



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**MEMBER  
REGISTRATION  
BEGINS NOV 27**

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

WINTER:  
January 8-February 18

SPRING 1:  
February 26-April 14  
*No Programs March 25-31*

SPRING 2:  
April 15-May 26



2024



**THERE  
IS A Y  
IN EVERY  
FAMILY**

Twin sisters Tanya and Elizabeth have been coming to the Y since they were 5. They now have families of their own and the Y has been part of their lives as kids, teens, and as parents. See the full story on page 11.



Left: Tanya & Jordan with daughter Makenna (2)  
Right: Elizabeth with Lacey (12), Braxton (8), and Lotus (14 months)

MAKE IT  
A GREAT  
DAY!



## LOCATIONS & HOURS

**DT**

**DOWNTOWN (920) 236-3380**

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

**FACILITY HOURS**

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

**CLOSED DAYS:** • Labor Day • Thanksgiving Day • Christmas Eve & Christmas Day  
• New Year's Eve (open until 5 p.m.) • Easter Sunday  
• Independence Day • Memorial Day

**SPECIAL HOURS:** Please visit the **HOURS & SCHEDULES** page on our website for all special holiday hours.

**20**

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

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

**FACILITY HOURS**

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

**TP**

**TENNIS & PICKLEBALL CENTER**

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

**FACILITY HOURS**

**7 DAYS A WEEK** Opens at 8 a.m.  
Closing time is based on court reservations. Call ahead or visit the app for exact times.

## STAY CONNECTED



In today's fast-paced world, staying connected has never been easier, with the convenience of phones, internet, email, and enews you can stay on top of the Y's latest information.

**INTERNET**

Visit our website for all you need to know.



**PHONE**

Downtown 920-236-3380  
20TH Avenue 920-230-8439  
Tennis Center 920-236-3400



**eNEWS**

Stay informed with eNews.



**MOBILE**

Stay connected on the go with our mobile app.



**SOCIAL**

Get social! "Like" and "Follow" us...



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FACILITIES

FACILITIES:

Y LOCATION

DT 20 TP

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

**HELP WANTED:**  
AQUATICS, MEMBERSHIP, WELLNESS,  
BEFORE & AFTER SCHOOL CARE,  
CHILD CARE  
& MORE! 

**NOW  
HIRING  
IN ALL  
AREAS**



**FIND YOUR PURPOSE.  
FIND YOUR Y.**  
» APPLY TODAY  
For a better us.®

**LOVE  
WHERE  
YOU  
WORK!**

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

**HEALTH & WELLNESS CENTERS** **DT** **20** Open during all operating hours, we offer the latest in cardiovascular fitness equipment and circuit weight equipment including elliptical cross-trainers, treadmills, incline trainers, stairmasters, stationary bicycles, Life Fitness circuit equipment and free weights, as well as a Cardio Theatre television system. Staff are available by appointment at no charge for healthy living orientations, fitness testing and questions regarding the use of equipment. Personal Training is available by certified staff. Must be at least 13 years old to use the H&W Center. Children ages 10-12 years may use the H&W Center under the direct supervision of a parent or guardian.

**AQUATIC CENTERS** **DT** **20** The 20th Avenue Y boasts the Kuhn Family Pool, an 8 lane, 25-yard, competitive lap pool, as well as a warm-water family fun pool. The Oshkosh Truck Family Pool includes a water slide, zero-depth entry, a lazy river current, and water spouting gadgets. The Downtown Y is home to a 4 lane, 25-yard lap pool, as well as a 3-3.5' family pool great for teaching swimming lessons. The pool also includes a large lazy current river with the option to turn on spouting water. Both Y locations have an on deck Sauna, Steam room and Whirlpool.

**CHILD DEVELOPMENT CENTERS** **DT** **20** The Y offers 3 conveniently located, state-licensed childcare centers, located at the 20th Ave Y, Downtown Y, and UW-Oshkosh campus. Our centers provide safe and dependable environments for children to enhance their physical, emotional, intellectual and social growth, as well as their developmental skills.

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

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

**TRACK** **DT** **20** 11 laps around the Downtown track equals one mile, and 12 times around is a mile on the 20th Ave track. Must be High School age or older to use the track. Children 7 and under must be within an arm's reach of their parent. Children 8 and older must be within parent's view while on the track.

**UNIVERSAL CHANGING ROOMS** **DT** **20** Our Universal Changing Rooms meet the needs of a variety of users, such as families with young children who require more assistance, or individuals who prefer gender anonymity. This area allows for flexibility so every user can change into, and out of, swim or workout apparel with the comfort and ease afforded in a private changing room or shower room.

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

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

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

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

**INDOOR SOCCER FACILITY** **20** Artificial turf with an area of play confined by a dasher board system. Programs for all ages and skill levels. Open soccer times are available.

**OSHKOSH Y TENNIS & PICKLEBALL CENTER** **TP** The Tennis & Pickleball Center is Oshkosh's only indoor tennis facility; home to four indoor tennis courts, and eight pickleball courts. The Tennis Center Membership is INCLUDED in an Oshkosh Y Membership. See pages 61-64 for programming. All youth under age 14 must be accompanied by an adult or be enrolled in a program.

**YOUTH POLICIES**

**CHILDREN UNDER THE AGE OF 8 Must always be under direct supervision of a parent/guardian age 16+ unless enrolled in a staff supervised program or activity.**

**MEMBERS:** Child Watch is available for supervision of children 6 weeks through 7 years old.

**20**

**YOUTH LOUNGE**

The Youth Lounge is unique space for youth (age 8+) to meet and socialize with each other in a safe, supportive environment. With space to hang, do homework, charge devices, and to unwind while building relationships with their peers. The Y provides opportunities for youth to realize who they are and what they can achieve, while making friends, and memories along their journey.

**the Y** OSHKOSH COMMUNITY YMCA

**FUN for all ages!**  
**Check out the**  
**Oshkosh Y Tennis**  
**& Pickleball Center**  
**today.**

**TENNIS & PICKLEBALL CENTER**



SHOW YOU CARE



FIND YOUR Y. FIND YOUR REASON TO GIVE.

Look for this logo throughout the guide and see that the impact of your donation to the Annual Campaign, including the FOR ALL Financial Assistance Program, is REAL and MEANINGFUL.



FINANCIAL ASSISTANCE AVAILABLE

EXPLORE YOUR POSSIBILITIES.

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

2024 ANNUAL CAMPAIGN FINANCIAL ASSISTANCE



With a gift to the Y, you can make childcare affordable to those with need, you can equip kids with life-saving swim lessons and water safety instruction, you can improve the lives of seniors by keeping them active, independent, and socially connected, PLUS so much more.

The Y is committed to meeting the basic needs of our community by empowering youth, individuals, families, and seniors through membership and programs that support their financial self-sufficiency, build social connections, and improve health and wellbeing.

FOR MORE INFORMATION on the Annual Campaign, including the FOR ALL Financial Assistance Program, or to make a donation, please contact Patti Weissling at (920) 230-8952 or [pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org).

You can also make a donation to the Oshkosh Y Annual Campaign, and FOR ALL Financial Assistance Program, online at [www.oshkoshymca.org/give/annual-campaign](http://www.oshkoshymca.org/give/annual-campaign).

100% of your contribution supports the basic needs for those who cannot afford the Y—right here in Oshkosh and the surrounding communities!

The Oshkosh Community YMCA is classified by the Internal Revenue Service as a 501(c)3 not-for-profit organization. As such, all charitable gifts received in the Annual Campaign are tax-deductible to the extent of the tax code.

SHOW YOU CARE!

Receive a fun Y shirt with any donation of \$40 or more!

NEW FUN DESIGN FOR 2024!



## MEMBERSHIP BENEFITS

### NOT A PLACE...A PURPOSE.

Your membership makes a difference in our community.

- **Three great locations** to serve you in Oshkosh
- **Nationwide Membership:** Members can visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost
- **Priority registration** for all Y programming
- **Complete Wellness Centers** featuring cardio, circuit and free weight equipment
- **On-site childcare** while you're here
- **Caring and knowledgeable staff**
- **FREE** Toddler/Preschool Drop-In programs
- **FREE** Healthy Living Orientation to add some new and challenging exercises to your current routine
- **FREE** Active Older Adult Programming
- The Oshkosh Y Tennis & Pickleball Center is included with your Y Membership
- **FREE** use of indoor running/walking track
- **FREE** Towel Service
- **FREE** Open Skate
- **FREE** skate rental
- **FREE** Personal Training Consultations
- **FREE** Group Exercise Classes: Over 125 classes per week including Body Pump, Defend Together, Yoga, Pilates, TRX, Zumba and more!
- **FREE** WI-FI
- **FREE** use of Y facilities throughout available program areas including Lap and Open Swim
- **FREE** access to YMCA360, a live and on-demand streaming service with access to over a thousand videos including fitness classes, cooking and nutrition classes, mindfulness, sports drills, & more!

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



Your community is waiting for you! We have over 125 Group Exercise classes to keep you active and motivated. Try different types of classes each week as well as various instructors to find the ones that make you want to get moving and come back for more. Group workouts provide camaraderie and accountability like no other.

# REGISTRATION

**MEMBERS GET PRIORITY REGISTRATION + REDUCED FEES FOR ALL Y PROGRAMMING INCLUDING CAMP, CHILDCARE, YOUTH SPORTS, SWIM LESSONS, FOREVERWELL PROGRAMS, THE Y TENNIS & PICKLEBALL CENTER & MORE!**

## ACTIVITY REGISTRATION

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

**WINTER** January 8–February 18 • Non-Member registration begins December 11

**SPRING 1** February 26–April 14 • No programs March 25–31  
Non-Member registration begins February 12

**SPRING 2** April 15–May 26  
Non-Member registration begins April 1

**YMCA MEMBERS** enjoy priority registration on all Y programs! **REGISTER** at [www.oshkoshymca.org](http://www.oshkoshymca.org).

For registration or online account assistance, please contact the Y directly (920) 230-8439. Front Office is open Monday–Friday 9 a.m. to 7 p.m. to assist you.

JANUARY 2024						
S	M	T	W	T	F	S
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27	28	29	30	31		
FEBRUARY						
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MARCH						
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31						
APRIL						
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MAY						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

WINTER

SPRING 1

SPRING 2

## MEMBER REGISTRATION BEGINS NOV 27

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





# NATIONWIDE MEMBERSHIP DID YOU KNOW?!

## You can workout at Ys across the US and Puerto Rico!

We offer Nationwide Membership because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.



## IT'S EASY TO TAKE ADVANTAGE OF THIS VALUABLE BENEFIT:

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

- Visit [ymca.net](http://ymca.net) before you travel to make sure the Y you intend to visit participates in Nationwide Membership. More than 2,500 Y locations participate.
- You must have an active membership to be eligible for Nationwide Membership.
- If you have known periods of seasonal travel (when you will not be using your Home Y at least 50% of the time or will be a resident of another area for more than 28 days), you will need to place your Home Y membership on hold or cancel it, and join the Y where you will be living for that time period. Please plan ahead, as it may take several weeks to place your account on hold.
- Most YMCAs require a photo ID for all visitors. Please bring a photo ID with you for a seamless customer experience.
- You will be asked to sign a waiver when visiting other YMCA locations.

Enjoy being part of more YMCA communities.

On average, at least 50% of your visits must be to your Home YMCA (the local association that enrolled you and collects your membership dues).



FIND A PICKLEBALL  
COURT WHEREVER  
YOU GO AND MAKE  
YOURSELF AT HOME!



When you join the Y you join more than a fitness club—you become part of a community of people dedicated to improving the health and quality of life for themselves, their families, and their neighbors. Membership is available for individuals, families and youth, with no contracts and easy monthly payment plans.



## FINANCIAL ASSISTANCE PROGRAM MEMBERSHIP + PROGRAMS FOR ALL

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

**YOUTH & FAMILIES AT THE Y** Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community. The Y has always been a place where families can play and be active together, and that's more important than ever. Whether the activities are physical like sports or exercise classes, or more recreational like swimming, camping, skating and arts, Ys want families doing them together because you'll live healthier and make memories for a lifetime.

### CHILDREN UNDER THE AGE OF 8

Must always be under direct supervision of a parent/guardian unless enrolled in a staff supervised program or activity. Child Watch is available for supervision of children 6 weeks through 7 years old.

### CHILDREN AGES 8+

Allowed to use the appropriate spaces available without direct supervision during non-school days/hours.

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

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

**GUEST POLICY:** Depending on the type of membership you select; the primary member may share a guest pass with a nonmember or family. The Oshkosh Y member must be present and remain at the Y during their guest's visit. A PHOTO ID is required of a guest age 14+ and each guest household is limited to 3 visits per calendar year. Please register your guest as the Front Desk upon arrival. A full policy is available on our site.

**FACILITY RENTAL:** Rent either Y facility for birthday parties or special events. Visit our website to complete an interest form and for more information. Contact: Reservations Manager Alex Marrison, (920) 230-8493 or [alexmarrison@oshkoshymca.org](mailto:alexmarrison@oshkoshymca.org).

**DRESS CODE:** Please embrace the family friendly environment of the Y. Any clothing considered an undergarment should not be worn alone. Sports bras are considered an undergarment. Members cannot wear inappropriate, immodest, or sexually revealing attire. Swimsuits are only to be worn in the pool areas.





# CREATE A LIVING LEGACY

Our hope is to build a strong, healthy and happy community for generations to come - but we can't do it without your help!

As a charity, our success is dependent on donations and contributions from our generous community.

We believe that investing in our kids, our health and our neighbors makes all of us stronger. If you believe in the work we're doing today, you can be an integral part of our future by including a charitable gift in your estate and financial plans. With a little planning, you can make a big difference for years to come.

The Oshkosh Community YMCA is classified by the Internal Revenue Service as a 501(c)3 not-for-profit organization. As such, all charitable gifts received are tax-deductible to the extent of the tax code.

## SHARE THE JOY!

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

20  
24  
**ANNUAL  
CAMPAIGN**  
FINANCIAL ASSISTANCE



For more information and to start a conversation about your legacy, and supporting the values and community that you believe in, please contact Patti Weissling at (920) 230-8952 or [pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org).





# MAKE A DIFFERENCE. VOLUNTEER.

## Our Y has volunteer opportunities all year long!

Visit [www.oshkoshymca.org/connect/volunteer](http://www.oshkoshymca.org/connect/volunteer) for upcoming volunteer opportunities!



YOUTH PROGRAMS

VOLUNTEER TODAY!



EAA

SPECIAL EVENTS



DONOR OPPORTUNITIES



LEADERSHIP

We welcome volunteers with all talents, interests and abilities.

To be added to the volunteer list, please email [volunteer@oshkoshymca.org](mailto:volunteer@oshkoshymca.org).

### NO MATTER YOUR INTERESTS, WE HAVE A SPOT FOR YOU.



# ON THE COVER BUILDING STRONG FAMILIES

**FAMILY is a powerful thing. But much like a plant, family bonds need to be nurtured to grow and remain strong over time.** With today's schedules and daily demands like work, school, after-school activities, doctor's appointments and so on – finding time to be together is challenging.

**At the Oshkosh Y, our mission is to strengthen families – and by doing so, we truly do build strong kids, strong families, and strong communities.**

Longtime members and twin sisters, Tanya and Elizabeth perfectly embody the dedication that makes the Oshkosh Y what it is today. For three generations their family has consistently been part of the Oshkosh Y's mission and programs.

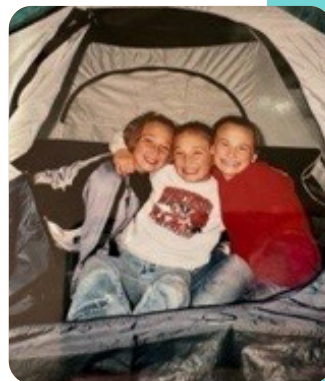
The girls started going to Camp-Winni-Y-Co at just 5 years old. They would play at the Y while their mom worked out and enjoyed other programs like swimming lessons, too. In middle and high school the girls started to work out together.

Now over 25 years later both girls have families of their own, but still make time to work out together multiple times a week. They both utilize the Y's Child Watch rooms and other family programming to keep their families healthy, happy, and engaged!

"The YMCA means health and wellness for not just me, but my family. My daughter gets socialization as well. She loves playing with her friends at the drop-in. The teachers at the drop-in adore her and that fills my heart with joy. **I love the family feel of the YMCA,"** says Tanya.

"My three children have been going to the YMCA since they were babies as well. It's so nice seeing the usuals in the morning. I love my drop-in ladies! Every single one of them are amazing. Without Child Watch I wouldn't be able to work out. It is such a blessing that I am able to recharge and care for myself with the help of the YMCA. I truly believe that when you care for yourself, you are better able to care for others," adds Elizabeth.

The girls are passing down a commitment to health, wellness, and family – and commitment to caring for the community, with time spent together at the Y. We love watching them, along with hundreds of other families in our community, learn, grow, and thrive at the Y!



The girls started going to Camp-Winni-Y-Co at just 5 years old.

OUR PEOPLE



**YOUR YMCA BOARD OF DIRECTORS**

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

Chair  
**Becky Tuchscherer**

Chair-Elect  
**Brent Antti**

Treasurer  
**Meghann Kasper**

Secretary  
**Carston Larson**

Past Chair  
**Tim Mulloy**

- Joe Bongers**
- Todd Christie**
- Jamie Crouse**
- Glenn Curran**
- Dr. Bryan Davis**
- Dr. Kim Fletcher**
- Jason Hirschberg**
- Jill Huth**
- Cal Jirschele**
- Megan Lang**
- Kathy Lett**
- Dr. Karen Lorfeld**
- Kathy Markofski**
- Michael Scott**

THE BOARD

**HERE FOR YOU: Y STAFF**

- Aquatics Director (20th) **Lawson Harris**
- Cash and Accounts Payable **Kelli Baneck**
- Director of Children and Family Services **Erin Baranek**
- Mission & Brand Enhancement Director **Abbey Haug**
- Ice Arena Director **Matt Carey**
- Wellness & Personal Training Director (20th) **Ben Clewien**
- Head Swim Team Coach **Jay Coleman**
- Childcare Director (DTC) **Jennifer Colvin**
- Tennis & Pickleball Center Director **Sheila Counts**
- Recruiting and Onboarding Specialist **Steph Daniel**
- Childcare Accounts Receivable **Eric Davis**
- Aquatics and Swim Team Coordinator (20th) **Trenton Davis**
- Youth & Family Director **Taylor Douglas**
- Wellness Coordinator **Rachel Ellis**
- Healthy Living Program Coordinator **Emily Eresh**
- Branch Executive (20th) **Angie Flanigan**
- Sports Director **Jeremy Gaveske**
- Child Care Director (20th) **Faith Goodacre-Reinke**
- Wellness Coordinator(20th) **Courtney Haedt**
- Director of Wellbeing & Group Exercise **Brandy Hankey**
- School Age Coordinator **Claire Jungers**
- Aquatics Coordinator (DTC) **Robin Liepert**
- School Age Coordinator **Christina Malson**
- Membership Coordinator (20th) **Alex Marrison**
- Wellness & Healthy Living Program Director (DTC) **Lindsey McMullin**
- Branch Executive (DTC) **Lester Millette**
- Membership Coordinator (DTC) **Amanda Naimon**
- Property Manager (DTC) **Steve Parker**
- Chief Financial Officer **Judy Rehm**
- School Age Director **Crystal Resop**
- Sports Coordinator **Byron Sabel**
- Payroll/HR **Amanda Sattler**
- President/CEO **Jeff Schneider**
- Vice President Membership & Community Engagement **Julie Smith**
- Childcare Director (UWO) **Kim Stelzer**
- Property Manager (20th) **Matt Verhage**
- Financial Development Director **Patti Weissling**
- Director of ForeverWell **Errah Wheel**
- Aquatics Director (DT) **Melissa Wollin**

YOUR Y STAFF



COMMUNITY STARTS HERE.



RENTALS

**BIRTHDAY PARTY PACKAGES**



All parties are 3 hours in length.

- Ice Skating may be added to the packages for an additional fee (skates included).
- All parties must be booked 7 days in advance.
- All activities during open times only.
- Full payment due at time of reservation.

*SUBJECT TO AVAILABILITY*

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

**20 PARTY PACKAGE INCLUDES:**  
3-hour use of Multi-Purpose Room plus shared use of the Youth Lounge, basketball gym, soccer arena and swimming area

**1-10 KIDS PACKAGE**  
**M** \$105 + \$5.25 tax: \$110.25  
**N** \$140 + \$7 tax: \$147

**11-15 KIDS PACKAGE**  
**M** \$145 + \$7.25 tax: \$152.25  
**N** \$180 + \$9 tax: \$189

**DT PARTY PACKAGE INCLUDES:**  
3-hour use of Multi-Purpose Room plus shared use of the basketball gym and swimming area

**1-10 KIDS PACKAGE**  
**M** \$80 + \$4.25 tax: \$84.25  
**N** \$115 + \$ 5.75 tax: \$120.75

**11-15 KIDS PACKAGE**  
**M** \$120 + \$6 tax: \$126  
**N** \$155 + \$7.75 tax: \$162.75

Packages are available for larger groups.

**RENT THE Y!**



**OSHKOSH Y FACILITY RENTALS**

*SUBJECT TO AVAILABILITY*

The Oshkosh Y offers a terrific site for your non-profit, church, sports team, alumni group, club, school, youth group, student organization or support group to plan a gathering, meeting or retreat. Additional activities include swimming, soccer or ice skating (during open times). Group rates/packages are available.

Our staff will work hard to cover all of your needs, from room set-up to tech support, including tables, chairs, and AV equipment.

Your experience is our priority! Minimum 20 people.

CLASS TRIPS  
INCENTIVE DAYS  
REWARD DAYS

**Y FIELD TRIPS**

Take your next field trip to the Y. Any grade can be accommodated. Plan now! Let's have some fun!

**SOCCER ARENA • ICE SKATING  
• SWIMMING • BASKETBALL**

For more information, please email Alex Marrison at [alexmarrison@oshkoshymca.org](mailto:alexmarrison@oshkoshymca.org) or [click here to complete a Fieldtrip Interest form.](#)

*SUBJECT TO AVAILABILITY*



## HAVE FUN & BE SAFE



The YMCA is a great place to have fun. Please follow the YMCA Core Values of Caring, Honesty, Respect and Responsibility.

Children ages 8 and older are allowed to be at the Y without adult supervision. The YMCA does not provide supervision to youth.

If you are permitted to be at the Y on your own, the expectation is that you can follow the guidelines. Any conduct not in keeping with our mission or core values will result in a *Behavior Incident Report*. Depending on the circumstances, a parent will be contacted to pick you up immediately.

Continued violations of the Youth Behavior Policy will result in termination of your YMCA membership benefits.

# OSHKOSH COMMUNITY YMCA YOUTH BEHAVIOR POLICIES

## GENERAL EXPECTATIONS

- Check in at Service Desk by presenting your membership key tag or by using your smart phone.
- Secure your belongings in a designated area.
- Shoes must be worn at all times in all areas of the building (except pools).
- Remain inside the Y until pick up.
- Appropriate and positive language is to be used in all areas of the building.
- Cell phones can be used in Café (20th), Lobby, Youth Lounge, and Intergen room (DT).
- Listen to appropriate music and wear headphones/ear buds.
- Displays of affection are not permitted.

### GYMS



- Equipment should be used for intended purposes only.
- Request staff assistance to raise or lower hoops.
- Baton twirling is allowed during open times, please be courteous of other users.

### SOCCER ARENA



- Balls should remain inside the arena at all times.
- Portable goals and black mats are for program use only.
- Sit on team benches or bleachers to take breaks.
- Refrain from using the Scorer's Box.
- Baton twirling is allowed during open times, please be courteous of other users.

### ICE ARENA



- Skate safely counter-clockwise around cones.
- Use skate aids for intended purposes only.
- Return skates to Pro-Shop when done.
- When wearing skates stay in designated areas.
- Bleachers, bench areas, and locker rooms are for program use only.

### GATHERING SPACES

- Stools/chairs should always be on the ground.
- Please use quiet voices.
- Be careful and respect Y equipment.
- Keep food and drink in designated areas.
- When leaving take your belongings with you and clean up after yourself.

### POOLS



- Wear a swimming suit.
- Please walk.
- Whirlpool, sauna, and steam room are for swimmers ages 14 and older.
- Swim test required for lap pool.
- Swim test required for lazy river and slide (20th) if under 4 ft. tall.
- No flotation devices or goggles on slide (20th)
- Use lap swim and water fitness equipment for intended purposes only.
- Leave water spouts, lane lines, and buoy ropes alone.

### HALLWAYS | BATHROOMS

- Please walk.
- Please use quiet voices.
- Games should be played in designated areas only.
- Hold balls while in hallways.
- Clean up after yourself.

### RESTRICTED (unless 13 & older)

- Wellness Center
- Indoor Track/Stairs
- Elevator
- Lower Level (DT) (parental supervision required)
- Group Fitness Studios/Rooms
- Universal Changing Rooms (parental supervision required)
- Multi-Purpose Rooms





**CHILD DEVELOPMENT CENTER**

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

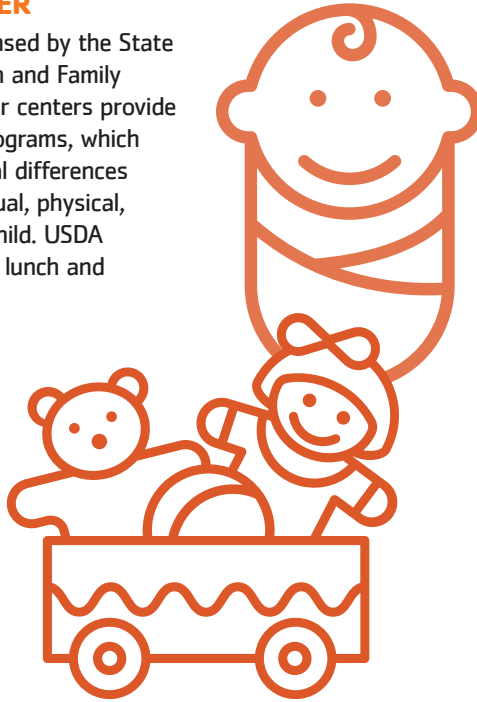
**AGE** 6 weeks through pre-Kindergarten

**MONDAY-FRIDAY**

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

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

**UWO CC** 6:00 a.m.-6:00 p.m.



**FOR MORE INFORMATION:**

**DT** Jennifer Colvin: (920) 230-8954 or [jennifercolvin@oshkoshymca.org](mailto:jennifercolvin@oshkoshymca.org)

**20** Faith Goodacre-Reinke: (920) 230-8918 or [faithgoodacrereinke@oshkoshymca.org](mailto:faithgoodacrereinke@oshkoshymca.org)

**UWO CC** Kim Stelzer: (920) 424-0260 or [kimstelzer@oshkoshymca.org](mailto:kimstelzer@oshkoshymca.org)

**INTERGENERATIONAL ROOM**

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

**FEE** **M** FREE TO MEMBERS

**YOUTH LOUNGE**

**20** A unique space for youth (age 8+) to meet and socialize with each other in a safe, supportive environment. The Youth Lounge provides kids space to hang, do homework, charge devices, and unwind, while building relationships with their peers.

**CHILD WATCH**

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

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

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

**20** Mon, Wed, Thurs

8:00 a.m.-12:00 p.m.

Mon-Thurs 4:00-7:00 p.m.

Tues, Fri 7:45 a.m.-12:00 p.m.

Sat 7:30-11:00 a.m.

**DT** Mon-Fri 7:30 a.m.-Noon +

Mon-Thurs 4:00-7:00 p.m.

Sat 7:30-11:00 a.m.

**MAKE TIME FOR YOU!**

Let us watch your children while you enjoy a great Y workout, a dip in the pool, or a Y program.



**GIVE TO THE OSHKOSH Y & HELP CHANGE LIVES IN OUR COMMUNITY!**

With a donation to our Annual Campaign, including the **FOR ALL** Financial Assistance Program, infants, toddlers and preschoolers receive high quality, nurturing care so families with need are supported in their goal toward financial self-sufficiency.

For more information on the Annual Campaign, and the **FOR ALL** Financial Assistance Program, or to make a donation, please contact Patti Weissling at (920) 230-8952 or [pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org).



**MOTHER-SON *Superhero Date Night***

**AGES 3-11**

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

**20** FRIDAY, MARCH 15 • 5:30-7:00 p.m.

FEE \$50 per couple/\$15 additional son **M**  
\$75 per couple/\$15 additional son **N**

**FAMILY FUN  
FOR ALL AGES &  
INTERESTS!  
CHECK IT OUT!**

**Y-DYE *Tie-Dye Workshop***

**FAMILY EVENT FOR ALL AGES**

Get groovy with your family and get set for summer with snacks, sweets, and some tie-dye fun. We'll provide the t-shirt, tie-dye, and help create different patterns for your shirt. Quality dye will be used so your custom masterpiece should not fade.

**20** FRIDAY, MARCH 8 • 5:30-7:00 p.m.

FEE \$15 per person **M** • \$20 per person **N**

**MOM'S NIGHT OFF**

**AGES 8-14**

Give Mom an early Mother's Day gift by letting her take the night off. Send your kids to the YMCA where they will be fed dinner, and be guided in various art projects to create a special Mother's Day gift to bring home.

We are also offering an overnight option that will include movies, games, and breakfast in the morning.

**20** FRIDAY, MAY 3 • OFFERING 2 TIME OPTIONS!

5:30-8:30 p.m.

FEE \$20 per child **M** • \$30 per child **N**

**SLEEP OVER OPTION: FRIDAY TO SATURDAY**

5:30 p.m.-8:30 a.m.

FEE \$35 per child **M**  
\$50 per child **N**

**ANNUAL DADDY-DAUGHTER DANCE**

***Royal Ball***

**AGES 3-11**

Dig up your favorite Disney princess movie for inspiration, wear your favorite dress or Disney-inspired outfit and we will see you on the dance floor! Everyone will leave with a crown and a rose. Dads and daughters will take part in an evening of everlasting memories including dinner, music, dancing, a photo booth, and more! Pre-registration is required.

Entertainment provided by Sound Sensations.

**20** SATURDAY, FEBRUARY 17 • 5:30-7:00 p.m.

FEE \$50 per couple/\$15 additional girl **M**  
\$75 per couple/\$15 additional girl **N**

**MAKE TIME FOR  
MAKING MEMORIES  
SUMMER FAMILY CAMPOUT**

Grab your tent and come join us for a fun-filled family campout without the distractions of daily life. Adults and children will enjoy a sense of adventure and exploration while sharing unforgettable moments that bond families and create lasting memories.

**STAY TUNED FOR DATE AND DETAILS!**





FAMILY + CHILDREN

SUNDAY  
JUNE 2  
12-3 PM

FREE FOR  
ALL AGES

20

- Balloon Twister
- Temporary Tattoos
- Lawn Games
- Arts & Crafts
- Music
- Face Painting
- Food available for purchase



# Family FUN FEST

OSHKOSH COMMUNITY YMCA



Sign up for our Kids Mud Run for ages 4-16 held that same day!

FAMILY + CHILDREN

9th annual

KIDS

# MUD RUN

New course & obstacles for 2024!

20

**SUNDAY, JUNE 2**

Registration opens March 1.

[Click here for more information and new details.](#)



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





I'm not comfortable home alone.  
 How can I help if someone is choking?  
 What if the power goes out?  
 How do I let people know I'm ready to babysit?  
 What do I do if someone gets hurt?



**BUILD CONFIDENCE & LEARN NEW SKILLS**  
**2 NEW CLASSES!**

SAFE SITTER® classes help prepare kids to feel safe and be safe when they're home alone, watching younger siblings, or babysitting.

Space is limited.  
 Maximum of 8 kids per class.  
 Register now!

These valuable new classes will be held on *No School Days*.  
 (Based on the Oshkosh Area School District calendar.)

The SAFE@HOME® and SAFE SITTER® classes are offered for kids entering grades 4-8

**SAFE@HOME BY SAFE SITTER**  
 For kids entering Grades 4-6

Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.

FEE \$30 **M** • \$45 **N**

12:30-2:30 p.m.

JANUARY 15  
 FEBRUARY 9  
 MARCH 26 **DURING SPRING BREAK!**  
 APRIL 12

**SAFE SITTER SAFETY COURSE**  
 For kids entering Grades 6-8

**Safety Skills:** Students learn how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies.

**Child Care Skills:** Students learn tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, as well as practice diapering.

**First Aid & Rescue Skills:** Learning skills such as choking rescue and first aid is often students' favorite part of the class. Students also learn a

system to help them assess and respond to injuries and illnesses.

**Life & Business Skills:** The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays.

FEE \$55 **M** • \$80 **N**

9:00 a.m.-2:45 p.m.\*

JAN 22  
 MARCH 8  
 MARCH 28 **DURING SPRING BREAK!**  
 MAY 10

\*There will be a lunch break, but food is not provided. Please bring your own lunch.



# MOMS!

Take a break while your kids are cared for!

## STRONG MOMS

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

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

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

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

**JANUARY 11** <sup>20</sup>

**FEBRUARY 22** <sup>DT</sup>

**MARCH 7** <sup>20</sup>

**APRIL 18** <sup>DT</sup>

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

Please contact Taylor Douglas at (920) 230-8920, [taylordouglas@oshkoshymca.org](mailto:taylordouglas@oshkoshymca.org), or visit us on facebook or the web: [www.oshkoshymca.org](http://www.oshkoshymca.org) for more information.

**FREE**  
**+ OPEN**  
**TO ALL**  
**MOMS!**

WANT TO  
HELP?

**2024 ANNUAL  
CAMPAIGN**  
FINANCIAL ASSISTANCE



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





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

**2023-2024 SCHOOL YEAR**

**READY-4-LEARNING PRE-KINDERGARTEN**

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

**AGE** Child must be 4 years old by Sept 1, 2023

**DT 20** **Morning:** 8:05-10:50 a.m. • **Afternoon:** 11:50 a.m.-2:35 p.m.  
*Subject to change.*

**KID'S DAY OUT | 2023-2024**



**FOR ALL**

Kid's Day Out is a full day, state licensed school-age program offered on scheduled days off for the Oshkosh Area School District. The program is held at the 20th Ave Y location and is open from 6:30 AM-6:00 PM on scheduled days. Children must have a packed lunch, but a light breakfast and afternoon snack is provided. Activities include: group games, arts & crafts, science and nature, character development, and swimming. Have peace of mind knowing your children are cared for in a safe, supervised, and positive environment!

Registration is ONLINE ONLY.

**20 AGES** K-5 • 6:30 a.m.-6:00 p.m.

**FEE** \$42/Day **M** • \$47/Day **N**

**UPCOMING 2023-2024 KIDS DAY OUT:**

- Wednesday, November 22
- Friday, December 8
- Friday, December 22
- Tuesday, December 26
- Wednesday, December 27
- Thursday, December 28
- Friday, December 29
- Monday, January 15
- Monday, January 22
- Friday, February 9
- Friday, March 8
- Monday, March 25
- Tuesday, March 26
- Wednesday, March 27
- Thursday, March 28
- Friday, March 29
- Friday, April 12
- Friday, May 10

**For more information** please contact Crystal Resop: [crystalresop@oshkoshymca.org](mailto:crystalresop@oshkoshymca.org)

**f** Like and follow School Age Department Oshkosh YMCA on Facebook for program information, updates, & activities!

**2023-2024 KIDS BEFORE AND AFTER SCHOOL PROGRAMS**

**Kid's Club Before and After School Programs** are State of Wisconsin licensed school age programs available on site at your child's elementary school. Kids Club provides a safe, structured, and supervised program for children to enjoy a variety of activities during the out-of-school hours.

**BEFORE SCHOOL**

**6:00 a.m.-Start Time:**

- Oakwood • Franklin • Carl Traeger

**AFTER SCHOOL**

**Dismissal Time-6:00 p.m.:**

- Carl Traeger • Oakwood • Franklin
- Read • Lourdes

For more information contact Crystal Resop at [crystalresop@oshkoshymca.org](mailto:crystalresop@oshkoshymca.org).



**FOR ALL**

**2024-2025 Before and After School**

**REGISTRATION BEGINS:**

**M** 4/8/2024 • **N** 4/15/2024

**ONLINE REGISTRATION ONLY**



**SUPERVISED, SUPER FUN CARE FOR KIDS**



# LET YOUR VOICE BE HEARD

## OSHKOSH COMMUNITY YMCA YOUTH IN GOVERNMENT



OPEN TO ALL  
STUDENTS IN  
GRADES  
7-12

**The YMCA Youth in Government (YIG) program seeks to foster the next generation of thoughtful, committed, and active citizens.** It provides a unique experience to learn how to be civically engaged by acting as state legislators, lawyers, justices, and members of the media. Students simulate all phases and positions of the actual Wisconsin State government and are challenged with real and current issues. The program engages hundreds of students from across the state each year. Individual delegations meet starting in the fall and the program culminates with a weekend-long trip to the state capitol in Madison for our Model Government session.

### GET INVOLVED!

- Build skills for the real world
- Student-led program with leadership opportunities
- Fun, challenging, non-partisan program
- Learn to organize your ideas clearly and persuasively
- Meet students from different racial, cultural, economic, and political backgrounds
- Build self-confidence and improve your public speaking skills
- Stand out in job interviews or on college applications.

**YIG is open to students of all backgrounds, opinions, and regions of the state.**



### FOR MORE INFORMATION OR TO SIGN UP NOW:

**Taylor Douglas:** [taylordouglas@oshkoshymca.org](mailto:taylordouglas@oshkoshymca.org) • 920-230-8439

**Ann Dawson:** [anndawson@oshkoshymca.org](mailto:anndawson@oshkoshymca.org)



### HOW IT WORKS

YIG participants, called "delegates," are given the option to participate in one of three main program areas:

**Legislative (Assembly & Senate):** Delegates write their own bills to be debated and voted upon at Model Government in Madison. Bills are one-page proposals on any subject that students would like to see changed in society.

**Supreme Court:** Delegates play the dual role of lawyer and justice. Each are assigned a case and a position and must write a brief defending their stance. They will also serve as justices on the court bench.

**Press Corps:** Delegates act as journalists and visit all of the areas in the program to create their own newspaper and multimedia content. *There is also an executive branch, which is made up of students elected into the positions of Governor, Lieutenant Governor, and Secretary of State.*

**LEADERSHIP CORPS:** Delegates (7th grade) work in small groups to create bills, argue court cases, write media articles, and gain exposure to all YIG program areas. In early March, student delegates from across the state gather in Madison for the annual YIG CONFERENCE, exploring ideas, making new friends, and building the skills to take action.

### INCLUDES ALL THIS + MORE!

The full program includes all meetings and resources for the 4+ month program season, two nights' lodging at the Best Western, a State Dinner on Saturday, private meeting spaces at the hotel and State Capitol, and evening activities.



FAMILY + CHILDREN

# KIDS! SPEND THE NIGHT AT THE Y! YOUTH LOCK-INS = PARENTS NIGHT OUT!

## FRIDAY, FEBRUARY 9

PLAN  
AHEAD!  
REGISTER!  
NOW!



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

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

**20** DROPOFF: 7:00 p.m.  
PICKUP: 9:00 a.m.

Dropoff & Pickup will be in Multipurpose Room 3

**AGE** 7-12

**FEE** \$25 **M** • \$40 **N**

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

**Please register online or at the front desk.**





FAMILY + CHILDREN



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



FUN  
FOR ALL  
AGES!

# NEW YEAR'S EVE FAMILY NIGHT

## FREE for Y Members

\$10/family for Non-Members  
(Ice skates are FREE for all)

RING IN THE NEW YEAR TOGETHER AT THIS SPECIAL FAMILY EVENT!

**SUNDAY, DECEMBER 31**

20th Avenue Y  
5:30-8:30 p.m.

**SPECIAL BALLOON DROP**

@ 8:00 p.m.

Hats & Horns provided!

Bounce House, Youth Lounge,  
Pools, Slide, Soccer, Ice Skating  
& Basketball



**OSHKOSH COMMUNITY YMCA**

[www.oshkoshymca.org](http://www.oshkoshymca.org)

20th Avenue 920-230-8439 • 3303 W 20th Avenue



FAMILY + CHILDREN

NEW FUN THEME ACTIVITIES EVERY MONTH

PLUS AT 20TH AVE COMMUNITY NIGHTS:  
BOUNCE HOUSE, BASKETBALL,  
ICE SKATING,  
SWIMMING  
& MORE!

# FREE COMMUNITY NIGHTS

FREE + OPEN FOR THE ENTIRE COMMUNITY  
JOIN US! 5-7 p.m.

20 January 13 • DT February 10 • 20 March 23 • 20 April 27

COMMUNITY NIGHT  
SPECIAL!

JOIN THE Y THAT NIGHT & SAVE!

Families that join the Oshkosh Y as new members  
on Community Nights pay NO JOINER FEE!  
That's a savings of up to \$75!

SUMMER CAMP

fun + friends  
summer 2024

PLAN AHEAD!



## Y CAMPS = SUMMER FUN FOR ALL AGES

### PRESCHOOL SUMMER CAMP • AGES 4-5

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

**M** Registration begins 2/5/24 • **N** Registration begins 2/12/24

### SUMMER FUN CLUB • AGES 5 - 12

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

**M** Registration begins 2/5/24 • **N** Registration begins 2/12/24

### CAMP WINNI-Y-CO • AGES 5 - 12

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

**M** Registration begins 2/5/24 • **N** Registration begins 2/12/24

## ONLINE REGISTRATION ONLY!!

## NEW! YOUTH ADVENTURE PROGRAM AGES 11-15

Teen Adventure is a unique summer program filled with new adventures and flexibility. Teens will get to experience in-town mini trips, community service projects, swimming, fishing, games, arts and crafts, field trips, and much more. Once the main portion of our day is complete (with parent permission at predetermined times), your child will be able to sign themselves out and finish their day how they'd like. Once participants sign out for the day, they are still able to utilize the YMCA facility.



**M** Registration begins 2/5/24  
**N** Registration begins 2/12/24

Keep an eye out for more information regarding this new program!

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



2024 ANNUAL CAMPAIGN  
FINANCIAL ASSISTANCE



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

For more information on the Annual Campaign, including the **FOR ALL** Financial Assistance Program, or to make a donation, please contact Patti Weissling at (920) 230-8952 or [pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org).





### FINANCIAL ASSISTANCE AVAILABLE

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

**FOR ALL**

#### PRESCHOOL SOCCER AGES 3-5

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

##### **20** SOCCER ARENA

WINTER

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

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

SPRING 1

TUESDAY 9:00-9:30 a.m. OR 4:45-5:15 p.m. OR  
5:30-6:00 p.m.

SPRING 2

TUESDAY 9:00-9:30 a.m. OR 5:30-6:00 p.m.

THURSDAY 4:45-5:15 p.m.

##### **DT** WINTER, SPRING 1 & SPRING 2

THURSDAY 9:00-9:30 a.m.

FEE \$38 **M** • \$66 **N**

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

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

##### **20** SOCCER ARENA

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

SPRING 2 TUESDAY 4:45-5:15 p.m.

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

FEE \$38 **M** • \$66 **N**

#### PRESCHOOL BASKETBALL AGES 3-5

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

##### **20** MAIN GYM

WINTER TUESDAY 5:30-6:00 p.m.

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

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

##### **UWO CC** WINTER, SPRING 1 & SPRING 2

UWO Child Care Families Only

THURSDAY 10:00-10:30 a.m.

FEE \$38 **M** • \$66 **N**

#### PRESCHOOL SPORTS AGES 3-5

Preschoolers make new friends, learn valuable teamwork skills, and have fun! A different sport/activity will be explored each week.

##### **20** AREA WILL BE DETERMINED BY SPORT

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

SPRING 1 WEDNESDAY 4:00-4:30 p.m.

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

FEE \$38 **M** • \$66 **N**

#### PRESCHOOL FOOTBALL AGES 3-5

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

##### **20** SOCCER ARENA

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

FEE \$38 **M** • \$66 **N**

#### PRESCHOOL GYMNASTICS AGES 3-5

A beginning level tumbling introductory class.

##### **20** MULTI-PURPOSE ROOM

WINTER, SPRING 1 & SPRING 2

WEDNESDAY 4:45- 5:15 p.m.

FEE \$38 **M** • \$66 **N**

#### PRESCHOOL DANCE AGES 4-6

Kids will be introduced to very basic beginning dance skills. A short routine will also be learned.

##### **20** MULTI-PURPOSE ROOM

WINTER, SPRING 1 & SPRING 2

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

FEE \$38 **M** • \$66 **N**

#### PRESCHOOL SKATE AGES 3-5

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

##### **20** ICE ARENA

WINTER, SPRING 1 & SPRING 2

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

FEE \$53 **M** • \$80 **N**

#### PRESCHOOL STEAM AGES 3-5

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

##### **20** WINTER & SPRING 1

THURSDAY 3:15-3:45 p.m.

FEE \$38 **M** • \$66 **N**

#### PRESCHOOL AMAZING ANIMALS AGES 3-5

Each week we will have fun learning about a different animal! We will read stories, play games, and make crafts related to a variety of animals.

##### **20** WINTER TUESDAY 9:30-10:00 a.m.

SPRING 1 WEDNESDAY 10:00-10:30 a.m.

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

FEE \$38 **M** • \$66 **N**

#### PRESCHOOL WORK YOUR WIGGLES OUT AGES 3-5

Your preschooler will develop social skills, make friends, and participate in fun active games. They'll be ready for a nap once this program is complete.

##### **20** WINTER THURSDAY 11:15-11:45 a.m.

SPRING 1 WEDNESDAY 4:00-4:30 p.m.

FEE \$38 **M** • \$66 **N**



All 3 classes on this page are FREE for members and are offered on a drop-in basis. No need to sign up!



# SPLISH & SPLASH

AGES 1-3

Join other parents and their tots to enjoy some fun time at the Y—playing, laughing, meeting

new friends, and exploring the water. We will play family music during the first 30 minutes and then use the water gadgets for the last 30 minutes. Special pool toys will be available in this program, so come on down and join the fun!

**20 WEDNESDAYS:** 10:30-11:30 a.m.

**FRIDAYS:** 10:30-11:30 a.m.

FREE FOR MEMBERS ONLY

# WIGGLES & GIGGLES

Wiggles & Giggles has become the “place to be” for toddlers and preschoolers! The Y is offering more value-added programs to its membership, and for members, this program is FREE! Just bring your toddler or preschooler for a couple hours of fun playing with balls, blocks, dancing to music, and enjoying push or ride on toys. Your child will have a blast and meet other kids...and you’ll meet other parents! You’ll love it, your kids will love it...and they’ll be ready for bed when it’s over!

**20 MONDAYS & THURSDAY:** 9:30-11:00 a.m.

**TUESDAYS:** 4:45-5:45 p.m.

**DT WEDNESDAYS:** 9:30-11:00 a.m.

FEE FREE **M** \$6/family **N** (includes tax)

SUPER FUN

# GIGGLES

AGES 1-3



# LITTLE SPORTS STARS

AGES 1-3

TODDLERS & PARENTS PLAY SPORTS TOGETHER

Join other parents and their tots to enjoy sports fun at the Y. Parents can play sports with their children in a safe environment while meeting other parents and new friends, exploring different sports, and having fun— together!

**20 SOCCER ARENA SIDE A**  
**TUESDAYS:** 9:30-10:30 a.m.

FREE FOR MEMBERS ONLY





FOREVERWELL • AGES 55+

# FOREVERWELL



Formerly, AOA, ForeverWell is an ever-expanding set of Y programs and activities designed exclusively for seniors! ForeverWell provides programs and services to engage this community in wellbeing experiences. Our focus is helping older adults improve their overall health in a holistic manner. In addition to concentrating on physical health, we aim to deepen social engagement between the Y and older adults. The meaningful relationships formed through the social support of the Y will reduce social isolation and improve quality of life. We strive to achieve these goals with programming that engages the mind, body, spirit and involves community and nature experiences.

## NEW!

A special Y orientation just for seniors.

## FOUNDATIONS OF FOREVERWELL

**FREE**  
TO Y  
MEMBERS!

Our Ys are big places with so much going on! It can be intimidating for newcomers, but it doesn't have to be. Join us for these informative sessions and learn everything you need to know to be comfortable and to feel at home at our Ys.

These sessions will include:

- Assistance downloading our app
- How to register for classes
- How to use Y360
- Where to find schedules and monthly events...and more!

**Orientations will be offered once a month at each location. Join us as often as you'd like!**

**DT** 2nd Tuesday of each month:  
9-9:45 a.m.

**20** 2nd Wednesday of each month:  
9-9:45 a.m.



## SAVE THE DATE! NATIONAL SENIOR HEALTH & FITNESS DAY MAY 29, 2024

REGISTRATION OPENS MAY 1, 2024.

Watch for details & more information for this special event!

**FREE FOR ANYONE IN THE COMMUNITY AGE 55+**  
SPONSORED BY:

Helping Seniors Live Well at Home



(720) 946-6276



## LIFELONG LEARNING

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

**DT** JANUARY  
EYE HEALTH, AURORA

**20** FEBRUARY  
KEEPING YOUR HEART HEALTHY, AURORA

**DT** MARCH 7  
DIET AND INFLAMMATION, NUTRITIONAL HEALING

**20** APRIL  
APRIL SHOWERS BRING MAY FLOWERS: Winnebago County Master Gardeners

**20** MAY 29  
JOINT HEALTH, AURORA

Watch for details!  
Sign up at the Front Desk of either location or by calling (920) 230-8439.

THANK YOU TO OUR MONTHLY LUNCH SPONSOR:

Helping Seniors Live Well at Home



(920) 966-6276



## PICKLEBALL

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

For current Pickleball times, visit [oshkoshymca.org](http://oshkoshymca.org) to view the Gym schedules for days and times or pick up a schedule at the front desk.

**DT** **20** FREE TO Y MEMBERS

**TP** TENNIS & PICKLEBALL CENTER FEES APPLY

## CHAIR VOLLEYBALL

Improve cardiovascular fitness and hand-eye coordination, increase joint flexibility, enhance muscle tone and endurance, and build upper body strength. Chair volleyball is played just like regular volleyball but with a beach ball and chairs. All equipment is provided and no registration is required!

**20** Main Gym

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

FREE TO MEMBERS

## FOOT CARE CLINICS

A nurse from Valley VNA Senior Care will provide a foot soak, nail trim, filing, foot massage, and treatment of minor corns or callouses. The nurse will also look out for any concerning issues.

**DT** TEACHING KITCHEN  
FEBRUARY 1 • APRIL 4

FEE \$34

Reserve your spot today! To schedule a Foot Care appointment, call (920) 426-1931.



## OSHKOSH Y MEMORY CAFÉ

Open to you and your care partners. Join us for an afternoon of fun, learning and socializing with others. Memory Cafés provide an innovative form of social engagement for people living with dementia, cognitive decline, or other forms of memory loss. Supported by: Alzheimer's Association, Oshkosh Area United Way, Oshkosh Area Community Foundation.

Open to all. Y Membership is not required.

FREE TO MEMBERS & COMMUNITY

January 3 • February 7 • March 6 • April 3 • May 1 1:30-3:00 p.m.

IN PARTNERSHIP WITH:



MAKE PROGRAMS FOR AGES 55+ POSSIBLE FOR ALL WITH A DONATION TO THE OSHKOSH Y ANNUAL CAMPAIGN.

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







**MONTHLY BOOK CLUBS**

**NEW!** We now have a book club at both locations each month! The Downtown Y Book Club will meet on the third Thursday of the month and the 20th Ave Y will meet on the first Thursday of the month. Each month a NEW book will be selected, a different book for each location. Books will be provided to those who participate and can be picked up at the front desk of the respective branch.

**DT** 1:00 – 2:00 p.m.  
 January 18  
 February 15  
 March 21  
 April 18  
 May 16

**20** 10:30 – 11:30 a.m.  
 January 4  
 February 1  
 March 7  
 April 4  
 May 2

Register at the front desk of either location or by calling (920) 236-3380 for Downtown Y Book Club or (920) 230-8439 for 20th Y Book Club.



**COFFEE + COMMUNITY!**

Enjoy complimentary coffee Monday–Friday! Help us be socially responsible: bring your own cup, or purchase a paper cup for \$.25 at the Front Desk.

**BRIGHTER DAYS SUPPORT PROGRAM**



More than a support group, Brighter Days is a program that nurtures the spirit, mind and body of those 55 and older who are grieving the loss of their partner.

The goals of the Brighter Days Support Program are:

- To build community by bringing people of like experience together.
- To improve feelings of isolation and depression through social connectedness, mindfulness activities, and physical activity.
- To help participants maintain independence through regular physical activity and fall prevention measures.



This program follows the Group Peer Support (GPS) model. GPS Groups incorporate evidence-based approaches of Cognitive Behavioral Therapy, Motivational Interviewing, Mindfulness-based Stress Reduction, Trauma Informed Care and Psychosocial Education in a warm and accessible group model. GPS groups are deliberately judgment and advice-free zones where people can be listened to with respect.

**DT 20** This program rotates Y locations each week and is offered on an on-going basis.

**FEE** FREE

For more information contact Brandy Hankey at (920) 230-8439 or [brandyhankey@oshkoshymca.org](mailto:brandyhankey@oshkoshymca.org).



*To participate, schedule an intake appointment with Brandy Hankey. Once intake is complete, participants are welcome to attend any sessions that meet their needs.*

**JOIN TODAY! Stay up-to-date! Join the Oshkosh Y ForeverWell Facebook Group • Ages 55+**



## FOREVERWELL FITNESS CLASSES

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

All ForeverWell classes are run on a continuous basis. Schedules of class offerings are available at [oshkoshymca.org](http://oshkoshymca.org), on the Oshkosh Y Mobile App or at the Front Desk of any Oshkosh Y location.

### ARTHRITIS AQUATICS

This activity offers water exercises that are recommended by the Wisconsin Chapter Arthritis Foundation. For more information on this program, please see Aquatics (page 40).

### FOREVERWELL WATER FITNESS

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

### FOREVERWELL CHAIR EXERCISE

Ease into fitness while sitting in a chair! This class is designed for people who struggle with balance, have limited mobility, or are new to exercise! No equipment needed and no getting up and down from the floor. Improve muscle tone and flexibility and increase the efficiency of your heart and vascular system while working at your own pace with others just like you! Open to all ages!

### FOREVERWELL CHAIR YOGA

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

### FOREVERWELL CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength-work is alternated with low-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

### FOREVERWELL CYCLING

Take a fun-filled group ride that's fitting for beginners and seasoned cyclists. This version is less strenuous than a 'regular' Group Cycling class.

 **Classes with this symbol require a reservation. Reserve your spot online up to 24 hours before class time.**

### FOREVERWELL PILATES

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

### TAI CHI FOR BEGINNERS **NEW!**

This program is a gentle introduction to the practice and philosophy of Tai Chi. This class will improve your balance, flexibility, and strength while promoting relaxation and harmony in the body.

### FOREVERWELL STRENGTH

This strength training class will use hand held weights, resistance tubing, a ball and more to increase muscular strength, endurance, range of motion and the ability to perform activities of daily living. A chair is used for seated and/or standing support.

### FOREVERWELL TRX

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

### SILVERSNEAKERS® CLASSIC

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

### ZUMBA GOLD

Ditch the workout and join the party! This is an easy-to-follow program set to Latin and International music that lets you move to the beat at your own speed. This class is great for those that prefer a low-impact workout experience.



ForeverWell Programming is **INCLUDED** in your Y Membership.



**Y SWIM LESSONS (AGES 6 MOS.+)****DT 20****Downtown & 20th Avenue****WINTER January 8–February 18**

Non-Member registration begins Dec 11

**SPRING 1 February 26–April 14**

Non-Member registration begins Feb 12

**SPRING 2 April 15– May 26**

Non-Member registration begins April 1



Classes meet once a week for 6 weeks, 40 minutes per lesson.

Fee \$38 **M** • \$68 **N**

**20** Our format allows for easy scheduling for families with multiple kids. Pick your preferred location, day, and time on the charts provided. Our instructor/student ratios are the lowest in the community. Preschool level classes are limited to 5 students per instructor and youth level lessons are limited to 7 students per instructor. Your child will get plenty of water time and attention from our skilled instructors. We do everything we can to help our students learn to swim in a safe, values-driven environment. Please contact the aquatics director if you are unsure where to place you child – we can help! All group swim lessons have a minimum enrollment of 3 swimmers. Swim classes may combine with a neighboring level or swimmers may be asked to change day/time to meet minimum number.

**LESSON TIMES FILL QUICKLY. REGISTER NOW! Y members register anytime!****PARENT/CHILD SWIM LESSONS (AGES 6 MOS.–3.5 YEARS)**

Parent/Child lessons include water safety, adjustment and play, songs and games, to introduce swimming in a fun way. Ages have been split to make class more cohesive for all participants. Class levels will be limited to 10 participants per class.

**PRESCHOOL SWIM LESSONS (AGES 3–5)**

Each level is a continuation of the previous level. The emphasis is learning, not passing or failing. Class levels will be limited to 5 participants per class.

**YOUTH SWIM LESSONS (AGES 6+)**

Each level is a continuation of the previous level. The emphasis is learning, not passing and failing. Class levels will be limited to 7 participants per class.

**SMALL GROUP SWIM LESSONS**

For those who prefer a smaller size group lesson to provide more individual attention and gain more time to learn and discover the water.

1 INSTRUCTOR TO 3 PARTICIPANTS. Must have 3 enrolled to run.

Fee **M** \$58 • **N** \$103**ADULT SWIM BASICS (AGES 16+)**

**20** Individuals choosing Beginner Swim Lessons may have a fear of the water, have very little to no swimming skills, and are ready to take the first step toward learning to swim. You will work toward your own personal goals while working on water adjustment, gaining confidence, floating, basic swimming skills, and basic personal safety skills.

**TUESDAYS**Fee \$38 **M** • \$68 **N****OSHY SWIM TEAM****COME WATCH THE MEET & SUPPORT OUR TEAM!****SWIM MEETS @ 20<sup>TH</sup> PLAN AHEAD:**

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

**JANUARY 5–6**

Aquatics center closes:

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

**FEBRUARY 9–11**

Aquatics center closes:

- 4:00 p.m. Friday
- Closed all day on Saturday and Sunday

**SORRY FOR ANY INCONVENIENCE!****ADAPTED AQUATICS****(AGES 3–ADULT)**

WITH RIPON COLLEGE STUDENTS

**DT MONDAYS** 6:30–7:30 p.m.

Beginning Monday, February 5

Class will run for 10 weeks.

**February 5, 12, 19, 26****March 4, 18****April 1, 8, 15, 22**

Adapted Aquatics with Ripon College students is back! This program is for individuals with physical and cognitive disabilities. The goal of the program is to provide persons with all levels of abilities an opportunity to learn new things or improve existing aquatic skills. Depending on the nature and severity of the disability, the instructor ratio will be 1:1 or 1:3. For more information, please contact the Y Aquatic Director at (920) 236-3380.

Fee \$40/participant

## SWIM LESSON STAGES

### SWIM STARTERS

STAGES A • B

#### PARENT-CHILD STAGES

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

#### A Water Discovery



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

#### B Water Exploration



In Stage B, parents work with their children to explore different body positions in the water, blowing bubbles, and fundamental safety and aquatic skills.

#### QUESTIONS ABOUT SWIM LESSONS?

**DT** Melissa Wollin  
[melissawollin@oshkoshymca.org](mailto:melissawollin@oshkoshymca.org)

**20** Lawson Harris  
[lawsonharris@oshkoshymca.org](mailto:lawsonharris@oshkoshymca.org)

### SWIM BASICS

STAGES 1 • 2 • 3

#### PRESCHOOL, YOUTH & ADULT STAGES

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

#### 1 Water Acclimation



Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. Stage 1 lays the foundation for future progress in swimming.

#### 2 Water Movement



Focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

#### 3 Water Stamina



Students learn how to swim to safety from a longer distance than in previous stages if they've fallen into water. This stage introduces rhythmic breathing and integrated arm and leg action.

### SWIM STROKES

STAGES 4 • 5 • 6

YOUTH ONLY

Having mastered the fundamentals, students learn additional safety skills and build stroke technique, developing skills that prevent chronic disease, and foster a lifetime of physical activity.

#### 4 Stroke Introduction



Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

#### 5 Stroke Development



Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

#### 6 Stroke Mechanics



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



AQUATICS

# WINTER SPRING 1 & 2 SWIM LESSONS

S = Small group lesson option  
 PS = Preschool  
 Y = Youth

Stage A	Stage B	Stage 1	Stage 1	Stage 2	Stage 2	Stage 3	Stage 3	Stage 4	Stage 5	Stage 6	Adult Swim Basics	Pre-Dolphin
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MONDAY	Stage A	Stage B	Stage 1	Stage 1	Stage 2	Stage 2	Stage 3	Stage 3	Stage 4	Stage 5	Stage 6	Adult Swim Basics	Pre-Dolphin
9:00-9:40 AM	●	●	●										
9:50-10:30 AM					●		●						
4:50-5:30 PM			●		●		●						
5:40-6:20 PM				●	●		●						
6:30-7:10 PM					●			●					

TUESDAY	Stage A	Stage B	Stage 1	Stage 1	Stage 2	Stage 2	Stage 3	Stage 3	Stage 4	Stage 5	Stage 6	Adult Swim Basics	Pre-Dolphin
4:20-5:00 PM													●
4:50-5:30 PM			S		●		●						
5:40-6:20 PM					●		●					●	

WEDNESDAY	Stage A	Stage B	Stage 1	Stage 1	Stage 2	Stage 2	Stage 3	Stage 3	Stage 4	Stage 5	Stage 6	Adult Swim Basics	Pre-Dolphin
9:00-9:40 AM					●								
9:50-10:30 AM			S										
4:50-5:30 PM				●	●		●						
5:40-6:20 PM	●	●	●		S								
6:30-7:10 PM						S	●						

THURSDAY	Stage A	Stage B	Stage 1	Stage 1	Stage 2	Stage 2	Stage 3	Stage 3	Stage 4	Stage 5	Stage 6	Adult Swim Basics	Pre-Dolphin
4:50-5:30 PM			●		S								
5:40-6:20 PM								●	●	●			

SATURDAY	Stage A	Stage B	Stage 1	Stage 1	Stage 2	Stage 2	Stage 3	Stage 3	Stage 4	Stage 5	Stage 6	Adult Swim Basics	Pre-Dolphin
9:00-9:40 AM	●	●	●										
9:50-10:30 AM					●		●						
10:40-11:20 AM					●		●						
11:30-12:10 PM								●	●	●			

**MEMBER REGISTRATION BEGINS NOV 27**

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

**20**



FOR ALL

**WINTER:**  
 January 8-February 18  
 N Non-Member registration begins 12/11/23

**SPRING 1:**  
 February 26-April 14  
 No Programs March 25-31  
 N Non-Member registration begins 2/12/24

**SPRING 2:** April 15-May 26  
 N Non-Member registration begins 4/1/24

QUESTIONS ABOUT LESSONS?  
 DT MELISSA WOLLIN:  
[melissawollin@oshkoshymca.org](mailto:melissawollin@oshkoshymca.org)  
 20 LAWSON HARRIS:  
[lawsonharris@oshkoshymca.org](mailto:lawsonharris@oshkoshymca.org)



**CLASSES ARE HELD ONCE PER WEEK FOR SIX WEEKS.**

All group swim lessons have a minimum enrollment of 3 swimmers. Swim classes may combine with a neighboring level or swimmers may be asked to change day/time to meet minimum number.

**Stages A & B** meet for 40 minutes each lesson. The first 30 minutes are instructional and the last 10 are supervised water exploration.

**Preschool and Youth stages** meet for 40 minutes each lesson.

AQUATICS

	Stage A	Stage B	Stage 1	Stage 1	Stage 2	Stage 2	Stage 3	Stage 3	Stage 4	Stage 5	Stage 6
PS=Preschool Y=Youth											
<b>MONDAY</b>											
4:00-4:40 PM	●	●					●				
4:50-5:30 PM					●					●	●
<b>TUESDAY</b>											
4:50-5:30 PM	●	●	●								
5:40-6:20 PM					●	●					
6:30-7:10 PM							●		●		
<b>WEDNESDAY</b>											
2:00-2:40 PM										●	●
4:00-4:40 PM					●		●				
4:50-5:30 PM	●						●				
<b>THURSDAY</b>											
4:50-5:30 PM			●				●				
5:40-6:20 PM		●								●	●
6:30-7:10 PM			●						●		
<b>SATURDAY</b>											
9:00-9:40 AM	●						●				
9:50-10:30 AM		●	●								
10:40-11:20 AM					●				●		
11:30AM-12:10PM			●		●						

Try Downtown lessons for warmer pools!

**CLASSES ARE HELD ONCE PER WEEK FOR SIX WEEKS.**

All group swim lessons have a minimum enrollment of 3 swimmers. Swim classes may combine with a neighboring level or swimmers may be asked to change day/time to meet minimum number.

**Stages A & B** meet for 40 minutes each lesson. The first 30 minutes are instructional and the last 10 are supervised water exploration.

**Preschool and Youth stages** meet for 40 minutes each lesson.

**SWIM LIKE A MERMAID AGES 6+**

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

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

**DT** FRIDAYS: January 19 | February 16 | March 15 | April 19 | May 17 • 5:30-7:30 p.m.

FEE \$45 **M** • \$65 **N**

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

**WINTER SPRING 1 & 2 SWIM LESSONS**



**MEMBER REGISTRATION BEGINS NOV 27**

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

**WINTER:**

**January 8-February 18**

**N** Non-Member registration begins 12/11/23

**SPRING 1:**

**February 26-April 14**

No Programs March 25-31

**N** Non-Member registration begins 2/12/24

**SPRING 2: April 15-May 26**

**N** Non-Member registration begins 4/1/24



**FOR ALL**

**DOWNTOWN POOL Annual Shutdown & Maintenance MAY 27-JUNE 9**



DOWNTOWN POOL SHUTDOWN





## OSHKOSH YMCA AQUATICS PRIVATE SWIM LESSON POLICIES

Only Oshkosh YMCA staff can coach, teach, or train individuals while they are on Oshkosh YMCA property, outside of sanctioned competitive events held here.

- Private swim lessons are subject to staff and pool space availability.
- Private swim lessons are available for swimmers over 3 years old and include adapted and adult lessons.
- Private lessons must be paid for before they can be scheduled.
- Before paying for private lessons, the swimmer (or parent/guardian) must speak with the Aquatic Coordinator regarding goals & plans for the lesson.
- All private lessons are 30 minutes long.
- Swimmers must notify their instructor directly a minimum of 12 hours in advance to cancel their session.
- Each swimmer is allowed one free short notice (less than 12 hours) cancellation. Subsequent occurrences and/or no-show sessions are not eligible for free cancellations and will be billed.
- If a swimmer cannot complete a full session for any reason, they are billed for a full session.
- If the YMCA or the instructor cancels the session, the swimmer will not be billed.
- All unused sessions expire 3 months from date of purchase.

### FOR INFORMATION & SCHEDULING of Private Swim Lessons:

**DT** Robin Liepert:  
[robinliepert@oshkoshymca.org](mailto:robinliepert@oshkoshymca.org)  
or (920) 230-8966

**20** Trenton Davis:  
[trentondavis@oshkoshymca.org](mailto:trentondavis@oshkoshymca.org)  
or (920) 230-8914

## INDIVIDUAL PRIVATE LESSONS

These lessons are one instructor and one swimmer only. These lessons may not be split between swimmers.

FEE Per person per lesson **M** \$25 • **N** \$46

## SEMI-PRIVATE LESSONS

These lessons are for two or three swimmers with one instructor.

- The Oshkosh YMCA does not match individual swimmers for these lessons.
- For swimmer safety and lesson quality, each swimmer's ability level must be no more than one Oshkosh YMCA Swim Lesson Stage (or comparable ability) apart. For example, a Stage 2 swimmer could swim with a Stage 1 or Stage 3 but not a Stage 4, 5, or 6. The Aquatics Director will have final say on swimmer abilities as needed.
- All registered participants must attend, or the session cannot occur.

FEE Per person per lesson **M** \$20 • **N** \$36

## SCOUTS SWIMMING WORKSHOPS

Our instructors will assist your troop in earning its swimming badge. Available for girls' and boys' troops, participants will work on swimming skills including lifesaving safety, water fun, sports and games. Skills depend on the troop level. Badges are not included. Please call the Aquatic Director at least 2 weeks prior to set up a date and time for the workshop.

FEE \$5 per participant

## SCOUT SWIM TEST

**DT** **20** Is your Scout Troop in need of a swim test before heading to camp? We can help! All swim tests are administered by certified Red Cross lifeguards. Each Boy Scout Camp is subject to retest any swimmer at camp, we recommend you check with them first.

FEE \$2 per participant

Your donations assure that kids will have access to our life-saving swim lesson and water safety programs.



## GIVE TO THE OSHKOSH Y AND HELP CHANGE LIVES IN OUR COMMUNITY!

You can make a donation to the Oshkosh Y Annual Campaign, including the **FOR ALL** Financial Assistance Program, at [www.oshkoshymca.org/give/annual-campaign](http://www.oshkoshymca.org/give/annual-campaign).

For more information on the Annual Campaign, including the **FOR ALL** Financial Assistance Program, or to make a donation, please contact Patti Weissling at (920) 230-8952 or [pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org).

**AMERICAN RED CROSS BLENDED LEARNING****LIFEGUARD TRAINING AGES 15+**

This course is designed to provide participants with the knowledge and skills to be a lifeguard through online training, in-water and classroom skills practice. The online portion of this course is 7 hours in length and **MUST** be completed prior to the first meeting date. Failure to complete the online portion will prohibit you from continuing in the class. Participants should bring an I.D. to verify age on the first day of class and bring a swimming suit to each scheduled class date. Books are included in the fee.

To successfully pass this course, you must pass practical and written exams with a grade of 80% or better. Upon completion of this course, students will receive a 2-year certification that includes American Red Cross Lifeguard, First Aid, and CPR/AED for the Professional Rescuer. Completion of the online coursework alone does not certify you as a lifeguard.

This class requires passing prerequisite water skills on the first day of class.

**Prerequisites:** **1.** Swim 300 yards continuously using only front crawl and breaststroke, both using correct rhythmic breathing and form. **2.** Tread water for 2 minutes, without the use of your hands. **3.** Swim 20 yards, surface dive to 9 ft, retrieve a 10 lb. brick, swim brick 20 yards to starting point and exit the water without using a ladder or steps in 1 minute 40 seconds.

CHOOSE  
ONE  
SESSION

January 12-14 • March 29-31 • May 24-26

Friday: 5:00-9:00 p.m., + Saturday/Sunday 9:00 a.m.-5:00 p.m.

March 18-20

Monday-Wednesday: 9:00 a.m.-5:00 p.m.

**20** FEE \$185 **M** • \$225 **N**

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

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

**AMERICAN RED CROSS BLENDED LEARNING****WATER SAFETY INSTRUCTOR TRAINING AGES 16+**

Train instructor candidates to teach courses and presentations in the Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress in parent/ child, preschool, learn to swim, and adult aquatics courses.

**Prerequisites:** Demonstrate the ability to perform the following swimming skills: Front crawl: 25 yards • Back crawl: 25 yards • Breaststroke: 25 yards • Elementary backstroke: 25 yards • Sidestroke: 25 yards • Butterfly: 15 yards • Maintain position on back for 1 minute in deep water (floating or sculling) • Tread water for 1 minute.

April 18-21 • May 9-12

Thursday/Friday: 4:00-9:00 p.m., + Saturday/Sunday 9:00 a.m.-6:00 p.m.

**20** FEE \$275 **M** • \$325 **N**

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

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

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

**20** March 24-26

Friday: 4:00-9:00 p.m. • Saturday-Sunday: 9:00 a.m.-6:00 p.m.

FEE \$275 **M** • \$325 **N**

**AMERICAN RED CROSS  
BLENDED LEARNING  
CPR FOR THE  
PROFESSIONAL RESCUER**

Would you like to know what to do in a cardiac emergency? The right answer could help you save a life. This class offers hands on training, covering cardiac emergencies with the use of an AED, breathing emergencies and first aid. To successfully complete this course, you will need to pass a written exam and in-person skill session with 80% or better. (For course to run, there must be a minimum of 4 participants)

**20** January 27, Saturday:  
9:30 a.m.-2:00p.m.

March 7, Thursday:  
5-9:30 p.m.

FEE \$75 **M** • \$110 **N**

**For more information on  
American Red Cross training,  
please contact Downtown:  
Lawson Harris at  
[lawsonharris@oshkoshymca.org](mailto:lawsonharris@oshkoshymca.org)**

**OFF SITE TRAINING: Does your  
business or group want an  
instructor to come to you?  
Please Contact Lawson Harris at  
[lawsonharris@oshkoshymca.org](mailto:lawsonharris@oshkoshymca.org)**



## LIFEGUARD RE-CERTIFICATION

A class for individuals needing to re-certify their Lifeguarding. This class is designed for those who feel comfortable demonstrating their skills with minimal review. In order to successfully pass this course you will need to pass a practical and written test with 80% or better. Certification will include: American Red Cross Lifeguard Training, First Aid, and CPR/AED for the Professional Rescuer.

**Prerequisites:** • Swim 300 yards continuously using these strokes: 100 yards front crawl using rhythmic breathing, 100 yards breaststroke using correct kick, pull, glide form, 100 yards either front crawl of breaststroke or a combination of the two strokes. • 2 minutes of treading water without hands. • Swim 20 yards using front crawl or breaststroke, surface dive to 9 feet, retrieve a 10 lb. crick, swim 20 yards to starting point with object and exit the water without using a ladder or steps in 1 minute 40 seconds.

Participants should bring current Lifeguard certification to participate in the class.

**February 25 • Friday:** 9:00 a.m.-5:00 p.m.

**FEE** \$100 **M** • \$125 **N**

## LIFEGUARD INSTRUCTOR REVIEW

A course for skills practice, drills & polish Practice, improve and polish the lifeguarding skills to ensure instructors and instructor trainers can perform the lifeguarding skills as well as be able to recognize correct and incorrect skill performance. Ensure the consistency of the Red Cross program skills and knowledge across the instructors and instructor trainers through feedback and evaluation from the practicing Lifeguard Instructor Trainers. Instructor trainers should be able to provide global reminders about each skill set and then conduct practice in a drill format, staggering the participants with all the instructors/instructor trainers participating. Instructor trainers must be in a position to see all participants, provide global and individual feedback, repeating skills as necessary to polish skill performance.

This course is not meant to be conducted as a test but to polish skills and to redirect as needed in order to ensure consistency with the current Red Cross Lifeguarding program. Each candidate must demonstrate as a primary rescuer as well as an assisting rescuer at least once for the multiple-rescuer response scenarios. To be successful, participants should be able to perform skills to the standard by the completion of the practice session. Participants may exit the water using a ladder if necessary.

**20 January 20 • Saturday:** 9:00 a.m.-5:00 p.m.

**FEE** \$125 **M** • \$150 **N**

**WATER  
SAFETY  
MONTH  
MAY 2024  
WATCH FOR  
DETAILS**

**WATCH FOR INFORMATION  
ON SPECIAL PROGRAMS TO  
BE HELD ALL WEEK AT BOTH  
Y LOCATIONS.**



**HELP  
WANTED**

**Now hiring for  
lifeguard +  
swim instructor  
positions.**

**LIFEGUARDS:** must be certified  
in LG, CPR, AED, & First Aid.

**SWIM INSTRUCTORS:** YSLv6  
certification preferred.

**Apply in person at either  
Y location.**

**Learn how to receive  
a lifeguard certification  
for free!**

Contact Lawson Harris:  
[lawsonharris@oshkoshymca.org](mailto:lawsonharris@oshkoshymca.org)  
or Melissa Wollin:  
[melissawollin@oshkoshymca.org](mailto:melissawollin@oshkoshymca.org)  
to get certified or apply!

- **TEENS 15+**
- **YOUNG ADULTS**
- **ADULTS**
- **RETIREES**

**WATER FITNESS**

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

**20 DT FREE TO MEMBERS M**

**ARTHRITIS AQUATICS**

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

**20 DT FREE TO MEMBERS M**

FEE **N** \$80 / 15-Visit Punch Card

**AQUA ZUMBA**

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

**20 DT FREE TO MEMBERS M**

**POWER CURRENT**

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

**DT FREE TO MEMBERS M**

**SENIOR WATER FITNESS**

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

**DT FREE TO MEMBERS M**

**WATER DYNAMICS**

Water exercise that uses the dynamics of the water to push participants to use the resistance of the water. All skill sets welcome to and adjust to shallow exercises as well. Awesome class for joints—no impact, but a great workout.

**20 FREE TO MEMBERS M**

**HIGH INTENSITY WATER FITNESS**

Quick paced class offered to those who want an increased workout without the increased impact on your joints. Resistance, cardio, and deep water conditioning, will be part of this 45 minute class.

**20 FREE TO MEMBERS M**

**LAP SWIM  
+  
OPEN SWIM  
TIMES****FREE TO Y MEMBERS**

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

Pick up a copy of the pool schedule at either location or visit [www.oshkoshymca.org](http://www.oshkoshymca.org).

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

**20** Times vary throughout the day. Check our FREE Mobile APP for the most up-to-date schedules. Pick up a copy of the pool schedule at either location or visit [www.oshkoshymca.org](http://www.oshkoshymca.org). Great for family time!





## INTERESTED IN THE DOLPHIN SWIM TEAM? CHECK THIS OUT!

### PRE-DOLPHIN SWIM TEAM

**20** This program provides the necessary technical skill training in a small group environment.

This program focuses on the following:

- Developing endurance in competitive strokes
- Flip turns, starts, and finishes
- Enhancing skills and building endurance

**WINTER** January 8–February 18

**SPRING 1** February 26–April 14

**SPRING 2** April 15– May 26

Classes meet once a week for 6 weeks, 40 minutes per lesson.

Fee \$38 **M** • \$68 **N**

This is a great option for those interested in joining the swim team OR current swim team members who would like additional small group training.

# OSHY SWIM TEAM

### OSHKOSH Y DOLPHIN SWIM TEAM (AGES 5+)

The Oshkosh YMCA (OSHY) Dolphin Swim Team has groups to meet the needs of the novice swimmer through the national champion swimmer. All swimmers work on technical improvement, physical conditioning and social development. Most swimmers take part in meets (competitions), but not all. Swim meets for newer swimmers are in Oshkosh, Fond du Lac, and Appleton. There are many types of swimmers on the team from fitness to social to highly competitive. All are welcome. The OSHY Swim Team offers seasonal swimming options and year round opportunities. New swimmers can join the team any anytime throughout the year. To join the team swimmers must be able to swim one length of the pool (25 yards) with the front crawl.

**EVALUATIONS/JOINING THE TEAM:** Go to the team website [www.teamunify.com/team/wioshy/page/home](http://www.teamunify.com/team/wioshy/page/home) and click on the orange button for **Schedule an Evaluation/Join our Team**, to schedule an evaluation. Experienced swimmers can use the same button to contact the team.



## AQUATICS

Swim Team  
Groups &  
Practices

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

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

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

Interested in joining the team?  
Trenton Davis at  
[trentondavis@oshkoshymca.org](mailto:trentondavis@oshkoshymca.org).

**D2 • Dolphin 2**

The D2 Group is OSHY's entry level group. It is for younger swimmers learning the basics of competitive swimming—freestyle, backstroke, breaststroke, butterfly, starts, turns and finishes—and developing the strength and endurance necessary to move to the D1 group. D2 Swimmers practice 3 times per week for 40 minutes with an occasional Friday. Attendance recommendation is 2-3 times per week. D2 swimmers participate in home meets and low key away meets in Fond du Lac and Appleton.

**D1 • Dolphin 1**

The D1 Group is OSHY's 2nd level group. It is for swimmers that are legal in all 4 strokes, know how to read the pace clock and understand intervals and send offs. D1 swimmers practice 4 times per week for one hour with an occasional Friday. Attendance recommendation is 3-4 times per week. D1 swimmers participate in home meets and low key away meets and championship meets for those who qualify.

**SR3 • Senior 3**

The SR3 group is for swimmers transitioning from D1 to the Senior Levels and for swimmers that don't want the commitment level of the SR1 & SR2 groups. This group meets 3 times per week for 90 minutes with an occasional Friday. Attendance recommendation is 2-3 times per week. SR3 swimmers participate in home meets, low key away meets, bigger away meets, and championship meets for those who qualify.

**SR2 • Senior 2**

The SR2 group is for younger swimmers who are striving to move into SR1. SR2 swimmers practice 6 times per week for 90 minutes, and Friday and Saturday for 120 minutes. Attendance recommendation is 4-6 times per week. SR2 swimmers participate in home meets, low key away meets, bigger away meets, and championship meets for those who qualify.

**SR1 • Senior 1**

The SR1 group is for experienced swimmers that are striving for big goals. SR1 swimmers must be able to read a pace clock, understand intervals and send off's, know their best times and swim a full range of events. SR1 swimmers practice Monday through Saturday for 120 minutes with Tuesday/Thursday early AM practices. Attendance expectation is 5-6 days if only attending PM practices, 7-8 if attending AM & PM practices. SR1 swimmers participate in home meets, low key away meets, bigger away meets, and championship meets for those who qualify.

**PRIVATE TECHNIQUE TRAINING**

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

Each session is 30 minutes long.

**FEE** \$25 per session

Contact Trenton Davis at [trentondavis@oshkoshymca.org](mailto:trentondavis@oshkoshymca.org) for more information.



**FREE INITIAL BODY COMPOSITION TESTING**

Contact the Health & Wellness Center to schedule your very own body composition test.

**HEALTHY LIVING ORIENTATION**

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

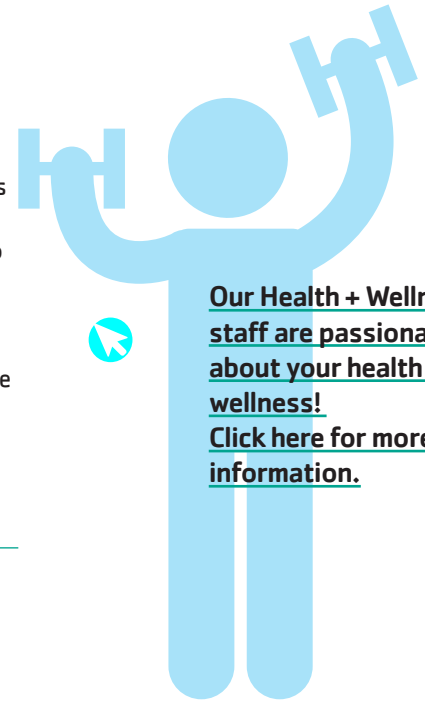
**FEE FREE TO OSHKOSH Y MEMBERS M**

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

**WELLNESS CHECK-UP**

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

**DT 20 FEE FREE TO OSHKOSH Y MEMBERS M**



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



**YOU CAN HELP CHANGE LIVES RIGHT HERE IN OUR COMMUNITY!**

With a donation to the Annual Campaign, including the **FOR ALL** Financial Assistance Program, cancer survivors and their families right here in the Oshkosh community can regain **STRENGTH**, find **HOPE** and a positive attitude after battling cancer in our **LIVESTRONG** at the Y Program.

**FOR MORE INFORMATION** on the Annual Campaign, including the **FOR ALL** Financial Assistance Program, or to make a donation, please contact Patti Weissling at (920) 230-8952 or [pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org). You can also make a donation to the Oshkosh Y Annual Campaign and **FOR ALL** Financial Assistance Program online at [www.oshkoshymca.org/give/annual-campaign](http://www.oshkoshymca.org/give/annual-campaign).



**FREE**  
TO OSHKOSH  
Y MEMBERS

## ADULT GROUP EXERCISE CLASSES AGE High School+

Oshkosh Y members enjoy the benefit of over 125+ FREE classes per week. These classes are run on a drop-in, continuous basis. **Schedules are available at the Front Desk, on our mobile app, or on the web at [oshkoshymca.org](http://oshkoshymca.org).**

**!** Classes with this symbol require a reservation. Reserve your spot online up to 24 hours before class time.

**👤** **FAMILY FRIENDLY CLASS** These classes welcome children 10+ years old under the direct supervision of a parent/guardian.

**NEW!** **Barre** Yoga, Pilates, and strength training. A low impact, muscular endurance workout that focuses on high repetitions and small, isometric movements. Barre challenges anyone looking to fine-tune their muscles – no ballet experience required.

**!** **Body Pump™** The original Les Mills™ barbell class will sculpt, tone and strengthen your entire body. Must be at least 16 years old to participate.

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

**Core Focus Together** This 30-minute class strengthens everything from your shoulders to your hips to make you stronger and quicker in all you do. Strengthening your core can reduce back pain and give you great looking abs!

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

**!** **👤** **Essentrics** For men and women of all fitness levels. A dynamic, full-body workout that combines stretching and strengthening. Increases flexibility and mobility for a healthy, toned, pain-free body.

**!** **👤** **Essentrics Barre** This 45-minute class includes a chair to help improve strength as well as balance and stability and is safe for all fitness levels.

**Fit Camp** Everything from step to muscle conditioning—and more!



**Stretch your comfort zone. Try a new class!**

**Group Blast®** 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. **HAVE A BLAST!**

**NEW!**

**!** **👤** **Group Cycling** A non-impact journey on specially designed stationary bikes, allowing participants to work at their own pace while coached through a 45-60 minute workout.

**H.I.I.T.** Challenge both your cardiovascular and muscular systems with this High Intensity Interval Training class. H.I.I.T. incorporates strength and endurance exercises with short bursts of cardio for a complete workout that will leave you drenched.

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

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

*(Continues on next page.)*



## Online Reservation System for Y Classes

Due to equipment needs, some classes require a reservation. For those classes, you can reserve your spot daily up to 24 hours prior to the time slot you wish to select.

**Step 1:** Visit our website at [www.oshkoshymca.org](http://www.oshkoshymca.org) and click on the **RESERVATIONS** button on the left hand side of the page. Through our mobile app, go to Schedules, click on the class you want to attend, and select Register.

**Step 2:** Click on the area (Group Exercise or ForeverWell) that you want to reserve in. Next, find the activity you want to attend.

**Step 3:** Select **Sign Up**.

**Step 4:** Choose **Log In, Create a Login, or Forgot Password** and follow the prompts.

**Step 5:** This page will show you how many spots are available. To reserve your spot, select **Reserve a Spot**. You will receive an email confirmation.

**Step 6:** **Always Log Out**, especially if on a public device.

**NOTE:** If you are placed on the wait-list, you will receive an email if you receive a spot in the activity. If you can no longer attend the activity, please be respectful of other participants and remove yourself from the roster by logging back in and selecting **Cancel Reservation**. If you reserve your spot and are more than 5 minutes late for the activity, you will forfeit your spot.

If you need assistance reserving your spot in an activity, please call the location of your reservation or stop by the Front Desk.

We recommend using Chrome or Safari as your web browser when reserving a spot online. You can also reserve your spot through our mobile app.



## ADULT GROUP EXERCISE CLASSES

(Continued from previous page.)

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

**Pilates Foam Roller** A mindful approach to strengthening the core through a series of movements done on the mat and floor. By using awareness of muscle activation and body control, Pilates can improve posture, flexibility, mobility, balance, and core strength. Foam Rollers are great tools to help you relax and maintain flexible, active, and pain-free muscles. Participants will learn how to safely and effectively target all the major muscle groups and discover techniques for targeting trouble areas.

**Science of Stretch** The Science of Stretching™ approach uses best practices from published exercise physiology research combined with time-tested protocols from yoga, dance, martial arts, and gymnastics to provide a solution that delivers predictable results. This system is taught to students of all levels, including complete beginners and students with injuries. Our goal is to re-establish basic range of motion (ROM). Flexibility improves your posture, reduces pain, reduces the chances of injury and allows you to move like a younger version of yourself.

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

**Tai Chi** Tai Chi is a noncompetitive, self-paced system of gentle physical exercises and stretching. In Tai Chi, you perform a series of postures or movements in a slow, graceful manner, each posture flowing into the next without pausing. Anyone, regardless of age or physical ability, can practice Tai Chi. The class teaches breathing coordinated with movement to enhance the development of inner energy and peace of mind.

**Tai Chi for Beginners** This program is a gentle introduction to the practice and philosophy of Tai Chi. This class will improve your balance, flexibility, and strength while promoting relaxation and harmony in the body.

**NEW!**

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

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

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



# ANYWHERE, ANYTIME

HEALTHY LIVING SUPERCHARGED BY YMCA360



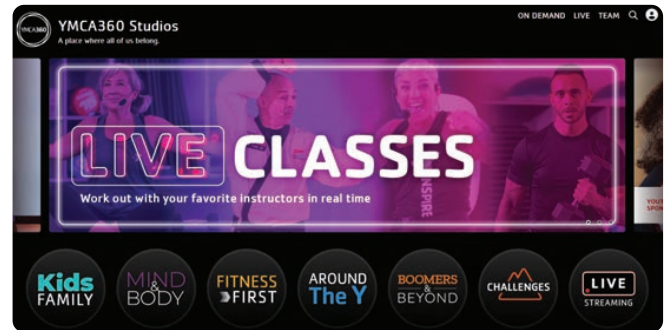
A 360-DEGREE SEAMLESS DIGITAL EXPERIENCE FOR Y MEMBERS ON MOBILE, TV AND WEB

## WHAT IS YMCA360?

YMCA360 is an added benefit of membership that allows you to customize your health and wellness journey at our state-of-the-art facilities or at any other place life takes you.

- A healthy living network for people of all ages and activity levels.
- Livestream and on-demand classes taught by instructors from around the country.
- 1000+ pieces of content for the mind, body and spirit.
- Exercise classes, gymnastics, basketball and soccer videos, nutrition/cooking classes, personal training and more.

**YMCA360 InStudio is available in Studio 3 Downtown.**



### DOWNLOAD THE APP TODAY



Google Android



Apple iOS

YMCA360.org







**YOU CAN  
BE A  
BETTER  
YOU!  
WE CAN  
HELP.**

**FITNESS ASSESSMENT**

Check your fitness level today! A well-trained, educated staff member will test your fitness levels in the following areas: body composition, muscular strength and endurance, aerobic capacity, flexibility, and much more.

We offer a variety of assessment packages including:

- Custom Assessment,
- Gait Analysis
- Posture Assessment
- Body Composition Test
- Bod Pod Testing.

Contact Ben Clewien at [benclwien@oshkoshymca.org](mailto:benclwien@oshkoshymca.org) for more information.



**DOWNLOAD OUR MOBILE APP** from the App Store (iOS) or Google Play (Android) and you can view class schedules and instructors, upcoming programs and events, scan in with a digital membership card and MORE—all from your smartphone!

[See page 2 for more information.](#)

Your fitness journey is a lifelong endeavor, and our certified personal trainers are here to help you achieve all of your goals along the way.

**CERTIFIED PERSONAL TRAINING** 

Our nationally certified personal trainers are dedicated to your success, wherever you are.

We offer the BEST in-person training in both of our facilities—along with the option to be trained virtually from the comfort of your own home (a great option for those who have tight schedules or travel for work).

Your fitness journey is a lifelong endeavor, and our certified personal trainers are here to help you achieve all of your goals along the way.

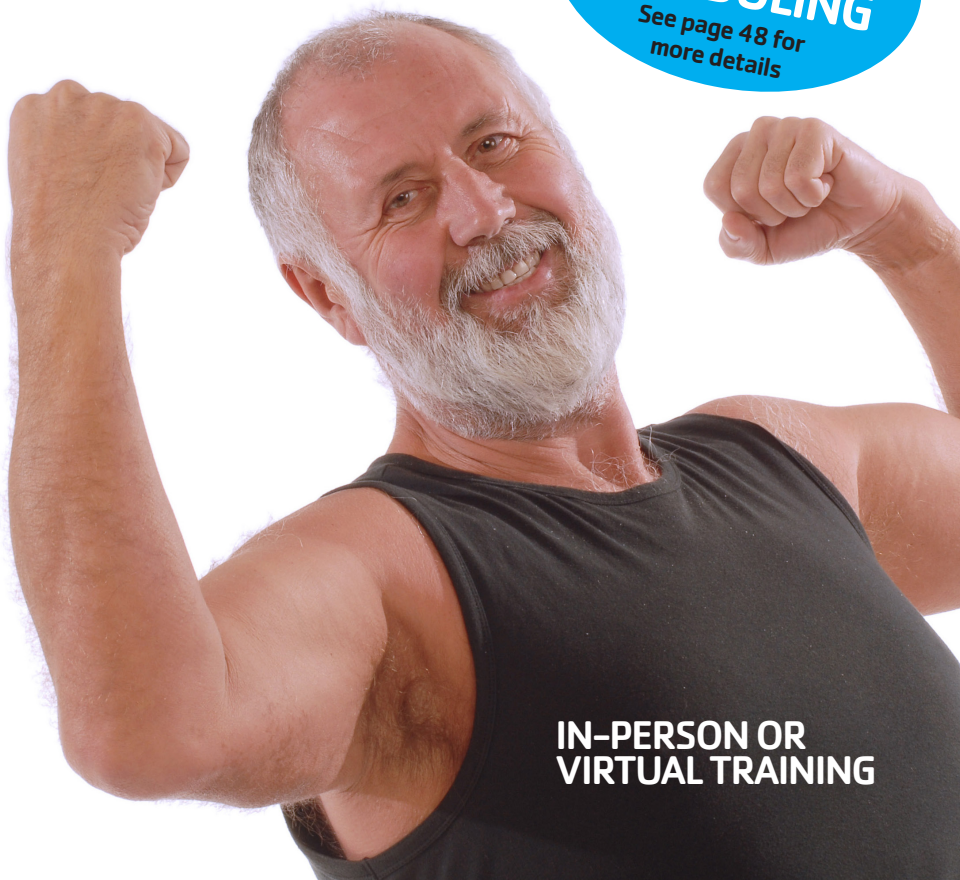
**PERSONAL TRAINING & NUTRITIONAL SERVICES PRICING**

(Members Only)

**New Easy-to-Use Pricing!**

- 30 mins of training: \$31
- 90 mins of training: \$90
- 4 hours of training: \$220
- 6 hours of training: \$318
- 12 hours of training: \$600
- 18 hours of training: \$864

**NEW  
FLEXIBLE  
SCHEDULING**  
See page 48 for more details



**IN-PERSON OR  
VIRTUAL TRAINING**

**THE Y DIFFERENCE. WHY TRAIN AT THE Y?**

Oshkosh Y Certified Personal Trainers and Exercise Physiologists all have years of experience in the health and fitness field and are all certified and recognized by the National Commission for Certifying Agencies. (NCCA)



Their knowledge and certifications require years of education, training and practice. Our trainers implement the Gold Standard of procedures set by the American College of Sports Medicine. This means that you will receive the best exercise prescription based on your goals and health history.

**ONE-ON-ONE PRIVATE PERSONAL TRAINING Members Only**

**Ask about Virtual Options!**

Our nationally certified personal trainers are dedicated to your success, wherever you are. We offer in-person training in either of our two facilities. We also offer the option to be trained virtually from the comfort of your own home. Our virtual option is also great for those who have tight schedules or travel for work. Your fitness journey is a lifelong endeavor, and our certified personal trainers will be there for you, helping you achieve your goals.

**New Easy-to-Use Pricing!**

30 mins of training: \$31  
90 mins of training: \$90



4 hours of training: \$220  
6 hours of training: \$318

12 hours of training: \$600  
18 hours of training: \$864

**FREE PERSONAL TRAINING CONSULTATIONS**

During this **FREE** consultation our certified personal trainers will go over health history, your goals, and perform some assessments based on your needs and wants.

**FEE FREE TO OSHKOSH Y MEMBERS M**

**CLINICAL PERSONAL TRAINING (AGES 13+)**

This package is for individuals with clinical concerns or limitations. Our clinical professionals will help you increase function, reduce pain, and promote independence. We work with pre/post-natal, arthritis, post-bariatric patients, multiple sclerosis, cerebral palsy, Alzheimer's, Parkinson's, cancer, wheelchair bound, wounded warriors, individuals dealing with pre-diabetes and diabetes (type I and type II).

**FEE \$195 M N**

**PRIVATE GROUP TRAINING (AGES 13+) Y Members Only**

Do you and your friends want to work out together in a way that is customized based on your goals? Private Small Group Training is a great way to keep each other accountable and progressing towards your fitness goals.

NEW FLEXIBLE SCHEDULING M					
30 Minutes	90 Minutes	4 Hours	6 Hours	12 Hours	18 Hours
\$24/person	\$69/person	\$160/person	\$228/person	\$432/person	\$612/person

Personal Trainers know a lot about human physiology and body mechanics, behavior change, exercise science, and more. They can help you learn proper form, how to use specific equipment, and what exercises will be most effective for you. Beyond that, they can teach you about greater health and fitness topics that will help you maintain a healthy lifestyle.



**PERSONALIZED TRAINING PLANS**

**NEW!!! Flexible Scheduling Personal Training Packages.**

Our personal training packages now can be scheduled in 15 min increments. Schedule a consultation with one of our Certified Personal Trainers to find out more.

Contact Ben Clewien: [benclwien@oshkoshymca.org](mailto:benclwien@oshkoshymca.org) for more information.



# One Community. One Fight!

## BEYOND LIMITS

A SPECIAL PROGRAM FOR VETERANS AND ARMED FORCES MEMBERS

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

A special on-going program for veterans and armed forces members. Complete a Beyond Limits intake and receive 12 weeks of membership and access to the Beyond Limits class.

**20 WEDNESDAY 5:30 p.m.**  
Aerobics Studio

FOR MORE INFORMATION OR TO APPLY Contact Ben by email or phone: [benclwien@oshkoshymca.org](mailto:benclwien@oshkoshymca.org), call (920) 230-8919 or apply online. Veterans and armed forces members must have a valid form of veteran identification or proof of service to qualify for the program. All qualified applicants are encouraged to apply!

**SPONSOR OR DONATE** Support veterans and armed forces members in our community by sponsoring our program or making a donation today. Easy payment plans are available.

- \$25 | T-Shirt Sponsor
- \$250 | Patriotic Sponsor
- \$1000 | Veteran Sponsor
- \$2500 | Program Sponsor

**Support BEYOND LIMITS** by sponsoring our program, making a donation, purchasing a t-shirt or sponsoring a banner. Call Ben Clewien at (920) 230-8919 or Patti Weissling at (920) 230-8952.



**DID YOU KNOW?** Veterans receive a 20% discount on any Y membership and pay no Joiner Fee.

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



To support BEYOND LIMITS or other great programs at the Y through our Annual Campaign, including the **FOR ALL** Financial Assistance Program, please contact Patti Weissling. (920) 230-8952 or [pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org).





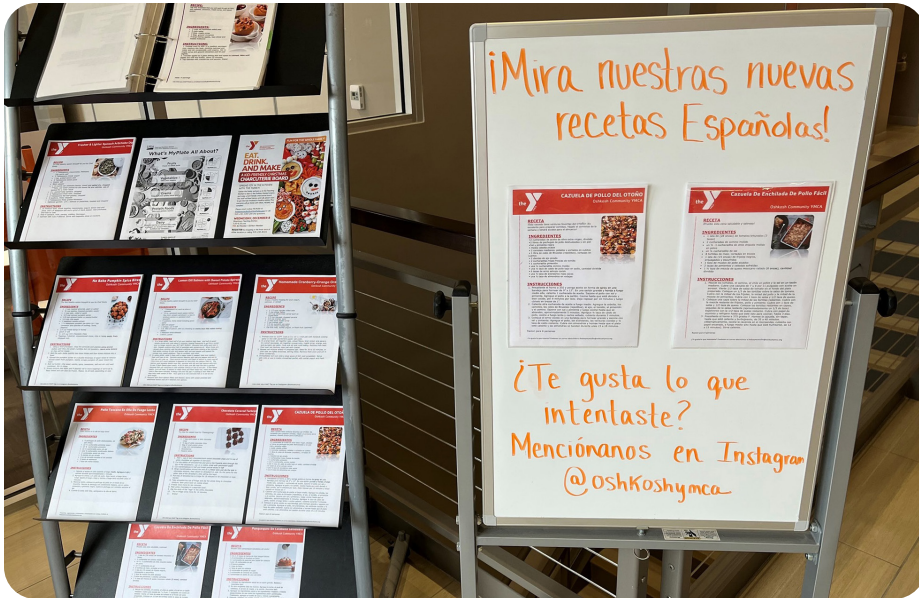
**TEACHING KITCHEN**

**ASK ABOUT FAMILY CLASS OPTIONS!**

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

**FOR RENT!**

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



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



**YOUR CHANCE TO MAKE A DIFFERENCE**

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

**TO BECOME A MENTOR:**

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







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

**NOW HIRING!**

We are seeking outgoing, responsible, caring, and dedicated staff for multiple positions in multiple departments including Child Care, Membership, Aquatics, Group Exercise, and more!

Learn more about the available positions [HERE!](#)

**Advanced**  
Physical Therapy  
& Sports Medicine

**MEET THE TEAM**

**Physical Therapy & Sports Certified Specialists**



**Ben Benesh**  
PT, SCS, DPT,  
graduated from UW Stevens Point in 2001 with a bachelor's degree in Biology and UW LaCrosse in 2003 with a Master's

degree in Physical Therapy. Ben also recently graduated from Rosalind Franklin University with a Doctorate of Physical Therapy degree.

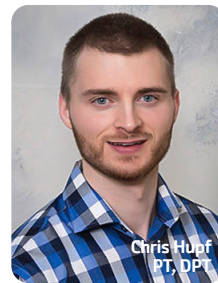
Ben has been treating orthopedic and sports injuries since 2003. He has special interest and further training in sports medicine, evaluation and treatment of the shoulder, concussion management, and performance running video analysis.

In 2012, he was granted Certification as a Board-Certified Clinical Specialist in Sports Physical Therapy (SCS), by the American Board of Physical Therapy Specialties.

**DOWNTOWN Y:**  
Tuesday 6 a.m.-5:30 p.m.  
Thursday 6 a.m.-5 p.m.

**20TH AVE Y:**  
Wednesday 6 a.m.-6 p.m.  
Friday 6:30 a.m.-4 p.m.

**Schedule an appointment with Ben or Chris today!**



**Chris Hupf**  
PT, DPT,  
graduated from UW La Crosse, where he received his Bachelor of Science in Exercise & Sports Science in 2015, and

Concordia University where he received his Doctorate of Physical Therapy in 2018. Chris has attended additional training with a certification to provide trigger point dry needling and is also a member of both the American Physical Therapy Association and Wisconsin Physical Therapy Association. He has experience treating a wide spectrum of orthopedic and sports injuries, as well as balance/vertigo, and neurological conditions.

In his spare time, Chris enjoys hunting, golf, and weightlifting. He also enjoys keeping up with Wisconsin collegiate and professional sports.

**Chris sees patients at the 20TH AVE Y:**  
Monday 3:30 p.m.-6 p.m.  
Wednesday 7 a.m.-6 p.m.  
Thursday 3:30-6 p.m.  
Friday 7 a.m.-6 p.m.

**CORPORATE WELLNESS PROGRAM**

Ask how the Y can generate a wellness program tailored to your company's specific needs. Increase employee productivity, reduce absenteeism and help lower insurance claims by designing on-site programming that can include: Corporate Membership Discount

- On-Site Exercise Classes
- On-Site Health Education
- On-Site Blood Pressure Screenings
- Fitness Assessments
- Corporate Events such as Family Events, Sports Teams and Team Building Activities.

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

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

**LET US BRING THE FITNESS CLASS TO YOU!**





**BUILD POWER,  
STRENGTH,  
FLEXIBILITY &  
SPEED**

**ROCK STEADY BOXING**

**PARKINSON'S DISEASE MANAGEMENT PROGRAM**

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

OPEN TO MEN & WOMEN.  
ALL ABILITY LEVELS.

Rock Steady Boxing is a program that gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum. By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout.

**DT 20 MONDAY • TUESDAY • THURSDAY • FRIDAY 9:30-10:45 a.m.**

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

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



Contact Lindsey McMullin for more details at [lindseymcmullin@oshkoshymca.org](mailto:lindseymcmullin@oshkoshymca.org).



Ask about our support group meetings.

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

BROUGHT TO YOU WITH HELP FROM:



**WANT TO HELP?**

Support the basic needs of our community by empowering youth, individuals, families, and seniors through membership and programs that support their financial self-sufficiency, build social connections, and improve health and wellbeing? Please contact Patti Weissling at (920) 230-8952 or [pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org).





LIVESTRONG® AT THE YMCA



A small-group program for adult cancer survivors in the transitional period between completing treatment, and the shift to feeling physically and emotionally strong enough to attempt to return to their “new normal.”

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



STRONGER TOGETHER

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

**FOR MORE INFORMATION** on this **FREE** program, contact Lindsey McMullin at 230-8963 or [lindseymcmullin@oshkoshymca.org](mailto:lindseymcmullin@oshkoshymca.org).

**LIVESTRONG® at the Y**

**DT 20** **LIVESTRONG** at the Y is for cancer survivors, to help build muscle mass and strength, increase flexibility and endurance, and improve functional ability. We also aim to reduce the severity of therapy side effects, prevent unwanted weight changes and improve energy levels and self esteem. Participants develop their own physical fitness program to continue to practice a healthy lifestyle as a way of life. The program provides a supportive environment and a feeling of community with fellow survivors, Y staff and members.

For more information for this **FREE** program, contact Lindsey McMullin at 230-8963 or [lindseymcmullin@oshkoshymca.org](mailto:lindseymcmullin@oshkoshymca.org).

**Reserve your spot today!**

**SURVIVOR**



**CHECK OUT OUR STAY STRONG MISSION VIDEO!**

**STAY STRONG PROGRAM**

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

**MONDAY THROUGH THURSDAY**

For session times, please contact Lindsey McMullin at [lindseymcmullin@oshkoshymca.org](mailto:lindseymcmullin@oshkoshymca.org).  
Members and **LIVESTRONG** Alumni Only

WANT TO HELP?



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



# CONNECT LEARN SHARE



## LIVESTRONG® AND BEYOND CANCER SURVIVOR CONNECTION

Connect with local cancer survivors in a safe environment to share and be encouraged. Each support group session will cover different topics and offer access to local resources available to cancer survivors. Light snacks will be provided, and the group will be led by **Livestrong at the YMCA** alumni. This support group is open to all cancer survivors and care partners. You do not need to be a Y member to participate.

Registration required: <https://bit.ly/3JwffxR>

JANUARY 31  Conference Room | 11:30 a.m.-12:30 p.m.

APRIL 24  Teaching Kitchen | 11:30 a.m.-12:30 p.m.

SEPTEMBER 25  Conference Room | 5:30-6:30 p.m.

DECEMBER 11  Teaching Kitchen | 5:30-6:30 p.m.

## LIVESTRONG®

### AT THE YMCA

**QUESTIONS?** Contact Lindsey McMullin at [lindseymcmullin@oshkoshymca.org](mailto:lindseymcmullin@oshkoshymca.org) or call (920) 236-3380.

**FREE AND OPEN TO ALL!**



WANT TO HELP?



2024 **ANNUAL  
CAMPAIGN**  
FINANCIAL ASSISTANCE



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



**PRESCHOOL SKATE AGES 3-5**

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

**WINTER, SPRING 1 & SPRING 2**

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

**FEE** \$53 **M** • \$80 **N**

**LEARN TO SKATE AGES 4+**

Classes based on the Learn to Skate USA program: Snowplow Sam 1-4 as well as Basic 1-2. Each session includes one half-hour lesson per week. Participants learn the basics of skating by developing balance and confidence.

**WINTER, SPRING 1 & SPRING 2**

**MONDAY** 2:45-3:15 or 5:45-6:15 p.m.

**FEE** \$53 **M** • \$80 **N**

Skate rentals free for program use.

**SKATE WITH US****Basic 3-6, Pre-Free Skate & Adult 1-6**

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

**WINTER, SPRING 1 & SPRING 2**

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

**FEE** \$69 **M** • \$100 **N**

**FREESTYLE WITH US Free Skate 1-6**

A challenging program that allows participants to advance their skills. Each session consists of one 45-minute on-ice lesson per week. Skills testing conducted as needed.

**WINTER, SPRING 1 & SPRING 2**

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

**FEE** \$69 **M** • \$100 **N**

**PRIVATE SKATE LESSONS**

Set up private lessons with a Y instructor based on your schedule. Available to all skill levels. Instruction available for recreational skating, figure skating, hockey skating and goalie coaching. Call the Y at (920) 230-8928 for details.

**FEE** 1 session \$35 **M** • \$55 **N**

5 sessions \$135 **M** • \$165 **N**

10 sessions \$230 **M** • \$260 **N**

Sessions are 30 minutes. All session minutes expire 6 months from the date of purchase. Lesson dates/times are determined by the parent/skater and instructor.

**SEMI-PRIVATE SKATE LESSONS**

Semi-private lessons are available to children and adults who are looking for a more individualized program in a small group setting. Instructors will work with small groups (2-3 students) to advance skating ability and technique. Sessions are 30 minutes. All session minutes expire 6 months from the date of purchase. Lesson dates/times are determined by the parent/skater and instructor.

**FEE** 1 session \$25 **M** • \$35 **N**

5 sessions \$95 **M** • \$120 **N**

10 sessions \$160 **M** • \$185 **N**

**OPEN ICE SKATING**

Open Ice Skating is a fun and exciting activity the whole family can enjoy. With Open Skating sessions all week long, there's always a convenient time to skate and stay fit! All sessions open to the public. Visit our website to view our monthly schedules.

**FEE FREE FOR Y MEMBERS** **M** \$5 **N**

**SKATE RENTAL FREE FOR Y MEMBERS** **M** • \$4 **N**

See the most up-to-date schedules for Open Ice at [www.oshkoshymca.org](http://www.oshkoshymca.org).



FOR ALL

**YMCA INTRO TO SQUIRT CAMP**

This camp is intended for players moving from Mites to Squirts. We will focus on Skating Skill development and some positional and tactical play.

**JULY 2-AUGUST 6**

**TUESDAY** 6:00-7:00 p.m.

**FEE** \$120 **M** • \$156 **N**

**YMCA HOCKEY CAMP**

The camp focuses on skill development, power skating, and physical conditioning. Under our guidance, participants will experience training that not only enhances their on-ice performance but also essential qualities like teamwork and leadership. Whether you're a first-time skater or a AAA player, the camp offers specialized training tailored to individual needs.

Bantam and High School group

12.5 hours of ice • 5 hours of off-ice

**WEEK LONG CAMP IN AUGUST • DATE TBD**

**FEE** \$375 **M** • \$485 **N**



Open Hockey is a great way to improve skills, compete in a friendly game, or just stay active.

Multiple Open Hockey programs are available for all ages. Visit our website to view our monthly schedule for available programs, times and fee.

### LEARN TO HOCKEY SKATE (AGES 4+)

Designed to teach the fundamentals of hockey skating. All elements will be taught WITHOUT a stick or a puck as proper skating techniques are the primary focus of this class. Full hockey gear is encouraged.

WINTER, SPRING 1 & 2 • MONDAY

Level 1 5:45-6:15 p.m. • FEE \$53 **M** • \$80 **N**

Level 2-4 6:15-7:00 p.m. • FEE \$69 **M** • \$100 **N**

### LEARN TO POWER SKATE

Learn to Power skate is a new program for all ages of Hockey players that want to take their skating and their game to the next level. Skating is the most important skill in hockey and Learn to Power skate will focus on the core skills needed to be an elite hockey player: stride, Starts, stops, edges, crossovers and more! *Players will need to have played at least two seasons of hockey in a sanctioned hockey association or have completed the YMCA learn to Hockey level 4.*

WINTER, SPRING 1 & 2 • MONDAY

7:45-8:30 p.m. • FEE \$69 **M** • \$100 **N**



### ADULT CO-ED RECREATIONAL HOCKEY LEAGUE (AGES 18+)

A RECREATIONAL league for intermediate level hockey players. This is social league for adults who enjoy hockey and play at an intermediate level. No checking or slap shots. One game per week and full equipment is required. Individual registration only.

Teams will be formed by league administrators.

#### WEDNESDAY NIGHTS

January 10-April 10 Reg deadline 1/1/2024

FEE \$165 + tax **M** • \$225 + tax **N**

Goalies play FREE! All goalies must call the front desk at (920) 230-8439 to register over the phone.

\*Sales Tax not included in fee.

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

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

January 7- April 14 Reg deadline 1/1/2024

No games 3/31/24

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

FEE \$165 + tax **M** • \$225 + tax **N**

Goalies play FREE! All goalies signing up will need to call the front desk at (920) 230-8439 to register over the phone.

### FREE HOCKEY INTRODUCTION PROGRAM (HIP) (AGES 4-8+)

A "Learn to Play" program run by the Oshkosh Youth Hockey Association.



Watch your child take their first steps onto the ice having fun while developing basic skills and building confidence, to enjoy

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

This program is for children ages 8 and younger. Families with children older than 8 can email [generaloyha@gmail.com](mailto:generaloyha@gmail.com) for a recommendation on the appropriate hockey development program for their age.

The Hockey Introduction Program will run in two sessions. **The first session is FREE for children that are new to the sport of hockey** (have never participated in a formal hockey program) and reside in the Oshkosh, Omro, Winneconne, Berlin or Ripon school districts.

Visit [oshkoshyouthhockey.org](http://oshkoshyouthhockey.org) for registration details.



**FOR ALL**

**FINANCIAL ASSISTANCE  
AVAILABLE FOR KIDS SPORTS**  
Contact the Oshkosh Y for details.  
These programs are supported by the  
Annual Campaign.

### YOUTH FLAG FOOTBALL 4K-GRADE 8

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

**Weekly practices can begin the week of April 8. Times and locations will be determined by the coach.**

**April 27 - June 15** Reg. deadline 4/1/2024  
(no games 5/25)

**20 SATURDAY MORNING**

**FEE** \$52 **M** • \$77 **N** (Includes team t-shirt and flags.)

### YOUTH INDOOR SOCCER LEAGUE

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

**If interested in coaching please contact Jeremy Gaveske at [jeremygaveske@oshkoshymca.org](mailto:jeremygaveske@oshkoshymca.org).**

**March 2 - April 10** Registration deadline 2/12/24  
(no games March 30)

**AGE** Grades 4K- 8

**20 SATURDAY** Grades 4k-5k, Grades 3-8

**SUNDAY** Grades 1-2

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

**FEE** \$52 **M** • \$77 **N**

### TOP SOCCER

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

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

**January & February dates to be determined**

**20 SATURDAY MORNING** 10:00 - 10:45 a.m.



### MEN'S SUNDAY NIGHT SLAM BASKETBALL LEAGUE

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

**March 3 - April 21** Registration deadline 2/26/24  
(no games 3/31)

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

**FEE** \$400 per team + Tax

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

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

**WINTER January 5 - February 16**

Reg. deadline 12/26/2023

**SPRING March 1 - April 19** Reg. deadline 2/19/2024  
(no games 3/29)

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

**FEE** \$400 per team + Tax



**Coach a Y Youth Sports team and make a difference in our community.**

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

An instructional and fun league for boys and girls ages 4-12 that builds baseball skills, encourages teamwork, and promotes positive attitudes. League is determined by child's age prior to April 30, 2024.

Players will be placed on teams based on their school/neighborhood location with volunteer coaches. Teams will practice once per week (T-Ball will practice 30 minutes prior to each game) and play one game per week for a 7-game season.

**FEE** Includes t-shirt and hat.

**Season May 11-June 27**

(No games May 26-27)

Registration deadline 3/11/24

Practices begins at the end of April.

Start times are weather/field dependent.

**OPENING WEEKEND MAY 11**

ALL TEAMS WILL PLAY 1 GAME ON OPENING DAY.

Team pictures will also be taken.



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

\*Age 9-12 will play on Tuesdays if needed

**IMPORTANT SCHEDULING INFORMATION**

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



PLAY BALL!



**Y COACH?** You help kids experience the life-changing benefits of Youth Sports. [Click here to learn more.](#)



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

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

**January 9–February 20** Registration deadline 12/26/2024

**Requirements** Soccer shin guards (no outdoor cleats)

**AGE** Grades 9–12

**20 TUESDAY** 6:00–10:00 p.m.  
(OR WEDNESDAY IF NEEDED)

**FEE** \$365/team \*Sales Tax not included in fee

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

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

**January 8–February 19**

Registration deadline 12/26/2024

**Requirements** Soccer shin guards (no outdoor cleats)

**AGE** Grades 9–12

**20 MONDAY** 5:00–10:00 p.m.  
(OR WEDNESDAY IF NEEDED)

**FEE** \$365/team \*Sales Tax not included in fee

**ADULT CO-ED SOCCER LEAGUE**

A recreational league for men and women of all ages to have fun and stay in shape. Teams will play one game per week. Team Registration only. (no outdoor cleats)

**WINTER January 7–February 25** (No games Feb 11)  
Reg. deadline 12/26/23

**SPRING March 3 – April 21** (No games March 31)  
Reg. deadline 2/19/2024

**20 SUNDAY** 10:00 a.m. – 11:00 p.m.  
Wednesdays if needed for Spring only

**FEE** \$400 per team + tax  
Teams must provide their own t-shirts.

**OPEN ADULT WOMEN'S SOCCER LEAGUE**

Games will be played 5-versus-5 and a goalie, with roster size limited to 12. Team registration only. (no outdoor cleats)

**WINTER January 11–February 22**  
Reg. deadline 1/2/2024

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

**FEE** \$400 per team + tax  
Teams must provide their own t-shirts.

**OPEN PICKLEBALL**

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

**DT 20** Check Gym Schedule for Current Open Times

**FEE FREE TO Y MEMBERS**

**BEGINNER/ REC PICKLEBALL**

**DT TUESDAY & THURSDAY** 12:00–2:00 p.m.

Learn the rules of the game and open play for beginners

**FEE FREE TO Y MEMBERS**

See page 64 for more  
pickleball fun at the  
Tennis & Pickleball  
Center!





## FINANCIAL ASSISTANCE AVAILABLE FOR KIDS SPORTS

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

### KARATE (AGES 4-ADULT)

Karate is good exercise, it's fun, it enhances your confidence, teaches you methods to defend yourself, develops patience and more! This program is a 8-week session. Classes run year-round. Uniform is not required for first session. Uniform is available to purchase for \$35. Testing is \$40 for all lower levels. More information will be given the first night of class. Class sizes will be limited.

#### 20 TUESDAY & THURSDAY

5:30-5:55 p.m. Ages 4-7 | Beginner

5:55-6:20 p.m. Ages 4-7 | Intermediate

6:20-7:00 p.m. Ages 8-12 | Beginner-Intermediate

7:00-8:00 p.m. Ages 13+ | All Ranks

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

**WINTER:** January 1-February 18

**SPRING 1:** February 19-April 14

**SPRING 2:** April 15-June 2

**FEE** \$105 **M** • \$150 **N**

### SKILLS AND DRILLS VOLLEYBALL (GRADES 1-8)

This class will introduce and continue to develop on the basic fundamentals of volleyball such as passing, setting, hitting, blocking and serving. Learning the basic fundamentals at a young age allows players to be more successful, more confident and be able to enjoy playing Volleyball at a young age.

#### 20 SPRING 1

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

**GRADES 4-6** 6:15-7:00 p.m.

**GRADES 7-8** 7:15-8:00 p.m.

**FEE** \$45 **M** • \$70 **N**

### ADVANCED VOLLEYBALL SKILLS AND DRILLS (GRADES 5-8)

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

#### 20 SPRING 2

**TUESDAYS GRADES 5-6** 5:15-6:30 p.m.

**GRADES 7-8** 6:45-8:00 p.m.

**FEE** \$85 **M** • \$105 **N**

## STRONG TEENS

### AGES 11+

With our youth programs, your child will get the fundamentals they need to improve strength, endurance, speed, power, and flexibility. This 6-week program will include a safe introduction to the wellness center and its equipment, introductory healthy living principles and stretching/ recovery techniques. Your child will leave every sweat session with wellness knowledge along with a fun and energizing workout!

Contact Lindsey for upcoming class times and meetings.

**FEE** \$36 **M**



### YOUTH HEALTH + WELLNESS ORIENTATIONS



## FREE!

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

Please contact the Health + Wellness center to schedule.



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

**M** OSHKOSH Y MEMBERSHIP  
and  
**T** TENNIS/PICKLEBALL ONLY  
MEMBERSHIP includes:

- Tennis & Pickleball Center membership
- Free use of ball machine
- Y Member rates on lessons
- Junior court rates for all Junior Members
- Reduced pickleball prices on daily passes and punch cards for open times
- Free tennis league subbing when enrolled in lessons or other league.

**MEMBERSHIP**

If you are a member of the Oshkosh Y, Fox Cities Y, Fond du Lac or any other full facility YMCA\*, the Tennis Center will be available to you with applicable member program/court costs as an away member. Visiting Y members must reside in the same community as they have their facility membership to have access to the YMCA Tennis & Pickleball Center.

*\*Silver Sneakers and Renew Active participants must register as an Oshkosh Y member and receive a key tag in order to be eligible for the Tennis Center benefit.*

**OSHKOSH Y TENNIS/PICKLEBALL ONLY MEMBERSHIP**

**ADULT (19 & UP)** \$19.50/month or \$225 for entire year  
**FAMILY** \$29/month or \$335 for entire year  
**YOUTH (18 & UNDER)** \$10/month or \$110 for entire year

**MEMBERSHIP FOR THOSE THAT HAVE TENNIS OR PICKLEBALL ONLY AT OGDEN  
beginning 9/1/2022**

**ADULT (19 & UP)** \$15/month or \$156 per year  
**FAMILY** \$18/month or \$203 per year  
**YOUTH (18 & UNDER)** \$8/month or \$88 per year

**DAILY COURT RATES Y MEMBERS & TENNIS CENTER MEMBERS**

**24 hour cancellation needed for court reservations.**

- **Junior Rate** | for all Oshkosh Y Member and Tennis Center Members 18 and under | \$20/hour (+tax)
- **Daily Court Rate** | \$24/hour (+tax), plus applicable guest fees per person/family
- **Non-Member Guest Fee** \$10/guest • \$15/family

**ALL YOUTH UNDER  
AGE 13 MUST BE  
ACCOMPANIED BY  
AN ADULT OR BE  
ENROLLED  
IN A PROGRAM.**

**CONTACT INFORMATION Y TENNIS & PICKLEBALL CENTER:**

236-3400 • 640 E Cty Trunk Y, Oshkosh, WI 54901

Sheila Counts, Tennis Center Director, IPTPA Level 1 Pickleball Instructor and Teach the Teacher trained • [sheilacounts@oshkoshymca.org](mailto:sheilacounts@oshkoshymca.org)

Brian Hornburg, Head Tennis Professional • [brianhornburg@oshkoshymca.org](mailto:brianhornburg@oshkoshymca.org)

Robert Downey, Jr. Tennis Professional • [robertdowney@oshkoshymca.org](mailto:robertdowney@oshkoshymca.org)

**CHECK IT OUT!!****NEW YEAR'S DAY  
OPEN HOUSE**

**Monday, Jan. 1, 2024**

**10:00-3:00 p.m.**

**WATCH FOR THESE MARCH  
EVENTS: Middle School  
St. Patty's Day Jr. Mixer**

**Spring Team  
Pickleball Challenge**

**Summer Tennis Camps for  
Youth and Adults  
JUNE 2024**

**NEW! BALL MACHINE  
PUNCH CARD**

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

Available for Tennis and Pickleball Machines.

**FEE** \$160 for 8 hours of court time with either the Tennis or Pickleball ball machine. Oshkosh Y/Tennis Center members only. Call (920) 236-3400 for information and to schedule a court.



## TENNIS LESSONS

SESSION 1 • Tuesday, Jan 2– Monday, Feb 19 (7 weeks)  
 SESSION 2 • Tuesday, Feb 20 – Monday, April 8 (7 weeks)  
 SESSION 3 • Tuesday, April 9– Thursday, May 23 (6 weeks) (T/W/T: 7 wks)

**AGES 4-7** **RED BALL\***  
 Introduce little ones to the game of tennis! We will work on the development of agility, coordination and balance with slower moving balls. A perfect first experience that is fun and moving. Participants will be grouped by age based on registration.

**MONDAY** 4:00–5:00 p.m.  
**WEDNESDAY** 4:30–5:30 p.m.  
**SATURDAY** 10:00–11:00 a.m.

**FEE** **M** \$115.50 7 wks | \$99 6 wks  
**N** \$136.50 7 wks | \$117 6 wks

**AGES 7-9** **ORANGE BALL**  
 Lower compression orange balls are used to encourage successful contact with the ball. Kids will learn proper stroke technique while building the confidence to rally, plus learn the basics of games. Participants will be grouped by age based on registration.

**MONDAY** 4:00–5:00 p.m.  
**WEDNESDAY** 4:30–5:30 p.m.  
**SATURDAY** 10:00–11:00 a.m.

**FEE** **M** \$115.50 7 wks | \$99 6 wks  
**N** \$136.50 7 wks | \$117 6 wks

**AGES 9-11** **GREEN BALL**  
 For the new player as well as the player who is looking to progress into the level of yellow ball match play. Learn proper stroke development and key elements to play games.

**TUESDAY** 4:30–5:30 p.m.  
**SATURDAY** 10:00–11:00 a.m.

**FEE** **M** \$115.50 7 wks | \$99 6 wks  
**N** \$136.50 7 wks | \$117 6 wks

**AGES 11+** **YELLOW BALL**  
 For progressing players who want to learn the fundamentals of the game and get ready for match play, tournaments and/or High School tennis. Beginner through advanced groups.

**MIDDLE SCHOOL YELLOW** Ages 11–14  
**Beginner through Advanced**  
 Courts will be set up according to levels

**THURSDAY** 4:30–6:00 p.m.  
**SATURDAY** 11:00 a.m.–12:30 p.m.

**HIGH SCHOOL YELLOW** Ages 13+  
 High School classes are geared towards improving match play and overall game basics. Coaches will decide which level is appropriate for you player.

**JV level & entry-level freshmen:**  
**TUESDAY** 5:30–7:00 p.m.  
**SATURDAY** 12:30–2:00 p.m.

**Varsity (co-ed):**  
**TUESDAY** 7:00–8:30 p.m.  
**SATURDAY** 2:00–3:30 p.m.

**FEE** **M** \$157.50 7 wks | \$135 6 wks  
**N** \$189 7 wks | \$162 6 wks

**ADULT** **ADULT LESSONS**  
**Advanced–Beginner through Intermediate**  
**MONDAY** 6:00–7:00 p.m.

**FEE 1-hour Classes**  
**M** \$115.50 7 weeks / \$99 6 wks  
**N** \$136.50 7 wks / \$117 6 wks

**YOUTH + ADULT LESSON POLICY**

- No credit can be given for missed lessons.
- Enrollment in group lesson is for entire session.
- All Lessons must be paid for at time of registration.
- There will be no make-ups for weather cancellations.
- There must be a minimum of 3 enrolled to hold class.
- Substitutes will not be allowed for group lessons.

## SINGLES LADDER High School and Adult players

JANUARY–APRIL *Join any time!*

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

**FEE** \$15 one-time fee to join the program, plus split court costs for each match and a can of balls.

For more information email Brian Hornburg:  
[brian.hornburg@oshkoshymca.org](mailto:brian.hornburg@oshkoshymca.org)

Rate per hour per person	WITH HEAD TENNIS PROFESSIONAL AND OTHER CERTIFIED PROFESSIONALS	
	<b>M</b> or <b>T</b>	<b>N</b>
1 person	\$65	\$78
2 people	\$45	\$55
3 people	\$39	\$47
4+ people	\$33	\$44

### PRIVATE INSTRUCTION RATES

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

**24 hour cancellation policy on all lessons.**



**ADULT CLASSES****DOUBLES DRILL AND PLAY**

Learn strategies of doubles play along with instruction on the technical aspect of different shots. This drill is for intermediate and above players. Sign up via the Oshkosh Community Y App or call (920) 236-3400.

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

**FEE** \$22 **M** • \$30 **N**

**ADULT LEAGUE PLAY**

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

**SESSION 2**

Tuesday, January 2-Thursday, May 23 5

No league make-up dates will be allowed.

**SUBBING** **M** **FREE** to all Oshkosh Y Members and Tennis Center Members currently enrolled in leagues or lessons. There is a \$5 subbing fee for those members not enrolled

**N** \$10 guest fee for Non-Members

**CARDIO TENNIS**

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

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

**WEDNESDAY** 10:30-11:30 a.m.

**THURSDAY** 6:00-7:00 p.m.

**SATURDAY NEW TIME!** 8:30-10:00 a.m.

Intensity Level: High

**FEE** 1 hour cardio: \$14 **M** • \$21 **N**

1.5 hour cardio: \$19 **M** • \$31 **N**



**NEW!!!** Sign up for your Tennis Cardio Class, and Pickleball Open Play and League, via the Oshkosh Community YMCA App available at the App Store. Ask Y Staff if you need more information.

**OSHKOSH YMCA TENNIS & PICKLEBALL CENTER**

# NEW YEAR'S OPEN HOUSE!

**FREE**  
**Monday**  
**January 1**  
10 a.m.-3 p.m.

- 4 indoor Tennis Courts
- 8 Pickleball courts
- Locker rooms
- Aerobic Equipment

Call The Tennis & Pickleball Center for more information:  
(920) 236-3400 or e-mail [sheilaccounts@oshkoshymca.org](mailto:sheilaccounts@oshkoshymca.org)

\*Courts must be reserved by calling the Tennis & Pickleball Center. Reservations can be made beginning Monday, December 19. Courts may only be reserved for one hour per group.



**NEWBIE (2.5–2.9)** Anyone who is just getting started. Must have completed beginner class.  
**ADVANCED BEGINNER – 3.1–3.3**  
**INTERMEDIATE 3.4–3.6**  
**ADVANCED INTERMEDIATE 3.7–3.9**  
**ADVANCED 4.0 and up**  
 Descriptions of levels will be available at front desk.

**LEVELS**

## PICKLEBALL LEAGUES

### AT THE Y TENNIS & PICKLEBALL CENTER

A great way to meet new people and play competitively! Call (920) 236-3400 to register for league.

Weekly sign up is via the Oshkosh Community YMCA App or you can call the Service Desk to register.

#### JANUARY 2– MAY 23

Play begins January 2

#### Advanced Beginner Pickleball League

**TUESDAY** 1:00–3:00 p.m.

#### Intermediate Pickleball League

All players must play in appropriate level league.

**TUESDAY** 10:45 a.m.–12:45 p.m. **There will not be any record keeping for Tuesday play.**

**THURSDAY** 8:30–10:30 a.m.

#### Advanced Pickleball League (4.0 plus)

All players must play in appropriate level league.

**THURSDAY** Start time is 12:00 p.m.

#### NEW! Advanced Intermediate (3.7 and up)

**WEDNESDAY** 1:30–3:30 p.m.

**FEE** There is a one-time session fee when you register, plus a daily fee each time you play. Savings punch cards will also be available for members.

**ONE-TIME LEAGUE REGISTRATION FEE:** \$10 **M** **T** • \$15 **N**

**DAILY FEES:** \$6 **M** **T** • \$16 **N**

#### OPEN PICKLEBALL HOURS

*Please call for any additional Open Times that may be added.*

**DAILY FEES:** \$6 **M** **T** • \$16 **N** (must register for any open plays)

#### SUNDAY MORNING

8:00 a.m.–10:00 a.m. • **Advanced and Newbie**

10:00 a.m.–12:00 p.m. • **Intermediate and Advanced Intermediate**

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

#### NEWBIE ORGANIZED PLAY

**MONDAY & WEDNESDAY** 7:00–9:00 a.m.

A time set aside for those that have gone through the beginner class and want to get going in an open play to improve their playing skills. Cost will be determined by courts needed divided by number of players. Guest fees will be applicable for non-members.

### DID YOU KNOW?

Private Pickleball Courts can be rented. Normal hourly court rates and guest fees apply. Call the Tennis Center for additional information.

### NEW! PICKLEBALL CLASSES!

#### Pickleball 102

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

**SESSION 1** Jan 12–Feb 2

**SESSION 2** Feb 16–March 8

**SESSION 3** March 22–April 12

**Friday** 10:30–12:00 p.m.

#### New! Youth Pickleball

Pickleball is the fastest growing sport for all ages and abilities. Kids will learn the basics in the first class and have learning play time in the next three classes.

**SESSION 1** Jan 6–Feb 27

**WATCH FOR SESSION 2 DATES**

#### SUNDAY AFTERNOONS

12:30–1:45 p.m. • Ages 8–10

1:45 – • 11 years and up

**FEE:** \$50 Oshkosh Y Member

\$65 Non Member

#### BEGINNER PICKLEBALL CLINICS

Join in the fun! Class will cover rules, basic strategies and an opportunity to play and learn! If you have a group and would like to set up a private time please contact Sheila Counts, Director.

**SESSION 1** January 8–29

**SESSION 2** February 12–March 4

**SESSION 3** March 18–April 8

**MONDAY** 10:30 a.m.–12:00 p.m.

**TUESDAY** 5:30–7:00 p.m.

**FEE** \$65 **M** / **T** • \$75 **N**

#### FRIDAY NIGHT OPEN PICKLEBALL

Come enjoy Friday night Pickleball fun. All levels welcome. We would like anyone attending Open Play to have gone through a beginner class and be able to play a full game without instruction. Sign up 5 days in advance via the Oshkosh Y App or call (920) 236-3400.

**FRIDAY** 6:00– 8:00 p.m.

**FEE** \$6 **M** / **T** • \$6 + 10 guest fee **N**

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





# CREATE A LIVING LEGACY

Make a planned gift  
TODAY. Help Oshkosh  
generations TOMORROW.

**Our hope is to build a strong, healthy and happy community for generations to come - but we can't do it without your help!**

As a charity, our success is dependent on donations and contributions from our generous community.

We believe that investing in our kids, our health and our neighbors makes all of us stronger. If you believe in the work we're doing today, you can be an integral part of our future by including a charitable gift in your estate and financial plans. With a little planning, you can make a big difference for years to come.

The Oshkosh Community YMCA is classified by the Internal Revenue Service as a 501(c)3 not-for-profit organization. As such, all charitable gifts received are tax-deductible to the extent of the tax code.



20  
24  
**ANNUAL  
CAMPAIGN**  
FINANCIAL ASSISTANCE



**For more information** and to start a conversation about your legacy, and supporting the values and community that you believe in, please contact Patti Weissling at (920) 230-8952 or [pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org).



SHOW YOU CARE

2024 ANNUAL CAMPAIGN  
FINANCIAL ASSISTANCE



With your donation, we can ensure that everyone—regardless of their financial circumstances—can belong to our Y, participate in programs and improve their lives.

# The Y. FOR A BETTER US.™



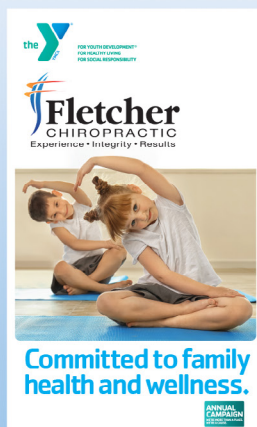
The Y is committed to meeting the basic needs of our community by empowering youth, individuals, families, and seniors through membership and programs that support their financial self-sufficiency, build social connections, and improve health and well being.

Almost a million people each year walk through our doors - an average of over 2,700 people each day. Please consider a gift to the Annual Campaign, including the **FOR ALL** Financial Assistance Program, today, and let people know you're dedicated to nurturing a BETTER US. When you give to the Y, you make a meaningful, enduring impact right in your own neighborhood.

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

- \$1,500 = Banner at 2 locations
- \$2,500 = Banner at 3 locations
- \$5,000 = Large Banner at 3 locations

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



### I'M INTERESTED...

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

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

COME AND HANG WITH US!





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# OSHKOSH CENTURY

## SUNDAY, JUNE 23 | 20TH AVE Y

Join us for the 3rd annual **Oshkosh Century Bike Ride**. All fully supported routes start and finish at the 20th Ave Oshkosh Y. You can choose to ride one of four routes:

**30 Miles • 50 Miles • 62 Miles • 100 Miles**

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

Presenting sponsor:



**OSHKOSH COMMUNITY YMCA** • [www.oshkoshymca.org](http://www.oshkoshymca.org)  
20th Avenue • 920-230-8439 • 3303 W. 20th Avenue

REGISTRATION	DATES	FEE
Early Bird <i>Online Only</i>	Jan. 1 - March 1	\$50
Regular <i>Online Only</i>	March 2 - June 16	\$60
Day Of <i>In Person Only</i>	June 22 - 23	\$75

### QUESTIONS?

Email [oshkoshcentury@oshkoshymca.org](mailto:oshkoshcentury@oshkoshymca.org).

### REGISTRATION OPENS JANUARY 1, 2024.

Learn more at [www.oshkoshcentury.com](http://www.oshkoshcentury.com).

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