:00-4:45 p.m.	(Ages 10-13)	APPY
TH	4:00-4:45 p.m.	(Ages 14-17)	APPY

**Fee: YMCA Member - \$20                      General Public- \$30**

### Tween Cycling/Core Training (Ages 10-13)

Class incorporates a 30 minute cycling workout with a 15 minute core workout to tone abs, back, and glutes.

T/TH	6:00-6:45 p.m.	HOTVY
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**Fee: YMCA Member - Free                      General Public - \$34**

### Teen Yoga (Ages 11-16)

T	4:30-5:15 p.m.	APPY
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**Fee: YMCA Member - Free                      General Public - \$19**

### YMCA Striders Running Club (ages 9 and up)

Join us in a safe running environment utilizing miles of trails connecting to our own 1-mile trail. Meet new friends and find out why runners love to run. This class runs 10 weeks.

M/TH	5:30-6:30 p.m.	FWY
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**Fee: YMCA Member - \$30                      General Public - \$45**



### (Ages 7-13)

This program area at the Neenah-Menasha YMCA features a line of strength training equipment called Life Fitness Circuit Series; designed for simplicity, low profile access, small increments of resistance and no set-up adjustments. A variety of cardiovascular equipment will certainly improve the health of your heart and lungs, and also entertain you with television, interactive video games and contests! The FitZone will be staffed specifically for kids ages 7-13: Monday-Friday- 4:00-8:00 p.m.; Saturday-9:00 a.m. - 3:00 p.m.; Sunday - 11:00 a.m.-2:00 p.m.

**ALL kids must have an equipment orientation prior to participating in FitZone activities. Please sign up at the Member Services desk.**

## Land Fitness Classes

### Fees for value-added Land & Water classes:

**YMCA Members - Free**

Free *unless otherwise note*. Please register to ensure that space is available. Fees for classes that meet:

**General Public - 3 times per week - \$90**

**2 times per week - \$78**

**1 time per week - \$46**

### "No Limits Cardio"

Increase your cardiovascular fitness with a variety of aerobic activities that may include BOSU, kick box, STEP, and hi/lo floor aerobics, intervals and circuits.

M/W	5:45-6:45 a.m.	ACY
W	8:30-9:15 a.m.	ACY
T/TH	6:30-7:15 p.m.	FWY
SA	8:15-9:00 a.m.	FWY
W	5:15-6:15 a.m.	HOTVY

### Cardio Kickbox

Punch and kick your way to fitness with a dynamic martial arts-inspired workout for your entire body that also trains your heart.

M/W	5:25-6:10 p.m.	FWY
M/W	5:15-6:15 p.m.	HOTVY
SA	10:00-10:45 a.m.	HOTVY
T/TH	6:10-7:10 p.m.	NMY

### Cardio Sampler

This class is geared toward all levels of fitness. "A great class for those new to fitness!" Explore the many kinds of cardio fitness in the gym using a wide range of fitness equipment including STEP, BOSU, Medballs, Stability Balls, Gliding Discs and more!

SA	8:30-9:30 a.m.	ACY
M/W/F	9:00-10:00 a.m.	APPY
T/TH	9:00-10:00 a.m.	HOTVY

### Core Conditioning

Sculpt your entire abdominal area as you improve your body's overall functional strength, balance and coordination. You'll build muscles you never even knew you had.

F	8:30-9:15 a.m.	ACY
M/W	10:00-10:45 a.m.	APPY
M/W	5:30-6:00 a.m.	APPY
T	6:15-6:45 p.m.	NMY

### Cardio-Core-Balance

Focus on 3 main areas of your Fitness in this hour-long, non-stop class!

F	8:15-9:15	FWY
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### Faithfully Fit

30 minute outdoor walk. 30 minute Bible Devotion.

W	6:15-7:15 p.m. 2x/month	APPY
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(Please note: W meets: June 8,22; July 13,27; Aug. 10)

**Fee: \$23 for Summer Session**

### Cardio/Strength Fusion

This workout may include hi/lo aerobics, STEP or circuits Strength training exercises will also be incorporated through the use of weights, stability balls and tubing.

W	8:15-9:15 a.m.	FWY
T/TH	5:00-6:30 a.m.	FWY
T/TH	9:35-10:35 a.m. Session 1 only	NMY

### Core-Strength-Core Training

Designed to spend the first 15 minutes on core exercises and the last 15 minutes on more intense core exercises. The middle 30 minutes will focus primarily on increasing overall body strength. The class will incorporate the use of the stability ball, free weights, exercise bands and medicine balls.

T/TH	5:15-6:15 a.m.	HOTVY
M/W	6:45-7:30 p.m. Session 1 only	NMY
T/TH	5:00-5:45 p.m.	NMY

### NEW! Gentle Stretch

Geared toward the older adult. Gentle Stretch will move your whole body through a series of seated and standing yoga poses. If needed, chairs are provided to help safely perform a variety of poses designed to increase balance, flexibility and range of movement. Restorative breathing exercises and relaxation will promote mental clarity and stress reduction.

W	8:00-8:45 a.m.	HOTVY
TH	10:30-11:30 a.m.	APPY

**Fee: YMCA Member - Free      General Public - \$31**

### STEP

Experience fun and easy to follow moves on the step in this high energy and motivating cardio workout.

M	8:30-9:15 a.m.	ACY
T	9:00-10:15 a.m.	APPY
M	8:15-9:15 a.m.	FWY
T/TH	6:30-7:30 p.m.	HOTVY
SA	7:45-8:45 a.m. (Interm./Adv.)	HOTVY
M/W	12:05-12:50 p.m.	HOTVY

### Strength and Stretch

Hand weights, tubing, stability balls, gliding discs and medicine balls are used in a variety of strength training methods to include traditional strength work, endurance and functional strength combined with the elements of Pilates and Yoga for flexibility and balance.

M/W	4:30-5:15 p.m.	APPY
T/TH	8:00-9:00 a.m.	APPY
M/W	8:00-8:50 a.m.	HOTVY

# Health & Fitness

## Land Fitness Classes

### Strength and Resistance

Learn the basics of weight training, help reduce body fat, and improve bone density using hand held weights, body bars, tubing and stability balls. Aerobics are not included.

APPY classes held in the Women's Fitness Center - Women Only Classes.

M/W	9:20-10:05 a.m.	ACY
T/TH	5:35-6:20 p.m.	ACY
M/W/F	7:00-8:00 a.m.	APPY
M/W/F	8:00-9:00 a.m.	APPY
M/W	11:00 a.m.- Noon	APPY
T/TH	5:30-6:15 a.m.	APPY
T	10:20-11:20 a.m.	APPY
T/TH	5:30-6:15 p.m.	APPY
SA	8:00-8:45 a.m.	APPY
T/TH	8:15-9:00 a.m.	FWY
M/W	10:00-11:00 a.m.	HOTVY
T/TH	10:15-11:15 a.m.	HOTVY
T/TH	7:45-8:30 p.m.	HOTVY
SA	8:55-9:45 a.m.	HOTVY
T/TH	8:15-9:15 a.m.	NMY
M/T/W/TH/F	5:15-6:15 a.m.	NMY
M/W/F	8:30-9:30 a.m.	NMY

### Kettlebells

Looking for something new and exciting? This class will increase your cardiovascular and muscular endurance, strength, and balance, while giving you a total body workout.

M/TH	4:00-4:30 p.m. June 6-July 11 only	HOTVY
TH	6:30-7:00 a.m. June 6-July 11 only	HOTVY
M/W	6:35-7:05 a.m.	APPY
M/W	4:30-5:00 p.m.	APPY

### Basic Balance

NO BOSU balance equipment used! This is a beginner level class. Focus is on establishing and developing basic balance skills.

W	10:15-11:00 a.m.	HOTVY
F	10:00-10:45 a.m. June 6-July 11 only	HOTVY

### Simply Balance

Balance is key for activities daily living and recreational pursuits. Learn and practice stability exercises to enhance your enjoyment of life.

M/W	7:15-8:00 a.m.	APPY
F	9:00-9:45 a.m. Session 1 Only	HOTVY

### Simply Fit

Utilizes simple, low impact aerobic choreography, resistance training, mind/body techniques, and stretching to deliver a total body workout that is fun & rewarding.

F	8:30-9:15 a.m.	ACY
M/W	10:15-11:00 a.m.	APPY
T/TH	10:15-11:00 a.m.	FWY
M/W	8:30-9:30 a.m.	NMY

### FREE to YMCA Members!

### Group Running

Get outdoors! Motivation and expert instruction in a group setting for that 5k run!

M	5:30-6:30 a.m.	APPY
T	9:00-10:00 a.m.	APPY
T	6:00-7:00 a.m.	APPY
TH	8:00-9:00 a.m.	APPY

### BOSU Cardio and Conditioning

The BOSU Balance Trainer will challenge your body and improve your coordination. Experience a dynamic workout that combines cardiovascular and strength exercises to target your upper and lower body, abs and back.

T/TH	5:15-6:00 a.m.	HOTVY
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### Indoor Total Body Boot Camp

Athletic, strength, power and sports conditioning moves burn the most amount of calories, while sculpting a fit body.

M/W/F	5:45-6:30 a.m.	APPY
M/F	5:15-6:15 a.m.	HOTVY
M/W	9:00-10:15 a.m.	HOTVY
T/TH	5:30-6:30 p.m.	HOTVY
SA	6:30-7:30 a.m.	HOTVY
T/TH/F	12:10-12:50 p.m.	NMY

### New! Boot Camp Extreme (BCX) - June 6-August 19

For those who have taken six (6) months or more of total Body Bootcamp. A BCX participant should be able to run for ½ hour or 3 miles, and perform 100 burpees, push-ups, crunches, and jumping jacks in ½ hour's time and lift 30 pounds. Be prepared to go outside for every class regardless of weather or season. Heading inside will be at the instructor's discretion. Participants will be pushed to maintain pace with the class and instructor's direction. The goal of BCX is to provide an increased level of difficulty and commitment to its participants. AN ADVANCED LEVEL CLASS - NOT FOR BEGINNERS. Limited to 15 participants.

M/W	4:30-5:30 p.m.	HOTVY
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**Fee: YMCA Member - \$50      General Public - \$75**

### YMCA Boot Camp - Runs June 6 - August 19

This 10-week Boot Camp is for those looking to revitalize their exercise routine through a challenging workout like no other. Instructors will push you to get the results you've been looking for, whether you're a novice exerciser or a serious athlete. Workouts will be held primarily outdoors, utilizing both conventional and unconventional training methods. Make the commitment - Get the results!! For more information Contact: ACY - Juli Kedrowski - 733-9622 - jkedrowski@ymcafoxcities.org; APPY - Loel Kreger - 954-7658 - lkreger@ymcafoxcities.org or at the FWY contact Jennifer Ruis - 560-3407 - ruis@ymcafoxcities.org.

T/TH	5:45-6:45 a.m.	ACY
M/W	5:30-6:30 a.m.	APPY
M/W	6:30-7:30 a.m.	APPY

**Fee: YMCA Member-\$50      General Public-\$75**

M/W/F	5:15-6:15 a.m.	FWY
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**Fee: YMCA Member-\$65      General Public-\$98**

### Straight Up Strength

A head-to-toe resistance workout that targets all major muscle groups using free weights. Increase lean muscle and burn body fat!

T/TH	5:30-6:30 p.m.	FWY
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**Fee: YMCA Member - Free      General Public - 1x=\$46  
2x=\$78**

### Nordic Walking

Enhance your walking experience with poles, expert instruction and fellow walking enthusiasts.

M/W/F	5:30-6:15 a.m.	APPY
M/W	9:15-10:15 a.m.	APPY
F	7:00-7:45 a.m.	APPY

# Health & Fitness

## Land Fitness Classes

### NEW! Zumba Toning

Join us for Zumba toning where you will blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

T/TH 9:00-10:00 a.m. APPY

### NEW! ZumbaAtomic - (Ages 7-12)

Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they're at it? This class is designed for fun!

TH 4:30-5:00 p.m. APPY  
W 4:30-5:00 p.m. FWY  
T/TH 8:30-9:00 a.m. NMY

### ZUMBA - Ditch the workout - Join the party!

Combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick with it and achieve long-term health benefits.

M/W 6:00-7:00 p.m. ACY  
T/TH 9:00-10:00 a.m. ACY  
T/TH 4:30-5:30 p.m. ACY  
M/W 8:00-9:00 a.m. APPY  
M/W Noon-1:00 p.m. APPY  
M/W 5:30-6:30 p.m. APPY  
T/TH 5:30-6:30 p.m. APPY  
SA 8:00-9:00 a.m. APPY  
M/W 6:15-7:00 p.m. FWY  
T/TH 9:15-10:00 a.m. FWY  
SA 9:15-10:00 a.m. FWY  
SU 9:30-10:15 a.m. HOTVY  
T/TH 8:30-9:30 a.m. NMY  
T/TH 5:05-6:05 p.m. NMY

### NEW! Hip Hop Cardio Fusion (Ages 12-Adult)

Get ready to hip hop your way through this energetic cardio class. This class will keep you moving with continual hip hop steps and combination. A great class to learn new hip hop moves for the dance floor. Join in on the party! No previous dance experience required.

W 7:30-8:30 p.m. NMY  
Fee: YMCA Member - \$46 General Public - \$73

### Jump Rope Blast

½ hour of nonstop cardio exercise using a jump rope.

T 6:00-6:30 a.m. ACY

### NEW! Hoop Fitness!

You can re-live those fun times as a kid with this great new class that uses lightly weighted hula hoops to tone your core and add some fun to your cardio workout!

W 7:00-7:30 a.m. HOTVY

### Rep Reebok

It is the latest group of strength training programs from Reebok! Classes involve a muscular conditioning workout using dumbbells and gravity exercises. The routines are rhythmically and systematically pre-choreographed to exciting music. Beginners, please arrive 10 minutes early.

W 6:30-7:30 p.m. HOTVY

## Active Older Adult Land Classes

### Easy Does It H2O

The water is a wonderful medium in which to exercise! It takes stress off the joints while providing natural resistance to help you tone and trim your body. Class is designed for adults ages 55 years and older and no swimming ability is required.

T/TH 8:05-8:45 a.m. HOTVY  
Fee: YMCA Member - Free General Public - \$53

### Easy Does It Land

A great way to increase bone density, as well as burn calories more efficiently and reduce body fat. This class will incorporate low impact aerobics, as well as hand weights, exercise tubing and stability balls to teach the basic of strength training.

T/TH 8:00-8:45 a.m. HOTVY  
Fee: YMCA Member - Free General Public - \$53

### Senior Gym

Open gym for seniors. Held in the AP Gym. No instructor.

T/TH 7:30-8:00 a.m. APPY  
Fees: YMCA Member - Free General Public - \$40

### Lite & Lo

A low impact, easy on the joints class. Includes: cardiovascular, strength, flexibility and balance exercises. Program offered through Appleton YMCA. Held at Appleton Community Evangelical Free Church.

T/TH 10:15-11:00 a.m. APPY  
Fee: YMCA Member - Free  
General Public - \$34/1 day & \$68/2 days

### Strength for Life

Chairbased class to improve strength, flexibility and balance. Program offered through Appleton YMCA. Held at Appleton Community Evangelical Free Church.

T 9:30-10:15 a.m. APPY  
Fee: YMCA Member - Free General Public - \$36

### Simply Balance

Balance is the key for activities of daily living and recreational pursuits. Learn and practice stability skills to enhance your enjoyment of life! BOSU balance equipment may be used.

M/W 7:15-8:00 a.m. APPY  
F 9:00-9:45 a.m. Session 1 Only HOTVY  
Fee: YMCA Member - Free General Public - \$46

### Basic Balance

NO BOSU balance equipment used! This is a beginner level class. Focus is on establishing and developing basic balance skills.

W 10:15-11:00 a.m. HOTVY  
F 10:00-10:45 a.m. HOTVY  
Friday is session 1 only - June 6-July 11

# Health & Fitness

## Active Older Adult Land Fitness Classes

### NEW! ZUMBA Gold!

Zumba for the Active Older Adult and the beginner participant. 45 minute class.

M/W	11:00-11:45 a.m.	APPY
F	10:30-11:15 a.m.	APPY
T/TH	11:15 a.m.-Noon	FWY
W	8:00-8:45 a.m.	NMY

**Fee: YMCA Member - Free    General Public -1x= \$46  
2x=\$78**

### Cycle Lite Express

Designed to meet the needs of a variety of individuals who wish to have less of an intense cycling experience.

F	10:30-11:00 a.m.	HOTVY
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**Fee: YMCA Member - Free    General Public - \$78**

### Simply Fit

Class suited for all ages and levels of fitness. It utilizes simple, low impact aerobic choreography, resistance training, mind/body techniques, and stretching to deliver a total body workout that is fun and rewarding.

F	8:30-9:15 a.m.	ACY
M/W	10:15-11:00 a.m.	APPY
T/TH	10:15-11:00 a.m.	FWY
M/W	8:30-9:30 a.m.	NMY

**Fee: YMCA Member - Free    General Public -1x= \$46  
2x=\$78**

### NEW! Gentle Stretch

Geared toward the older adult. Gentle Stretch will move your whole body through a series of seated and standing yoga poses. If needed, chairs are provided to help safely perform a variety of poses designed to increase balance, flexibility and range of movement. Restorative breathing exercises and relaxation will promote mental clarity and stress reduction.

TH	10:30-11:30 a.m.	APPY
W	8:00-8:45 a.m.	HOTVY

**Fee: YMCA Member - Free    General Public - \$46  
Silver Sneaker Member - Free**

### Senior Cardio Gold

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

T/TH	8:00-8:45 a.m.	NMY
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**Fee: YMCA Member - Free    General Public - \$78**

### Silver Sneakers

is an innovative national exercise program specifically designed for the unique

health and physical needs of older adults. The Silver Sneakers program is taught by a certified instructor and focuses on improving strength, flexibility, balance and coordination. Plus, you'll enjoy the great music and camaraderie of fellow participants in the program!



### Silver Sneakers® – Muscular Strength and Range of

**Movement** – Move to the music through a variety of exercises to increase muscular strength, range of movement, and activities 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.

M/W	8:30-9:15 a.m.	ACY
T/TH	8:00- 8:50 a.m.	APPY
M/W/F	10:10-10:55 a.m.	FWY
T/TH	8:00-8:45 a.m.	HOTVY
T/TH	9:00-9:45 a.m.	HOTVY
M/F	8:00-8:45 a.m.	NMY

**Fee: YMCA & Silver Sneaker Members - Free  
General Public - 1x/week = \$46  
2x/week = \$78  
3x/week = \$90**

### Silver Sneakers® Cardio Circuit

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 Silver Sneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

M/W/F	9:20-10:05 a.m.	FWY
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**Fee: YMCA & Silver Sneaker Members - Free  
General Public - 1x/week = \$46  
2x/week = \$78  
3x/week = \$90**

### SILVER SNEAKERS® - SILVERSPLASH

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and 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.

T/TH	9:15-10:00 a.m.	FWY
T/TH	10:00-10:45 a.m.	FWY

**Fee: YMCA & Silver Sneaker Members - Free  
General Public - 1x/week = \$46  
2x/week = \$78**

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*For additional class opportunities see the AOA Thompson Community Center page at the end of the booklet (Strength, Cardio Ballroom, Balance/Flexibility, A Nutrition/Wellness Support Group, Qi Gong, Tai Chi).*

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## Water Fitness Classes

10 Week Session: June 6-August 21  
Limited classes July 4-10. See specific branch schedules.

### Fees for value-added Water classes:

#### YMCA Members Free

Free *unless otherwise noted*; please register to ensure that space is available. Fees for classes that meet:

General Public 3 x/week - \$90  
2 x/week - \$78  
1 x/week - \$46

### H2O Exercise

This aerobic workout is low intensity, providing less stress on joints and bones. The buoyancy and resistance of the water will help you get the workout you want. Classes are held in shallow water of the pool.

M/W	1:15-2:00 p.m.	FWY
T/TH	7:00-7:45 a.m.	NMY
M/T/W/TH/F	9:00-9:45 a.m.	NMY
M/W	5:45-6:30 p.m.	NMY
M/W	2:30-3:15 p.m.	NMY

### Cardiac H2O \*\*

This medically supervised shallow and deep water program is designed to fit the needs of individuals who have been diagnosed with cardiac risks factors, are cardiac patients or any adult wanting to improve or maintain fitness.

M/W/F	7:45-8:45 a.m.	APPY
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### H2O Strength and Stretch

Experience the unique properties of shallow and deep water to improve flexibility and strength through a variety of mind body and traditional training forms. Suitable for all fitness levels.

T/TH	5:30-6:15 a.m.	APPY
T/TH	Noon-12:45 p.m.	APPY
T/TH	7:00-7:45 a.m.	HOTVY
T/TH	8:00-8:45 a.m.	NMY
SA	8:00-8:45 a.m.	NMY

### H2O Challenge\*\*

High intensity- low joint stress using deep and shallow water exercises. Challenge body and mind with advanced choreography, interval training and plyometrics.

T/TH	8:00-9:00 a.m.	APPY
M/W	7:15-8:00 p.m.	FWY
T/TH	8:00-9:00 a.m.	FWY
M/W	8:05-8:45 a.m.	HOTVY
M/W	8:00-8:45 a.m.	NMY

### H2O Fusion\*\*

Experience the many types of deep and shallow water fitness all in one class! Anything goes from circuit training, water walking, strength, intervals, balance and flexibility.

M/W/F	5:30-6:30 a.m.	APPY
T/TH	6:00-7:00 p.m.	APPY
SA	7:00-8:00 a.m.	APPY
M/W	8:00-9:00 a.m.	FWY
M/W/F	5:45-6:30 a.m.	HOTVY
T/TH	7:30-8:15 p.m.	HOTVY

### Deep Water Exercise\*\*

This exercise class provides a great workout with no bone or joint impact. Swim ability is required. Floatation devices, hand buoys, and hand paddles are used.

M/W/F	5:00-5:45 a.m.	NMY
M/W/F	6:00-6:45 a.m.	NMY
F	8:00-8:45 a.m.	NMY
T/TH	9:00-9:45 a.m.	NMY
T/TH	5:45-6:30 p.m.	NMY
SA	7:00-7:45 a.m.	NMY

### Water Running

Cardio at your level! Interval style deep water exercise, easy on the joints while working at your own pace for a great workout. Have fun while improving posture, core strength and cardio fitness. Use of aqua belts.

T/TH	6:15-7:00 a.m.	APPY
SA	6:00-7:00 a.m.	APPY

### Aquacize

Enjoy the shallow warm water of the Guardian pool for a great workout! This class includes cardio, strength, balance and flexibility exercises. No swimming skills required.

M/W/F	7:00-8:00 a.m.	APPY
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### H2O Interval Challenge

Challenging cardio and strength intervals in deep and/or shallow water.

M/F	Noon-12:45 p.m.	APPY
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### Silver Sneakers® - SilverSplash

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and 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.

T/TH	9:15-10:00 a.m.	FWY
T/TH	10:00-10:45 a.m.	FWY

### Fee: YMCA Member & Silver Sneakers - Free

General Public - 1x/week = \$46  
2x/week = \$78

### Aqua Zumba

The "pool party" workout for all ages. Safe, effective and a challenging water-based workout integrating the Zumba formula. Movements are challenging. Merengue, Cumbia, and Reggaeton are a few of the dance rhythms that are incorporated into this class. When you take Aqua Zumba®, a bathing suit and towel is required.

W	Noon-12:45 p.m.	APPY
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# Health & Fitness

## Mind & Body Classes

10 Week Session: June 6-August 21  
 Limited classes July 4-10. See specific branch schedules.

ACY - Juli Kedrowski - Wellness Coordinator - 733-9622- jkedrowski@ymcafoxcities.org  
 APPY - Michele Stellrecht - Fitness/Membership Director - 954-7621 - mstellrecht@ymcafoxcities.org  
 FWY - Jennifer Ruis - Health & Fitness Coordinator - 560-3407 - jruis@ymcafoxcities.org  
 HOTVY - Paula Beyer - Health & Fitness Director - 830-5708 - pbeyer@ymcafoxcities.org  
 NMY - Susan Hildebrandt - Health & Fitness Director - 886-2127 - shildebrandt@ymcafoxcities.org

Fees: For Mind/Body Programs - unless otherwise noted.

### 45-Minute Classes:

1x/Week: YMCA Member - \$26 General Public - \$40  
 2x/Week: YMCA Member - \$46 General Public - \$68  
 3x/Week: YMCA Member - \$64 General Public - \$96

### 60-Minute Classes:

1x/Week: YMCA Member - \$32 General Public - \$54  
 2x/Week: YMCA Member - \$54 General Public - \$84  
 3x/Week: YMCA Member - \$78 General Public - \$110  
 4x/Week: YMCA Member - \$100 General Public - \$142  
 5x/Week: YMCA Member - \$120 General Public - \$162

### 75-Minute Classes:

1x/Week: YMCA Member - \$40 General Public - \$58  
 2x/Week: YMCA Member - \$72 General Public - \$100  
 3x/Week: YMCA Member - \$98 General Public - \$136  
 4x/Week: YMCA Member - \$130 General Public - \$180  
 5x/Week: YMCA Member - \$160 General Public - \$224

Drop-In Fee available at FWY & NMY. Visit an occasional class when space & equipment are available.  
 YMCA Member Only - \$24 for 6x's.

### One-on-One Yoga and \*Reformer (\*Reformer only offered at APPY)

The YMCA now offers personal one-on-one Yoga and Reformer private lessons for students who want a focused practice. A private lesson can help you deepen your practice by exploring the fundamentals of yoga or reformer, specific breathing techniques, alignment adjustments and modifications. Contact Kristina Schultz at Appleton YMCA at 954-7616 or kschultz@ymcafoxcities.org for Yoga and Reformer or Jennifer Ruis at Fox West YMCA at 757-9820 or jruis@ymcafoxcities.org or Neenah-Menasha YMCA at 886-2127 for Yoga to set up your appointment.

Fee: 5 (60 min. sessions) - YMCA Member - \$140  
 10 (60 min. sessions) - YMCA Member - \$260  
 5 (60 min. sessions) - General Public - \$210  
 10 (60 min. sessions) - General Public - \$390

Now Available! Reformer Punch Cards. Available for Members only. Offer good for session classes only, not one-on-one training.

5 Punch Card - \$45                      10 Punch Card - \$84

\*All classes held in the Pilates Room at the APPY.

### Pilates 1 & 2

Benefits include stronger core, improved posture, increased flexibility and better balance. Pilates focuses on strength, stretch and balance to give you a sleek toned body. Classes are offered in 3 modalities: Pilates 1 focuses on basic principles, Pilates 2 for those with a basic understanding of Pilates.

### Pilates 1

Introduces the basic principles of the Pilates Method.

M/W	5:30-6:15 p.m.	APPY
M/W	5:30-6:15 p.m.	FWY
M/T/W/TH	9:50-10:35 a.m.	NMY
M/W	11:40 a.m.-12:25 p.m.	NMY

### Pilates 2

For those with an understanding of the goal of each Pilates exercise. The pace is faster and the emphasis is on fluidity of movement.

T/TH	5:30-6:15 p.m.	HOTVY
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### Power Pilates

This class combines Pilates based exercises with medicine balls, stability balls, long bands, round bands, light hand weights, BOSU's, glides, and mini Xerballs® to create an intense toning workout. Some knowledge of Pilates is helpful but not required. Get ready to sweat and have fun while strengthening your core muscles!

T	5:30-6:15 p.m.	FWY
M/W	9:00-9:45 a.m.	June 6-July 11 only HOTVY

### Beginning Pilates/Yoga Fusion

Learn the basic principles of the Pilates method and Yoga. Combined you will enjoy the core strengthening of Pilates as well as the flexibility and stability gained. Appropriate for beginners

T/TH	9:30-10:15 a.m.	June 7-July 7 only HOTVY
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### Pilates/Yoga Fusion

Core strengthening of Pilates combined with the flexibility and stability gained through yoga. Limited sticky mats available.

T/TH	6:30-7:30 p.m.	ACY
SA	8:15-9:15 a.m.	ACY
T/TH	9:00-10:00 a.m.	APPY
F	11:00-11:45 a.m.	FWY

### Slow Flow Yoga

Enjoy a gently-paced flow of yoga poses –pausing to focus on breath and body-mind control. Increase your strength, flexibility and balance. Excellent yoga choice for beginners and seniors!

M/W/F	7:45-8:45 a.m.	APPY
M	7:40-8:40 p.m.	APPY
T/TH	7:30-8:30 a.m.	APY
W/F	9:30-10:30 a.m.	FWY

### Yoga Lite

Meets the needs of a variety of individuals including seniors, those who need to take more time with their yoga poses or who might be post-rehab. Bring a sticky mat and blanket to class.

M/W	9:00-10:00 a.m.	HOTVY
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# Health & Fitness

## Mind & Body Classes

### Hatha Yoga

Hatha Yoga is the umbrella of yoga styles. The goal is to achieve balance by mastering control over the physical body. Hatha yoga prepares one for more meditation type yoga classes.

M/W	6:30-7:30 p.m.	APPY
T/TH	7:15-8:15 p.m.	APPY
M/W	5:30-6:30 a.m.	FWY
T/TH	6:30-7:30 p.m. June 7-July 7 only	HOTVY
SA	9:00-10:00 a.m.	HOTVY

### New! Introduction to Meditation

Will introduce the fundamental concepts of meditation through various modes and uses for meditation. Participants should wear comfortable clothing and bring a mat and pillow to sit or rest their head on. Limited to 20 participants.

W/F	7:45-8:45 p.m.	HOTVY
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### Awakening Yoga

Start your day off right with a healthy dose of awareness. Build strength and flexibility while learning to release tension and breathe through the challenges we face everyday. For everyone, beginning through advanced.

T/TH	5:30-6:15 a.m.	APPY
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### Children's Yoga (Ages 6-12)

Yoga is a fun and safe way for kids to learn to enjoy movement and exercise while learning a variety of poses. Volcano, Superman, Lion, Cat, Cow, Tree, Downward Facing dog and more will be incorporated into a Yoga flow.

M	10:45-11:30 a.m.	APPY
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### Teen Yoga (Ages 11-16)

T	5:00-5:45 p.m.	APPY
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### Tai Chi Easy™ - Qigong Methods

Cultivation of healthy longevity and inner tranquility through four essential Qi Methods: postural alignment and gentle movement, breath practice, self-applied massage, and relaxation and meditation practices.

M	12:10-12:55 p.m.	ACY
T	10:30-11:30 a.m.	APPY

### NEW! Outdoor Yoga

Challenge your body & calm your mind while experiencing the sights & sounds of the outdoors.

W	10:00-11:00 a.m.	FWY
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### Power Vinyasa Yoga

Experience shifts energetically, muscularly, mentally and emotionally. A vigorous series of poses which flow from one pose to the next incorporating breath, gaze and abdominal control. Increase your strength, flexibility, stamina and cardiovascular endurance. Is suitable for all - from beginner to advanced levels. Classes are taught by Yoga Alliance certified and registered instructors. Bring a sticky mat and water bottle to class.

T/TH	5:45-6:45 a.m.	ACY
M/W	10:15-11:15 a.m.	ACY
M/W	Noon-1:00 p.m.	APPY
M/W/F	6:00-7:00 a.m.	APPY
M/W/F	9:00-10:00 a.m.	APPY
M/W/F	5:30-6:30 p.m.	APPY
T/TH	Noon-1:00 p.m.	APPY
T/TH	6:00-7:00 p.m.	APPY
SA	8:00-9:00 a.m.	APPY
W	6:30-7:30 p.m.	FWY
F	8:15-9:15 a.m.	FWY
M/W	5:15-6:15 a.m.	HOTVY
M/W	10:00-11:00 a.m. June 6-July 11 only	HOTVY
M/T/W/TH/F	8:30-9:40 a.m.	NMY
T/TH	6:00-7:00 a.m.	NMY
T/TH	12:15-1:05 p.m.	NMY
T	5:00-6:00 p.m.	NMY

### One-on-One Yoga

Private lessons for students who want a focused practice. A private lesson can help you deepen your practice by exploring the fundamentals of yoga, specific breathing techniques, alignment adjustments and modifications. Contact Kristina Schultz, Appleton YMCA, at 954-7616 or -kschultz@ymcafoxcities.org; Jennifer Ruis, Fox West YMCA, at 560-3407, jruis@ymcafoxcities.org or Juli Kedowski, Apple Creek YMCA, 733-9622, jkedowski@ymcafoxcities.org - to set up your appointment.

**Fee: 5 (60 min. sessions) - YMCA Member-\$130**  
**10 (60 min. sessions) - YMCA Member-\$245**  
**5 (60 min. sessions) - General Public-\$199**  
**10 (60 min. sessions) - General Public-\$372**

### Dance Pilates (Ages 12-Adult)

This high energy Pilates mat class is set with pop music for a fresh outlook on the Pilates Method. Traditional Pilates Method sets are paired with floor barre movements dancers use to keep fit. Dance Pilates offers deep conditioning exercises that improve flexibility, increase strength, and create long, lean muscles. With the ability to work at your own pace, you will progress toward your optimal fitness. Maximum 10 students per class.

M	9:30-10:15 a.m. / 6:00-6:45 p.m.	NMY
T	9:30-10:15 a.m.	NMY
TH	9:30-10:15 a.m.	NMY

**Fee: 1x week - YMCA Member - \$21**  
**General Public - \$32**

**Fee: 2x week - YMCA Member - \$31**  
**General Public - \$49**

**Fee: 3x week - YMCA Member - \$41**  
**General Public - \$62**

# Health & Fitness

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## Mind & Body Classes

### STOTT PILATES® GROUP SPX™ Reformer Training

Are you serious about Pilates? The unique spring resistance of this machine helps generate smooth muscular contractions that develop strength without bulk. Get an energizing total-body workout. The pace is moderate, yet challenging and will tone muscles, strengthen the core and provide an invigorating workout. Capacity is eight.

Classes are divided into two levels, Reformer 1 and Reformer 2.

#### Fee: See Mind/Body Programming Prices

\*All classes held in the NEW Pilates Room at the Appleton YMCA.

#### Reformer 1

Introduces the basic principles of the Stott Pilates Group SPX Reformer Training. Progress through challenging workouts in preparation for Reformer 2.

M/W	9:00-10:00 a.m.		APPY
M/W	5:00-6:00 p.m.	Session 2 only	APPY
T/TH	9:00-10:00 a.m.		APPY
T/TH	Noon-1:00 p.m.	Session 2 only	APPY

#### Reformer 2

This program is designed for the individual who is ready to move to the next level of training. Participants must be proficient in Reformer 1 before participating in Reformer 2.

M/W	4:00-5:00 p.m.		APPY
T/Th	7:00-8:00 a.m.		APPY
T/Th	5:00-6:00 p.m.		APPY
F	8:00-9:00 a.m.		APPY

#### Reformer 3

Mastered Reformer 1 & 2 and ready for the next level.

M/W	8:00-9:00 a.m.		APPY
T/TH	8:00-9:00 a.m.		APPY

#### Reformer Athletic Conditioning

Take your reformer experience to the next level. Whether you are a weekend warrior or a seasoned athlete, this class will increase strength and challenge muscular endurance.

T/TH	6:15-7:00 a.m.		APPY
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### PINK RIBBON Exercise Program for Breast Cancer

**Survivors** - This program is divided into 3 Phases of exercise progressions. Exercises are designed to stretch and strengthen the shoulder, chest, back and abdominal muscles, allowing women to regain full range of motion to those affected by breast cancer surgery. A program suitable whether surgery was recent or several years ago. Exercises appropriate to accommodate all fitness levels. Prior to starting program, participants will need a signed release to exercise from their physician. Class taught by a Certified Pink Ribbon Program Breast Cancer Rehab Exercise Specialist.

The Private Session Pink Ribbon Program includes: 1 hour individual evaluation prior to Phase I; and ten ½ hours session by appointment. Manual priced separately. Contact Michele Stellrecht at 954-7621 or mstellrecht@ymcafoxcities.org for more information. Must enroll in the LIVESTRONG program.

#### Fees: YMCA Member & General Public - Free

Includes 2 month Free Y Membership for cancer survivors that participate in the class.

### LIVESTRONG at the YMCA: Physical Activity Program

Exercise programs for cancer survivors who have become de-conditioned or chronically fatigued from their treatment and/or disease. With the help of a Cancer Specialist Trainer, participants are given the tools and guidance to help individuals begin or continue their journey of wellness.

This program was designed by the LIVESTRONG Foundation and Stanford University. Program goals are to help participants build muscle mass, muscle strength, increase flexibility and endurance, and improve functional ability.

The program is tailored to fit the specific type of cancer and/or needs; therefore some individuals will meet one on one, while others meet as a group. An 12 week small group. Meets twice a week. Limit 15 participants

#### Fee: YMCA Member & General Public: FREE

Includes: 3 month free Y membership for cancer survivors that participate in the class.

Location: Appleton - Shellee Stellrecht - 954-7621

Fox West - Kirsten Rice - 560-3413

Neenah-Menasha - Susan Hildebrandt - 886-2127

# Health & Fitness

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## Mind & Body Classes

**Massage for Men and Women (Ages 18+) - APPY**  
 Messages take place in both the Men's and Women's Fitness Centers and Blue Room of the Appleton YMCA. Please call to make an appointment: 954-7632 - Men 954-7634 -Women  
**Fee: YMCA Member - \$35      General Public - \$58**  
**YMCA Members Only Book of 5 Massages - \$165**

**Chair Massages - APPY & NEW at NMY**  
 15 Minutes (Available to Y Members Only)  
**Fee: \$15**

**Reflexology - APPY**  
 Reflexology is a discipline that deals with reflex areas in the feet and hands which corresponds with all the glands, organs and parts of the body, to promote relaxation, reduce stress, improve circulation and bring balance to the body as a whole.  
**Fee: YMCA Member - \$35      General Public - \$58**

**Spa Experience Treatments**  
 Appleton YMCA Women's Fitness Center. Choose from Exfoliating Mud Cocoon, Foundation of Youth Facial or Calming EarCandling. Call 954-7634 to make an appointment.  
**Fee: YMCA Member - \$35      General Public - \$58**

**Thai Yoga Body Therapy - FWY & NMY**  
 Therapist uses their hands, knees, legs and feet to move you into a series of yoga-like stretches. Muscle compression, joint mobilization and acupressure are also used during treatment. People describe Thai Yoga Body Therapy as both relaxing and energizing. For more information or to make an appointment, please call Angie Munson - 920-277-8867.  
**Fee: YMCA Member - \$35/hr. or \$52/90min. General Public - \$58/hr. or \$87/90min.**  
**YMCA Members Only Book of 5 1 hr. Massages -\$165 or book of 3 (90 min.) massages - \$145**

**The Blue Room at the Appleton YMCA**  
 A beautiful massage therapy treatment room is available to **men and for couples massage**. This relaxing and inviting environment will help you to release the stress for the day. A variety of treatments are offered. Women's massage will still be offered in the WFC. Opportunities for women's massage in the Blue Room will be based on availability. For more information, call the WFC at 954-7634.  
**Fee: YMCA Member - \$35      General Public - \$58**

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## Pre-Natal/Post-Natal Programs

**Pregnant & Fit**  
 A medically approved low-impact aerobics, muscle conditioning and stretching program for any stage of pregnancy. May include low-impact aerobics, brisk walking, water exercise or use of Lifestyle Center.  
 \* Written approval from health care provider is required.  
*Bring a water bottle to class.*  
 MW 5:30-6:30 p.m.      HOTVY  
 MW 5:30-6:30 p.m.      NMY  
**Fee: YMCA Member - \$35      General Public - \$53**

**Strollerobics**  
 An indoor/outdoor medically approved mother and baby exercise program that emphasizes cardiovascular fitness through power walking. Enjoy quality time with your baby while toning and strengthening the muscles that may have changed during pregnancy. \* Written approval from health care provider is required if mother starts program prior to a 6-week postpartum checkup. Bring a stroller, baby supplies and water bottle to class.  
 T/TH 9:30-10:30 a.m.      NMY  
**Fee: YMCA Member - \$35      General Public - \$53**  
**(With Let's Get Movin') - YMCA Member - \$35 General Public - \$45**

**Prenatal/Postpartum Yoga**  
 Benefits include strengthening, flexibility of the pelvis and improved concentration. Bring a sticky mat, water bottle and blanket to class. \* Written approval from health care provider is required.  
 F 10:00-11:00 a.m.      APPY  
 \*See fee schedule for 60 minute Mind/Body programs on page 66.

**Prenatal/Postpartum Aqua**  
 A low-impact water exercise class to help condition the body that includes walking, strengthening, stretching, relaxation and deep breathing. \*Written approval from your HCP is required. Bring a water bottle.  
 T/TH 12:10-12:55 p.m.      NMY  
**Fee: YMCA Member - \$35      General Public - \$53**

# Health & Fitness

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## Lifestyle Programs

### Cardio Blast

Rev up your cardio routine. 30-minute high-energy, high-intensity interval class that will challenge you by utilizing treadmills, stairsteppers, ellipticals, and bikes. Instructor will motivate you to reach your personal best.

M/W 11:00-11:30 a.m. APPY  
 M/W/F 9:00-10:00 a.m. HOTVY  
**Fee: YMCA Member-FREE General Public-\$26**

### Cardio Strength Intervals

This class combines both cardio and resistance training. Participants are led through intervals of cardio and strength exercises designed to maintain heart rate and intensity for optimal training benefits.

T/TH 9:00-10:00 a.m. HOTVY  
**Fee:YMCA Member- FREE General Public-\$59**

### 30-Minute Strength

In 30-minutes you'll strengthen and define the muscles of your entire body. A great addition to your cardio workout! Each class will consist of new exercises to challenge you to get the most out of your training

T/TH 11:30 a.m.-Noon APPY  
 M/W 6:00-6:30 p.m. APPY  
**Fee: YMCA Member -FREE General Public-\$26**

### TRX® Training

TRX® Suspension Training will build strength, balance, flexibility and core stability through unique and challenging exercises.

These dynamic total body exercises utilize the TRX Suspension trainer, Kettlebells, stability balls and your own body weight for maximum results in a minimum amount of time.

Appropriate for all fitness levels.  
 T/TH 6:30-7:00 a.m. APPY  
 T/TH 11:30 a.m.-Noon APPY  
 F 5:00-5:30 p.m. APPY  
**Fee: YMCA Members - \$20 General Public - \$30**



### TRX / Kettlebell Combo

Get the best of both workouts in this once a week class. Each class will consist of both Kettlebell and TRX exercises for a complete body workout

TH 1:00-1:45 p.m. APPY  
 SA 7:00-7:45 a.m. APPY  
**Fee: YMCA Member - \$15 General Public - \$23**

### Track Time! - APPY

Build Strength, endurance, and speed. Train fast to race fast. Track training program for individuals 15 and older. Appleton North High School Outdoor Track. The workout begins at 6:30 p.m. and will include track workouts as well as occasional runs for 5K & 10 K. Things to consider bringing with you: race flats or lighter running shoes (if you wish to run in them), water or drink of choice (if it's hot, bring lots), a towel, dress appropriately. Restrooms will be available. We will meet at the bleachers on the side of the track off of the parking lot. Program runs 10 weeks - June 7-August 9.

T 6:30-8:00 p.m. APPY  
**Fee: YMCA Member - \$35 General Public - \$50**

### NEW! Strength Challenge

Instructor lead strength training that will explore a variety of exercises and training techniques in the free weight room. Ideal for all fitness levels.

M/W 10:15-11:00 a.m. HOTVY  
**Fee: YMCA Member-\$27 General Public-\$48**

## Active Older Adult Lifestyle Classes

### Fitness Light (Ages 55 & Older)

An instructor will guide you in a program that increases muscular strength, balance and flexibility. Exercises will incorporate basic everyday movements and utilize a variety of equipment including selectorized, free weights, stability balls and resistance tubing.

M/W 10:30-11:45 a.m. HOTVY  
**Fee: YMCA Member-\$36 General Public-\$59**

# Health & Fitness

## Specialty Programs

### Wellness Consultation

During your 30-minute appointment your coach will help you define your individual goals, address barriers, talk you through your fitness successes and challenges and share with you all the YMCA has to offer. Together with your coach, you will get started on a personalized plan to reach your health goals. See your local YMCA Member Services or Lifestyle Center Staff for more details.

### Health and Wellness Resource

The YMCA is available to bring health and fitness programming to your company or organization. Presentations on a variety of health and wellness topics:

- Strength Training workshops
- Blood pressure screenings
- Health Fairs
- Wellness Classes
- Fitness Assessments

### Equipment Orientation

Take an hour of your day and learn how to get set up on a strength circuit at your local YMCA. A qualified Lifestyle Center Staff will teach you the proper form and technique on a full line of our fitness equipment. Cardio equipment will also be included in the orientation process. Please contact your local YMCA to make an appointment.

### Free Weight Orientation

If you are interested in learning proper use and technique of some of your YMCA's free weight equipment, sign up today for a Free Weight Orientation. Orientations are made by appointment only.

### Blood Pressure Screenings

Here is great opportunity to check your heart health!! Free blood pressure screenings are available at your YMCA.

### Fitness Assessments

An individual fitness assessment and consultation offered FREE to members. A trained staff member will test your cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. A fitness assessment is strongly recommended prior to beginning an exercise program. \*\*By appointment only.

### YMCA Personal Fitness Program (PFP)

The YMCA Personal Fitness Program is an individualized 12-week program FREE to all adult YMCA of the Fox Cities members. This program is designed to reintroduce fitness to individuals who haven't exercised in awhile (or ever) and encourage those who haven't yet been successful sticking to a program. Participants will receive weekly feedback from your PFP coach during the 12-week program. At the conclusion of the first 3 months participants will continue to receive feedback from your coach while learning a variety of new exercises utilizing various pieces of exercise equipment in our Lifestyle Center. FREE to adult YMCA of the Fox Cities members! **Contact: APPY - Linda VanEgeren - Wellness Coordinator - 882-3683 - [lvanegeren@ymcafoxcities.org](mailto:lvanegeren@ymcafoxcities.org).**

### Gym Pack

High school students have a unique opportunity to receive physical education class credits by participating in physical activity at the YMCA of the Fox Cities. Written approval from school administrator/counselor & YMCA memberships required. **Registration Fee: \$23**

### Healthy Hearts - Cardiac Rehab Phase 4

Program designed for individuals who are recovering from heart problems. Participants will have their cardiovascular, strengthening and stretching activities monitored by an instructor. Referral from a Phase 3 program is required. **M/W/F 6:45-7:45 a.m. NMY**

**Fee: YMCA Member-\$23/month  
General Public-\$44/month**

### YMCA G.O.A.L. Program - FREE to YMCA Members

Gaining Optimal Active Lifestyles. 6-Week free program designed to help you achieve the fitness levels you desire through a continually changing strength program. Each step has different designs for number of sets and repetitions. The exercises are specifically picked by the Lifestyle Center staff to fit the fitness level and experience of the participant. The program is designed to keep you motivated, challenged and engaged. By changing exercises, it guarantees that you will continue to challenge yourself mentally and physically, while ensuring that you are working at a challenging, yet safe fitness level. All LSC staff are trained in the program, "Set the bar for a new you!"

### Dual Training

Do you want the knowledge and motivation from a certified personal trainer and the company of a friend or workout buddy? Well now you can! For more info. call APPY - Loel Kreger, Lifestyle Director at 954-7658, FWY - Kirsten Rice, Health & Fitness Director - 560-3413 & HOTVY - Colleen Eichsteadt, Health & Fitness Coordinator at 830-5711 or NMY - Susan Hildebrandt - Health & Fitness Director at 886-2127.

**Fee: YMCA Member - 5 (60-minute sessions) - \$207  
YMCA Member - 10 (60-minute sessions) - \$380  
General Public - 5 (60-minute sessions) - \$312  
General Public -10 (60-minute sessions) - \$575**

### LEAN Training

Designed to promote a healthy lifestyle through nutrition and exercise. Benefits may include reducing health risk factors, weight loss and improved cardiovascular health. Consists of weekly weigh-ins, nutritional information & trainer led exercise session. Registered Dietician will attend one session to educate on eating habits and answer questions. 10 weeks.

T	7:00-8:00 p.m.	APPY
TH	9:00-10:00 a.m.	APPY
T	10:00-11:00 a.m.	FWY
W	5:30-6:30 p.m.	FWY

**Fee: YMCA Member - \$45      General Public - \$68**

### Families on Track

We encourage our members to bring their family to walk, jog or run together on our indoor track. Children **MUST** be directly supervised by an adult. Please call your YMCA to learn about track policies.

# Health & Fitness

## Specialty Programs

### Personal Training

Refocus and improve your exercise program with the expertise of a personal trainer. Trainer will design a program for you that address your goals along with keeping you motivated. Recovering from an injury, illness or surgery? Our certified trainers will work with your Physician or Physical Therapist to guide you through a sound and safe exercise program. To get started please call:

**Apple Creek YMCA - Juli Kedrowski - 733-9622 - [jkedrowski@ymcafoxcities.org](mailto:jkedrowski@ymcafoxcities.org)**

**Appleton YMCA - Loel Kreger - 954-7658 - [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org)**

**Fox West YMCA - Kirsten Rice - 560-3413 - [krice@ymcafoxcities.org](mailto:krice@ymcafoxcities.org)**

**Heart of the Valley YMCA - Colleen Eichsteadt - 830-5711 or [ceichsteadt@ymcafoxcities.org](mailto:ceichsteadt@ymcafoxcities.org)**

**Neenah-Menasha YMCA - Susan Hildebrandt - 886-2127 - [shildebrandt@ymcafoxcities.org](mailto:shildebrandt@ymcafoxcities.org)**

**Fee: YMCA Member - 1 (60-minute session) - \$30  
YMCA Member - 5 (60-minute sessions) - \$140  
YMCA Member - 10 (60-minute sessions) - \$255  
General Public - 1 (60-minute session) - \$45  
General Public - 5 (60-minute sessions) - \$260  
General Public -10 (60-minute sessions) - \$390**

### Flexibility Enhancement Program (F.E.P.)

Our F.E.P. can help you with your flexibility and range of motion. A certified personal trainer will meet with you one on one to teach and assist you through a series of stretches. Without daily stretches muscles tighten and range of motion can be minimized. This can put a halt to active lifestyles and even hinder day to day normal motions. A consistent stretching program can help lengthen your muscles, improve athletic performance and restore youthful activity. \*By appointment only. For more information or to schedule an appointment, please contact APPY - Heidi Bohl - Lifestyle Coordinator - 954-7651 - [hbohl@ymcafoxcities.org](mailto:hbohl@ymcafoxcities.org); FWY - Kirsten Rice - Health & Fitness Director - [krice@ymcafoxcities.org](mailto:krice@ymcafoxcities.org) - 560-3413 or NMY - Susan Hildebrandt - Health & Fitness Director at 886-2127 or [shildebrandt@ymcafoxcities.org](mailto:shildebrandt@ymcafoxcities.org).

**Fee: YMCA Member -5 (15 minute sessions) - \$40  
YMCA Member -10 (15 minute sessions) - \$75  
General Public-5 (15 minute sessions) - \$60  
General Public-10 (15 minute sessions) - \$112**

### Nutrition Counseling

No magic potions, rigid diets or unattainable workout agendas. A common-sense approach to weight management that focuses on attitude, self-image, self-empowerment, exercise and nutrition. A registered dietician/nutritionist will help you understand the essential elements of weight management from a natural, balanced perspective. By appointment only. Contact your local Y for more info. **YMCA Members only.**

**Fee: YMCA Member - 1 (60-minute consultation) - \$30  
5 (60-minute consultations) - \$140**

### Sport Specific Group Training (13-18 years old)

Sign up to work with a certified trainer who has experience working with high school and college athletes. These group workouts are designed for 3 or more athletes and are made on a sport to sport basis to improve sport specific speed, strength and conditioning. Trainings will use a variety of techniques and equipment to meet the goals of each individual athlete. Training may include Olympic Lifts, plyometric training, weight training, and speed and quickness drills. Athletes can purchase punch cards for a certain number of workouts. Workout times are made based on the groups schedule and last 1 hour. To get your group signed up and started with the program contact: APPY - Loel Kreger - 954-7658 - [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org).; FWY - Kirsten Rice - Health & Fitness Director - [krice@ymcafoxcities.org](mailto:krice@ymcafoxcities.org) - 560-3413 or NMY - Josh Kalkofen - 886-2122 - [jalkofen@ymcafoxcities.org](mailto:jalkofen@ymcafoxcities.org). Cost is per person.

**Fee: YMCA Member - 10 workout punch card - \$100  
YMCA Member - 20 workout punch card - \$190  
YMCA Member - 30 workout punch card - \$270  
General Public - 10 workout punch card - \$150  
General Public - 20 workout punch card - \$285  
General Public - 30 workout punch card - \$405**

### Track Time!

Build Strength, endurance, and speed. Train fast to race fast. Track training program for individuals 15 and older. Appleton North High School Outdoor Track. The workout begins at 6:30 p.m. and will include track workouts as well as occasional training runs for 5K and 10K. Things to consider bringing with you: race flats or lighter running shoes (if you wish to run in them), water or drink of choice (if it's hot, bring lots), a towel, dress appropriately. Restrooms will be available. We will meet at the bleachers on the side of the track off of the parking lot.

Program runs 10 weeks - June 7 - August 9

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

**Fee: YMCA Member - \$35      General Public - \$50**

### iMett Cardiovascular Testing

Stop wasting time doing inefficient workouts. The iMett testing system evaluates and monitor's aerobic fitness by determining an individual's anaerobic threshold and V02. AT and V02 will then be used to create individualized programs for the novice exerciser up to the advanced athlete. This program will be custom tailored to help you achieve maximum results. For more info: Appleton YMCA - Loel Kreger 954-7658 - [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org). or Neenah-Menasha YMCA - Susan Hildebrandt 886-2127 - [shildebrandt@ymcafoxcities.org](mailto:shildebrandt@ymcafoxcities.org)

**Individual Session - \$25**

# Active Older Adults

## Senior Friends - Neenah-Menasha YMCA

Jean Wollerman - Active Older Adults Director - 886-2152 - [jwollerman@ymcafoxcities.org](mailto:jwollerman@ymcafoxcities.org)

### ACTIVE OLDER ADULTS

#### Monday & Friday

**Silver Sneakers 1** - 8:00-8:45 a.m. - Miron Gym (land exercise)

#### Monday and Wednesday

**Coffee, treats, cards, fellowship - Solarium** - 8:00 a.m.-3:00 p.m.

**Strength Center/Aerobic Training Ctr.** -

6:30 a.m.-Noon

**Use of the walking/running track** - 6:30 a.m.-Noon

**Lap Swimming (Meter Pool)** - 6:30 a.m.-Noon

**Water Exercise (Yard Pool)** - 8:00-8:45 a.m.

**Water Exercise (Yard Pool)** - 9:00-9:45 a.m.

**Water Exercise (Yard Pool)** - 9:50-10:20 a.m.

**Knitting** (Monday only) Riverside Rm. - 10:00 a.m.-Noon

#### Wednesday

**Zumba Gold** - 8:00-8:45 a.m. - Miron Gym

#### Tuesday and Thursday

**Cards & fellowship - Solarium** - 8:00 a.m.-3:00 p.m.

**Lap Swimming (Meter Pool)** - 6:30 a.m.-Noon

**Strength Center/Aerobic Training Ctr.** - 6:30 a.m.-Noon

**Water Exercise (Yard Pool)** - 7:00-7:45 a.m.

**Water Exercise (Yard Pool)** - 9:00-9:45 a.m.

**Water Strength and Stretch** - 8:00-8:45 a.m.

**Use of the walking/running track** - 6:30 a.m.-Noon

**Water Walking (Yard Pool)** - 11:30 a.m.-Noon

**Senior Land Cardio Gold** - Miron Gym - 8:00-8:45 a.m.

#### Friday

**Coffee, treats, cards, fellowship - Solarium** - 8:00 a.m.-3:00 p.m.

**Strength Center/Aerobic Training Ctr.** - 6:30 a.m.- Noon

**Use of the walking/running track** - 6:30 a.m.-Noon

**Y Nots Chorus Practice** - 9:00-11:00 a.m.

**Lap Swimming (Meter Pool)** - 6:30 a.m. - Noon

**Water Exercise (Yard Pool)** - 8:00-8:45 a.m.

**Water Exercise (Yard Pool)** - 9:00-9:45 a.m.

#### "Riverside Cafe"

Open 8:00 a.m.-1:00 p.m.

Breakfast, lunch, snack items, Hot & cold beverages and fresh fruit.

#### Open to the Winnebago County Community -

#### Donations Accepted

Available at the Neenah-Menasha YMCA only.

(For seniors age 60 and above.)

Monday-Friday (Times may vary for each activity.)

Solarium-Senior Social area for coffee and treats, Cribbage/Cards, Game tables, Speakers, newsletter available, luncheons, Blood Pressure Screening, "Y-Not" Singers, Knitting Club and Book Club.

#### Year Activity Pass

Available at the Neenah-Menasha YMCA only. (For seniors age 60 and above.)

Winnebago County Residents only. Must show proof of residency.

\$15.50 per month + \$50 registration deposit for new participants

Monday-Friday (Times may vary for each activity.)

Newsletter, 2 land exercise classes, Lap swimming, Blood Pressure Screening, Strength Training Center, weights, Aerobic Training Center (ATC) bikes, Solarium (social room), Luncheons, Speakers, Fitness Assessment, Free Weights, 8 Water Exercise Classes, Diving well, Racquetball Courts, Cribbage/Cards, Walk/run track, 2 Water walking classes, Gym for basketball, Trips, "Y Not" Singers, Knitting Club, Book Club and G.O.A.L. Program.

#### YMCA Senior Member

(For seniors age 65 and above)

Includes membership to YMCA and also Senior Friends Program. Inquire within the YMCA for Adult, Family, Membership Rates. Monthly and yearly memberships available.

#### YMCA "Senior Friends"

#### Special Events

Packer Parties	Fundraising Events
Potluck Dinners	Senior Games
Holiday Parties	Fitness Day
Card Playing	Bake Sales
Soup Luncheons	Salad Luncheons

#### "Y Read"

#### YMCA Senior Book Club

Join the Senior Book Club. Group discussion is held every 3rd Thursday of the month.

# Active Older Adults

10 Week Session: June 6-August 21



**YMCA Programs at Thompson Community Center 820 W. College Ave., Appleton**  
**Sue Grosenick, Adult Coordinator - 954-7610**  
**sgrosenick@ymcafoxcities.org**

TCC is open to adults of all ages in the community. Open hours are 8:30 a.m. - 4:30 p.m. Monday through Friday. However, the YMCA has programs at this location both during open hours and "after" hours.

The Appleton YMCA collaborates with Lutheran Social Services to offer a wide variety of programs, activities, classes and events at "TCC". See the monthly publication *The TCC Bridge* for complete listings of everything that happens there.

Most classes require session registration. Register in person with cash, check or credit card, at any YMCA of the Fox Cities front desks or courtesy counters, or on-line with a credit card at [www.ymcafoxcities.org](http://www.ymcafoxcities.org).

## COMPUTER CLASSES FOR ADULTS

Wide range of classes and workshops from the most introductory to advanced Excel tips. Day and evening classes are offered. No more than 10 in each class. See page 26 of this book for descriptions.

**1 10 Week Session: June 6-August 21**

## HEALTH AND WELLNESS CLASSES

For all the following classes, the intensity can be adjusted for all fitness levels:

### Balance & Flexibility

Improve your overall flexibility and balance with chair-based and/or chair-supported standing movements. Geared toward the older adult and useful for anyone seeking improved balance. Gentle stretching and stability exercises.

T/TH 9:30-10:15 a.m. APPY/TCC

**Fee: \$70**

### Strength

Strength and resistance training using weighted min-balls, free weights, exercise bands, and one's own body weight. Can be chair-based or standing and adaptable to all fitness levels. Improved strength, flexibility and balance.

A total body workout.

T/TH 8:35-9:20 a.m. APPY/TCC

**Fee: \$70**

### Zumba Gold

A fusion of Latin and global music and dance moves creates a fun workout class. Lighter pace than original Zumba for the active older adult or a beginning participant.

W/F 10:00-10:50 a.m. APPY/TCC

**Fee: \$70**

*There are no summer belly dance classes scheduled for TCC. See pg. 30 for belly dance classes at the Appleton YMCA.*

### Joyful Qi Gong

Learn and practice slow movements and controlled breathing to promote personal well-being. A gentle workout where students concentrate, breathe and move. More free form than Tai Chi, and has similar health benefits.

TH 9:30-10:30 a.m. APPY/TCC

**Fee: \$55**

### Tai Chi Therapy

An introductory class suitable for seniors, refresher students and other individuals new to the discipline. Students learn to move from one pose to the next very slowly maintaining a neutral posture; it's relaxing and has proven health benefits to practitioners. Tai Chi is a way to achieve mental and physical balance through graceful exercise.

T/TH 2:00-3:00 p.m. APPY/TCC

**Fee: \$70**

## LANGUAGE AND ART CLASSES

**Drawing-Beginning/Intermediate - See Page 29**

**The Y offers 3 levels of Spanish and 2 levels of German at TCC during the school year. These classes are suspended for the summer.**

**Private adult piano lessons are available for a 10 week session at TCC. See Page 27 for details.**

### ADULT BUS TRIPS 2011

**See pg. 25 and the 2011 Booklet.**